

Ben Nevis

Ben Nevis is the highest of the three peaks at 1,345 metres (4,413ft), it has one main path clearly marked on the OS Explorer 392 Map. Unlike Snowdon and Scafell Pike, the path to the summit starts close to sea level, meaning much greater vertical ascent.



Ben Nevis Car Park Postcode

The nearest postcode for the Ben Nevis Visitor Centre car park is PH33 6ST. Parking here is £4 for all day, please note there is no overnight parking. There are limited facilities here and the toilets close at 5pm.



Ben Nevis Route

A main path runs up Ben Nevis, from Glen Nevis, which can be followed from either Glen Nevis Youth Hostel, or the Glen Nevis Visitor Centre. Early on the two paths join, and then continue to a Loch - Lochan Meall an t-Siudhe. From this half way point, the path follows a zigzag pattern to the rocky summit plateau. Large cairns mark the final ascent to the trig point which marks the peak - snow will often nearly obscure these cairns until around May each year.

Popularly known as The Pony Track, this route is 10.5 miles long, 17km, up and down, and includes 1352 metres of ascent.



If you're lucky enough to have a view from the top it is tremendously extensive and covers much of the Highlands. Great care must be taken at the top of the gullies if there is snow on the ground as there could be cornices of overhanging snow which could collapse if walked over.



The return is made by the same route. In misty conditions and with snow covering the path, very careful navigation will be required to steer a course between Gardyloo Gully and Five Finger Gully. Follow a bearing of 231 degrees for 150 metres, and then a bearing of 281 degrees, to pass the most dangerous section. Use your map and compass!

