

healthoutfit

indoor munro bagging

Ben Macdui

Height – 1,309m (130,900cm)

The 2nd highest summit in Scotland!

Time to complete: 6-11 hours (route dependant)



- Stay healthy and enjoy!
- Stay at home and climb a munro!
- Time to get one in the bag and it's a big een!
- High mountain = more stair climbs...be sure to 'step it up' and complete it as fast as you can!