

# NSPCC want you to scale the heights



Scale the UK's highest peak this September for the NSPCC

Edinburgh people with a sense of adventure are being invited to relive yesterday's childhood feeling of being on top of the world, by climbing the UK's highest mountain to help protect today's children.

The NSPCC is looking for a team of over 100 people from across the UK to climb Ben Nevis and raise £60,000 in sponsorship to support the charity's vital work with vulnerable children and families in Scotland and across the UK.

Situated in the heart of Scotland's stunning western Highlands, Ben Nevis is the UK's highest peak, standing at 1,343 metres – more than 4,400 feet.

The Ben Nevis Challenge takes place from 27-29 September and will see participants complete a full day's trek along rough terrain towards the summit and breath-taking panoramic views.

Nadia Whitmore, NSPCC community fundraising manager, said: "As children, we're always scaling new heights as we accomplish things for the first time. We're looking for adults who want to relive that feeling, to sign up and join our team of intrepid trekkers who will conquer Ben Nevis. Training for the challenge is the perfect motivation to start a keep fit campaign, and taking part will provide you with a wonderful sense of personal achievement, as well as being a fantastic opportunity to do something amazing for children. The Ben Nevis Challenge is sure to be a fabulous weekend in the great

outdoors and a great way to help the NSPCC raise money to support its services in Scotland and across the UK. Why not sign up with a group of friends or colleagues and make it a real team challenge?"

As well as being good fun, the trek is designed to be challenging for those of good health and fitness. The NSPCC recommends that everyone who registers undertakes some training beforehand. The trip will be led by experienced Discover Adventure leaders, so participants can rest assured that they will be well taken care of. The terrain is very varied and the weather conditions can change quickly, particularly at the summit where it can get very chilly, so suitable walking boots, clothing and accessories are recommended.

Registration is now open to anyone over the age of 18. Each participant will pay a £75 registration fee and is encouraged to raise at least £500 sponsorship. The tour cost includes all transfers, accommodation, meals and experienced Discover Adventure leaders and back-up support.

For registration details visit [www.nspcc.org.uk/bennevis](http://www.nspcc.org.uk/bennevis) or contact the NSPCC events team on 0844 892 1119 or email [challenges@nspcc.org.uk](mailto:challenges@nspcc.org.uk)