

UK Mountains



Look at an atlas



Where are the UK's Mountains?

Where are the highest areas of ground in the UK?

Which countries of the UK are these located in?

Where do you think the highest peak in the UK might be located?

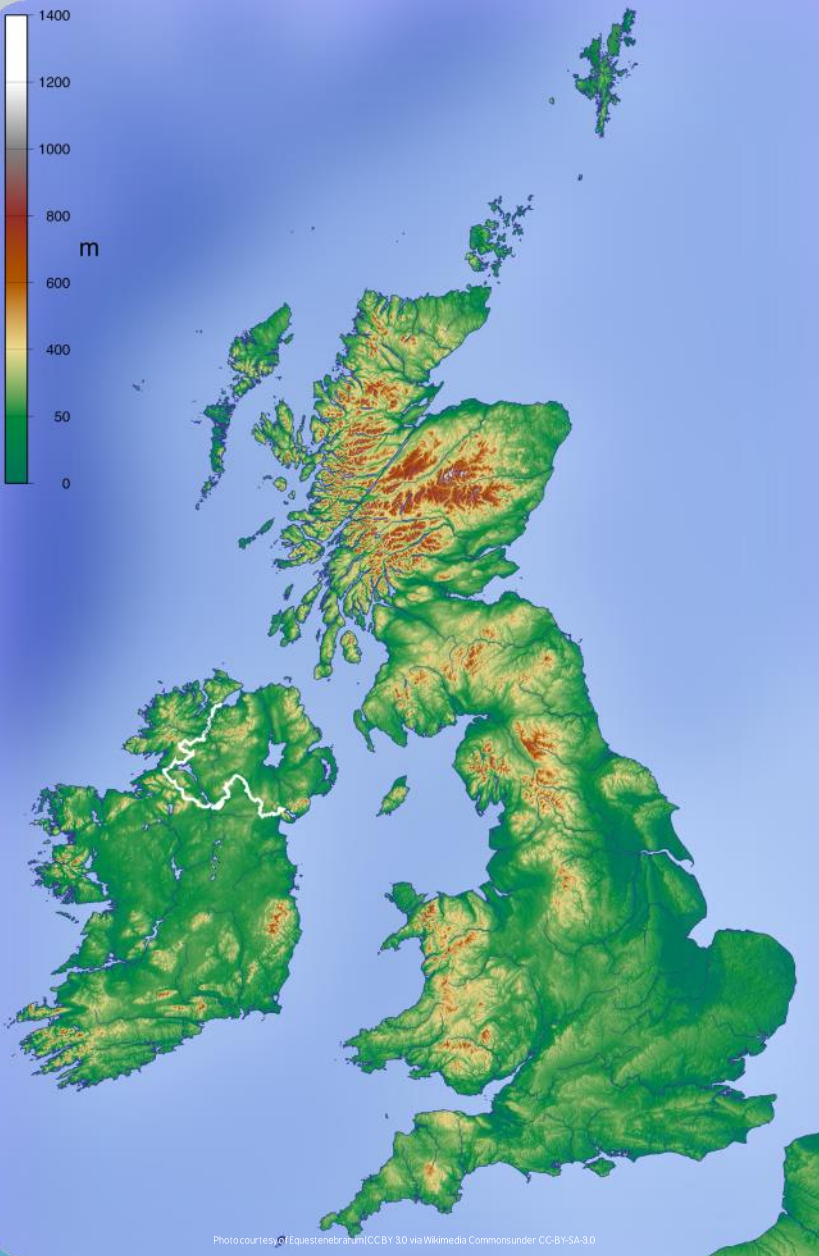


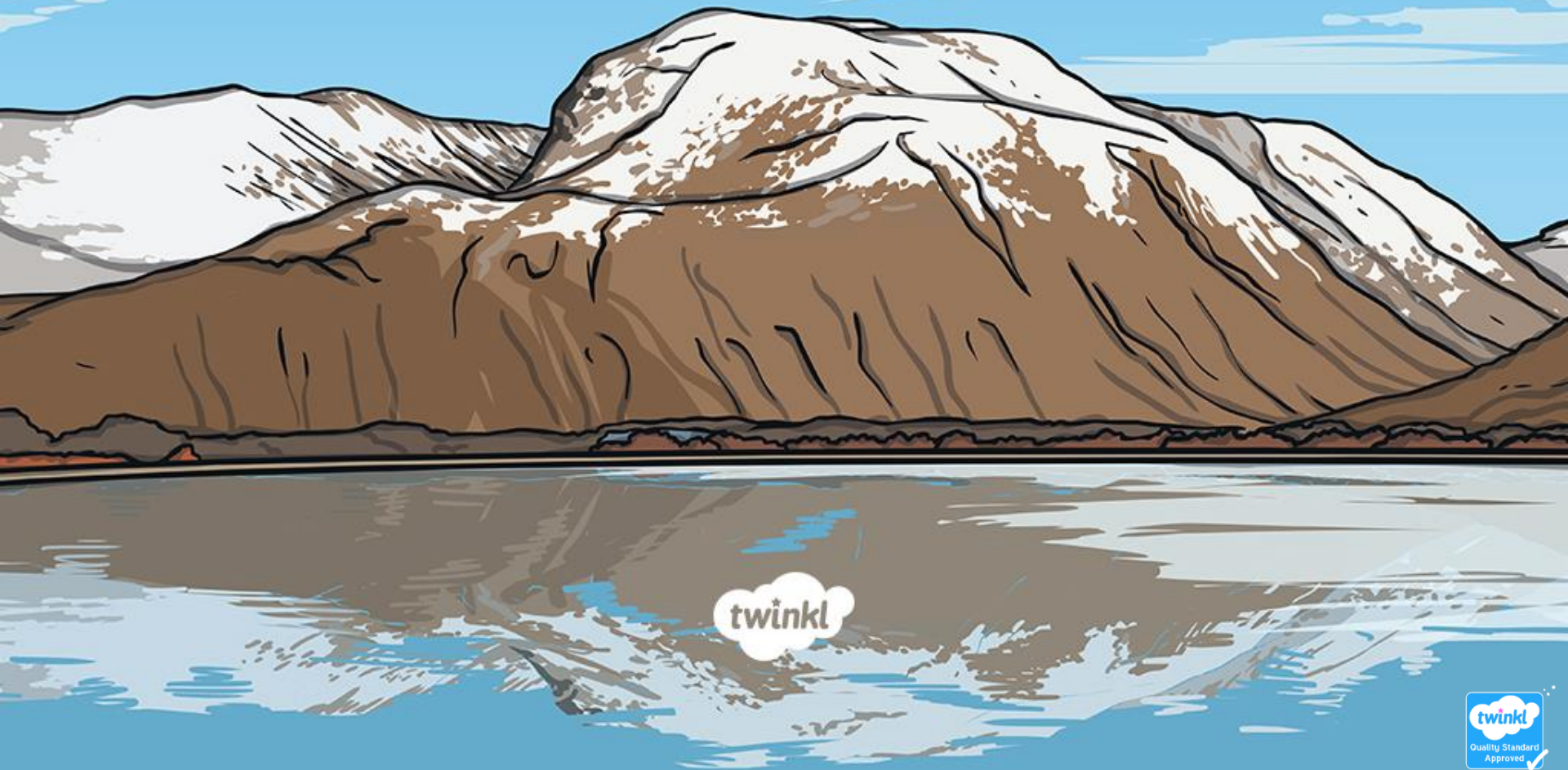
Photo courtesy of Equestrebraum/CC BY 3.0 via Wikimedia Commons under CC BY-SA 3.0

Using your atlas, find and label the following mountains on your map:

- Scafell Pike
- Ben Nevis
- Snowden

Ben Nevis

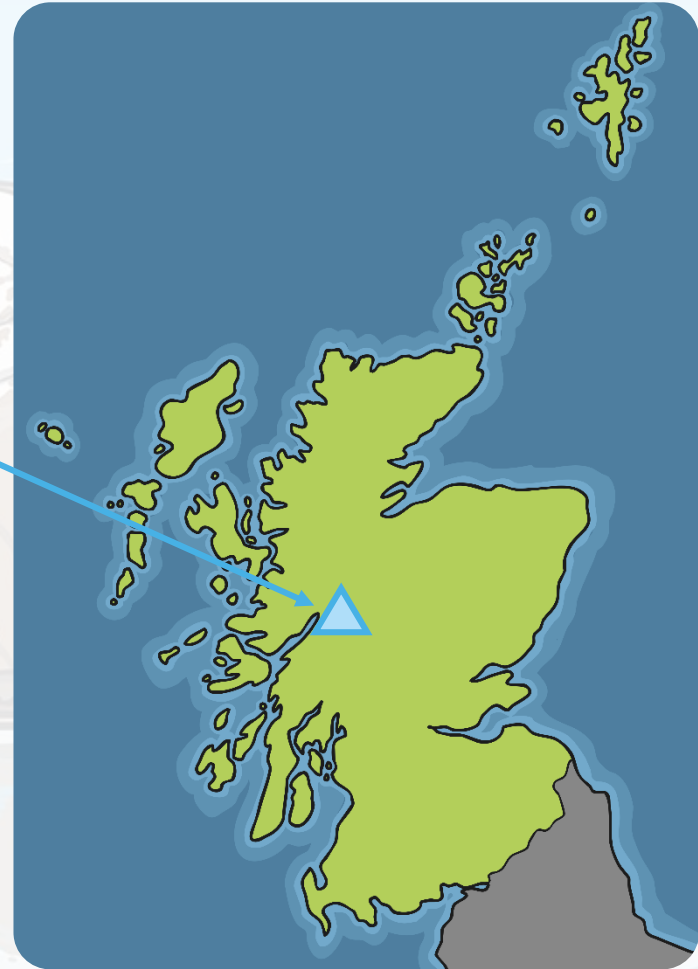
Beinn Nibheis | Scotland's Highest Mountain



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The Grampian Mountains

Ben Nevis is part of the Grampian mountain range. This is in the Lochaber area in the north-west of Scotland, near the town of Fort William.



Beinn Nibheis



The name Ben Nevis is thought to come from the Gaelic name Beinn Nibheis.

Beinn means mountain and Nibheis means malicious or venomous.

Beinn Nibheis means Malicious Mountain or Venomous Mountain.

Height

At 1345 metres above sea level, Ben Nevis is the highest mountain in Scotland and the UK.



Height

Mount
Everest
8848m

The highest mountain in the world is Mount Everest in the Himalayas, at 8848 metres.

Ben Nevis
1345m



Height

Ben Nevis
1345m

Burj Khalifa
828m

The tallest building in the world is the Burj Khalifa in Dubai at 828 metres.



Height

Ben Nevis
1345m

The tallest building in the UK is
The Shard in London at 310
metres.

The Shard
310m



Height

Mount Everest



Ben Nevis



Burj Khalifa



The Shard

The Highest Munro

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

The Munros were first measured and listed by Sir Hugh Munro (1856 - 1919) in 1891. The first person to climb them all was Reverend Archibald E. Robertson in 1901.



Climbing all of the Munros is called 'Munro bagging' and is a popular pursuit amongst hillwalkers and climbers.



Climbing Ben Nevis

Around 150 000 people climb Ben Nevis each year.

A rocky path known as the Mountain Track or the Tourist Track is the most popular route used to climb Ben Nevis. The Carn Mor Dearg Arête route is more difficult and is used by more experienced climbers.



Climbing Ben Nevis

Most people take between 7 - 9 hours to climb and descend Ben Nevis.

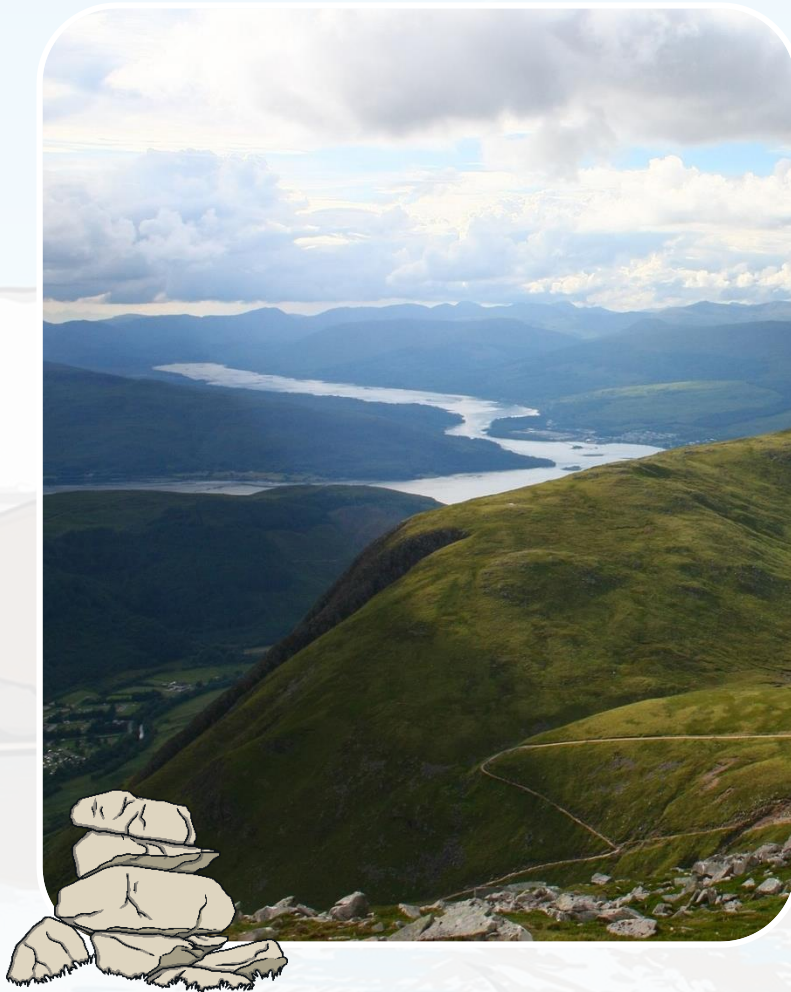


Climbing Ben Nevis



The north face of Ben Nevis has cliffs up to 600 metres in height that are some of the most popular in the UK for rock climbing and scrambling, with different levels of difficulty. They are also an ideal location for ice climbing in the winter months.

The Summit



A **cairn** marks the highest point on the summit of Ben Nevis.

There are spectacular panoramic views from the summit. On a clear day, it is possible to see as far as Ben Lomond, the Torridon Hills and even Northern Ireland.

Cairn: a man-made pile of stones.

The Old Observatory

An unusual feature of the summit of Ben Nevis is the Old Observatory. This building was opened in 1883 and used until 1904. A small team lived in the Observatory all year round and made hourly weather recordings.

Overall they took around 1.5 million weather observations! This building survives as a ruin today, although it can be used as a shelter in emergencies.



The Ben Nevis Race

The Ben Nevis Race is an annual event that started in 1937. Each year, around 600 people participate in the race up and down the mountain.

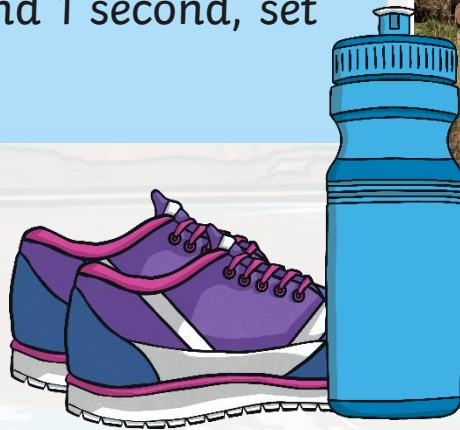
Kenny Stuart holds the male race record with a time of 1 hour 25 minutes 34 seconds, set in 1984.



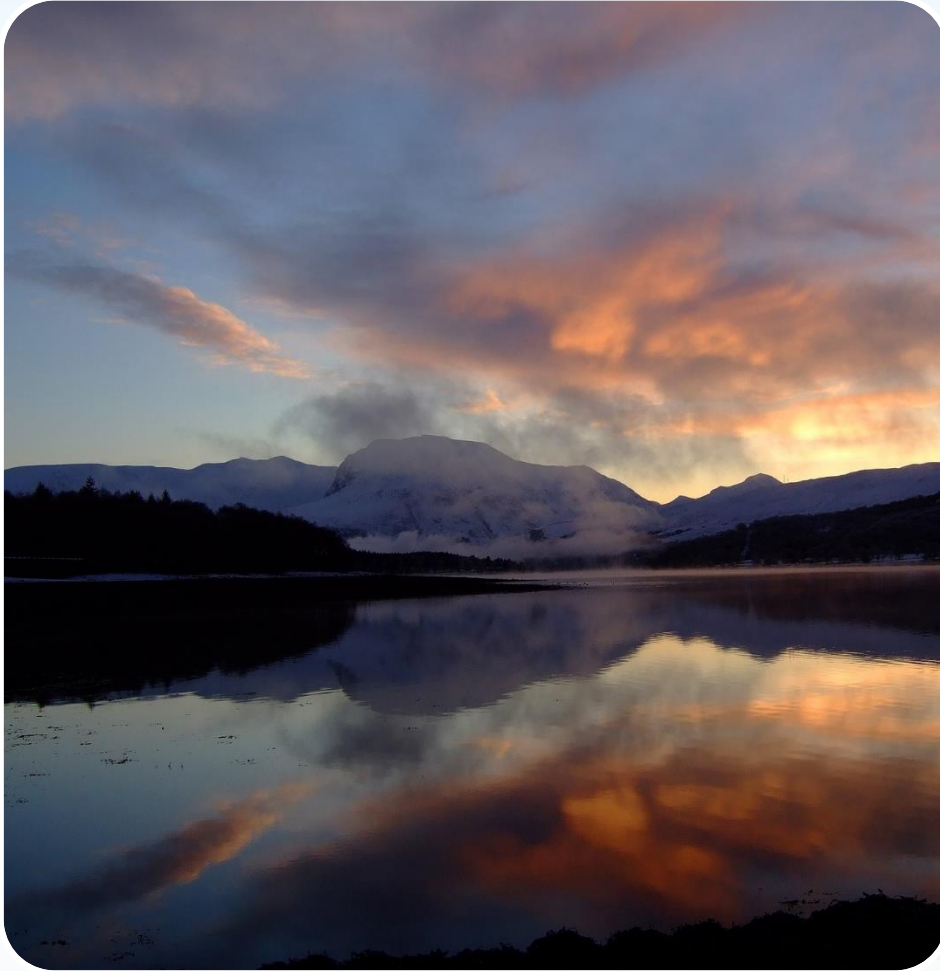
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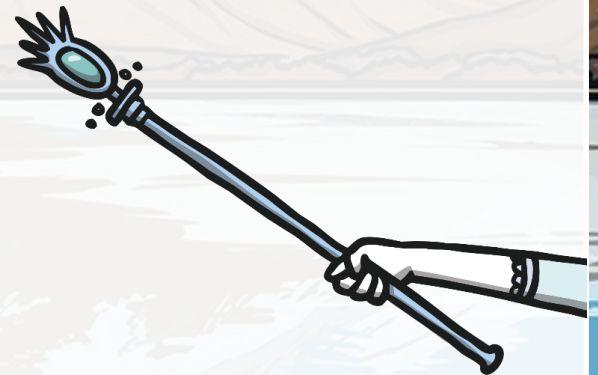
Victoria Wilkinson holds the female race record with a time of 1 hour 43 minutes and 1 second, set in 2018.



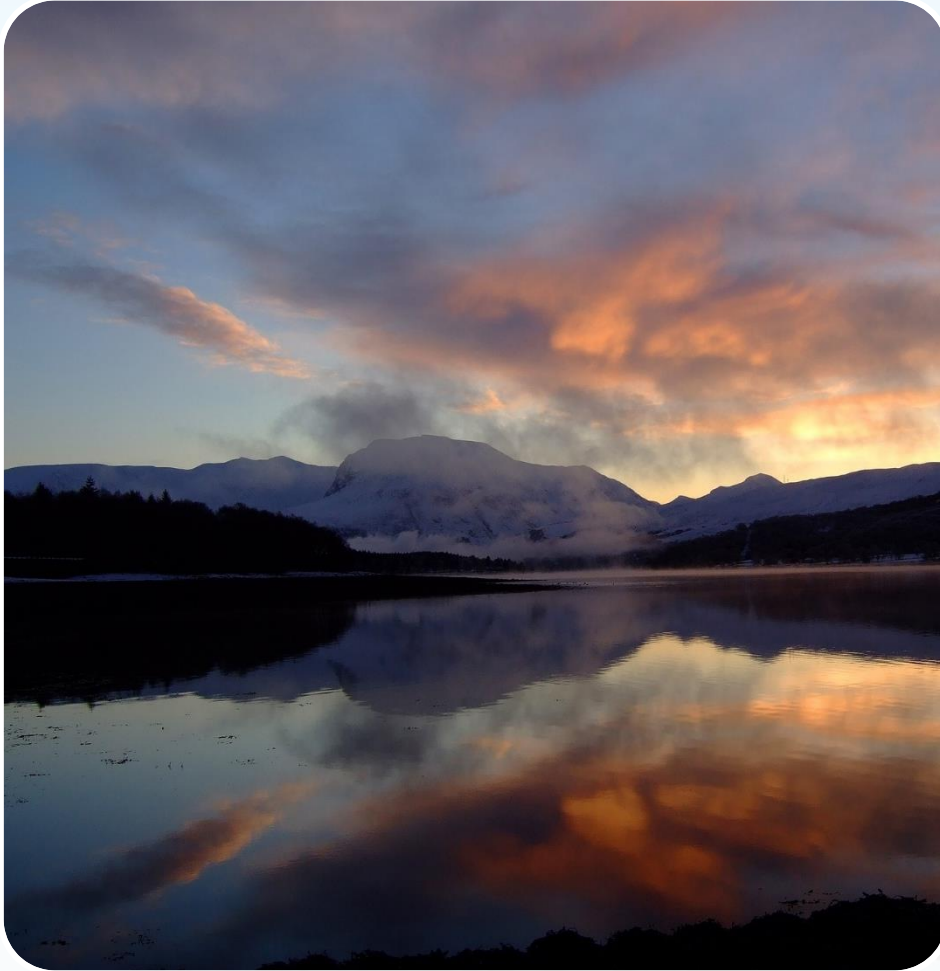
Beira



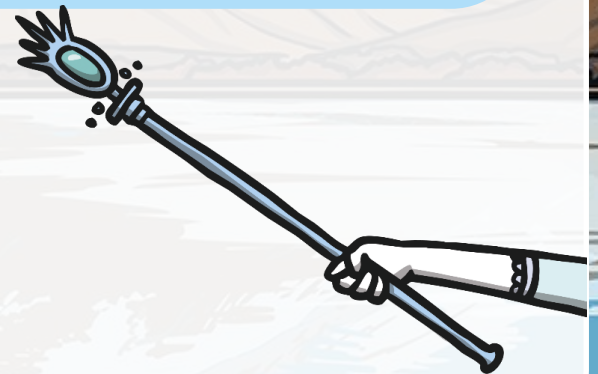
There are many Scottish myths and legends. One tells the story of Beira, or Cailleach Bheur, The Queen of Winter. She brought the snow and cold weather in winter.



Beira



Beira is also said to have used a magic hammer to create the mountains and lochs in Scotland. Ben Nevis was her favourite mountain, which she used as a throne.



Challenge

Create a fact sheet about Ben Nevis for someone who has never been there before.



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