

# BEN NEVIS

**80%** travel on foot to the summit up the famous 9.8 mile long "mountain track"

over **150,000** people visit Ben Nevis each year

In an average year the summit sees 261 gales and receives over **1,350 mm** of rainfall

Nearby Fort William gets less than half (2,050 mm)  
London only gets 580 mm

Ben Nevis is the highest mountain in the United Kingdom

**1,345m**

It is used for walking, climbing, swimming, running, and more!

And the same back down again!  
That's over 22,000 steps to the top

You would have to travel over 450 miles to Norway to find a mountain that is higher

Our job is to make sure you are happy, welcome and responsible when accessing Ben Nevis, whilst protecting the wildlife that call it their home

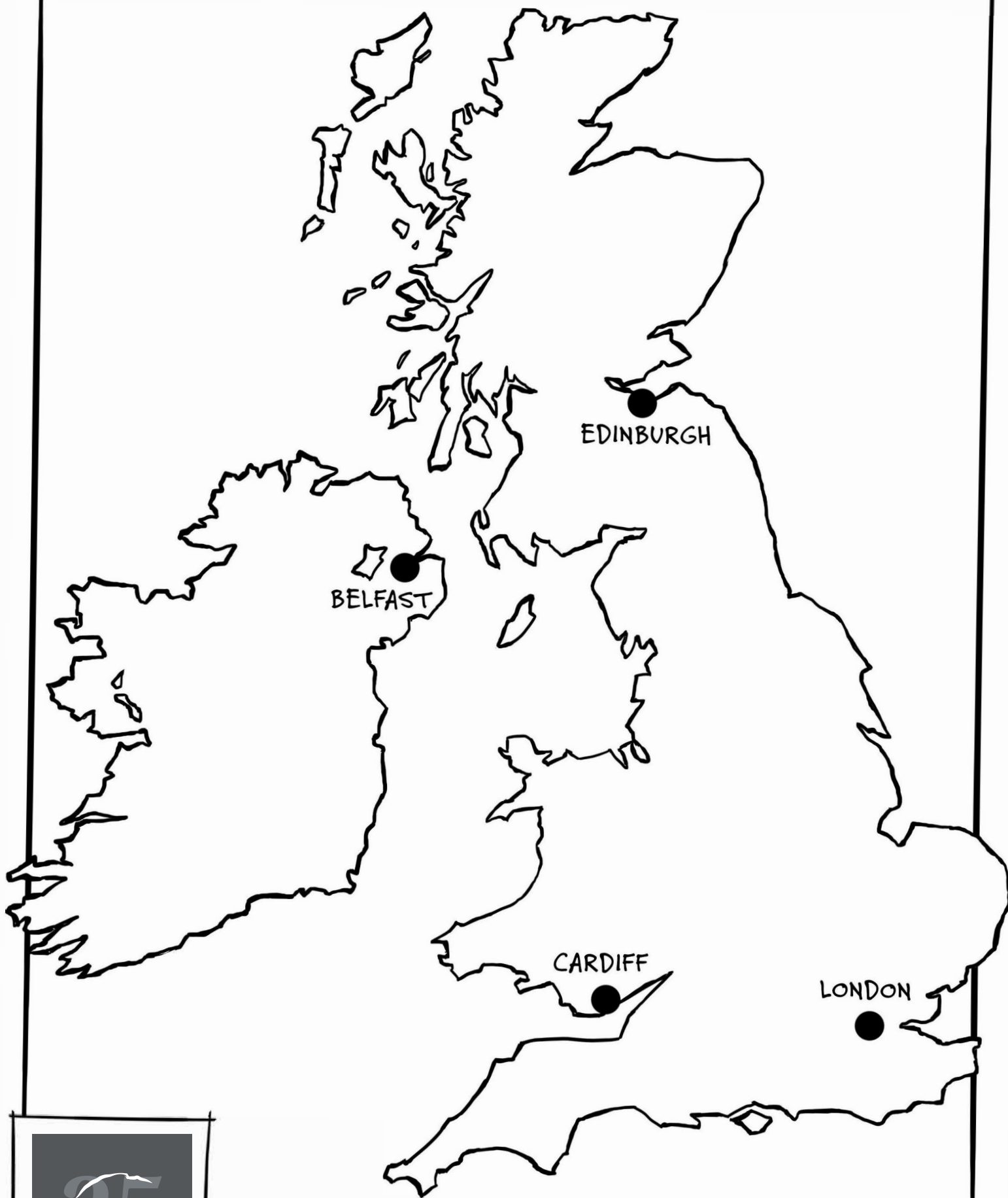
There is an abundance of amazing wildlife that calls Ben Nevis home, including Red Deer, Pine Martins, Snow Buntings, Golden Eagles

And someone once said they saw a badger on the northern face

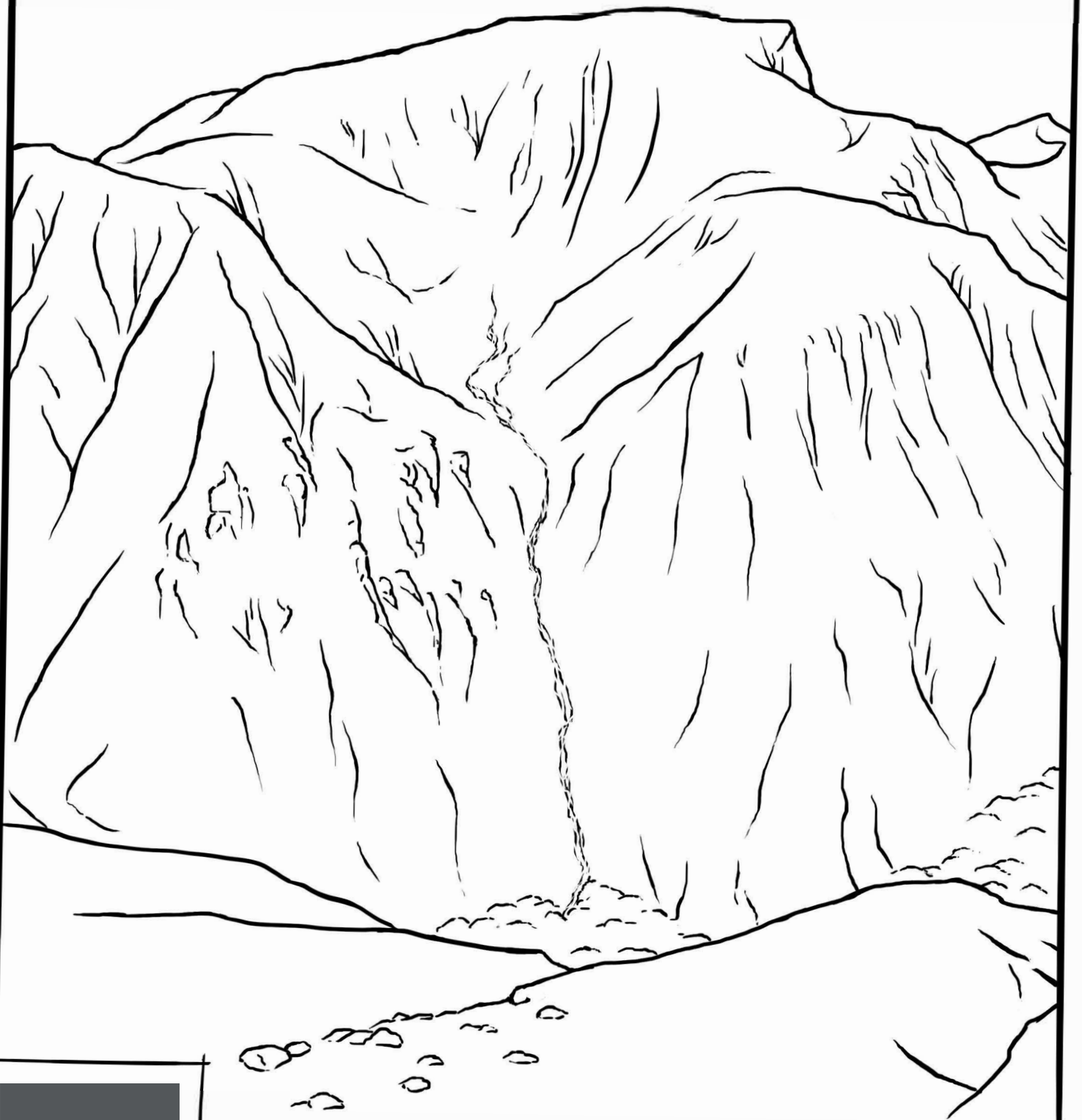
The land we manage on Ben Nevis comprises of 1,761 hectares - that's over 1,500 rugby pitches!

There are so many different people (or stakeholders) that make use of Ben Nevis including walkers and climbers, dogs (and their owners), farmers, tourists, and campers as well as local people and the local communities

**Ben Nevis**  
JOHN MUIR TRUST



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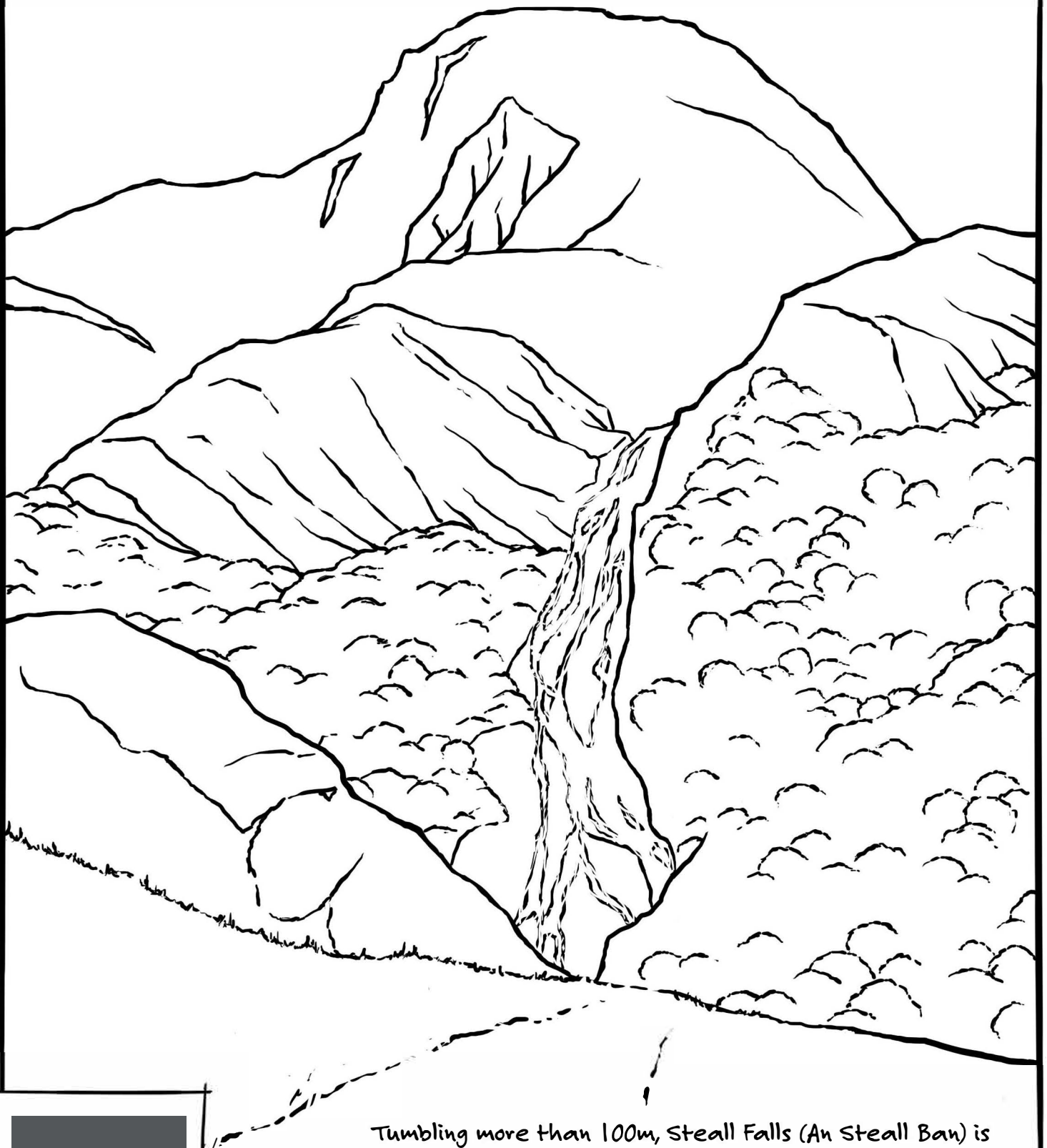


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Find out more about the John Muir Trust at [www.johnmuirtrust.org](http://www.johnmuirtrust.org)



# STEALL FALLS



  
**Ben Nevis**  
JOHN MUIR TRUST

Tumbling more than 100m, Steall Falls (An Steall Ban) is Scotland's second highest waterfall. Although just beyond the land in Trust care, the falls are best viewed from the path that leads through the Steall Gorge to Steall meadow; owned and cared for by the John Muir Trust.

Find out more about the John Muir Trust at [www.johnmuirtrust.org](http://www.johnmuirtrust.org)

# BEN NEVIS

Ben Nevis is one of the most well known and iconic Mountains in the UK and the John Muir Trust has owned and cared for Ben Nevis for over 20 years!

We have created this fact sheet and activity resources for you to use however you wish... print them, colour them and use them for a wide variety of activities.

Here are a few activity ideas to get you started....

Use our UK Map. Plot where you think Ben Nevis is located. Plot where you live too!

Did you get it right?

How far do you live away?

How long would it take to drive, walk, swim?

Where do you think the UK's wildest places are?

Use the UK Map and colour the wildest places in one colour and the least wild places in a different colour.

Check out our Wild Land Map at [www.johnmuirtrust.org](http://www.johnmuirtrust.org) to find out if you were right.

Want to have a go at designing your own Ben Nevis?

Here is a template, add your own colours - why not try different techniques such as paint, watercolour, charcoal, fine line pens?

Share a photo of your picture using #Nevis25

What wildlife do you think you would find on Ben Nevis?

Paint, draw, make a collage of this wildlife

(use the A3 Ben Nevis PDF to make best use of the space).

For those who want to take this further, how do you think we can support this wildlife to flourish?

What issues might the wildlife face? Share your ideas using #Nevis25

Ben Nevis has a wide range of users, visitors and stakeholders.

Use the Ben Nevis drawing to draw or list the types of users and stakeholders.

What do they have in common?

Do they have different or conflicting needs?

What impact do they have on Ben Nevis?

And what might that mean for how the John Muir Trust manages this?

The John Muir Trust looks after Ben Nevis; if you were looking after it, what would you

do? Share your ideas using #Nevis25