



Frequently Asked Questions

1. What is the distance/route of the event?

MacEverest route is up a gravel path. It is wide and no navigation skills are required.

Each ascent is 1.4 miles/1050ft up to the chairlift station. You will aim to ascend 28 times over 36 continual hours to reach 29029ft - the height of Everest.

2. Are there specific requirements for participants, such as age or fitness level?

Participants must be over 20 on the date of the event unless previously agreed with the event director. Participants are responsible for their own fitness to participate in the event.

3. What does the entry fee cover?

Entry to the event and some supplementary snacks. The price point was created to cover costs as the chairlift is very expensive to have running for 36 hrs continually. Glencoe Mountain will also have staff there throughout the event including First Aiders.

4. What safety measures are in place to protect participants during the event?

There will be ground staff available at all times incase First Aid/medical assistance is required. The route is a gravel road so no navigation skills are required.

5. Is there a medical team available throughout the event?

There will be First Aiders on site. The usual medical assistance for Glencoe Mountain will also be available (Mountain Rescue).

The route is accessible by car so participants can be picked up in the event of an emergency.

6. What kind of hydration and nutrition support will be provided along the route?

The event is self-supported however there will be water and some small, limited snacks available at base camp.

7. Are there rest stations, and what facilities do they offer?

No, your 'rest' should take place in whatever accommodation you have booked onsite/your vehicle.

8. What weather conditions are anticipated, and how will they be managed?

It's Scotland so weather can never be determined for sure! However, it's hopeful it will be dry and not too windy at the end of May.

9. Can participants bring their own support crew?

Yes, however please keep accommodation to one pod/camping spot per crew so all the participants have the opportunity to stay at the mountain.

10. Are there cutoff times for different sections of the event?

No. You have 36 hrs to complete as many ascents/descents as you can.

11. Is the course well-marked, and are there maps provided?

It is one continual path up the mountain which will have some markers however it is very straightforward and no maps will be required.

12. What communication systems are in place in case of emergencies?

There is full phone signal. There will be an event number for participants to use if they need to contact base camp when they are on the route. There will also be a marshal half way up the ascent to assist if required.

13. How is participant tracking handled during the event?

You are responsible for registering at the start of the event and after each descent at base camp. If you choose to rest/stop, it is your responsibility to let base camp know so we can account for everyone throughout the event.

There will be no timing chips as it is not a race. You can monitor your progress via your own smart device such as a Garmin/Apple watch.

14. Are there any specific gear or equipment requirements?

Please refer to the kit list.

15. What happens if the event needs to be cancelled or postponed?

If it is cancelled by the event director then a full refund will be given. If postponed, there will be the choice of moving your entry to the following year or receiving a full refund.

16. Can participants withdraw from the event, and what is the refund policy?

Yes, participants can withdraw however no refunds will be given.

17. Are there any specific rules or guidelines regarding pacing and etiquette?

Go at your own pace. Respect your fellow participants, support each other, this is not a competition.

19. Is there a recommended training program for participants?

It is recommended participants seek advice from a trained professional regarding a training plan. Michael Ulloa (<https://www.michaelulloa.com>) is excellent and knows all about the event so can help with tailored training plans.

20. How can participants contribute to the overall safety of the event?

Follow the route, stop if you feel ill and get help. Support each other and get help if you notice anyone who needs it.

21. What facilities are available at the event?

There are toilets, showers, a cafe and various types of basic accommodation.