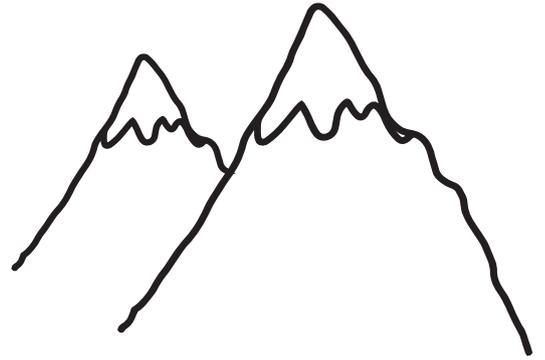


Cystic Fibrosis Trust

Trek Weekend



Ben Nevis Trek Weekend

Itinerary 2–4 September 2022

Friday 2 September (timings subject to change):	
14:30	Coach arrives at Glasgow Central train station, leaving promptly at 14:45
15:00	Coach arrives at Glasgow International Airport, leaving promptly at 15:15
18:15	Arrive at the Hotel (journey time depends on traffic)
19:00	Evening meal
21:00	Briefing with the Trust representatives in the hotel
21:30	Free time to relax in the hotel bar or head to bed
Saturday 3 September (timings subject to change):	
07:00	Full Scottish breakfast
08:00	Coach leaves for Glen Nevis
08:30	Day-only walkers to arrive at Glen Nevis car park
08:45	Briefing from our guides from 8.2 who will assist our safe climb
09:00	Begin the trek
14:00	Summit. Weather permitting, we stop for a photo and admire the view!
14:15	Start the descent back into Glen Nevis
17:30	Arrive back in Glen Nevis
20:00	Dinner in the hotel
Sunday 4 September (timings subject to change):	
08:00	Full Scottish breakfast
09:45	Congratulations! Presentation of certificates in the hotel
10:00	Coach departs for Glasgow
13:00	Coach arrives at Glasgow Int. Airport (traffic permitting) and then Glasgow Central train station



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