BLACK MOUNTAINEERING

ACONCAGUA EXPEDITION

Polish Traverse Route | Argentina | 6,962 m Summit

LOCATION
Argentina

DURATION
19 DAYS

ROUTE
Polish Traverse

GRADE
DIFFICULT

ALTITUDE
6,962M

DAILY ACTIVITY
6-8 HOURS

EXPEDITION INTRODUCTION



Location	**Argentina**
Duration	**19 Days**
Route	**Polish Traverse**
Grade	**Difficult**
Daily Activity	**6-8 hrs**
Altitude	**6,962m**

Standing at 6,962 metres, Aconcagua is the highest mountain in the Americas and the highest peak outside Asia. Our Aconcagua 360° Expedition is the ultimate way to experience it. The journey begins on the remote eastern side via the Vacas Valley Route and finishes with a descent by the classic Normal Route. The result is a complete traverse of the mountain, showing Aconcagua from every angle.

This is a true expedition. You will travel through quiet valleys and dramatic alpine landscapes, and camp beneath towering glaciers in the heart of the Andes. Along the way you will face one of the world's great high-altitude challenges.

Jason Black personally leads when the minimum team of six climbers is reached; otherwise the team is led by Senior Guide Marco, with over 50 Aconcagua summits. Every team is supported by experienced local guides, strong logistics and high-altitude support. Our proven acclimatisation strategy is designed to give you the best possible chance of summit success. You will also build the high-altitude skills and decision-making that serious mountaineering demands.

For climbers working towards the Seven Summits, this expedition is a worthy step on the path.

Expedition Highlights

- Summit Aconcagua (6,962m), the highest mountain in the Americas
- Complete the legendary 360° traverse, ascending one route and descending another
- Experience both the remote Vacas Valley and the classic Normal Route
- Climb in small teams led by Black Mountaineering Elite Guides
- Benefit from elite local guides, logistics and high-altitude support
- Follow a proven acclimatisation strategy designed to maximise summit success
- Carry out a true expedition through the heart of the Andes
- Camp beneath towering glaciers in dramatic mountain scenery
- Develop essential high-altitude expedition skills and decision-making
- Earn your place in the Seven Summits progression on one of the world's great mountaineering objectives







REQUIRED EXPERIENCE

Argentina is home to the Andes, the longest mountain range on Earth and the setting for the highest peak outside Asia. Aconcagua rises above remote desert valleys, glaciers and high alpine terrain.

The expedition begins in Mendoza before driving into the Andes to Penitentes and Puente del Inca, the gateway to Aconcagua Provincial Park. From there, the team treks up the remote Vacas Valley towards Plaza Argentina Base Camp.

From base camp, the mountain reveals itself in stages. The team climbs through the high camps and traverses beneath the Polish Glacier to join the Normal Route for the summit. The descent is via Plaza de Mulas and the Horcones Valley.

It is this combination of remoteness, scale and high-altitude challenge that makes the 360° traverse one of the great expeditions in the Andes.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **High-Altitude Experience**
Previous altitude experience is essential. Significant ascents on similar peaks in the Andes, Alps, Rockies, Caucasus or Himalayas.

02 **Expedition Fitness**
Strong endurance for 6–10+ hour days. Summit day can run 12–18 hours or more.

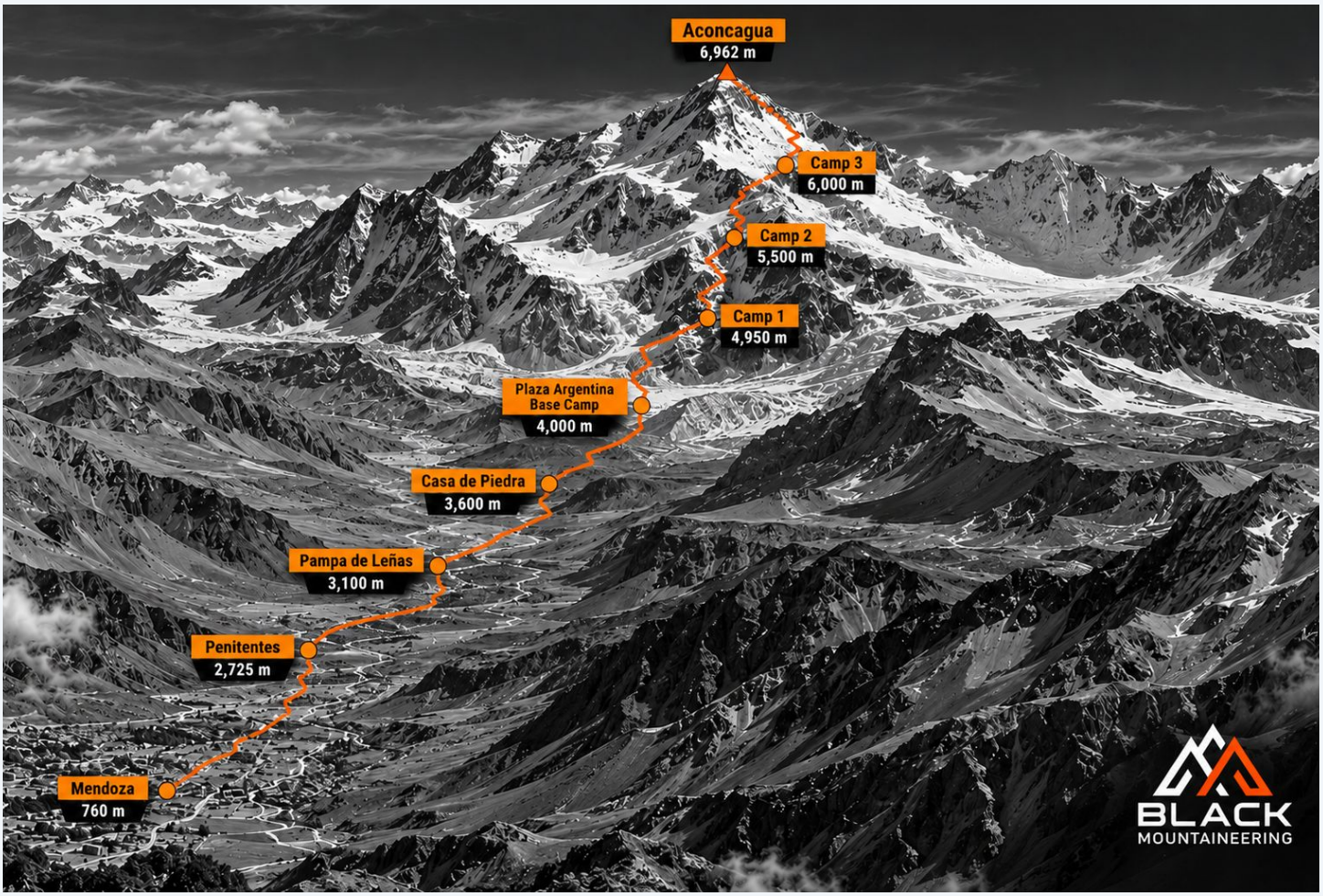
03 **Load-Carrying Ability**
Able to carry 15–20 kg to the high camps over consecutive days.

04 **Basic Mountaineering Skills**
Confident with crampons, an ice axe and good backpacking skills. No rope work or technical climbing is required.

05 **Mental Resilience**
Comfortable with strong winds, cold nights and weeks living in a tent. The ability to keep going when tired is essential.

✔ **Pre-Climb Screening**
All prerequisites are logged and verified during application to ensure team readiness.

POLISH TRAVERSE ROUTE



Peak Altitude	**6,962 meters**	Acclimatization	**Carries & caches, Base Camp to Camp 2**
Total Duration	**19 days, arrival to departure**	Summit Day	**Non-technical, 12–18+ hours**
Expedition Grade	**Difficult**	Route	**Polish Traverse Route**
Daily Activity	**Approx. 6-8 hours**	Group Size	**Small teams, 2:1 climber-to-guide ratio**

VACAS VALLEY APPROACH TO BASE CAMP

DAY 1

Arrival in Mendoza

Met by the team and transferred to the hotel. Expedition briefing, equipment check and final preparations, then a welcome dinner.

Location: Mendoza

Activity: Briefing & Gear Check

Evening: Welcome Dinner

Overnight: Team Hotel, Mendoza

DAY 2

Mendoza → Penitentes

Drive into the Andes and stop at Aconcagua Provincial Park to complete permit formalities. Gear is loaded onto the mule train for Base Camp.

Altitude: 2,725m/ 8,940ft

Activity: Permits & Gear Prep

Transport: Mule Train

Overnight: Expedition Hotel, Penitentes

DAY 3

Penitentes → Pampa de Leñas

Trek begins at the Quebrada de Vacas entrance, following the wide Vacas Valley. You carry a daypack only; mules carry your gear.

Camp: 3,100m/10,171ft

Activity: Approach Trek

Load: Daypack Only

Overnight: Pampa de Leñas

DAY 4

Pampa de Leñas → Casa de Piedra

Deeper into the remote Vacas Valley, with first views of Aconcagua's eastern face on arrival.

Camp: 3,600m/11,811ft

Activity: Valley Trek

Load: Daypack Only

Overnight: Casa de Piedra

DAY 5

Casa de Piedra → Plaza Argentina

Final approach to Base Camp, the gateway to the eastern route, with views of glaciers and the north-east face.

Base Camp: 4,000m/13,123ft

Activity: Final Approach

Load: Daypack Only

Overnight: Plaza Argentina Base Camp

DAY 6

Rest & Acclimatisation Day

Rest, recovery and gear organisation. The guides review the climbing strategy and monitor acclimatisation.

Location: Plaza Argentina (4,000m)

Focus: Rest & Hydration

Purpose: Acclimatisation

Overnight: Base Camp

ACCLIMATISATION & MOVE TO CAMP 2

DAY 7

Base Camp → Camp 1 & Return

First acclimatisation rotation, carrying food and gear to cache at Camp 1. "Climb high, sleep low."

High Point: Camp 1 (4,950m)
Load: ~10 kg cache
Sleep: 4,000m
Overnight: Base Camp

DAY 8

Rest & Training Day

Recovery after the first carry. Full equipment check and practical team training on systems and mountain procedures.

Location: Base Camp (4,000m)
Focus: Skills & Rest
Purpose: Recovery
Overnight: Base Camp

DAY 9

Base Camp → Camp 1

Move up to Camp 1. You carry your personal gear; high-altitude porters carry shared gear and pitch tents in advance.

Camp: 4,950m/16,240ft
Load: Personal Gear
Support: High-Altitude Porters
Overnight: Camp 1

DAY 10

Camp 1 → Camp 2 & Return

Second carry to Camp 2 (Upper Guanacos), then back to Camp 1 to rest.

High Point: 5,500m
Load: ~10 kg
Sleep: 4,950m
Overnight: Camp 1

DAY 11

Camp 1 → Camp 2

Move to Camp 2 – Upper Guanacos. Tents are already pitched on arrival.

Camp 2: 5,500m/18,044ft
Load: Personal Gear
Focus: Rehydrate & Acclimatise
Overnight: Camp 2 – Upper Guanacos

DAY 12

Rest Day at Camp 2

The guides monitor health and acclimatisation and review the weather forecast.

Location: Camp 2 (5,500m)
Focus: Hydration & Nutrition
Purpose: Conserve Energy
Overnight: Camp 2

THE SUMMIT PUSH & NORMAL ROUTE DESCENT

DAY 13

Camp 2 → Camp 3

Traverse across the mountain to join the Normal Route beneath the Polish Glacier. This is the 360° crossing.

Camp 3: 6,000m/19,685ft

Route: Polish Traverse

Focus: Summit Preparation

Overnight: Camp 3

MILESTONE | DAY 14

Summit Day – Aconcagua

Set out well before dawn on the Normal Route to the highest point in the Americas, then descend to Camp 3.

Start: Camp 3 (6,000m)

Summit: 6,962m

Duration: 12–18+ hours

Overnight: Camp 3

DAY 15

Camp 3 → Plaza de Mulas

Descend the Normal Route, completing the second half of the 360° traverse. Fresh clothing is waiting at Base Camp.

Start: Camp 3 (6,000m)

Finish: Plaza de Mulas Base Camp

Route: Normal Route

Overnight: Plaza de Mulas

DAY 16

Plaza de Mulas → Penitentes

Trek out through the Horcones Valley to the park entrance. Daypack only. Hot shower and a lodge night in Penitentes.

Start: Plaza de Mulas

Finish: Penitentes

Load: Daypack Only

Overnight: Expedition Lodge

DAY 17

Penitentes → Mendoza

Private Black Mountaineering transfer back to Mendoza, with a celebration evening with the team.

Transfer: Private Vehicle

Finish: Mendoza

Evening: Team Celebration

Overnight: Team Hotel, Mendoza

DAYS 18-19

Contingency Day & Departure

Day 18 is a built-in reserve for weather or other delays, which improves summit chances. Day 19 is final departure.

Day 18: Contingency Day

Day 19: Departure Home

Airport: Mendoza International

Transfers: Not included on Day 19

WHAT'S INCLUDED

INCLUDED

- ✔ Expedition led by Black Mountaineering
- ✔ Small guide-to-client ratio
- ✔ 4 star hotel in Mendoza, 1 night before & 1 after (shared, breakfast)
- ✔ All meals and drinking water on the expedition
- ✔ Expedition cooking team with fresh hot meals
- ✔ Premium Base Camp: heated dining tent, lounge, electricity
- ✔ Satellite and VHF radio communications at Base Camp
- ✔ Mule transport to/from Base Camp (25 kg each)
- ✔ High Camp tents (shared by 2 climbers)
- ✔ Porter support for communal equipment: tents, stoves, fuel & waste
- ✔ Emergency oxygen with summit masks and regulators
- ✔ Daily weather and avalanche forecasts
- ✔ Official Aconcagua Summit Certificate
- ✔ Climbing permit administration by our team

NOT INCLUDED

- ✖ International flights
- ✖ Aconcagua Climbing Permit *(Polish 360° Traverse: approx. USD $1,300–1,450, purchased in advance)*
- ✖ Insurance (mandatory)
- ✖ Personal climbing equipment and clothing
- ✖ Airport transfers on departure day
- ✖ Tips (recommended USD 250 per participant)
- ✖ Optional high-altitude porter for personal gear (approx. USD 650 per 40L load)
- ✖ Hot showers at Base Camp (approx. USD 15) and Wi-Fi (approx. USD 25 per 24 hrs)
- ✖ Personal expenses and extra costs if you leave the itinerary

TRAVEL INSURANCE (MANDATORY)

For Aconcagua, climbers must carry comprehensive insurance covering the following.

POLICY
Global Rescue Membership

- ✔ Cover Required: Medical injury or sickness, mountaineering above 5,000m, helicopter evacuation and repatriation.

Protects Life & High-Altitude Field Safety

Get Global Rescue Insurance

⚠ **IMPORTANT:** Insurance is mandatory: park rangers will not issue your climbing permit without proof of cover up to 7,000m. Declare any pre-existing medical conditions and get written confirmation they are covered.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Aconcagua is one of the toughest non-technical high-altitude climbs in the world. Climbers must be prepared for strong winds, cold nights, summit temperatures down to -30°C and weeks living in a tent at altitude.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | TRAVEL DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

02 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (2 pcs)
- [ ] Merino long pants base layer (1 pc)
- [ ] Merino short-sleeve T-shirt (2 pcs)

03 | MID LAYERS

- [ ] Tech fleece (1 pc)
- [ ] Tech fleece with hood (1 pc)
- [ ] Heavyweight hiking pants (1 pc)
- [ ] Lightweight hiking pants (2 pcs)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION LAYERS

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants
- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Bandana or buff (2 pcs)

07 | EYEWEAR

- [ ] Cat 4 glacier glasses
- [ ] UV nose protector
- [ ] Ski goggles

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner
- [ ] 7000m expedition mitts

09 | FOOTWEAR

- [ ] Liner socks (3 pairs)
- [ ] Wool or synthetic socks (3 pairs)
- [ ] Double skin mountaineering boots 7000m (Kailas / La Sportiva / Millet)
- [ ] Trekking approach shoes
- [ ] Camp booties (optional)
- [ ] Gaiters (optional)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

10 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -30°C
- [ ] Inflatable sleeping pad
- [ ] Closed-cell foam pad
- [ ] Earplugs
- [ ] Inflatable pillow

11 | MOUNTAINEERING GEAR

- [ ] Large 120L duffel bag (we provide)
- [ ] Trekking backpack 30L
- [ ] Expedition backpack 75L+ for above Base Camp
- [ ] Trekking poles (optional)
- [ ] Ice axe (2 pcs)
- [ ] Crampons
- [ ] Headlight 500–700 lumens (2 pcs)

12 | TRAVEL ITEMS

- [ ] Small hotel duffel bag
- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

13 | ADDITIONAL FOOD ITEMS

- [ ] Snack food
- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts
- [ ] Beef jerky

MANDATORY EQUIPMENT & LAYERING CHECKLIST

14 | MEDICAL

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (20 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

15 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | ADDITIONAL ITEMS

- [ ] Compression stuff sacks
- [ ] Plastic cup (high camps)
- [ ] Plastic bowl (high camps)
- [ ] Plastic spoon (high camps)
- [ ] Water bottles 1 litre (3 pcs)
- [ ] Thermos 1 litre
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)
- [ ] Knife or multi-tool (optional)

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate power adapters
- [ ] Avalanche transceiver
- [ ] Adventure sports watch
- [ ] GPS / Garmin inReach Mini
- [ ] Sherpa 100AC power bank
- [ ] Phone camera
- [ ] Batteries
- [ ] Charging leads

16-WEEK INTERMEDIATE–ADVANCED PLAN

This 16-week intermediate–advanced programme is for athletes with an established fitness base. Expedition fitness is built through consistent work, not one huge training week. The plan develops the engine, leg strength, durability and recovery habits needed for long days in the mountains.

The Aim
"Move well. Recover well. Carry load. Climb steadily. Repeat the effort on consecutive days."

01 **Weeks 1–4 | Foundation**
Aerobic base + gym strength. Long hill day builds from 2 to 3.5 hr, 400–800m gain, 5–6kg pack.

02 **Weeks 5–8 | Build**
Strength + vertical volume. Long hill day 4 to 5.5 hr, 800–1,200m gain, 6–8kg. Heavier gym work.

03 **Weeks 9–12 | Specific**
Load carriage + tired legs. 6–7 hr mountain days up to 1,500m with 8–10kg and back-to-back weekends.

04 **Weeks 13–16 | Peak & Taper**
Simulation + freshness. Peak 7–8 hr day and 2-day simulation, then volume drops so you arrive fresh.

GETTING PREPARED | DO NOT UNDERESTIMATE WHAT YOU ARE SIGNING UP TO

Expeditions demand time on your feet, repeated climbing, load carrying and the ability to keep moving when tired.

FOUR PILLARS OF PREPARATION:
- **Endurance:** Build a strong aerobic base through regular walking and steady cardio.
- **Durability:** Condition feet, ankles, legs and back for repeated days of work.
- **Confidence:** Train in poor weather, on hills and with your expedition equipment.
- **Recovery:** Rest, sleep, mobility, nutrition and hydration are part of the plan.

THE FOUNDATION: Start from your current level. Build gradually. Use hills whenever possible. Train in the footwear and backpack you expect to use. Consistency is more valuable than chasing one heroic session.

THE PAY-OFF: Better fitness means more enjoyment, more confidence, improved recovery and greater capacity to deal with the unexpected.

TRAINING TERMS & MEASURING EFFORT

01 **Rest**
No structured training. Let the body absorb the work.

02 **Long Walks**
Build time on feet, endurance, kit confidence and fuelling habits.

03 **Hill Walking**
Develop climbing strength, descending control and mountain movement.

04 **Intervals**
Repeated work and recovery to improve cardiovascular capacity.

05 **Cross-Training**
Low-impact aerobic work such as cycling or swimming.

06 **Strength Training**
Gym-based full-body strength with emphasis on legs, posterior chain and load carrying.

MEASURING YOUR EFFORT | USE THE TALK TEST

ZONE	LEVEL	FEEL	TALK TEST
RECOVERY	**6–6.5**	Very easy	Full conversation. Cool down and recover.
EASY	**6.5–7**	Comfortable	Conversational pace. Builds aerobic base.
STEADY	**7–8**	Working	Short sentences. Sustainable effort.
THRESHOLD	**8–8.5**	Hard	Only a few words at a time. Controlled discomfort.

Heart-rate figures can be useful, but terrain, fatigue, heat, altitude and individual differences all affect the number. The talk test gives you a simple real-world check of effort.

TRAIN SMART: The goal is not to finish every session exhausted. The goal is to build a body that can work for hours, recover, and do it again the next day.

10 STEPS TO PREPARE

1 Start Walking Now
Build regular time on your feet. Start with manageable distances and progress gradually.

2 Make Leg-Based Cardio a Habit
Cycling, swimming, stair work and other aerobic sessions support your walking base.

3 Take the Stairs
Use everyday opportunities to strengthen glutes, quads and calves.

4 Analyse How You Move
Good posture, efficient stride and controlled descending reduce wasted energy.

5 Train on Different Terrain
Use hills, rough ground and varied surfaces to prepare feet and ankles.

6 Train in Bad Weather
Use wind and rain to test layers, waterproofs and your ability to stay organised.

7 Practise with Walking Poles
Develop a natural rhythm and learn to use poles effectively uphill and downhill.

8 Train with Your Expedition Kit
Use your boots and progressively load your pack on longer sessions.

9 Fuel & Hydration
Practise eating and drinking little and often during training so it becomes automatic.

10 Footwear
Train in the boots you intend to use. Test socks, lacing, blister prevention and foot care.

SIMPLE RULE: TEST EVERYTHING IN TRAINING

FUEL & HYDRATION ROUTINE:
- **Before:** Eat a familiar meal and start hydrated.
- **During:** Small regular snacks and frequent fluids.
- **After:** Refuel, rehydrate and recover.

EXPEDITION HABIT: Do not leave equipment testing until the final weeks. Long training walks are where you learn how your boots, socks, pack, poles, layers, food and hydration system actually perform.

REMEMBER: The expedition is not the place to discover that your boots rub, your pack does not fit, or your food strategy does not work.

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 3 mi / 4.8 km	EASY **Aerobic** 45 min Conversational	STRENGTH **Strength A** 50 min Progress load	EASY **Aerobic** 45 min Easy
TUE	STRENGTH **Strength A** 45-50 min Technique first	STRENGTH **Strength B** 45-50 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50 min Progress load
WED	EASY **Aerobic** 40 min Bike / incline walk	REST	REST	REST
THU	REST	HARD **Uphill intervals** 6 x 2 min Easy recovery	STEADY **Hill session** 75 min 400-500 m | 5-6 kg	HARD **Uphill intervals** 5 x 3 min Controlled hard
FRI	EASY **Hill walk** 75 min 300-400 m | 5 kg	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2 hr 5-6 mi / 8-10 km 400-500 m | 5 kg	MOUNTAIN **Long hill day** 2.5 hr 6-7 mi / 10-11 km 500-600 m | 5 kg	MOUNTAIN **Long hill day** 3 hr 7-8 mi / 11-13 km 600-700 m | 5-6 kg	MOUNTAIN **Long hill day** 3.5 hr 8-9 mi / 13-14.5 km 700-800 m | 6 kg
SUN	REST	EASY **Easy walk** 45 min Flat / gentle	REST	EASY **Easy walk** 60 min No pack

STRENGTH / EXPEDITION GUIDANCE

Strength A: squat or leg press, Romanian deadlift, step-up, row, calf raise, loaded carry. Strength B: split squat, hip hinge, step-up, pulldown, calf raise, carry. 2-3 sets each; finish with good form, not failure.

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Strength A** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Easy	STRENGTH **Strength A** 55 min Final heavy block	EASY **Aerobic** 50 min Easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Conversational	STRENGTH **Strength B** 50 min Reduce load slightly
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 6-7 kg	HARD **Uphill intervals** 6 x 3 min Jog / hike recovery	STEADY **Loaded hills** 1 hr 45 min 600-700 m | 7-8 kg	HARD **Uphill intervals** 5 x 4 min Controlled hard
FRI	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy
SAT	MOUNTAIN **Long hill day** 4 hr 9-10 mi / 14.5-16 km 800-900 m | 6-7 kg	MOUNTAIN **Long hill day** 4.5 hr 10-11 mi / 16-18 km 900-1000 m | 7 kg	MOUNTAIN **Long hill day** 5 hr 11-12 mi / 18-19 km 1000-1100 m | 7-8 kg	MOUNTAIN **Long hill day** 5.5 hr 12-13 mi / 19-21 km 1100-1200 m | 8 kg
SUN	REST	EASY **Easy hills** 75 min 300-400 m | light pack	EASY **Easy walk** 60 min Recovery pace	REST

STRENGTH / EXPEDITION GUIDANCE

Continue Strength A/B with progressive resistance. Keep most aerobic work conversational. Long hill days are for efficient movement, fuelling, footwear and pack practice – not racing.

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Muscular endurance** 45-50 min Step-ups + lunges	RECOVERY **Recovery** 35 min Very easy	STRENGTH **Muscular endurance** 45 min Moderate load	RECOVERY **Recovery** 35 min Very easy
TUE	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 45 min Step-ups + carries	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 40-45 min Do not chase fatigue
WED	REST	REST	REST	REST
THU	STEADY **Loaded climb** 2 hr 700-800 m | 8-9 kg	EASY **Aerobic** 60 min Easy	HARD **Uphill intervals** 6 x 4 min Strong but controlled	STEADY **Loaded climb** 90 min 500-600 m | 10 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Long mountain day** 6 hr 12-14 mi / 19-22.5 km 1200-1300 m | 8-9 kg	MOUNTAIN **Back-to-back Day 1** 4 hr 8-10 mi / 13-16 km 650-750 m | 9 kg	MOUNTAIN **Long mountain day** 6-7 hr 14-16 mi / 22.5-26 km 1300-1500 m | 9-10 kg	MOUNTAIN **Back-to-back Day 1** 5 hr 10-12 mi / 16-19 km 850-950 m | 10 kg
SUN	EASY **Easy walk** 75 min Tired-leg recovery	MOUNTAIN **Back-to-back Day 2** 5 hr 10-12 mi / 16-19 km 750-850 m | 9 kg	EASY **Easy walk** 60 min Recovery pace	MOUNTAIN **Back-to-back Day 2** 6 hr 12-14 mi / 19-22.5 km 950-1050 m | 10 kg

STRENGTH / EXPEDITION GUIDANCE

Shift gym work toward muscular endurance: weighted step-ups, walking lunges, calf work and loaded carries. Back-to-back days teach you to recover and perform again on tired legs.

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **Mobility** 25-30 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30-35 min Mobility + activation	REST
THU	STEADY **Loaded hills** 90 min 600-700 m | 10-12 kg	EASY **Aerobic** 45 min Easy	REST	EASY **Easy hills** 60-75 min 300-500 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 60 min 250-350 m | 6-8 kg	REST
SAT	MOUNTAIN **Peak mountain day** 7-8 hr 16-18 mi / 26-29 km 1500-1800 m | 10-12 kg	MOUNTAIN **Simulation Day 1** 6 hr 12-14 mi / 19-22.5 km 950-1150 m | 10-12 kg	MOUNTAIN **Reduced hill day** 4-5 hr 9-11 mi / 14.5-18 km 700-900 m | 6-8 kg	EASY **Shake-out walk** 30 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 7 hr 14-16 mi / 22.5-26 km 1050-1350 m | 10-12 kg	REST	READY **Expedition ready** Arrive fresh

STRENGTH / EXPEDITION GUIDANCE

Weeks 13-14 are the peak specific block. Weeks 15-16 reduce volume so fitness is retained while fatigue falls. Do not add missed sessions or extra hard work during the taper.

LOGISTICS, VISAS & MOUNTAIN RULES







PASSPORT & VISA REQUIREMENTS

Passport Validity
- Must be valid 6+ months past return date.
- Minimum 2 blank pages for entry stamps.

Entry Requirements
- Check Argentina entry requirements for your nationality before travel.
- Proof of insurance must be carried on the expedition.

Currency & Financials
- Local currency: Argentine Peso (ARS).
- Bring cash for the gratuity, Base Camp showers & Wi-Fi and personal expenses.

FLIGHTS & MEETING POINT

Destination Airport
- Mendoza International Airport (MDZ).

Flight Booking Advisory
- CRITICAL: Do NOT book flights until dates & schedule are confirmed by Jason Black.

Mandatory Meeting Point
- Day 1: met on arrival in Mendoza and transferred to the team hotel, followed by the expedition briefing, equipment check and welcome dinner.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Team safety is the ultimate priority.

Zero Tolerance Policy
- NO illegal drugs or illicit substances.
- Violations result in immediate removal.

HAZARDS & EXPEDITION PROTOCOL

Objective Mountain Hazards
- Strong winds, extreme cold and altitude illness (AMS/HAPE/HACE).
- Immediate reporting of distress is mandatory.

Expedition Gratuity
- Gratuities not included in trip fee.
- Recommended: USD $250 per participant, shared among guides, cooks, mule drivers, porters and support staff.

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Aconcagua Expedition

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