SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

SEVEN MOUNTAIN RANGES. SEVEN CHALLENGES.

IRELAND

7 SUMMITS

Kerry · Down · Galway · Mayo · Tipperary · Waterford · Donegal



ONE EXPEDITION. ONE TOKEN.

Complete the series to earn the Ireland piece of the Seven Summits Medallion.

LOCATION IRELAND	**DURATION** MAR – SEP	**ROUTE** MULTIPLE ROUTES
GRADE MULTIPLE GRADES	**ALTITUDE** MULTIPLE CLIMBS	**DAILY ACTIVITY** GUIDED

SERIES INTRODUCTION



Location	**Ireland**
Duration	**March to September**
Route	**Multiple Routes**
Grade	**Multiple Grades**
Daily Activity	**Guided**
Altitude	**Multiple climbs**

The Ireland 7 Summits® is a fully guided national hiking series: a season-long journey through seven of Ireland's great mountain ranges, running from March to September and led by the experienced Black Mountaineering guides.

The seven mountain challenges are MacGillycuddy's Reeks (Kerry), the Mourne Mountains (Down), the Twelve Bens (Galway), the Ox Mountains (Mayo), the Galtee Mountains (Tipperary), the Comeragh Mountains (Waterford) and the Seven Sisters (Donegal).

"7 Summits" does not mean simply climbing seven mountains. Each event is a substantial mountain journey through a different range, with multiple peaks and route options. Take part in one event, or complete all seven to become an Ireland 7 Summits Summiteer.

Seven mountain ranges. Seven challenges. One journey across Ireland that builds confidence, capability, friendships and a belief in what you can achieve. Begin your Global Seven Summit Series®.







IRELAND & WHO IT'S FOR

A fully guided national hiking series through seven of Ireland's great mountain ranges, from March to September.

Complete the challenge at your own pace: all seven ranges in one season or over several years. Every range you complete is recorded.

Open to everyone, from first-time hikers to experienced mountain adventurers. Around 80% of participants join solo.

Every event is led by experienced Black Mountaineering guides, with Qualified Wilderness First Responders.



FOUR ROUTE GRADES: A ROUTE FOR EVERY LEVEL

01 **Standard: Beginners**
A rewarding mountain day at a steady pace. No previous mountain experience is required.

02 **Intermediate: A Step Up**
For hikers with some mountain experience: longer distances and more elevation.

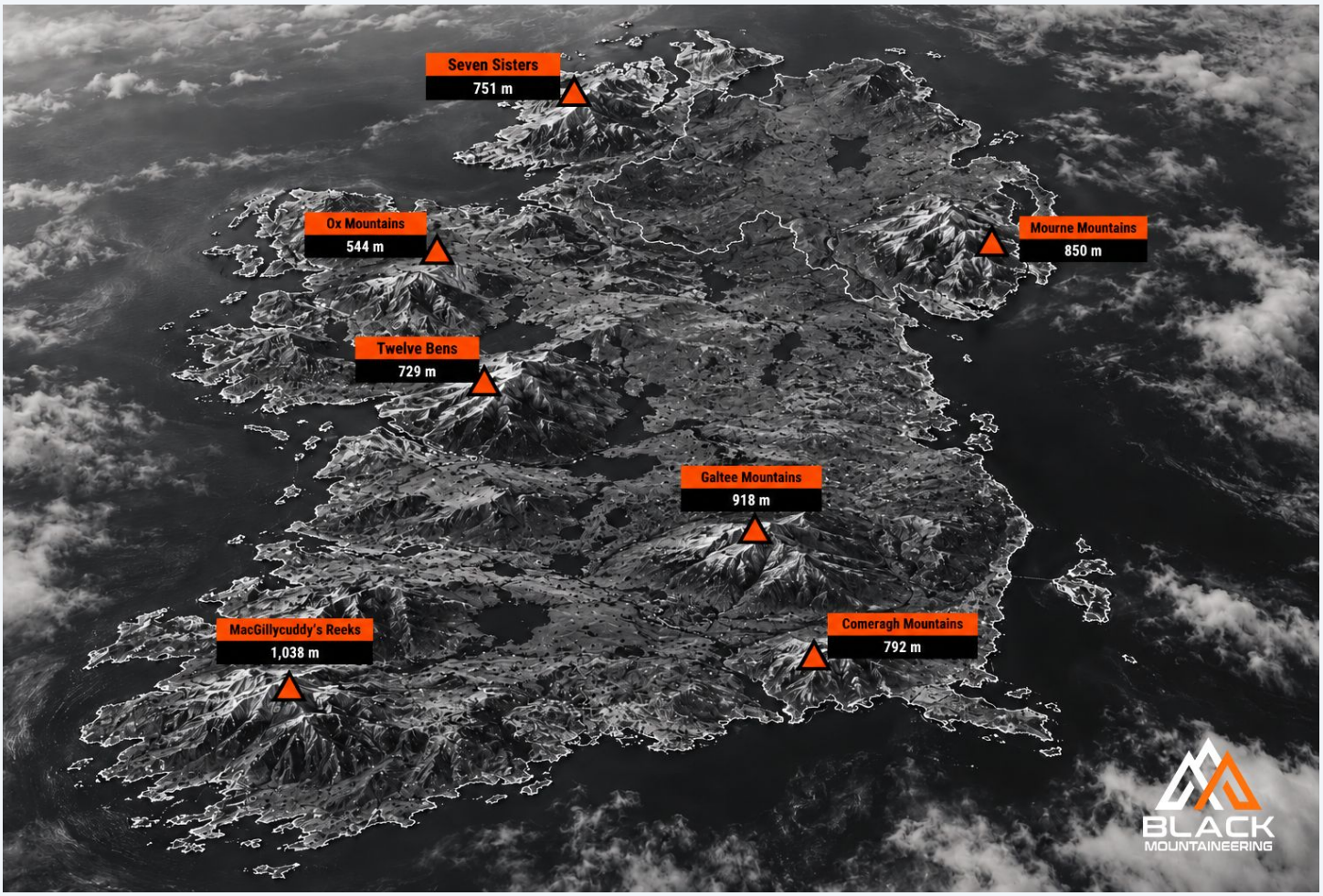
03 **Advanced: Experienced**
For experienced, very fit mountain hikers: longer days, steeper terrain, sustained travel.

04 **Advanced Plus: The Ultimate**
The most demanding route, with greater distance, elevation and endurance.

05 **Coming Alone?**
Absolutely. Whether solo, with friends or a group, you get the same warm welcome.

✔ **Not Sure Which Grade?**
Our mountain guides will help you choose the most suitable route for a safe, enjoyable and rewarding day.

THE SEVEN MOUNTAIN RANGES



Mountain Ranges	**7 across Ireland**	Base	**I7S Base Camps**
Season	**March to September**	Format	**One event or all seven**
Route Grades	**Standard to Advanced Plus**	Route	**Multiple routes**
Activity	**Fully guided**	Pace	**No time limits**

SEVEN MOUNTAIN RANGES ACROSS IRELAND

EVENT 1

MacGillycuddy's Reeks

The series opens in County Kerry with a mountain journey through MacGillycuddy's Reeks, with multiple peaks and route options for every grade.

County: Kerry
Routes: Multiple grades
Base: I7S Base Camp

EVENT 2

Mourne Mountains

A mountain journey through the Mourne Mountains in County Down.

Choose the route that matches your fitness, experience and goals.

County: Down
Routes: Multiple grades
Base: I7S Base Camp
Camping: Available

EVENT 3

Twelve Bens

A mountain journey through the Twelve Bens in County Galway, with multiple peaks and route options for every grade.

County: Galway
Routes: Multiple grades
Base: I7S Base Camp

EVENT 4

Ox Mountains

A mountain journey through the Ox Mountains in County Mayo, with multiple peaks and route options for every grade.

County: Mayo
Routes: Multiple grades
Base: I7S Base Camp
Camping: Available

EVENTS 5 – 6

Galtee & Comeragh Mountains

Two southern ranges: the Galtee Mountains in County Tipperary, then the Comeragh Mountains in County Waterford.

Event 5: Galtees, Tipperary
Event 6: Comeraghs, Waterford
Base: I7S Base Camps

MILESTONE | EVENT 7

Seven Sisters: 7 of 7

The series finale in County Donegal. Complete all seven ranges to become an Ireland 7 Summits Summiteer and begin your journey towards the Global Seven Summit Series®.

County: Donegal
Routes: Multiple grades
Base: I7S Base Camp
Reward: Summiteer status

WHAT'S INCLUDED

INCLUDED

- ✔ Part of the Global Seven Summit Series
- ✔ Fully insured, professionally guided events
- ✔ Qualified Wilderness First Responders
- ✔ Expertly designed mountain routes
- ✔ Ireland 7 Summits Challenge® Base Camps
- ✔ Official Ireland 7 Summits® Guidebook
- ✔ Exclusive Seven Summit Series® Medallion
- ✔ 15% discount at Great Outdoors (code: GOJB15)

GOOD TO KNOW

- ✔ Accommodation and camping options provided for each event on booking
- ✔ Camping available at every Base Camp
- ✔ Participant numbers capped on all route categories
- ✖ No dogs permitted on Ireland 7 Summits events

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Bring the mandatory kit to every Ireland 7 Summits® event. The recommended items make your mountain day safer and more comfortable.

Ireland 7 Summits® hikers get 15% off at Great Outdoors with code GOJB15.

01 | MANDATORY

- [ ] **Walking boots:** with ankle support, not trail shoes or trainers
- [ ] Head torch (as backup)
- [ ] Waterproof jacket and trousers
- [ ] **Hiking socks:** a single pair recommended, rather than a liner sock
- [ ] **Backpack:** approx. 20 litres
- [ ] **Water container:** bottle or CamelBak-style, 1–2 litres
- [ ] **Food & hill snacks:** pasta, cereal bars, dried fruit, nuts
- [ ] Gloves
- [ ] Hat (covering ears)

02 | RECOMMENDED (OPTIONAL)

- [ ] Sunglasses & suncream
- [ ] Walking poles
- [ ] Light shoes / sandals
- [ ] Thermal underwear
- [ ] Backpack rain cover

MANDATORY EQUIPMENT & LAYERING CHECKLIST

03 | RECOMMENDED CLOTHING

- [ ] **Walking trousers:** lightweight, not jeans or tracksuit trousers
- [ ] Sports top (not cotton)
- [ ] Warm outer layer
- [ ] Changes of clothes

04 | PERSONAL FIRST AID KIT

- [ ] Foot care kit
- [ ] Blister care packs
- [ ] Antiseptic cream
- [ ] Tick hook
- [ ] Duct tape
- [ ] Triangular bandage
- [ ] Wound dressing
- [ ] Crepe bandage
- [ ] Roll of general-purpose medical tape
- [ ] Plasters and/or Compeed-style blister plasters
- [ ] Scissors or a knife
- [ ] Rubber or plastic gloves (a few pairs)

16-WEEK BEGINNER PLAN

This 16-week beginner mountain athlete programme builds the habit first, then adds hills, a light pack and longer mountain days. Please consult your doctor before commencement. 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**
Build the habit + learn gym technique. Long walk builds from 75 min to 2 hr, up to 400m gain, 2–3kg pack.

02 **Weeks 5–8 | Development**
Hills + strength + light pack. Long hill day 2.5 to 4 hr, up to 700m gain, 3–5kg pack.

03 **Weeks 9–12 | Mountain Fitness**
Longer days + load + tired legs. Mountain days up to 5 hr and 850m with 5–6kg, plus first back-to-back weekends.

04 **Weeks 13–16 | Expedition Prep**
Simulation + taper + confidence. Peak 5.5 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 or shoes you intend to use. Test socks, lacing, blister prevention and foot care before the expedition.

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.

STRENGTH TRAINING

Beginner gym sessions to build strong, durable legs for mountain movement and load carriage.

HOW TO USE THESE SESSIONS
Warm up for 5–10 minutes. Choose a resistance that allows controlled technique throughout. The final 2–3 repetitions should feel challenging, but never at the expense of form. Rest 60–90 seconds between sets and increase resistance gradually.

GYM STRENGTH A

FOUNDATION STRENGTH

Leg Press or Goblet Squat	**3 x 8-10**
Romanian Deadlift	**3 x 8-10**
Step-Ups	**3 x 8 each leg**
Seated Cable Row	**3 x 10**
Calf Raises	**3 x 12-15**
Farmer's Carry	**3 x 30-40 m**

GYM STRENGTH B

FOUNDATION STRENGTH

Leg Press or Squat Pattern	**3 x 10**
Split Squat	**3 x 8 each leg**
Low Box Step-Down	**3 x 8 each leg**
Lat Pulldown	**3 x 10**
Seated Calf Raise	**3 x 12-15**
Single-Hand Carry	**3 x 30 m each side**

STRENGTH ENDURANCE

MOUNTAIN-SPECIFIC TRANSITION

Weighted Step-Ups	**3 x 12 each leg**
Walking Lunges	**3 x 10 each leg**
Leg Press	**3 x 12-15**
Calf Raises	**3 x 15-20**
Cable / Seated Row	**3 x 12**
Loaded Carry	**3 x 40-60 m**

Use a lighter load than the foundation sessions and keep the movement controlled. The purpose is repeated quality work under fatigue, not maximum lifting. If technique deteriorates, reduce the load or stop the set.

WEEKS 1–4 | FOUNDATION

BUILD THE HABIT + LEARN GYM TECHNIQUE

STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 2 mi / 3.2 km	EASY **Easy walk** 35 min 2-3 mi / 3.2-4.8 km	STRENGTH **Gym strength A** 40 min Light resistance	EASY **Easy cardio** 40 min Conversational
TUE	STRENGTH **Gym strength A** 35-40 min Technique first	STRENGTH **Gym strength B** 35-40 min Controlled technique	EASY **Easy walk** 40 min Conversational	STRENGTH **Gym strength B** 40 min Light resistance
WED	REST	REST	REST	REST
THU	EASY **Easy cardio** 30 min Bike / incline walk	EASY **Easy cardio** 35 min Conversational	STEADY **Gentle hills** 45 min 200-300 m | light daypack	STEADY **Gentle hills** 50 min 250-350 m | 2 kg
FRI	REST	REST	REST	REST
SAT	MOUNTAIN **Long walk** 75 min 3-4 mi / 5-6.5 km 150-250 m | no added load	MOUNTAIN **Long walk** 90 min 4 mi / 6.5 km 200-300 m | no added load	MOUNTAIN **Long hill walk** 1 hr 45 4-5 mi / 6.5-8 km 250-350 m | 2 kg	MOUNTAIN **Long hill walk** 2 hr 5 mi / 8 km 300-400 m | 2-3 kg
SUN	RECOVERY **Recovery walk** 25 min Very easy	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Easy walk** 30 min No pack

BEGINNER GUIDANCE

The first four weeks are about consistency, not speed. Learn good gym technique and finish every session feeling you could have done a little more. If this starting level is already too demanding, reduce duration and repeat the week before progressing.

WEEKS 5–8 | DEVELOPMENT

HILLS + STRENGTH + LIGHT PACK

STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Gym strength A** 40-45 min Progress gradually	EASY **Aerobic** 45 min Easy	STRENGTH **Gym strength A** 45 min Progress load	EASY **Aerobic** 45 min Easy
TUE	EASY **Aerobic** 45 min Conversational	STRENGTH **Gym strength B** 40-45 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Gym strength B** 45 min Good form
WED	REST	REST	REST	REST
THU	STEADY **Hill walk** 60 min 300-400 m | 3 kg	STEADY **Hill walk** 70 min 350-450 m | 3-4 kg	STEADY **Loaded hills** 75 min 400-500 m | 4 kg	STEADY **Loaded hills** 80 min 450-550 m | 4-5 kg
FRI	REST	REST	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2.5 hr 5-6 mi / 8-10 km 400-500 m | 3 kg	MOUNTAIN **Long hill day** 3 hr 6-7 mi / 10-11 km 450-550 m | 3-4 kg	MOUNTAIN **Long hill day** 3.5 hr 7-8 mi / 11-13 km 500-650 m | 4 kg	MOUNTAIN **Long hill day** 4 hr 8 mi / 13 km 600-700 m | 4-5 kg
SUN	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Easy walk** 35 min Very easy	REST	REST

BEGINNER GUIDANCE

Introduce hills and a light pack gradually. Keep most sessions conversational. Strength sessions remain gym based: leg press or squat pattern, Romanian deadlift, split squat, step-up, calf raise, row or pulldown, and loaded carry.

WEEKS 9–12 | MOUNTAIN FITNESS

LONGER DAYS + LOAD + TIRED LEGS

STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Strength endurance** 40 min Step-ups + carries	RECOVERY **Recovery** 30 min Very easy	STRENGTH **Strength endurance** 40 min Moderate load	RECOVERY **Recovery** 30 min Very easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength endurance** 40 min Step-ups + lunges	EASY **Aerobic** 55 min Conversational	STRENGTH **Strength endurance** 35-40 min Controlled
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 5 kg	EASY **Aerobic** 50 min Easy	STEADY **Loaded hills** 90 min 550-650 m | 5-6 kg	STEADY **Loaded climb** 75 min 400-500 m | 6 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Mountain day** 4.5 hr 8-9 mi / 13-14.5 km 650-750 m | 5 kg	MOUNTAIN **Mountain Day 1** 3 hr 6-7 mi / 10-11 km 450-550 m | 5 kg	MOUNTAIN **Mountain day** 5 hr 9-10 mi / 14.5-16 km 700-850 m | 5-6 kg	MOUNTAIN **Mountain Day 1** 4 hr 7-8 mi / 11-13 km 600-700 m | 6 kg
SUN	REST	MOUNTAIN **Mountain Day 2** 2 hr 4-5 mi / 6.5-8 km 300-400 m | 5 kg	REST	MOUNTAIN **Mountain Day 2** 3 hr 5-6 mi / 8-10 km 400-500 m | 6 kg

BEGINNER GUIDANCE

The programme now becomes more mountain specific. Practise footwear, backpack, poles, food and hydration. The first back-to-back weekends are controlled: the aim is to learn to recover and move again the next day, not to race.

WEEKS 13–16 | EXPEDITION PREP

SIMULATION + TAPER + CONFIDENCE

STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 35-40 min Reduced volume	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy walk** 35 min No fatigue
TUE	EASY **Aerobic** 45 min Easy	STRENGTH **Light strength** 30-35 min No max efforts	EASY **Aerobic** 40 min Conversational	MOBILITY **Mobility** 25 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30 min Mobility + activation	REST
THU	STEADY **Loaded hills** 80 min 500-600 m | 6-7 kg	EASY **Aerobic** 40 min Easy	REST	EASY **Easy hills** 45-60 min 200-300 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 50 min 200-300 m | 4-5 kg	REST
SAT	MOUNTAIN **Peak mountain day** 5.5 hr 10-11 mi / 16-18 km 800-900 m | 6-7 kg	MOUNTAIN **Simulation Day 1** 5 hr 9-10 mi / 14.5-16 km 750-850 m | 6-8 kg	MOUNTAIN **Reduced hill day** 3.5-4 hr 7-8 mi / 11-13 km 500-650 m | 4-5 kg	EASY **Shake-out walk** 25 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 3.5 hr 6-7 mi / 10-11 km 450-600 m | 6-8 kg	REST	READY **Expedition ready** Arrive fresh

BEGINNER GUIDANCE

Weeks 13–14 are the peak beginner-specific block. Weeks 15–16 deliberately reduce volume. Do not add missed sessions during the taper. Arrive at your expedition rested, confident and familiar with your equipment.

LOGISTICS & MOUNTAIN RULES







BOOKING, KIT & STAYING

One Event or All Seven
- Join one event or all seven, at your own pace. No time limits: your progress is recorded.

Kit & Accommodation
- Carry an approx. 20-litre backpack. Walking boots with ankle support: no trail shoes or trainers.
- Camp at our Base Camps or stay in local hostels, B&Bs or hotels: options provided on booking.

Discount & Cancellation
- 15% off at Great Outdoors with code GOJB15.
- Our Refunds & Returns Policy applies on booking.

MEETING POINT & ACCESS

Meeting & Parking
- Use designated meeting, parking and access locations only.

No Dogs
- No dogs are permitted on Ireland 7 Summits events.

Local Communities
- Minimise our impact on farmers, landowners and local residents.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Hikers are allocated to the most suitable route for their safety and enjoyment.

Zero Tolerance Policy
- Zero tolerance for harassment, bullying, violence or discrimination.
- Respect everyone regardless of background, gender or ethnicity.

MOUNTAIN CODE OF PRACTICE

Leave No Trace
- Follow Leave No Trace and all site-specific mountain access and behaviour guidelines.
- Respect mountain environments, wildlife and local communities.

Group Sizes
- Participant numbers are capped on all route categories.
- Around 80% join solo: everyone gets the same warm welcome.

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 Ireland 7 Summits

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING