

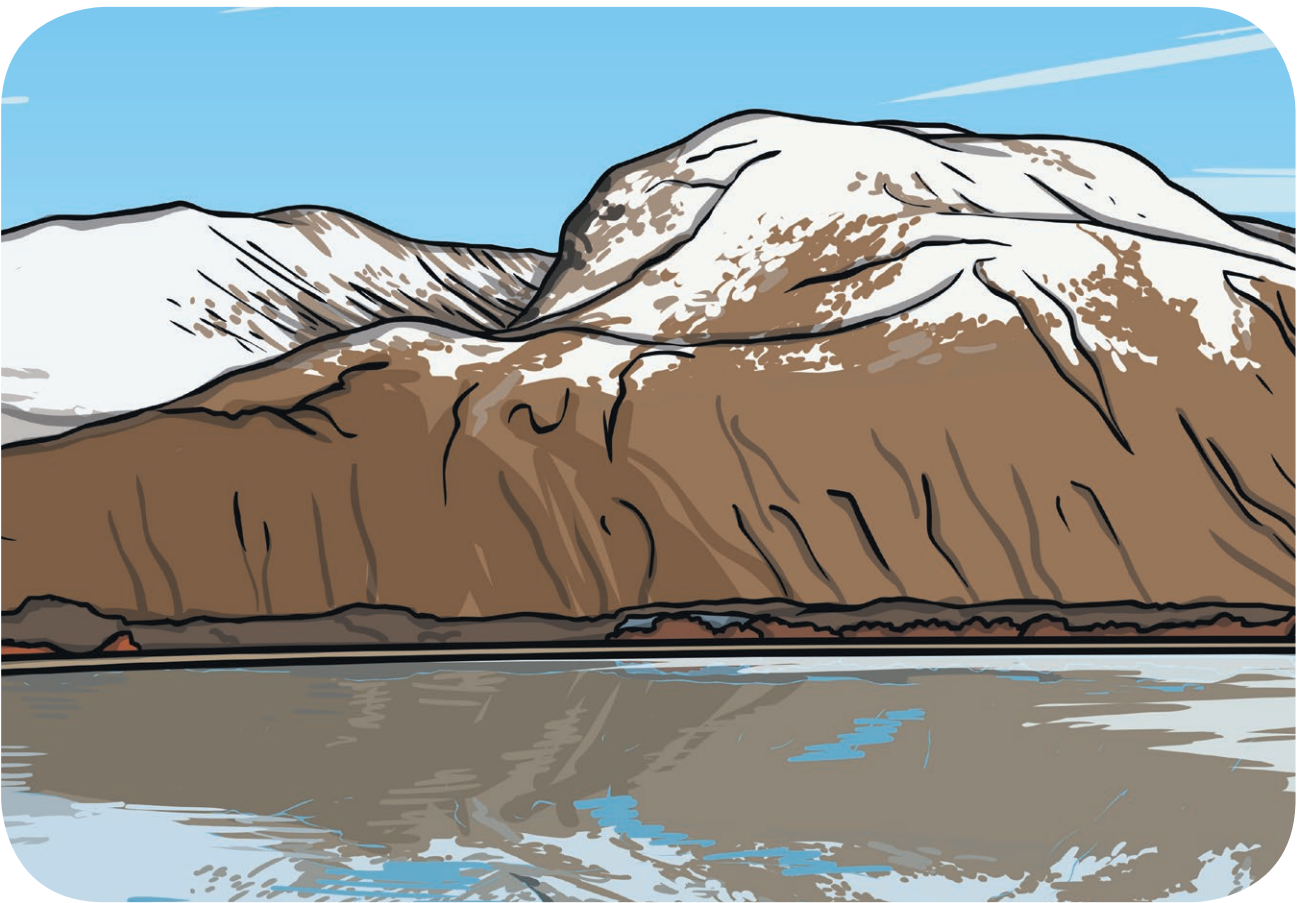
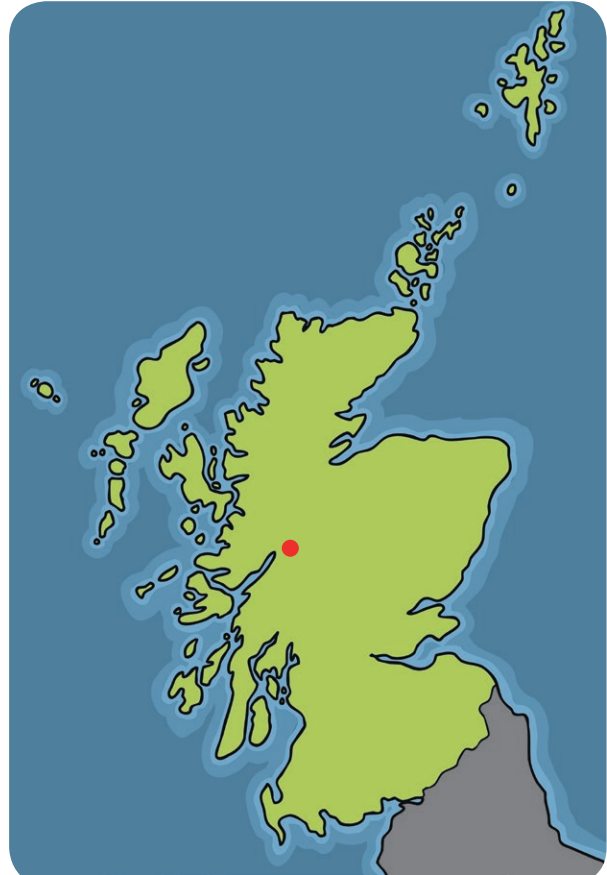
Ben Nevis

What is Ben Nevis?

Ben Nevis is a mountain in the north-west of Scotland. It is part of the Grampian Mountain range. Ben Nevis is near the town of Fort William. It is 1345 metres above sea level and is the highest mountain in Scotland and the UK.

Beinn Nibheis

The name Ben Nevis comes from the Gaelic Beinn Nibheis. Beinn means mountain. Nibheis means malicious or venomous. Ben Nevis means Malicious Mountain or Venomous Mountain.



Climbing Ben Nevis

- Around 150 000 people climb Ben Nevis each year.
- On average it takes between seven and nine hours to climb up and down.
- There are two main routes used to climb Ben Nevis: The Mountain Track and the Carn Mor Dearg Arête route.
- The North Face of Ben Nevis has 600 metre high cliffs that are perfect for rock climbing and ice climbing.



The Summit

At the summit of Ben Nevis there is a cairn to mark the top. A cairn is a man-made pile of stones. There is also a ruined building called the Old Observatory. This was opened in 1883 and used by scientists to record the weather. Today it can be used as a shelter in an emergency.



Ben Nevis

What is Ben Nevis?

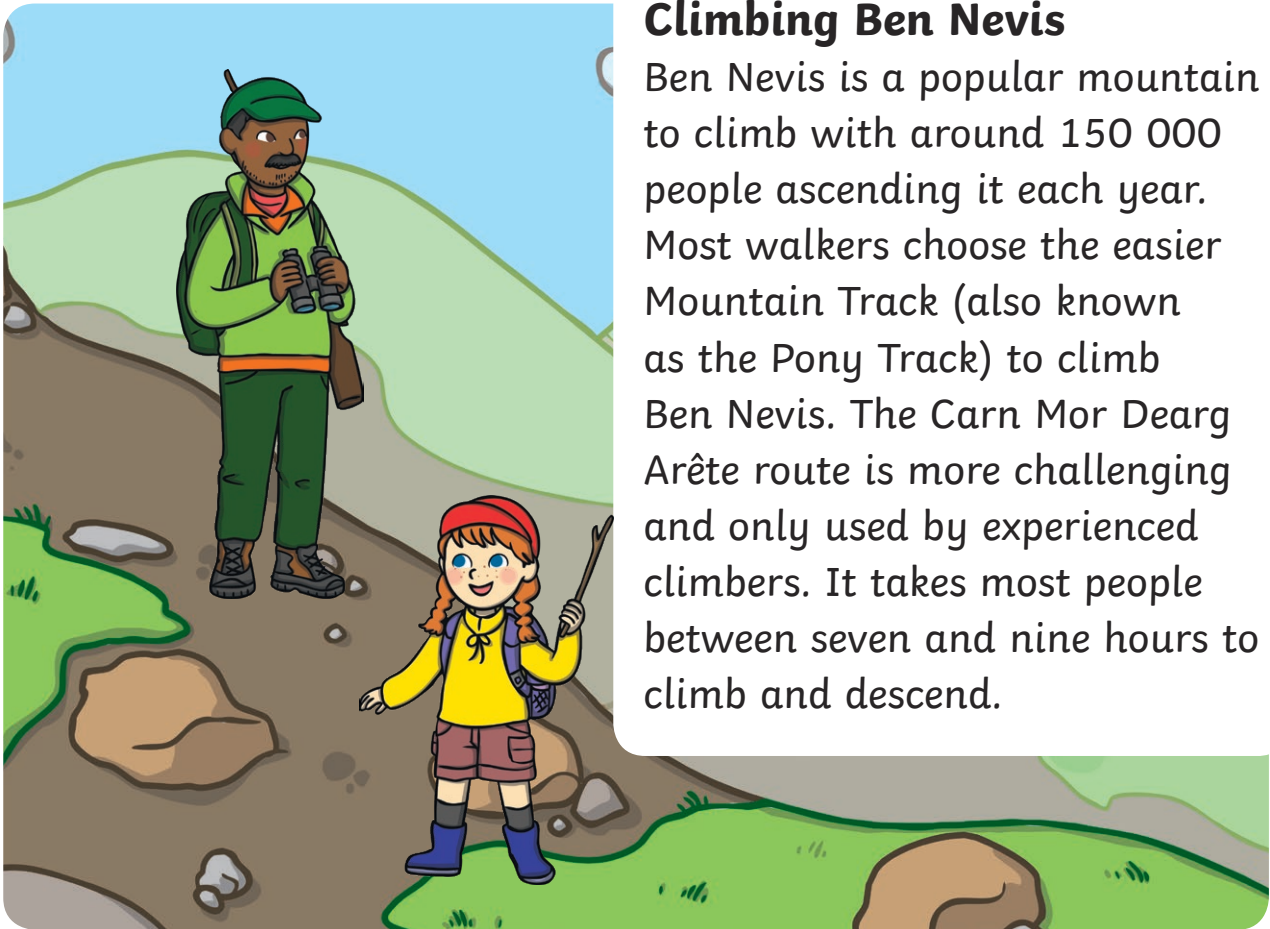
Ben Nevis is a mountain in the Grampian Mountain range in the north-west of Scotland, close to the town of Fort William. At a height of 1345 metres above sea level, Ben Nevis is the highest mountain in Scotland and the UK.

Ben Nevis is also the highest Munro in Scotland. Munros are mountains that are over 3000 feet or 914 metres above sea level. There are 282 Munros in Scotland.



Beinn Nibheis

The name Ben Nevis is derived from the Gaelic name Beinn Nibheis. Beinn is a common Gaelic word meaning mountain. Nibheis can have several different meanings and is usually translated as venomous or malicious. Ben Nevis can mean Venomous or Malicious Mountain, which could relate to the fact that there are often difficult weather conditions on the mountain.



Climbing Ben Nevis

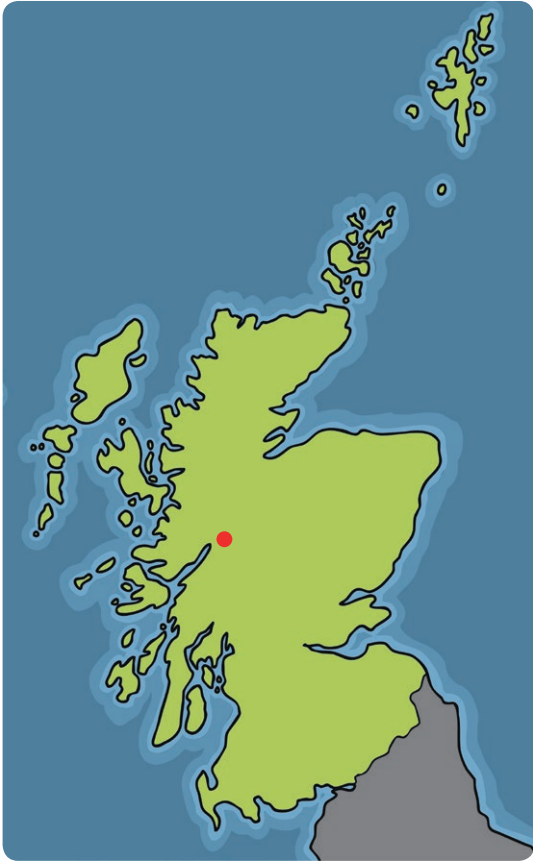
Ben Nevis is a popular mountain to climb with around 150 000 people ascending it each year. Most walkers choose the easier Mountain Track (also known as the Pony Track) to climb Ben Nevis. The Carn Mor Dearg Arête route is more challenging and only used by experienced climbers. It takes most people between seven and nine hours to climb and descend.

The Summit

The summit of Ben Nevis is marked with a cairn, which is a man-made pile of stones. There is also a building at the top of Ben Nevis called the Old Observatory. It was opened in 1883 and used by scientists until 1904 to record weather observations. Although it is now a ruin, it can be used in emergencies to provide shelter.



Ben Nevis



What is Ben Nevis?

Ben Nevis is the highest mountain in the UK, measuring 1345 metres above sea level. It is in the north-west of Scotland near Fort William and forms part of the Grampian Mountains. Millions of years ago, Ben Nevis was an active volcano. Ben Nevis is the highest of 282 Munros in Scotland. Munros are Scottish mountains that are over 914 metres above sea level. Munros were first measured and listed by Sir Hugh Munro (1856-1919) in 1891. Climbing all the Munros is a popular pursuit for hill walkers, known as 'Munro-bagging'.

Beinn Nibheis

Beinn Nibheis is the Gaelic name for Ben Nevis. It is likely that Ben Nevis is the anglicised version of Beinn Nibheis. Beinn Nibheis can be translated as either Venomous or Malicious Mountain. This menacing name could refer to the fact that there can often be harsh weather conditions on Ben Nevis, including blizzards, strong winds and poor visibility.



Climbing Ben Nevis

As the highest mountain in the UK, Ben Nevis is a popular mountain to climb. It is estimated that around 150 000 people climb Ben Nevis each year. There are two main routes used to climb Ben Nevis - the Mountain Track (also known as the Pony Track) and the Carn Mor Dearg Arête route. The Mountain Track is a well-built path that is straightforward to climb on the south side of the mountain. The Carn Mor Dearg Arête route is much more challenging and is better suited to experienced walkers. Most people take between seven and nine hours to ascend and descend Ben Nevis.

The Summit

At the summit of Ben Nevis there is a cairn to mark the top of the mountain. Unusually for a mountain, there is also a building on the summit, known as the Old Observatory. It was opened in 1883 and used until 1904 by a small team of scientists who lived there all year round recording hourly weather observations. Overall, they took around 1.5 million weather observations! This building survives as a ruin today and can be used as a shelter in emergencies.

