

BLACK MOUNTAINEERING

MT. EVEREST EXPEDITION

South Side Route | Nepal | 8,848m Summit

LOCATION
Nepal

DURATION
42 DAYS

ROUTE
South Side

GRADE
VERY DIFFICULT

ALTITUDE
8,848M

DAILY ACTIVITY
7-10 HOURS

EXPEDITION INTRODUCTION



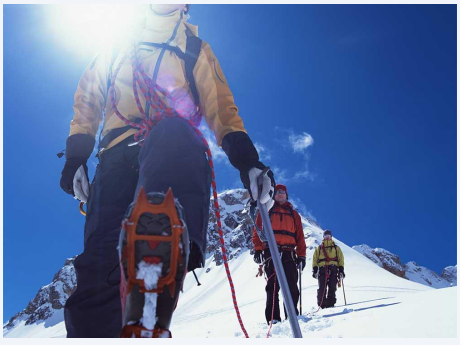
Location	**Nepal**
Duration	**42 Days**
Route	**South Side**
Grade	**Very Difficult**
Daily Activity	**7-10 hrs**
Altitude	**8,848m**

Mount Everest, at 8,848m, is the highest point on Earth and the ultimate objective in mountaineering. This 42-day expedition follows the South Route through Nepal's Khumbu Valley, the line of Hillary and Norgay's 1953 first ascent.

Led by Jason Black, a multiple Everest and K2 summiteer with over two decades of high-altitude experience, the team is kept deliberately small. Each climber is supported one-to-one by an experienced climbing Sherpa from Base Camp to the summit and back. Every climber is personally vetted for high-altitude experience, fitness and mental resilience. Black Mountaineering's Everest expeditions carry a 100% success rate and a zero-accident record, and it is the only Irish expedition company offering the opportunity to summit the world's highest mountain.

The journey begins in Kathmandu, followed by a flight to Lukla and a week-long trek through Namche Bazaar, Dingboche and Lobuche to Everest Base Camp at 5,364m. This builds acclimatisation gradually. At Base Camp, climbers have individual tents, heated dining and fresh meals.

Over the following three weeks, acclimatisation rotations through Camps 1, 2 and 3, with rest at Base Camp in between, prepare the team for the summit. The summit push starts from Base Camp, climbing to Camp 2 and on to Camps 3 and 4, using supplemental oxygen with eight summit bottles per climber. The summit attempt is an alpine start from Camp 4, followed by the descent to Base Camp and the return to Lukla and Kathmandu.







NEPAL & REQUIRED EXPERIENCE

Nepal is home to eight of the world's fourteen 8,000m peaks, and the Khumbu Valley below Everest is one of the most celebrated mountain regions on Earth. Its Sherpa communities have shaped the story of Himalayan climbing for generations.

The expedition begins in Kathmandu, where the team gathers, completes the expedition briefing and prepares for the mountain. From there, a flight to Lukla marks the start of the trek into Sagarmatha National Park.

Over the following week, the route passes through Phakding, Namche Bazaar, Dingboche and Lobuche on its way to Everest Base Camp at 5,364m. Each stage lifts the team higher, with rest and acclimatisation built in along the way.

It is the combination of altitude, scale and tradition that makes Everest the ultimate high-altitude objective, and why every climber is selected with care.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **High-Altitude Experience**
Proven experience on multiple 6,000m and 7,000m peaks.

02 **Mental Resilience**
The determination to keep going through extreme altitude, cold and long summit days.

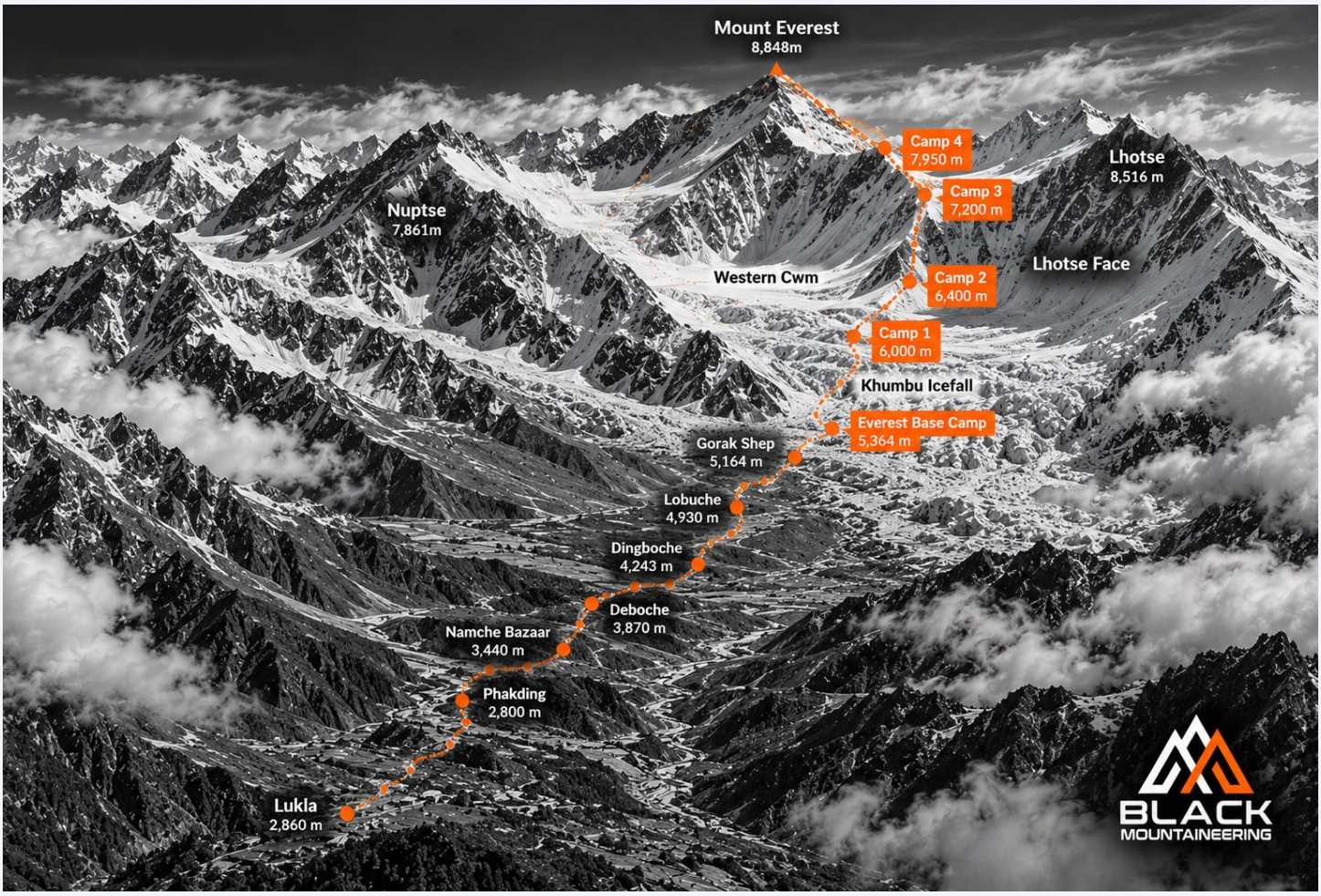
03 **Oxygen Systems Readiness**
Willingness to use supplemental oxygen, with mask and regulator training led by a UIAGM guide.

04 **Excellent Mountain Fitness**
High endurance and strength for 7–10 hour days, repeated over a 42-day expedition.

05 **Technical Competence**
Confident with crampons, ice axe, harness systems and fixed lines.

✔ **Pre-Climb Screening**
Experience and fitness data are reviewed and every climber is personally vetted by Jason Black. Two medical checks at Base Camp come before the summit attempt.

SOUTH SIDE ROUTE



Peak Altitude	**8,848 meters**
Total Duration	**42 days, arrival to departure**
Expedition Grade	**Very difficult**
Daily Activity	**Approx. 7–10 hours**
Acclimatization	**Rotations, Camps 1-3**
Summit Day	**Alpine start from Camp 4, with oxygen**
Route	**South Side Route**
Group Size	**Small team, 1:1 Sherpa support**

KATHMANDU TO EVEREST BASE CAMP

DAY 1

Arrival in Kathmandu

Arrive in Kathmandu (1,400m) and transfer to your hotel.

Location: Kathmandu
Altitude: 1,400m
Transfer: Airport to hotel
Overnight: Kathmandu hotel

DAY 2

Briefing & Preparation

Rest day in Kathmandu with the expedition briefing and final preparation.

Location: Kathmandu
Activity: Briefing & prep
Focus: Rest & organisation
Overnight: Kathmandu hotel

DAY 3

Kathmandu → Phakding

Fly to Lukla and begin the trek to Phakding (2,800m).

Flight: Kathmandu–Lukla
Trek: Lukla → Phakding
Altitude: 2,800m
Overnight: Phakding

DAY 4-5

Namche Bazaar & Acclimatisation

Day 4: trek to Namche Bazaar (3,440m).
Day 5: acclimatisation day at Namche.

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

DAYS 6-7

Deboche & Dingboche

Day 6: trek to Deboche (3,870m).
Day 7: trek to Dingboche (4,243m).

Day 6: 3,870m/12,697ft
Day 7: 4,243m/13,921ft
Trek: Deboche → Dingboche
Overnight: Deboche / Dingboche

DAYS 8-9

Lobuche & Everest Base Camp

Day 8: trek to Lobuche (4,930m).
Day 9: trek to Everest Base Camp (5,364m), with individual tents, heated dining and fresh meals.

Lobuche Alt: 4,930m /16,174ft
Base Camp: 5,364m/17,598ft
Day 9: Arrive Base Camp
Overnight: Lobuche / Base Camp

ACCLIMATISATION & CAMP ROTATIONS

DAY 10

Rest & Settle at Base Camp

Rest and acclimatise at Everest Base Camp before the first rotation begins.

Base Camp: 5,364m

Focus: Rest & acclimatise

Accommodation: Individual tent

Overnight: Base Camp

DAY 10-32

Acclimatisation Rotations

Rotations run from Base Camp up through Camps 1, 2 and 3, steadily preparing the body for the altitude of the summit push.

Rotation Camps: C1, C2, C3

Starting Point: Base Camp

Pattern: Climb high, return to rest

Duration: Approx. 3 weeks

CAMPS 1-3

Climbing the Mountain

Each rotation takes the team up the mountain with a dedicated climbing Sherpa beside every climber, on a route fixed by the Sherpa team.

Support: 1:1 climbing Sherpa

Route: Fixed by Sherpa team

Daily Activity: Approx. 7–10 hrs

Overnight: Camp 1 / 2 / 3

BASE CAMP

Rest Between Rotations

Base Camp is the rest point between rotations, with heated dining, fresh meals, and kitchen, shower and toilet tents.

Meals: Fresh meals

Dining: Heated tent

Facilities: Shower & toilet tents

Power: Solar & generator

WEATHER & SAFETY

Monitoring the Mountain

Weather forecasts from Meteotest in Bern are used throughout the expedition to plan movements and the summit window.

Forecasts: Meteotest, Bern

Comms: Satellite phone & radios

Medical: Two Base Camp checks

Timing: Before summit attempt

MILESTONE | DAY 32

Ready for the Summit Push

Acclimatisation is complete. The team recovers at Base Camp and prepares for the summit push starting on Day 33.

Location: Base Camp

Key Phase: Summit Push

Target Peak: Everest (8,848m)

Overnight: Before summit attempt

THE SUMMIT PUSH & RETURN TO KATHMANDU

DAY 33-34

Base Camp → Camp 2

Begin the summit push from Base Camp to Camp 2, then rest at Camp 2 on Day 34.

Start Point: Base Camp (5,364m)
Destination: Camp 2
Day 34: Rest at Camp 2
Overnight: Camp 2

DAY 35-36

Camp 3 & Camp 4

Day 35: climb to Camp 3. Day 36: climb to Camp 4. Supplemental oxygen is used from the climb to Camp 3 onward.

Day 35: Climb to Camp 3 (O_2)
Day 36: Climb to Camp 4 (O_2)
Oxygen: Supplemental, from climb to C3
Overnight: Camp 3 / Camp 4

DAY 37

Rest at Camp 4

Rest on oxygen at Camp 4 and prepare for the summit attempt.

Location: Camp 4
Focus: Rest & preparation
Oxygen: Supplemental
Overnight: Camp 4

MILESTONE | DAY 38

Summit Day (8,848m)

Alpine start from Camp 4 for the summit attempt on supplemental oxygen, then return to Camp 4.

Summit Alt: 8,848m/29,028ft
Start Point: Camp 4
Oxygen: Supplemental
Overnight: Camp 4

DAY 39-40

Descent to Base Camp

Day 39: descend to Camp 2. Day 40: continue the descent to Base Camp.

Day 39: Camp 4 → Camp 2
Day 40: Camp 2 → Base Camp
Finish Point: Base Camp (5,364m)
Overnight: Camp 2 / Base Camp

DAY 41-42

Return to Kathmandu & Departure

Day 41: trek or fly from Base Camp to Lukla, then on to Kathmandu. Day 42: depart for home.

Day 41: Base Camp → Lukla (trek or fly)
Then: Lukla → Kathmandu
Day 42: Departure
Overnight: Kathmandu hotel

WHAT'S INCLUDED

INCLUDED

- ✔ Airport transfers
- ✔ 4 nights' 4-star hotel in Kathmandu (single room, bed & breakfast)
- ✔ Welcome dinner in Kathmandu
- ✔ Domestic flights Kathmandu–Lukla–Kathmandu
- ✔ Nepal permits and royalties
- ✔ Sagarmatha National Park & local municipality fees
- ✔ Government liaison officer
- ✔ Khumbu Icefall fee
- ✔ Equipment transport, with porter/yak support (up to 70kg personal baggage on the trek)
- ✔ All meals on the trek and at Base Camp
- ✔ Jason Black duffel bag
- ✔ Individual box tent at Base Camp, with dining, kitchen, shower & toilet tents, heaters, solar & generator power
- ✔ High camp accommodation (two per tent), cooking gear & food
- ✔ 1:1 climbing Sherpa, summit & back, helping carry gear to high camps
- ✔ Dedicated Sherpa team fixing the route
- ✔ 8 summit oxygen bottles per climber, with mask & regulator (plus oxygen, ice wall & ladder training by a UIAGM guide)
- ✔ Two medical checks at Base Camp before the summit attempt
- ✔ Rubbish management & waste deposit fees
- ✔ Medical & rescue insurance for Nepalese staff
- ✔ Everest certificate from MoCTCA on a successful summit

NOT INCLUDED

- ✖ International flights
- ✖ Nepal visa ($125 USD, 90 days)
- ✖ Insurance
- ✖ Lunch & dinner in Kathmandu, and extra hotel nights
- ✖ Personal expenses (calls, internet, laundry, drinks)
- ✖ Summit bonus for your climbing Sherpa (minimum $1,500 USD)
- ✖ Staff tips (minimum $400 USD)
- ✖ Back-up oxygen & cargo clearance (fee)
- ✖ Satellite phone & Base Camp internet (fee)
- ✖ Services not listed in the itinerary
- ✖ Personal climbing & trekking gear

TRAVEL INSURANCE (MANDATORY)

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

POLICY
Global Rescue Membership

- ✔ Cover Required: Trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment and repatriation.

Protects Life & High-Altitude Field Safety

Get Global Rescue Insurance

⚠ **IMPORTANT:** Insurance is mandatory before departure. Climbers must verify altitude limits (8,848m), mountaineering exclusions and evacuation terms.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Everest demands equipment that performs from the warm Khumbu trek to the extreme cold and wind of the summit. Climbers must be prepared for sustained altitude, long days and temperatures far below freezing, and for relying on their kit for six weeks.

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

01 | TRAVEL DOCUMENTS

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

02 | BASE LAYERS

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

03 | MID LAYERS

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

04 | WINDPROOF / RAIN LAYERS

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

05 | INSULATION LAYERS

- [ ] **Heavyweight insulated down jacket with hood:** we primarily wear this when climbing below Camp 2
- [ ] **Insulated pants:** worn primarily when climbing below Camp 2
- [ ] **Down suit:** worn when climbing above Camp 2

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

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

07 | EYEWEAR

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

08 | GLOVES

- [ ] **Lightweight synthetic base layer gloves:** for wearing on a hot day
- [ ] **Soft shell gloves:** to wear for moderate cold / wind
- [ ] **Shell glove with insulated liner:** to wear for severe cold / strong wind
- [ ] **Expedition mitts:** large enough to fit a liner glove inside

09 | SLEEPING EQUIPMENT

- [ ] **Sleeping bag (for high camps):** rated to at least -40°C, goose down
- [ ] **Sleeping bag (for Base Camp):** rated to at least -30°C, goose down
- [ ] **Self-inflating sleeping pad:** full length is preferred
- [ ] **Closed-cell foam pad:** used with the inflating pad for warmth and comfort when sleeping
- [ ] Earplugs

MANDATORY EQUIPMENT & LAYERING CHECKLIST

10 | FOOTWEAR

- [ ] Liner socks (3 pairs)
- [ ] Wool or synthetic socks (6 pairs)
- [ ] Heated socks (optional)
- [ ] Mountaineering boots 8000m
- [ ] **Hiking boots / shoes:** comfortable boots or shoes for the trek to Base Camp
- [ ] **Camp boots:** comfortable boots for wearing in camp
- [ ] Shower shoes / sandals (optional)
- [ ] **Lodge slippers (optional):** comfortable slippers for wearing about trekking lodges
- [ ] Gaiters (optional)
- [ ] Booties (optional)

11 | TRAVEL ITEMS

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

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | MOUNTAINEERING GEAR

- [ ] Large 120L duffel bag
- [ ] **Expedition backpack:** approximately 75–105L
- [ ] **Compression stuff sacks:** for reducing the volume of the sleeping bag, down parka, etc., in your pack
- [ ] **Trekking backpack:** to carry on the trek to Base Camp. Simple and light.
- [ ] **Trekking poles with snow baskets:** adjustable poles
- [ ] **Ice axe:** general mountaineering tool (65cm)
- [ ] **Crampons:** general mountaineering crampons
- [ ] **Climbing helmet:** must be able to fit over your warm hat
- [ ] **Ascender:** 1 right or left-hand ascender
- [ ] "Y" rig or Petzl for ascender and safety carabiner
- [ ] **Accessory cord:** 30 feet (9m) of 6mm accessory cord
- [ ] **Alpine climbing harness:** mountaineering harness
- [ ] **Carabiners:** 3 regular and 3 locking
- [ ] Carabiner for progression lanyard (locking)
- [ ] Belay / rappel device
- [ ] Headlamps 600–700 lumens (2 pcs)
- [ ] Pack liner (2 pcs)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

13 | MEDICAL

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

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

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

16 | OPTIONAL ELECTRONICS

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

16-WEEK INTERMEDIATE–ADVANCED PLAN

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

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

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

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

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

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

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

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

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

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

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

TRAINING TERMS & MEASURING EFFORT

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

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

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

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

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

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

MEASURING YOUR EFFORT | USE THE TALK TEST

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

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

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

10 STEPS TO PREPARE

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

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

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

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

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

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

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

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

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

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

SIMPLE RULE: TEST EVERYTHING IN TRAINING

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

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

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

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

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

STRENGTH / EXPEDITION GUIDANCE

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

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

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

STRENGTH / EXPEDITION GUIDANCE

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

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

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

STRENGTH / EXPEDITION GUIDANCE

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

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

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

STRENGTH / EXPEDITION GUIDANCE

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

LOGISTICS, VISAS & MOUNTAIN RULES







PASSPORT & VISA REQUIREMENTS

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

Nepal Visa
- Nepal entry visa required for all climbers.
- 90-day visa: $125 USD (not included in trip fee).

Currency & Financials
- Local currency: Nepalese Rupee (NPR).
- Bring cash for the visa, Sherpa summit bonus, staff tips 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
- Arrival in Kathmandu and private transfer to the team hotel. Expedition briefing in Kathmandu 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
- Extreme cold, high winds, Khumbu Icefall (crevasses and serac fall) and altitude illness (AMS/HAPE/HACE).
- Immediate reporting of distress is mandatory.

Sherpa & Staff Tipping
- Gratuities not included in trip fee.
- Climbing Sherpa summit bonus: minimum $1,500 USD.
- Staff tips: minimum $400 USD.

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 Mt Everest Expedition

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING