



# 24 Peaks in 24 Hours – Scottish Highlands FAQs

**Please note: This is not a challenge over 24 continuous hours. The challenge is run over 24 hours split over 2 days of 12 hours walking with a night spent in a hostel in between.**

## **How many people are taking part?**

During the trek itself you will be split into smaller groups of between 10-30 people and each group will be allocated a qualified Mountain Leader.

## **How will I be allocated a group?**

When you arrive at the hostel venue you will have the opportunity to register and select a group to join based on your desired walking speed. If you wish to be in a group with friends then this is no problem. Just let us know and we will help facilitate this as best as we can.

## **Can I change groups during the trek?**

Yes. If you are finding the pace too fast or too slow then just speak to your Mountain Leader and they will help you join a different group.

## **What kit do I need?**

Further details on what kit you need are provided in the separate kit list and you should pay particular attention to items marked as 'essential'. Bear in mind that you will be carrying your day pack with you throughout the challenge, so keep it to the bare essentials and leave any other kit behind though please be prepared for all weather conditions including the cold, wet weather and sunshine.

## **What time should I arrive?**

Registration will take place at the Abernethy Ardeonaig hostel, near the town of Killin, and will open at 6pm on the first evening. Here you will have the opportunity to be welcomed by your leaders, meet fellow participants and settle into your accommodation. Dinner and your safety briefing will begin at approx 7.30pm. More details regarding arrival will be provided nearer the time.

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### **What will the accommodation be like?**

You will be spending two nights staying in bunk accommodation in the Abernethy Ardeonaig hostel, near the town of Killin. Accommodation is provided in same-sex dormitory facilities.

### **Is car parking provided?**

Yes. Limited car parking is available at no extra cost. We would strongly encourage all participants to car share where possible to limit the disturbance to local residents.

### **Will my valuables be safe?**

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Any valuables such as driver's license and money should be kept on you at all times. You are responsible for your own valuables and we cannot be held responsible for any loss.

### **Who will be leading the group?**

Experienced and fully qualified Mountain Leaders will accompany and lead your trek. The leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group and will be carrying full safety equipment and mountain first aid kits with them at all times. They will also be in constant radio communication with the support team throughout the challenge.

### **How fit do I need to be?**

This challenge is a serious undertaking in one of the UK's most demanding hill walking environments. Whilst it is within the capability of anyone who walks regularly this challenge is designed as a challenge to complete it within the 24 hours. This challenge is a long, sustained event and requires a good level of fitness. It will involve steep ascents and descents and, whilst within the capability of anyone who walks regularly, should not be underestimated.

### **What happens if I cannot complete the challenge in 24 hours?**

This route has been carefully designed to be a real challenge to complete within the 24 hour time period. Whilst we anticipate most people completing the challenge in 24 hours, for those for whom this is a little bit too demanding our leaders will continue to walk with everyone so that you still complete the route.

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## What training should I be doing?

The ideal training for this type of walking is, naturally, hill training. However, if you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start training. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 3 - 5 months before the challenge and gradually build up as suggested. Training advice is given below. **Remember to use the walking boots that you will be wearing on the challenge in order to wear them in.**

- Start with 3 x 10 minute steady walks weekly, increasing each month by 10 minutes.
- Walk up and down stairs, at a steady pace, until you feel comfortably out of breath. Repeat daily and increase the number of repetitions. (During the second month, you should wear a small lightly packed day sack. This should then move onto your full challenge day sack after the second month of training).

However, there is no substitute for walking in the hills, so try to get out on a weekend and train in an area with steep hills plus test out your kit. You should progress to training with your boots on from week 4 at the latest but preferably from week 1. The more you exercise before the challenge, the more you will get out of it.

## What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. Whilst the terrain that you will be walking on is well trodden, it can be very uneven in places, so we would recommend good walking boots or trek shoes with ankle support. Socks are also very important and it is worth investing in some good pairs as they will help reduce the chances of blisters. Wearing your boots and socks during your training period will help ascertain whether they are suitable for the challenge and prevent some painful lessons on the day. See kit list for more information on footwear and other kit.

## What happens if I fall ill, can't keep up or there is an emergency?

Your Mountain Leader will have a mobile phone and radio in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, then our support team will be able to assist you coming off the challenge. A support vehicle will be available at all checkpoints. Emergencies will be coordinated with the local Mountain Rescue service.

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### **How many breaks will be taken during the trek and for how long?**

The timing of breaks is restricted given the nature of the challenge however there will be regular breaks of around 10 minutes every two hours when ascending and descending, to maintain a healthy pace and keep the group together. The exact times and places of breaks however will very much depend on the weather and the well-being of the group.

### **What food and drink is provided?**

You will be provided with all meals during the challenge, from dinner on the day of arrival through to lunch on the final day of the challenge. Dinner on the final day is not included. Lunch during the challenge is also included. You may also wish to bring additional sweets and snacks to keep you going throughout the challenge.

### **What is included in the cost of the challenge?**

The following items are included in your challenge: a qualified Mountain Leader and support team, relevant back-up vehicles and drivers, group first aid supplies, breakfast on both days of the challenge, dinner before the challenge and on day 2, a packed lunch on both days of walking, and water whilst trekking.

### **What is not included in the cost of the challenge?**

The following items are not included in your challenge and will be at your own expense: drinks with meals, activities not mentioned in the itinerary, personal spending money, snacks, any drinks you may want besides water and lunch on the day following the trek.

### **What shall I do about spending money?**

You should not need any money during the trek, but you may wish to keep some funds handy for pre and post challenge purchases, such as drinks and snacks. We would recommend that you bring at least £50 in cash and a debit/credit card.

### **What is the weather likely to be like?**

The weather in the Scottish Highlands at this time of year can be unpredictable. That being the case, please ensure you bring clothing appropriate for the prevailing conditions and the higher altitudes. The weather on the peaks can be highly unpredictable and thus you should make sure that you carry clothing appropriate for all conditions, even if the weather at the bottom of the mountains is good.

*(N.B. the information provided above was correct at time of going to print)*

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