BLACK MOUNTAINEERING

MERA PEAK EXPEDITION

Hinku Valley Route | Nepal | 6,476m Summit

LOCATION
NEPAL

DURATION
14 DAYS

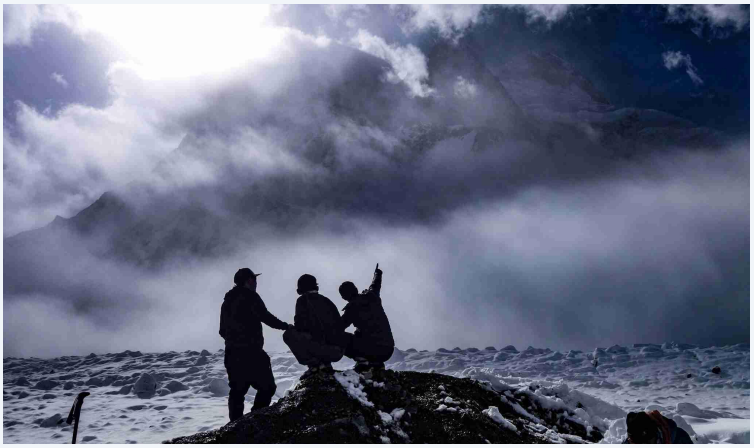
ROUTE
HINKU VALLEY

GRADE
NON TECHNICAL

ALTITUDE
6,476M

DAILY ACTIVITY
8 HOURS

EXPEDITION INTRODUCTION



Location	**Nepal**
Duration	**14 Days**
Route	**Hinku Valley**
Grade	**Non Technical**
Daily Activity	**8 hours**
Altitude	**6,476m**

Mera Peak (6,476m) is Nepal's highest trekking peak. While technically straightforward, the altitude makes it a serious challenge, and success depends on good fitness, proper acclimatisation and a positive mindset. This professionally crafted 14-day programme is ideal for those with limited annual leave.

From Lukla the route leaves the busy Everest trail behind and heads into the remote, less-travelled Hinku Valley, through Paiya, Panggom, Ningsow, Chhatra Khola, Kothe and Thaknak to Khare. This approach avoids the demanding Zatrwa La Pass, allowing a more gradual ascent.

No previous expedition experience is required. At Khare the guide team provides full training in crampons, ice axe, harness, ascenders, descenders and fixed ropes. The climb then crosses the Mera Glacier via Base Camp (5,350m) and High Camp (5,780m) to a pre-dawn summit push, with views of Everest, Lhotse, Makalu, Cho Oyu and Kanchenjunga.

The expedition runs in small teams with a 2:1 elite climbing Sherpa ratio and high-altitude medical support. A private helicopter returns the team from Khare to Lukla, saving valuable trekking days. 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 a spectacular flight to Lukla (2,860m), gateway to the Everest region. From there the route heads south, away from the busy Everest trail, into the remote Hinku Valley through forests, terraced hillsides and traditional Sherpa villages.

As the valley opens into a dramatic alpine landscape of glaciers and towering peaks, the trail climbs past Kothe and Thaknak to Khare (5,045m), the final permanent settlement before Mera Peak Base Camp.

It is this combination of remote wilderness, gradual acclimatisation and summit views of Everest, Lhotse, Makalu, Cho Oyu and Kanchenjunga that makes Mera Peak an outstanding objective.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Endurance & Cardio Fitness**
Daily hikes of 5–8 hours. Summit day is 12+ hours with 1,000m+ of ascent at extreme altitude.

02 **Technical Skills & Ice Travel**
Not technical, but the summit push is a 35–40° ice slope, with crampons, ice axe and a short jumar section.

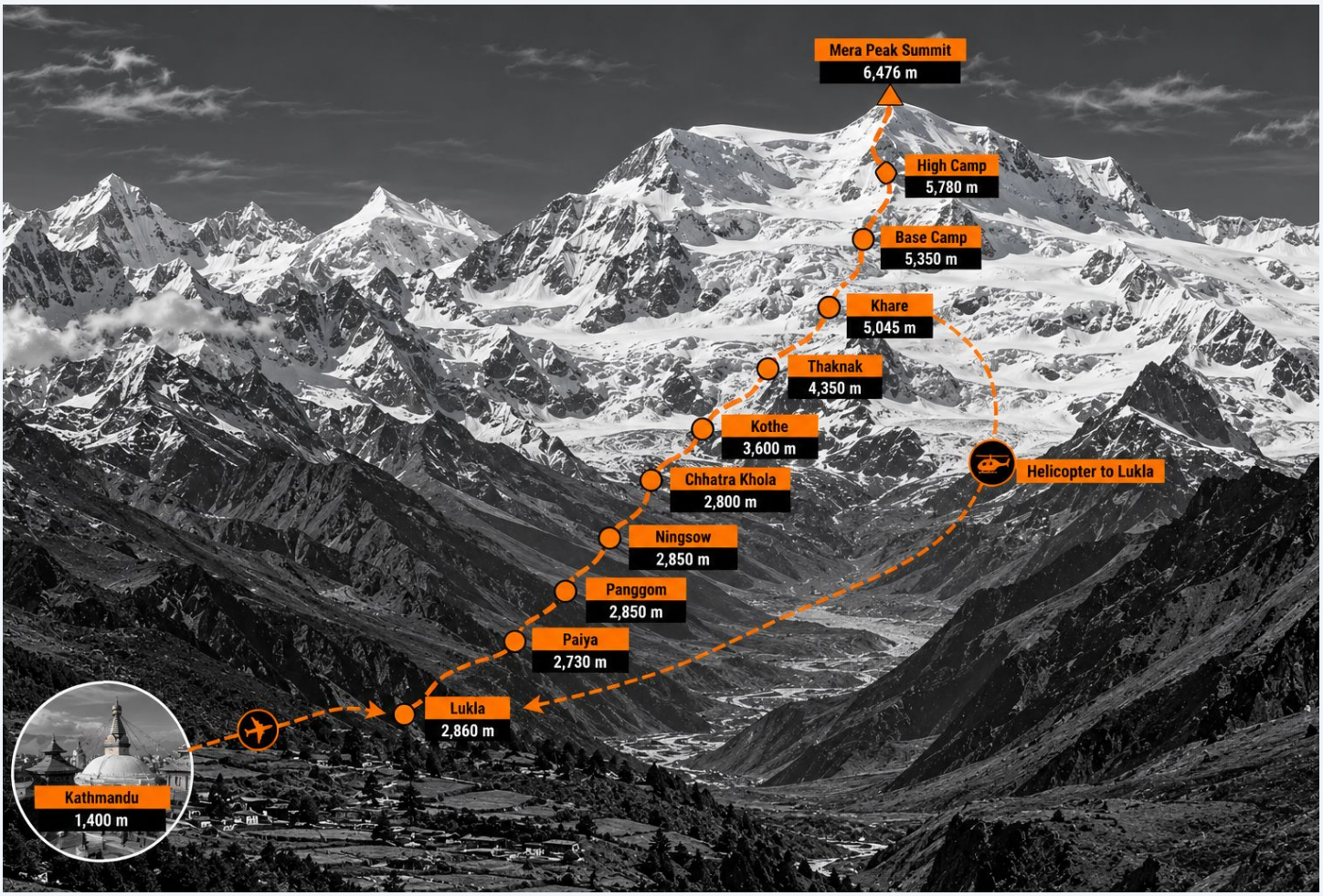
03 **High-Altitude Acclimatisation**
AMS is a real risk. Be prepared for low oxygen levels, exhaustion and extreme cold.

04 **Strength & Load Carrying**
Carry a 10–15kg pack for multiple days on steep ascents, snowfields and glaciers.

05 **Mental Toughness**
Expect -20°C to -30°C, high winds and a slow, exhausting final 800m on summit day.

✔ **Minimum Fitness Benchmarks**
Hike 1,200m+ gain with a 12kg pack (6–8 hrs), run 10km in under 55 min, stairs for 45 min with 10kg and carry 15kg for multiple days.

HINKU VALLEY ROUTE



Peak Altitude	**6,476 meters**	Acclimatization	**Gradual Hinku ascent, Khare rest day**
Total Duration	**14 days, arrival to departure**	Summit Day	**Glacier & 35–40° ice, 12+ hrs**
Expedition Grade	**Non Technical**	Route	**Hinku Valley Route**
Daily Activity	**Approx. 8 hours**	Group Size	**Small teams, 2:1 Elite Sherpa ratio**

KATHMANDU TO KHARE

DAY 1

Arrival in Kathmandu

Welcome to Nepal. Met on arrival in Kathmandu and transferred to the expedition hotel, then a full equipment check, expedition briefing and team welcome dinner.

Location: Kathmandu

Activity: Briefing & Gear Check

Altitude: 1,400m

Overnight: Team Hotel

DAY 2

Fly to Lukla & Trek to Paiya

A spectacular mountain flight to Lukla, then south off the Everest trail into the remote Hinku Valley, through forests and traditional villages to Paiya.

Lukla: 2,860m / 9,383ft

Paiya: 2,730m / 8,957ft

Route: Hinku Valley

Overnight: Teahouse, Paiya

DAY 3

Trek to Panggom

Deeper into the remote Hinku Valley on quiet trails through dense forests, Sherpa villages and terraced hillsides rarely visited by trekkers.

Panggom: 2,850m / 9,350ft

Route: Hinku Valley

Focus: Gradual Acclimatisation

Overnight: Teahouse, Panggom

DAY 4 - 5

Ningsow & Chhatra Khola

Day 4: forest trails, suspension bridges and Sherpa settlements to Ningsow. Day 5: rhododendron and pine forests to Chhatra Khola, a true wilderness experience.

Day 4: Ningsow (2,850m)

Day 5: Chhatra Khola (2,800m)

Focus: Wilderness Trek

Overnight: Teahouses

DAY 6 - 7

Kothe & Thaknak

Day 6: follow the Hinku River through ancient forests to Kothe. Day 7: the valley opens into an alpine landscape of glaciers and peaks on the way to Thaknak.

Kothe: 3,600m / 11,811ft

Thaknak: 4,350m / 14,272ft

Focus: Gradual Acclimatisation

Overnight: Kothe, then Thaknak

DAY 8

Trek to Khare

Beneath the impressive Mera Glacier to Khare, the final permanent settlement before Mera Peak Base Camp, to prepare for the climbing phase.

Khare: 5,045m / 16,552ft

Activity: Trek to Khare

Next Phase: Climbing

Overnight: Teahouse, Khare

SUMMIT & RETURN TO KATHMANDU

DAY 9

Acclimatisation & Skills Day

An acclimatisation hike and full equipment check, then training in crampons, harnesses, ascenders, descenders, fixed ropes and ice axe.

Khare: 5,045m / 16,552ft

Activity: Acclimatisation

Skills: Fixed Ropes

Overnight: Teahouse, Khare

DAY 10

Trek to Mera Peak Base Camp

Leave the teahouses behind and head onto the Mera Glacier.

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

Base Camp: 5,350m / 17,552ft

Terrain: Mera Glacier

Focus: Final Briefing

Overnight: Mera Peak Base Camp

DAY 11

Trek to High Camp

A steady climb across the Mera Glacier. Weather review, final equipment check and summit briefing, then rest before the pre-dawn start.

High Camp: 5,780m / 18,963ft

Focus: Rest & Hydrate

Overnight: Mera Peak High Camp

MILESTONE | DAY 12

Summit Day – Mera Peak

A pre-dawn start across the glacier, with crampons and fixed ropes where required. Summit views of Everest, Lhotse, Makalu, Cho Oyu and Kanchenjunga, then descent to Khare.

Summit: 6,476m / 21,247ft

Start: Pre-Dawn

Terrain: Glacier & Fixed Ropes

Overnight: Teahouse, Khare

DAY 13

Heli to Lukla & Return to Kathmandu

Helicopter from Khare to Lukla over the Hinku Valley, then a morning flight to Ramechhap and the team vehicle back to Kathmandu.

Heli: Khare → Lukla

Flight: Lukla → Ramechhap

Overnight: Team Hotel, Kathmandu

DAY 14

Departure

Transfer to Kathmandu International Airport. Allow at least two extra days before your flight home, as weather can delay flights from Lukla.

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
- ✔ Environmental & rubbish management fees
- ✔ All meals on the mountain & all accommodation
- ✔ 2:1 elite climbing Sherpa ratio & emergency oxygen
- ✔ Private helicopter Khare → Lukla
- ✔ 3 nights hotel in Kathmandu (3★, shared, with breakfast)
- ✔ Mera Peak climbing permits
- ✔ Porter support (up to 15kg of personal equipment)
- ✔ Base Camp cook, kitchen team & individual tent
- ✔ Official Mera Peak Summit Certificate

NOT INCLUDED

- ✖ International flights to and from Nepal
- ✖ Meals while staying in Kathmandu
- ✖ High-altitude & emergency insurance (mandatory)
- ✖ Porter gratuity (USD $150)
- ✖ Any item not listed under What's Included
- ✖ Nepal entry visa
- ✖ Extra Kathmandu nights (single €80 | double/twin €100)
- ✖ Equipment hire: crampons, harness, helmet & cow's tails (€100)
- ✖ Climbing Sherpa summit bonus (USD $150)

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 6,500 metres

Traveller Plus · Ultimate Pack · Winter Sports

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory and must include emergency helicopter evacuation and medical expenses in Nepal. Baggage cover (€3,000) is optional.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Mera Peak is not technically difficult, but its altitude makes it a serious challenge. Climbers must be prepared for a long trek through the Hinku Valley, glacier travel, a 35–40° ice slope on summit day and temperatures of -20°C to -30°C.

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 Khare hut, €100 (Jason arranges in advance)
- [ ] Mountaineering boots
- [ ] Ice axe & crampons
- [ ] “Y” rig for ascender
- [ ] Climbing harness
- [ ] Insulated pants

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

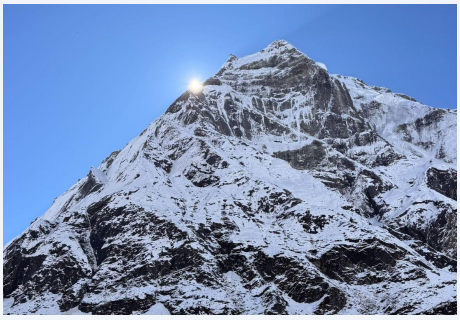
HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	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.

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

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 are confirmed by Jason Black. Allow at least 2 extra days after the expedition, as weather can delay Lukla flights.

Mandatory Meeting Point
- Met on arrival in Kathmandu and transferred to the team hotel. Equipment check, briefing and welcome dinner on Day 1.

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
- Extreme cold (-20°C to -30°C), high winds, glacier travel, a 35–40° ice slope on summit day 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 $150. Porter gratuity USD $150.

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
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