



BEN NEVIS - PONY TRACK

OVERVIEW

The Pony Track is the standard ascent route on Ben Nevis. The route climbs steadily from Glen Nevis before ascending a long sequence of zigzags onto a broad and potentially hazardous summit plateau. This route demands endurance, sound pacing, and strong navigation skills.

KEY STATS



1,345m
SUMMIT HEIGHT



392
OS MAP NUMBER



16km
DISTANCE



1,325m
HEIGHT GAIN



7-9 hours
DURATION



CHECKPOINTS (OS GRID REF)

CP	GRID REF	HEIGHT	LOCATION
CP1	NN 123 730	20m	Glen Nevis Visitor Centre
CP2	NN 134 720	200m	Change of gradient
CP3	NN 147 724	575m	Halfway Lochan
CP4	NN 147 715	750m	Zigzag Section
CP5	NN 157 713	1,200m	Summit Plateau Entry
CP6	NN 166 712	1,345m	Ben Nevis Summit

ROUTE DESCRIPTION

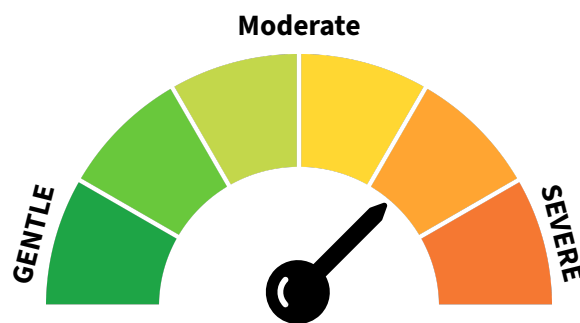
From Glen Nevis Visitor Centre, follow the wide, stone-built path heading west. The path rises gradually at first through grassy slopes before steepening as it gains height toward the footbridge. As you continue up, the path offers a short sharp zigzag as where the gradient changes slightly. Beyond this point, the gradient becomes slightly steeper as you enter the valley climb. The path then zigzags toward a large lochan at approximately 570m. This marks a psychological halfway point for many walkers. Beyond the lochan, you'll cross a stream as you arrive at the long series of well-constructed zigzags. These switchbacks climb the western flank of the mountain and eventually lead onto the summit plateau. Upon reaching the plateau (~1,300m), the gradient eases but navigation becomes significantly more serious. The summit is not immediately obvious in mist, and the plateau edges fall dramatically away to the north.

WEATHER RISKS

- Summit around 10°C Colder
- Sudden Rain + Hail Possible
- Whiteout Common

HAZARDS + CONDITIONS

- Long Duration
- Severe Wind Chill
- Whiteout Navigation Risk
- Winter Cornices
- Rapid Weather Shifts



LEVEL OF DIFFICULTY