

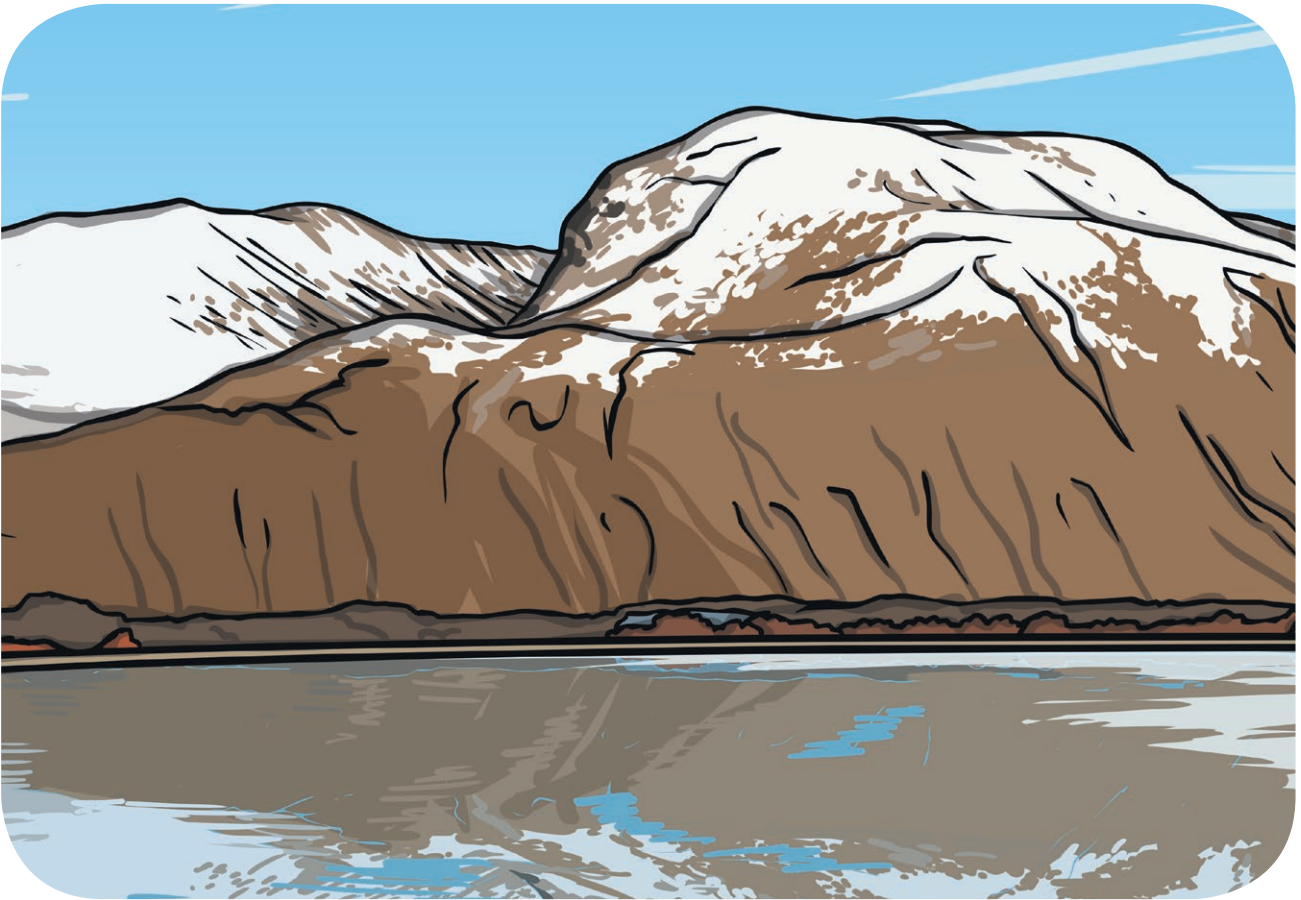
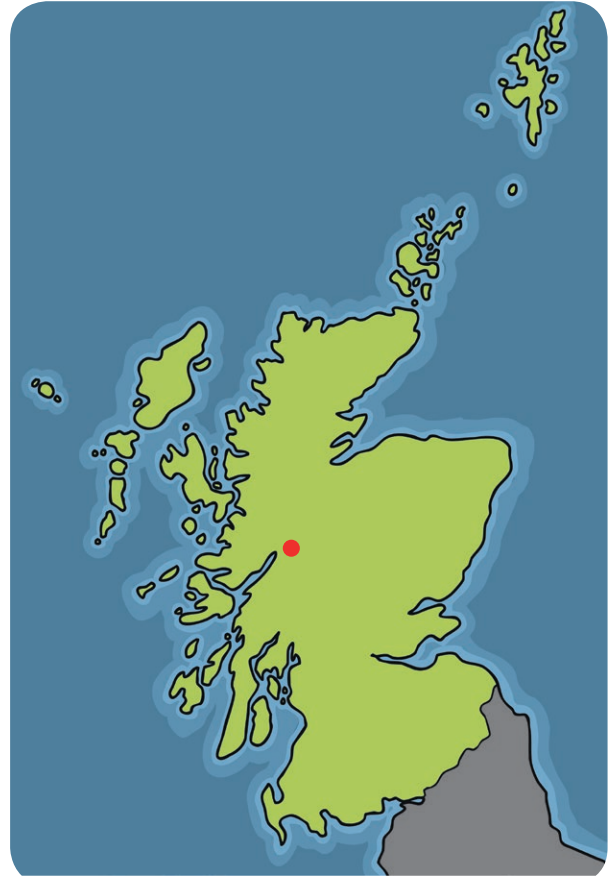
# Ben Nevis

## What is Ben Nevis?

Ben Nevis is a mountain in the north-west of Scotland. It is part of the Grampian Mountain range. Ben Nevis is near the town of Fort William. It is 1345 metres above sea level and is the highest mountain in Scotland and the UK.

## Beinn Nibheis

The name Ben Nevis comes from the Gaelic Beinn Nibheis. Beinn means mountain. Nibheis means malicious or venomous. Ben Nevis means Malicious Mountain or Venomous Mountain.



### Climbing Ben Nevis

- Around 150 000 people climb Ben Nevis each year.
- On average it takes between seven and nine hours to climb up and down.
- There are two main routes used to climb Ben Nevis: The Mountain Track and the Carn Mor Dearg Arête route.
- The North Face of Ben Nevis has 600 metre high cliffs that are perfect for rock climbing and ice climbing.



### The Summit

At the summit of Ben Nevis there is a cairn to mark the top. A cairn is a man-made pile of stones. There is also a ruined building called the Old Observatory. This was opened in 1883 and used by scientists to record the weather. Today it can be used as a shelter in an emergency.



# Questions

1. Where is Ben Nevis? Tick one.
  - the south of England
  - the north-west of Scotland
  - the south-east of Scotland
2. How high above sea level is Ben Nevis? Tick one.
  - 130 metres
  - 1555 metres
  - 1345 metres
3. What does **Beinn** mean? Tick one.
  - mountain
  - hill
  - summit
4. What is at the top of Ben Nevis? Tick two.
  - a shop
  - the Old Observatory
  - a cairn
  - a café
5. What is a **cairn**? Tick one.
  - the top of a mountain
  - a man-made pile of stones
  - a cliff

# Answers

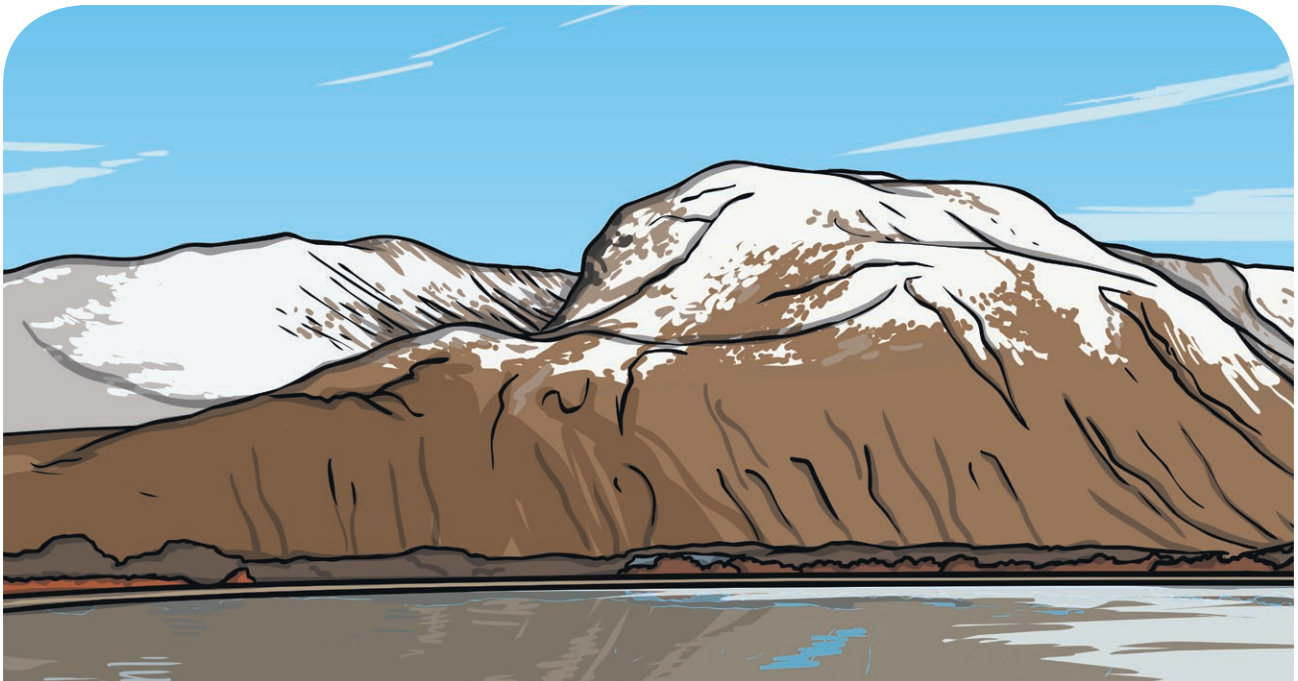
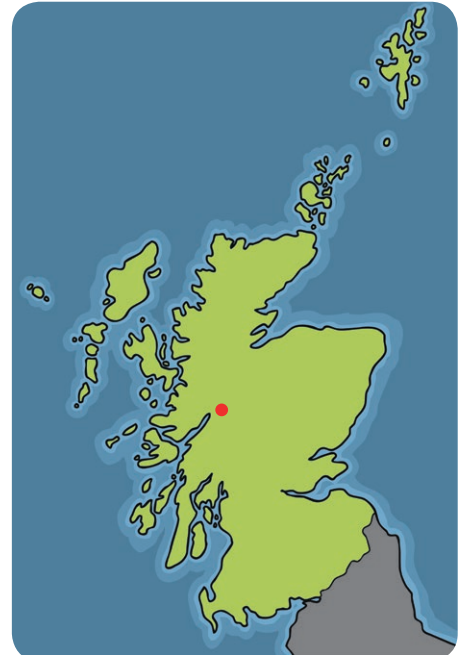
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  - a cliff

# Ben Nevis

## What is Ben Nevis?

Ben Nevis is a mountain in the Grampian Mountain range in the north-west of Scotland, close to the town of Fort William. At a height of 1345 metres above sea level, Ben Nevis is the highest mountain in Scotland and the UK.

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



## Beinn Nibheis

The name Ben Nevis is derived from the Gaelic name Beinn Nibheis. Beinn is a common Gaelic word meaning mountain. Nibheis can have several different meanings and is usually translated as venomous or malicious. Ben Nevis can mean Venomous or Malicious Mountain, which could relate to the fact that there are often difficult weather conditions on the mountain.



## Climbing Ben Nevis

Ben Nevis is a popular mountain to climb with around 150 000 people ascending it each year. Most walkers choose the easier Mountain Track (also known as the Pony Track) to climb Ben Nevis. The Carn Mor Dearg Arête route is more challenging and only used by experienced climbers. It takes most people between seven and nine hours to climb and descend Ben Nevis.

## The Summit

The summit of Ben Nevis is marked with a cairn, which is a man-made pile of stones. There is also a building at the top of Ben Nevis called the Old Observatory. It was opened in 1883 and used by scientists until 1904 to record weather observations. Although it is now a ruin, it can be used in emergencies to provide shelter.



# Questions

1. Complete the sentence from the text.

Ben Nevis is a \_\_\_\_\_.

2. What are Munros? Tick one.

- people
- mountains smaller than 3000 feet
- mountains higher than 3000 feet

3. Match the sentences.

Beinn is a common  
Gaelic word

the highest Munro in  
Scotland.

The summit of  
Ben Nevis

meaning mountain.

Ben Nevis is also

is marked with  
a cairn.

4. What two things are at the top of Ben Nevis?

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5. What was the Old Observatory built for? Tick one.

- a shelter for climbers
- a shop
- to record weather observations

# Answers

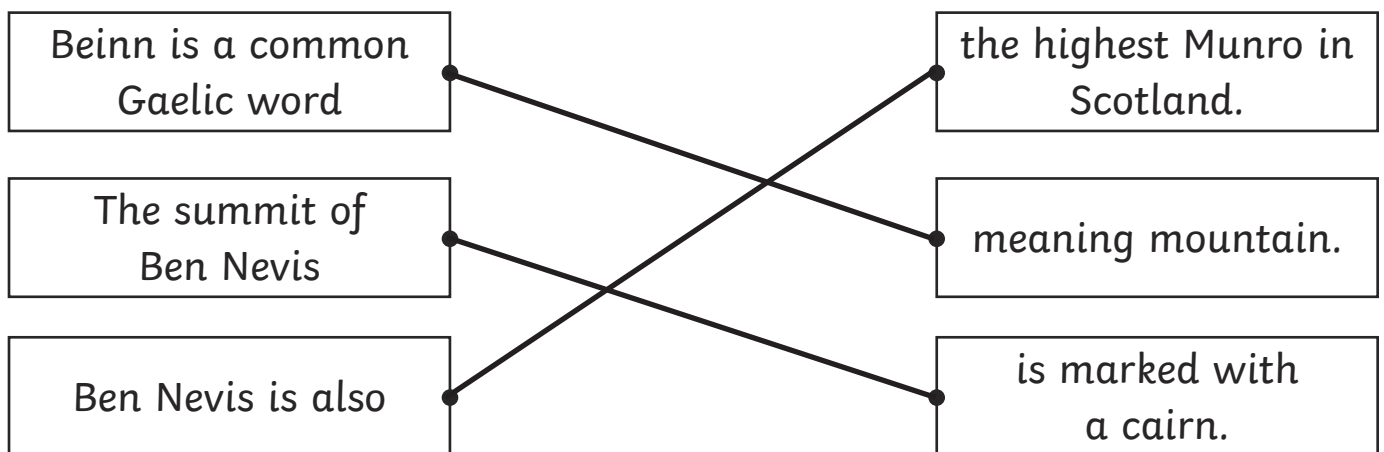
1. Complete the sentence from the text.

Ben Nevis is a **mountain in the Grampian Mountain range.**

2. What are Munros? Tick one.

- people
- mountains smaller than 3000 feet
- mountains higher than 3000 feet**

3. Match the sentences.



4. What two things are at the top of Ben Nevis?

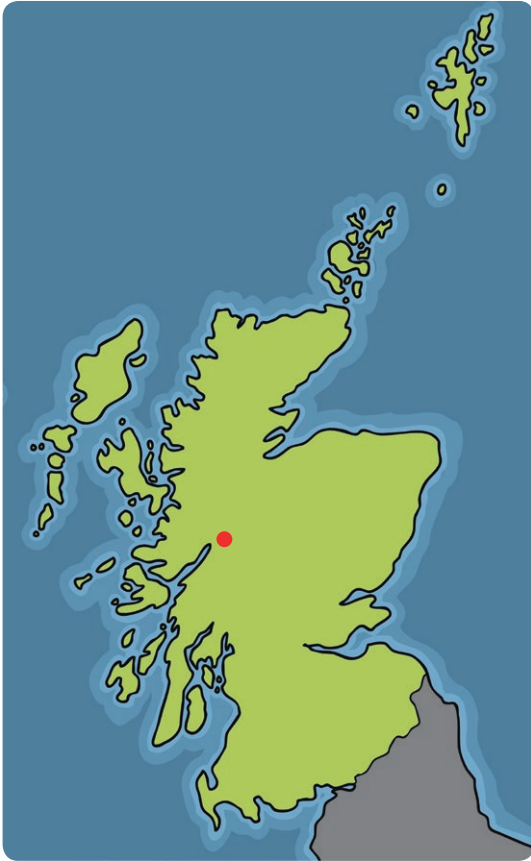
**A cairn and the Old Observatory are at the top of Ben Nevis.**

5. What was the Old Observatory built for? Tick one.

- a shelter for climbers
- a shop
- to record weather observations**



# Ben Nevis

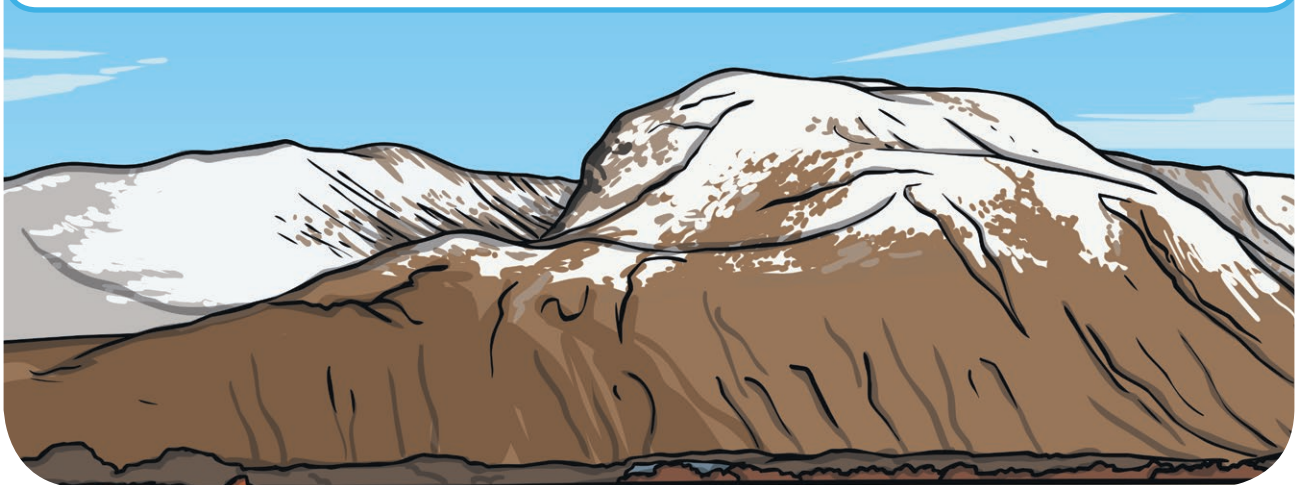


## What is Ben Nevis?

Ben Nevis is the highest mountain in the UK, measuring 1345 metres above sea level. It is in the north-west of Scotland near Fort William and forms part of the Grampian Mountains. Millions of years ago Ben Nevis was an active volcano. Ben Nevis is the highest of 282 Munros in Scotland. Munros are Scottish mountains that are over 914 metres above sea level. Munros were first measured and listed by Sir Hugh Munro (1856-1919) in 1891. Climbing all the Munros is a popular pursuit for hill walkers, known as 'Munro-bagging'.

## Beinn Nibheis

Beinn Nibheis is the Gaelic name for Ben Nevis. It is likely that Ben Nevis is the anglicised version of Beinn Nibheis. Beinn Nibheis can be translated as either Venomous or Malicious Mountain. This menacing name could refer to the fact that there can often be harsh weather conditions on Ben Nevis, including blizzards, strong winds and poor visibility.

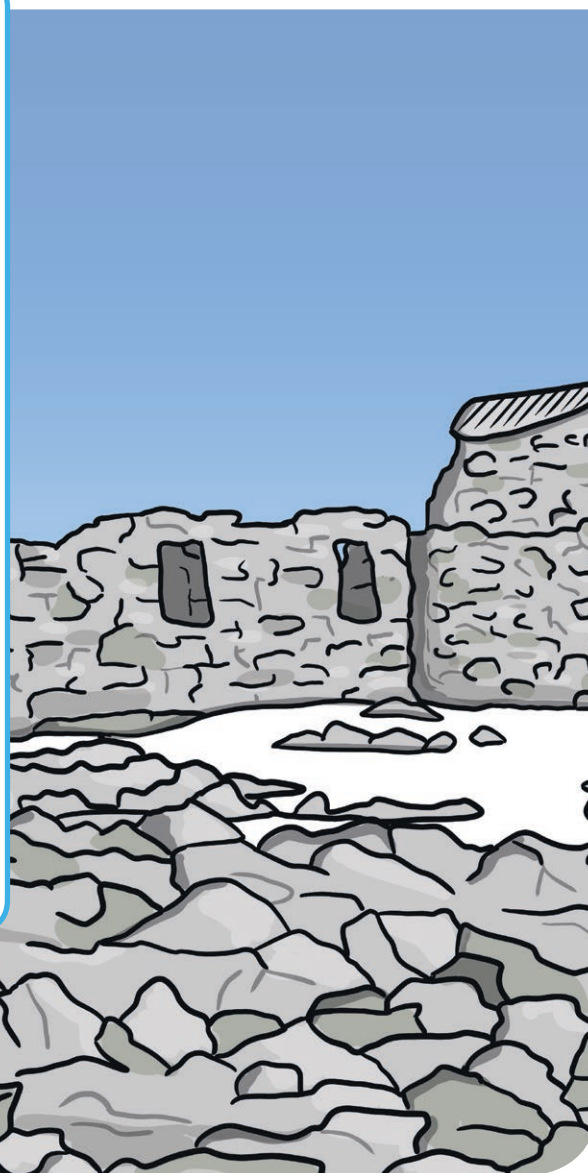


## Climbing Ben Nevis

As the highest mountain in the UK, Ben Nevis is a popular mountain to climb. It is estimated that around 150 000 people climb Ben Nevis each year. There are two main routes used to climb Ben Nevis - the Mountain Track (also known as the Pony Track) and the Carn Mor Dearg Arête route. The Mountain Track is a well-built path that is straightforward to climb on the south side of the mountain. The Carn Mor Dearg Arête route is much more challenging and is better suited to experienced walkers. Most people take between seven and nine hours to ascend and descend Ben Nevis.

### The Summit

At the summit of Ben Nevis there is a cairn to mark the top of the mountain. Unusually for a mountain, there is also a building on the summit, known as the Old Observatory. It was opened in 1883 and used until 1904 by a small team of scientists who lived there all year round recording hourly weather observations. Overall, they took around 1.5 million weather observations. This building survives as a ruin today and can be used as a shelter in emergencies.



# Questions

1. Where is Ben Nevis?

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2. What is 'Munro-bagging'? Tick one.

- finding Sir Hugh Munro's bag  
 climbing one Munro  
 climbing all 282 Munros

3. Find and copy the word that means 'to climb up'.

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4. Put these events in chronological order.

- Sir Hugh Munro listed the Scottish mountains over 914 metres above sea level.  
 Ben Nevis was an active volcano.  
 The Old Observatory became a ruin used for shelter in emergencies.  
 The Old Observatory was opened.

5. What route should an inexperienced hill walker take to climb Ben Nevis?

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6. Why do you think that Ben Nevis is a popular mountain to climb?

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# Answers

1. Where is Ben Nevis?  
**Ben Nevis is in the north-west of Scotland near Fort William.**
2. What is 'Munro-bagging'? Tick one.
  - finding Sir Hugh Munro's bag
  - climbing one Munro
  - climbing all 282 Munros**
3. Find and copy the word that means 'to climb up'.  
**ascend**
4. Put these events in chronological order.
  - 2** Sir Hugh Munro listed the Scottish mountains over 914 metres above sea level.
  - 1** Ben Nevis was an active volcano.
  - 4** The Old Observatory became a ruin used for shelter in emergencies.
  - 3** The Old Observatory was opened.
5. What route should an inexperienced hill walker take to climb Ben Nevis?  
**An inexperienced hill walker should take the Mountain Track to climb Ben Nevis.**
6. Why do you think that Ben Nevis is a popular mountain to climb?  
**Answers will vary: I think Ben Nevis is a popular mountain to climb because it is the highest mountain in the UK and there are spectacular views from the top.**