BLACK MOUNTAINEERING

EVEREST BASE CAMP TREK

Khumbu Route | Nepal | 5,545m Max Altitude

LOCATION
NEPAL

DURATION
15 DAYS

ROUTE
KHUMBU

GRADE
MODERATE

ALTITUDE
5,545M

DAILY ACTIVITY
6-9 HOURS

EXPEDITION INTRODUCTION



Location	**Nepal**
Duration	**15 Days**
Route	**Khumbu**
Grade	**Moderate**
Daily Activity	**Approx. 6–9 hours**
Altitude	**5,545m**

Next April this trek will be guided personally by Mt Everest summiteer Jason Black. Its unique highlight is a night at our private Mt Everest Expedition Base Camp, meeting our Everest climbing team and experiencing life on a real Himalayan expedition. We don't just visit Everest Base Camp — we live it.

The 15-day trek begins in Kathmandu and flies to Lukla, then follows the Dudh Koshi River through Phakding, Namche Bazaar, Tengboche, Dingboche and Lobuche. Acclimatisation days in Namche Bazaar and Dingboche give your body time to adjust before the final push across the Khumbu Glacier.

On Day 10 the team reaches Everest Base Camp (5,364m) and spends the night at our private expedition camp, an experience very few trekkers ever get to enjoy. The descent retraces the trail via Pheriche and Namche Bazaar to Lukla for the flight back to Kathmandu.

No technical climbing is involved and first-time trekkers are welcome, but you should be comfortable walking all day. A Black Mountaineering certified trekking guide sets a slow, steady pace for the group, and a personal porter carries up to 15kg of your gear.







NEPAL & REQUIRED EXPERIENCE

Nepal is the heart of the Himalaya, a land where the world's highest mountains rise above terraced valleys, rhododendron forests and ancient Sherpa villages to form one of the most dramatic mountain landscapes on Earth.

The trek begins in Kathmandu before one of the world's most spectacular mountain flights to Lukla. From there the trail follows the Dudh Koshi River through Sherpa villages and across iconic suspension bridges into Sagarmatha National Park and up to Namche Bazaar, the gateway to Everest.

Beyond Namche the views build of Everest, Lhotse and Ama Dablam. The trail passes Tengboche Monastery, Dingboche and the Everest Memorials at Thukla before reaching Lobuche and the Khumbu Glacier.

It is this combination of Sherpa culture, proven acclimatisation and a night at the foot of the world's highest mountain that makes this the closest you'll come to climbing Everest without climbing Everest.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **No Technical Experience Needed**
No technical climbing. First-time trekkers are welcome; hiking or trekking experience is a plus.

02 **Endurance & Cardio Fitness**
Expect 6–8 hours a day over 5–15km, with 500–800m of altitude gain on some days.

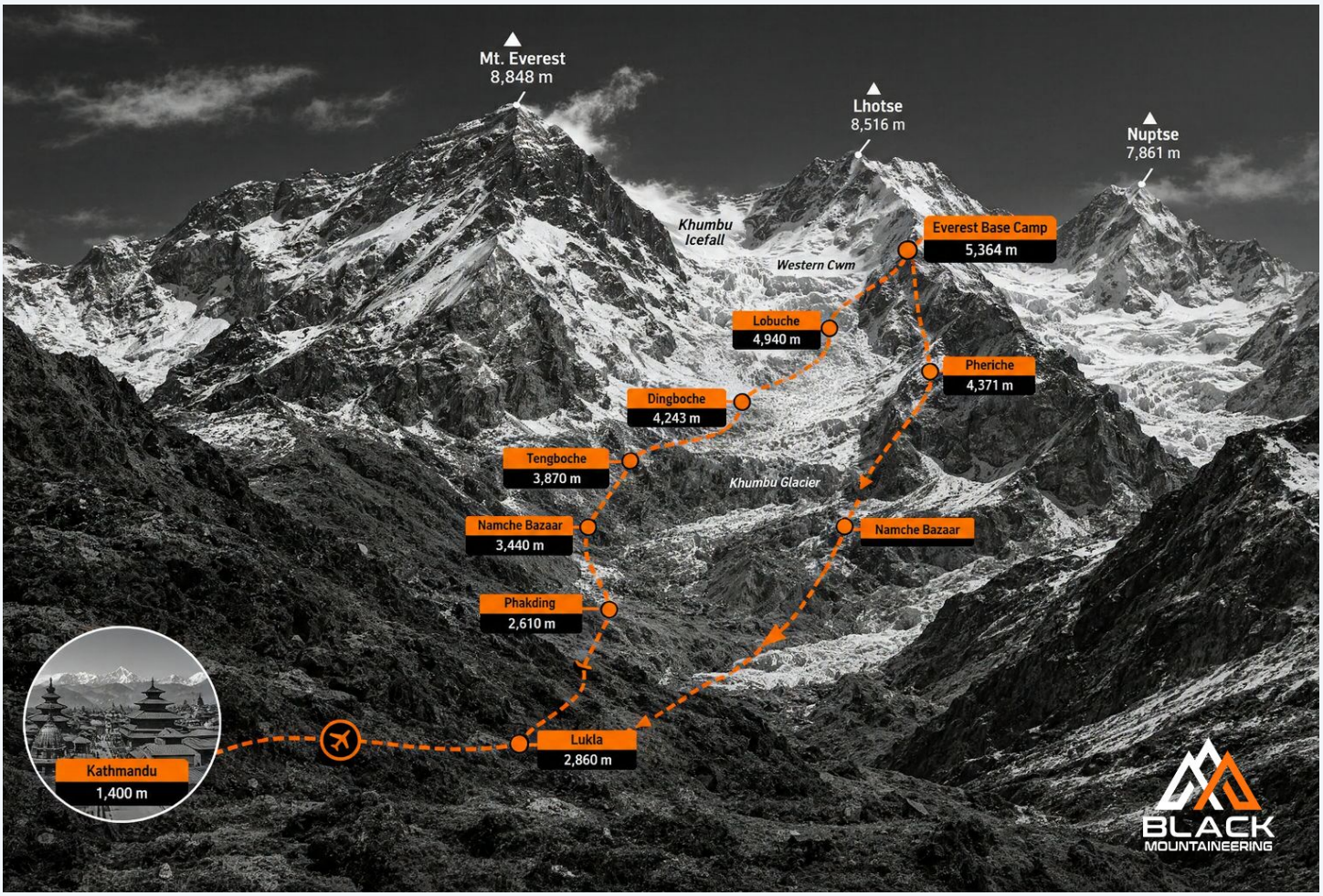
03 **High-Altitude Acclimatisation**
The trek reaches 5,364m at Everest Base Camp. AMS is a real risk, even for fit trekkers.

04 **Strength & Load Carrying**
Carry a 5–8kg daypack on rocky paths and steep descents. Porters carry your main luggage.

05 **Mental Toughness**
Expect fatigue, cold and altitude discomfort. There are no shortcuts: you walk every step.

✔ **Minimum Fitness Benchmarks**
Hike 800m+ gain with a 10kg pack (6–8 hrs), run 10km in under 60 min, stairs for 45 min with 5–10kg and hike 6–8 hrs on consecutive days.

EVEREST BASE CAMP ROUTE



Peak Altitude	**5,545 meters**	Acclimatization	**Namche & Dingboche rest days**
Total Duration	**15 days, arrival to departure**	Highlight	**Night at Everest Base Camp**
Expedition Grade	**Moderate**	Route	**Khumbu Route**
Daily Activity	**Approx. 6–9 hours**	Guide	**Guided by Jason Black**

KATHMANDU TO DINGBOCHE

DAY 1

Arrival in Kathmandu

Jason Black and his expedition team welcome you at the airport, then transfer you to the expedition hotel to relax, recover and prepare for the adventure ahead.

Location: Kathmandu
Activity: Arrival & Rest
Welcome: Jason Black
Overnight: Expedition Hotel

DAY 2

Briefing & Gear Check

Meet Jason, your expedition leader, for a full trek briefing and gear check, with the afternoon free to buy or hire last-minute equipment.

Location: Kathmandu
Activity: Briefing & Gear
Afternoon: Gear Shopping
Overnight: Expedition Hotel

DAY 3

Fly to Lukla & Trek to Phakding

One of the world's most spectacular mountain flights into Lukla, then along the Dudh Koshi River through Sherpa villages to Phakding.

Flight: Kathmandu → Lukla
Route: Dudh Koshi River
Phakding: 2,610m / 8,563ft)
Overnight: Phakding

DAY 4 - 5

Namche Bazaar & Acclimatisation

Day 4: across iconic suspension bridges into Sagarmatha National Park and up to Namche Bazaar. Day 5: a viewpoint hike for your first views of Everest.

Namche Alt: 3,440m / 11,286ft
Day 4: Trek to Namche
Day 5: Acclimatisation Hike
Overnight: Namche Bazaar

DAY 6 - 7

Tengboche & Dingboche

Day 6: panoramic views of Everest, Lhotse and Ama Dablam on the way to Tengboche and its famous monastery. Day 7: deeper into the rugged Khumbu Valley to Dingboche.

Tengboche: 3,870m / 12,697ft
Dingboche: 4,243m / 13,921ft
Focus: Gradual Acclimatisation
Overnight: Tengboche, then Dingboche

DAY 8

Acclimatisation Day – Dingboche

A second acclimatisation day, with a rewarding ridge hike for panoramic views of the Khumbu Valley before returning to Dingboche.

Dingboche: 4,243m / 13,921ft
Activity: Ridge Hike
Next Phase: Upper Khumbu
Overnight: Dingboche

EVEREST BASE CAMP & RETURN

DAY 9

Trek to Lobuche

Through the upper Khumbu Valley, past the Everest Memorials at Thukla.

A night at Lobuche in preparation for Everest Base Camp.

Lobuche: 4,940m / 16,207ft
Passing: Thukla Memorials
Next: Everest Base Camp
Overnight: Lobuche

MILESTONE | DAY 10

Overnight at Everest Base Camp

Trek across the Khumbu Glacier to the foot of Everest and spend the night at our private Expedition Base Camp, meeting our climbing team.

Base Camp: 5,364m / 17,598ft
Terrain: Khumbu Glacier
Highlight: Meet the Climbing Team
Overnight: Private Expedition Camp

DAY 11

Base Camp to Pheriche

Breakfast surrounded by the world's highest peaks, then descend through the Khumbu Valley, retracing your steps to Pheriche.

Pheriche: 4,371m / 14,341ft
Focus: Descent
Overnight: Pheriche

DAY 12 - 13

Namche Bazaar & Lukla

Day 12: back through Sherpa villages and forests to Namche. Day 13: follow the Dudh Koshi River to Lukla and celebrate with the team.

Day 12: Namche (3,440m)
Day 13: Lukla (2,800m)
Evening: Team Celebration
Overnight: Namche, then Lukla

DAY 14

Fly to Kathmandu

An early morning flight from Lukla back to Kathmandu, then the rest of the day at leisure to relax and celebrate your achievement.

Flight: Lukla → Kathmandu
Afternoon: At Leisure
Overnight: Hotel, Kathmandu

DAY 15

Departure

Transfer to Kathmandu International Airport for your flight home, with the achievement of standing and sleeping at the foot of the world's highest mountain.

Transfer: Hotel → Airport
Location: Kathmandu
Expedition: Complete

WHAT'S INCLUDED

INCLUDED

- ✔ Guided by Mt Everest summiteer Jason Black
- ✔ 3 nights hotel in Kathmandu (twin/double share, breakfast)
- ✔ Return domestic flights Kathmandu ↔ Lukla
- ✔ All Everest Base Camp trekking permits
- ✔ Exclusive overnight stay at Everest Base Camp
- ✔ Personal porter (up to 15kg)
- ✔ Airport pick-up and drop-off
- ✔ Welcome dinner at a traditional Nepali restaurant
- ✔ All in-country transport for the trekking team
- ✔ All accommodation and meals during the trek
- ✔ Black Mountaineering certified trekking guide
- ✔ Black Mountaineering expedition duffle bag

NOT INCLUDED

- ✖ International flights
- ✖ Travel, trekking & high-altitude insurance (incl. helicopter evacuation)
- ✖ Wi-Fi in mountain lodges
- ✖ Personal expenses (charging, internet, hot showers, laundry)
- ✖ Nepal entry visa
- ✖ Guide gratuity (recommended US$150)
- ✖ Bottled water, soft drinks and alcohol
- ✖ Extra Kathmandu nights (US$80 single / US$100 twin or double)

TRAVEL INSURANCE (MANDATORY)

Participants must have travel insurance with the following minimum cover.

Recommended:
True Traveller

Your policy must include all four of the following:

- ✔ Medical expenses: €10,000,000
- ✔ Trip cancellation: €9,000
- ✔ Personal liability: €2,000,000
- ✔ Trekking up to 6,000 metres

Traveller Plus · Ultimate Pack

Get True Traveller Insurance



⚠ **IMPORTANT:** Travel, trekking and high-altitude insurance is mandatory and must include helicopter evacuation. Baggage cover (€3,000) is optional.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

The Everest Base Camp trek involves no technical climbing, but long days on rough trails and altitude above 5,000m make it a serious challenge. Trekkers must be prepared for cold temperatures, potential snowy sections and a night at Everest Base Camp (5,364m).

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

01 | BAGS

- [ ] Large 120L duffel bag (we supply)
- [ ] Trekking backpack 35L

02 | BASE LAYERS

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

03 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Mid-weight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

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

05 | INSULATION LAYERS

- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm wool hat
- [ ] Baseball cap
- [ ] Buff

07 | EYEWEAR

- [ ] Regular sunglasses

08 | GLOVES

- [ ] Lightweight base layer gloves
- [ ] **Heavier ski gloves:** to wear on cold days

09 | FOOTWEAR

- [ ] Hiking socks (4 pairs)
- [ ] Hiking boots
- [ ] Trekking shoes
- [ ] Crocs-style footwear for wearing in lodges

MANDATORY EQUIPMENT & LAYERING CHECKLIST

10 | HUT SLEEPING

- [ ] **Provided:** hut bed, mattress and pillow. No bedding or towel is provided.
- [ ] Sleeping bag -10°C rating
- [ ] Pillow case (1)
- [ ] Earplugs (1)
- [ ] **Hut clothing:** tracksuit / shorts (1)
- [ ] **Hut clothing:** sliders / sandals (1)

11 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Valid passport
- [ ] Cash
- [ ] Visa card
- [ ] ATM card
- [ ] Insurance

12 | ADDITIONAL FOOD ITEMS

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

MANDATORY EQUIPMENT & LAYERING CHECKLIST

13 | MEDICAL / FIRST AID

- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (10 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter

14 | 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

15 | ADDITIONAL ITEMS

- [ ] Trekking poles
- [ ] Water bottles 1 litre (2 pcs)
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

16 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone
- [ ] 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.

Nepal Visa
- Nepal entry visa required for all climbers.
- Not included in the trip fee.

Currency & Financials
- Local currency: Nepalese Rupee (NPR).
- Budget about €300 for extras: visa, SIM card, snacks, bottled water and device charging.

FLIGHTS & MEETING POINT

Destination Airport
- Tribhuvan International Airport, Kathmandu (KTM).

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

Mandatory Meeting Point
- Day 1: Jason Black and the team meet you at Kathmandu airport and transfer you to the expedition hotel.

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
- Altitude sickness (AMS), cold temperatures, rocky paths, suspension bridges and potential snowy sections.
- Immediate reporting of distress is mandatory.

Guide Gratuity
- Gratuities not included in trip fee.
- Guide gratuity: US$150 recommended.

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 Everest Base Camp Trek

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

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