

Portobello woman climbing Ben Nevis for NSPCC – and you can too!

 **Victoria plans to scale the UK's highest peak for the NSPCC**

Victoria Crossey from Portobello is preparing to help end cruelty to children by climbing the UK's highest mountain for charity. And she's inviting those who are up for the challenge to dust off their hiking boots and join her.

Victoria (31) will join a team of over 100 people to climb Ben Nevis this September – raising £60,000 in sponsorship to support the NSPCC's vital work with vulnerable children and families in Scotland and across the UK.

Victoria said:- “I had been looking to take on a challenge in 2013, so climbing the highest peak in the UK whilst bagging a few smaller Munro's along the way in training seemed like the perfect choice. There really is no better motivation than raising funds for the NSPCC. I'm taking part with my friend Katie, and together we hope to raise £1,000 to help the charity continue its work to end cruelty to children.”

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. Trekkers taking part in the NSPCC's Ben Nevis Challenge, between 27-29 September, will climb to the summit and enjoy breath-taking panoramic views.

NSPCC Scotland community fundraising manager, Nadia Whitmore said: “Remember when you played outside all day and ran around until your cheeks were rosy red? Clambering to the top of an impossibly tall climbing frame, peering down at everyone below and feeling you'd just joined a select band of explorers and adventurers? 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.”

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 essential.

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 from Glasgow, accommodation in Fort William, meals and back-up support from experienced *Discover Adventure* leaders.

To join Victoria and become part of the NSPCC's Ben Nevis Challenge team visit www.nspcc.org.uk/bennevis, email challenges@nspcc.org.uk or phone 0844 892 1119.

Support Victoria's Ben Nevis Challenge by donating at www.justgiving.com/TheNevisNovices