BLACK MOUNTAINEERING

ISLAND PEAK EXPEDITION

Chukkung Valley Route | Nepal | 6,189m Summit

LOCATION NEPAL	**DURATION** 14 DAYS	**ROUTE** CHUKKUNG VALLEY
GRADE MOD / DIFF	**ALTITUDE** 6,189M	**DAILY ACTIVITY** APPROX. 8 HOURS

EXPEDITION INTRODUCTION



Location	**Nepal**
Duration	**14 Days**
Route	**Chukkung Valley**
Grade	**Mod / Diff**
Daily Activity	**Approx. 8 hours**
Altitude	**6,189m**

Island Peak (6,189m) is Nepal's most iconic trekking peak and the perfect introduction to Himalayan mountaineering. The ascent involves glacier travel, fixed ropes and a rewarding summit ridge, making it an ideal stepping stone towards bigger objectives such as Ama Dablam, Himlung Himal, Manaslu or even Mount Everest.

The 14-day expedition begins in Kathmandu and flies to Lukla, then follows the classic Khumbu trail through Phakding, Namche Bazaar, Tengboche and Dingboche to Chhukung, the final village before Island Peak. Acclimatisation days in Namche Bazaar and Dingboche follow the proven principle of "climb high, sleep low".

No previous climbing experience is required. Before the summit attempt, the guide team provides comprehensive training in crampons, harnesses, ascenders (jumars), descenders, fixed ropes and ice axe techniques. Summit day is a pre-dawn start and typically 12–14 hours of climbing over glacier terrain, fixed ropes and steep snow slopes to the final summit ridge.

The expedition is led by Jason Black, with more than 20 successful Island Peak summits, in small teams with a 2:1 elite climbing Sherpa ratio, a high-altitude medic and emergency satellite communications. A private helicopter returns the team from Base Camp to Lukla. A successful ascent earns the Official Nepal Mountaineering Association Summit Certificate.







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 expedition begins in Kathmandu before an early morning flight to Lukla (2,860m), gateway to the Khumbu. From there the trail follows the Dudh Koshi River through Phakding, Namche Bazaar, Tengboche and Dingboche, crossing suspension bridges and passing traditional Sherpa villages.

As the journey unfolds, the views build of Everest, Lhotse, Nuptse and Ama Dablam. Beyond Chhukung, beneath the south face of Lhotse, the trail enters the upper Imja Valley to Island Peak Base Camp (5,100m).

It is this combination of Sherpa culture, proven acclimatisation and a first taste of climbing above 6,000m that makes Island Peak the ideal first Himalayan climbing expedition.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Trekking Experience**
For experienced trekkers. Not suitable if you have no trekking or high-altitude experience.

02 **No Climbing Experience Needed**
Full training in crampons, harness, jumars, descenders, fixed ropes and ice axe is given before the summit.

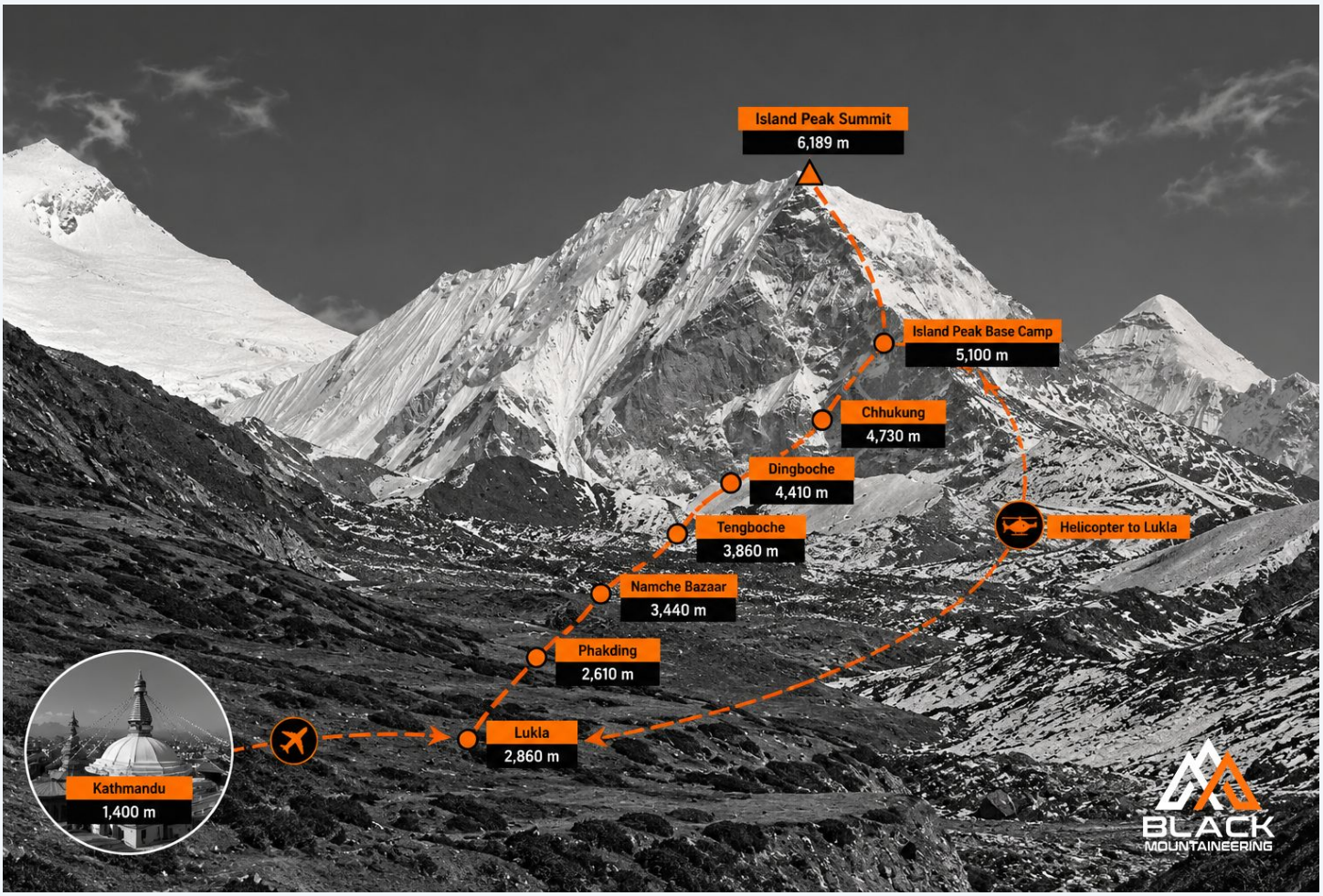
03 **Endurance & Load Carrying**
Comfortable trekking 7–8 hours a day on consecutive days, carrying a 10kg backpack.

04 **Minimum Fitness Benchmarks**
Hike 1,000m+ gain with a 10–15kg pack (6–8 hrs), stairs for 45 min with 15kg and 10+ pull-ups.

05 **Mental Toughness**
Ready for cold conditions, 3 AM summit starts, long descents and fatigue that builds over multiple days.

✔ **Summit Day Ready**
Summit day is demanding: typically 12–14 hours of climbing on glacier terrain, fixed ropes and steep snow slopes.

CHUKKUNG VALLEY ROUTE



Peak Altitude	**6,189 meters**
Total Duration	**14 days, arrival to departure**
Expedition Grade	**Mod / Diff**
Daily Activity	**Approx. 8 hours**
Acclimatization	**Namche & Dingboche rest days**
Summit Day	**Glacier & fixed ropes, 12–14 hrs**
Route	**Chukkung Valley Route**
Group Size	**Small teams, 2:1 Elite Sherpa ratio**

KATHMANDU TO DINGBOCHE

DAY 1

Arrival in Kathmandu

Welcome to Nepal. The Black Mountaineering team meets you on arrival in Kathmandu and transfers you to the expedition hotel. The rest of the day is free to relax and recover.

Location: Kathmandu
Activity: Arrival & Rest
Altitude: 1,400m
Overnight: Team Hotel

DAY 2

Briefing, Permits & Gear Check

Final preparations before heading into the Himalaya: expedition formalities, climbing permits, a full equipment check and answers to any final questions.

Location: Kathmandu
Activity: Briefing & Gear
Altitude: 1,400m
Overnight: Team Hotel

DAY 3

Fly to Lukla & Trek to Phakding

Early morning flight to Lukla. Trek through the Khumbu Valley along the Dudh Koshi River, crossing suspension bridges and passing traditional Sherpa villages.

Lukla: 2,860m/9,383ft
Flight: Kathmandu → Lukla
Phakding: 2,610m/8,563ft
Overnight: Lodge, Phakding

DAY 4 - 5

Namche Bazaar & Acclimatisation

Day 4: a steady ascent to Namche Bazaar, the vibrant gateway to the Everest region. Day 5: acclimatisation hike to a higher viewpoint and back to Namche, following "climb high, sleep low."

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

DAY 6 - 7

Tengboche & Dingboche

Day 6: trek to Tengboche and its famous monastery, with views of Everest, Lhotse and Ama Dablam. Day 7: through Sherpa villages to Dingboche, a key acclimatisation village.

Tengboche: 3,860m / 12,664ft
Dingboche: 4,410m / 14,469ft
Focus: Gradual Acclimatisation
Overnight: Tengboche, then Dingboche

DAY 8

Acclimatisation & Skills Day

An acclimatisation hike, full equipment check and gear hire, then skills training on harnesses, crampons, ascenders, descenders and fixed rope techniques.

Dingboche: 4,410m / 14,469ft
Activity: Acclimatisation
Skills: Fixed Ropes
Overnight: Teahouse, Dingboche

SUMMIT & RETURN TO KATHMANDU

DAY 9

Trek to Chhukung

A short but important trek to Chhukung, beneath the south face of Lhotse. The final village before Island Peak and the base for the climbing phase.

Chhukung: 4,730m / 15,518ft

Focus: Final Village

Overnight: Teahouse, Chhukung

DAY 10

Trek to Island Peak Base Camp

Leave the teahouses for the upper Imja Valley, beneath Lhotse, Nuptse and Ama Dablam.

Settle into camp, organise climbing equipment and receive a final briefing.

Base Camp: 5,100m / 16,732ft

Route: Upper Imja Valley

Focus: Final Briefing

Overnight: Island Peak Base Camp

MILESTONE | DAY 11

Summit Day – Island Peak

A pre-dawn start for the summit. Glacier terrain, fixed ropes and the final summit ridge, with views of Lhotse, Makalu, Baruntse and Ama Dablam, then a careful descent to Base Camp.

Summit: 6,189m / 20,305ft

Start: Pre-Dawn

Terrain: Glacier & Fixed Ropes

Overnight: Island Peak Base Camp

DAY 12

Heli to Lukla & Fly to Kathmandu

A spectacular helicopter flight from Base Camp to Lukla over the Khumbu Glacier, then straight from the helipad to the airport for the flight to Kathmandu.

Heli: Base Camp → Lukla

Flight: Lukla → Kathmandu

Altitude: 1,400m / 4,593ft

Overnight: Team Hotel, Kathmandu

DAY 13

Contingency Day

A reserve day for adverse weather, delayed flights or unforeseen mountain conditions, giving the guide team flexibility to make safe decisions.

Purpose: Weather Buffer

Location: Kathmandu

Overnight: Kathmandu or as required

DAY 14

Departure

After breakfast the Black Mountaineering logistics team transfers you to Kathmandu International Airport, carrying the achievement of standing on the summit of Island Peak.

Transfer: Hotel → Airport

Location: Kathmandu

Expedition: Complete

WHAT'S INCLUDED

INCLUDED

- ✔ Domestic flights Kathmandu ↔ Lukla
- ✔ Airport transfers on arrival and departure
- ✔ Team welcome dinner in Kathmandu
- ✔ Hotels, teahouses & camps, with three meals daily on trek
- ✔ Individual Base Camp tent, cook & kitchen team
- ✔ High-altitude medic & Official NMA Summit Certificate
- ✔ Private helicopter Base Camp → Lukla
- ✔ 3 nights hotel in Kathmandu (3★, shared, with breakfast)
- ✔ NMA climbing permit, environmental & rubbish fees
- ✔ 1 porter per participant (up to 23kg)
- ✔ 2:1 elite climbing Sherpa ratio; all staff costs & insurance

NOT INCLUDED

- ✖ International flights
- ✖ Lunches and dinners in Kathmandu
- ✖ Personal travel, high-altitude & helicopter rescue insurance (mandatory)
- ✖ Climbing equipment hire (approx. USD $150)
- ✖ Climbing Sherpa summit bonus (USD $200)
- ✖ Nepal entry visa (USD $50 for 30 days, on arrival)
- ✖ Extra Kathmandu nights (single €80 | double/twin €100)
- ✖ Personal expenses (internet, charging, hot showers, laundry, snacks, drinks)
- ✖ Porter gratuity (recommended USD $150)
- ✖ Any item not listed under What's Included

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 · Winter Sports

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory. Baggage cover (€3,000) is optional. Bring your policy details on the expedition in the event they are required.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Island Peak is a challenging but highly achievable introduction to Himalayan mountaineering. Climbers must be prepared for a multi-day Khumbu trek, glacier travel, fixed ropes, steep snow slopes and climbing in cold conditions above 6,000m.

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 50L

02 | BASE LAYERS

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

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

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (2 pcs)

07 | EYEWEAR

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

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Leather guide glove
- [ ] Expedition mitts

09 | FOOTWEAR

- [ ] Hiking boots
- [ ] Hiking socks (4 pcs)
- [ ] Trekking shoes
- [ ] Trekking socks (3 pcs)
- [ ] **Refuge shoes:** crocs or sandals

MANDATORY EQUIPMENT & LAYERING CHECKLIST

10 | HUT SLEEPING

- [ ] **Provided:** hut bed, mattress and pillow. No bedding or towel is provided.
- [ ] Sleeping bag -20°C rating
- [ ] Pillow case (1)
- [ ] Earplugs (1)
- [ ] **Hut clothing:** tracksuit / shorts (1)
- [ ] **Hut clothing:** sliders / sandals (1)

11 | MOUNTAIN SLEEP SYSTEM

- [ ] Sleeping bag -20°C rating

12 | MOUNTAINEERING RENTAL GEAR

- [ ] **Rental:** available in Dingboche hut, €100 (Jason arranges in advance)
- [ ] High altitude boots
- [ ] Ice axe & crampons
- [ ] "Y" rig for ascender
- [ ] Climbing harness

13 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Passport (valid for 6 months)
- [ ] Cash
- [ ] Visa card
- [ ] ATM card
- [ ] Insurance

MANDATORY EQUIPMENT & LAYERING CHECKLIST

14 | EATING / DRINKING

- [ ] Energy bars (4)
- [ ] Haribos (4)
- [ ] Hydration tabs (1 tube)
- [ ] 1-litre drink bottles (2)

15 | MEDICAL / FIRST AID

- [ ] Personal first-aid kit
- [ ] Hand & feet chemical warmers
- [ ] Personal medicines
- [ ] Paracetamol (headache)
- [ ] Ibuprofen (joint pain)
- [ ] Course of antibiotics (ears, throat, chest)
- [ ] Domerid (anti-sickness)
- [ ] Imodium (diarrhoea)
- [ ] Dulcolax (constipation)
- [ ] 250mg Diamox, 10 days (altitude)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antiseptic wipes
- [ ] Adhesive plasters
- [ ] Blister packs (Compeed)
- [ ] Insect repellent
- [ ] Duct tape – repair kit

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Menstrual products
- [ ] Nail cutter
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

17 | ADDITIONAL ITEMS

- [ ] Headlight 500–700 lumens & charging leads
- [ ] Trekking poles

18 | ELECTRICAL

- [ ] **Power:** available in the refuge
- [ ] Power bank (SOS)
- [ ] Phone & cables
- [ ] Country-relevant plug

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.
- Bring your insurance policy details in case they are required.

Nepal Visa
- Nepal entry visa required for all climbers.
- Payable on arrival: currently USD $50 for 30 days.

Currency & Financials
- Local currency: Nepalese Rupee (NPR).
- Bring cash, a Visa card and an ATM card for gratuities, gear hire and personal expenses.

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
- Met on arrival in Kathmandu and transferred to the team hotel. Briefing, permits and gear check on Day 2.

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
- Cold, high altitude, glacier travel, fixed ropes, steep snow slopes and altitude illness (AMS/HAPE/HACE).
- Immediate reporting of distress is mandatory.

Summit Bonus & Gratuities
- Gratuities not included in trip fee.
- Climbing Sherpa summit bonus USD $200 (after a successful summit). Porter gratuity USD $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.

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