SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

THE ULTIMATE TATRAS TRAVERSE

POLAND

7 SUMMITS

Tatra Mountains · Hut to Hut · Kozi Wierch 2,291m



ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the Poland piece of the Seven Summits Medallion.

LOCATION POLAND	**DURATION** 6 DAYS	**ROUTE** HUT TO HUT
GRADE MODERATE	**ALTITUDE** 7 SUMMITS	**DAILY ACTIVITY** 8 HOURS

EXPEDITION INTRODUCTION



Location	**Poland**
Duration	**6 Days**
Route	**Hut to Hut**
Grade	**Moderate**
Daily Activity	**Approx. 8 hours**
Altitude	**7 Summits**

Poland 7 Summits is part of the Global Seven Summits Series: an unforgettable six-day expedition across seven of Poland's most iconic Tatra summits, through dramatic mountain landscapes, rugged ridgelines, remote alpine valleys and breathtaking panoramic views.

The seven summits are Ciemniak (2,096m), Krzesanica (2,122m), Małołączniak (2,096m), Kopa Kondracka (2,005m), Giewont (1,894m), Beskid (2,012m) and Kozi Wierch (2,291m), the highest mountain located entirely within Poland.

From Zakopane, the gateway to the Tatras, the route links the Western Tatra Ridge, Kasprowy Wierch and the Gąsienicowa Valley, the Five Lakes Valley and Kozi Wierch, finishing at Morskie Oko, the "Eye of the Sea".

Nights are in mountain huts and hotels in Zakopane, with all meals as detailed in the itinerary. Every finisher receives the Official Seven Summit Series Poland Medallion and presentation box.







POLAND & REQUIRED EXPERIENCE

The Tatras are one of Europe's most spectacular mountain ranges, with Kozi Wierch (2,291m) the highest mountain located entirely within Poland.

From Kraków International Airport, a private expedition vehicle takes the team to Zakopane, the gateway to the Polish Tatra Mountains.

Four mountain days link the Western Tatra Ridge, the High Tatras, the Five Lakes Valley and Morskie Oko, hut to hut.

Some summits are subject to weather and guide assessment, with planned alternatives such as the Siklawa Waterfall.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Endurance**
Trekking 6–10 hours per day over multiple days, with long ascents of 1,000m+.

02 **Carry Your Own Gear**
Hut to hut, carrying a 10–15kg backpack with all your personal equipment.

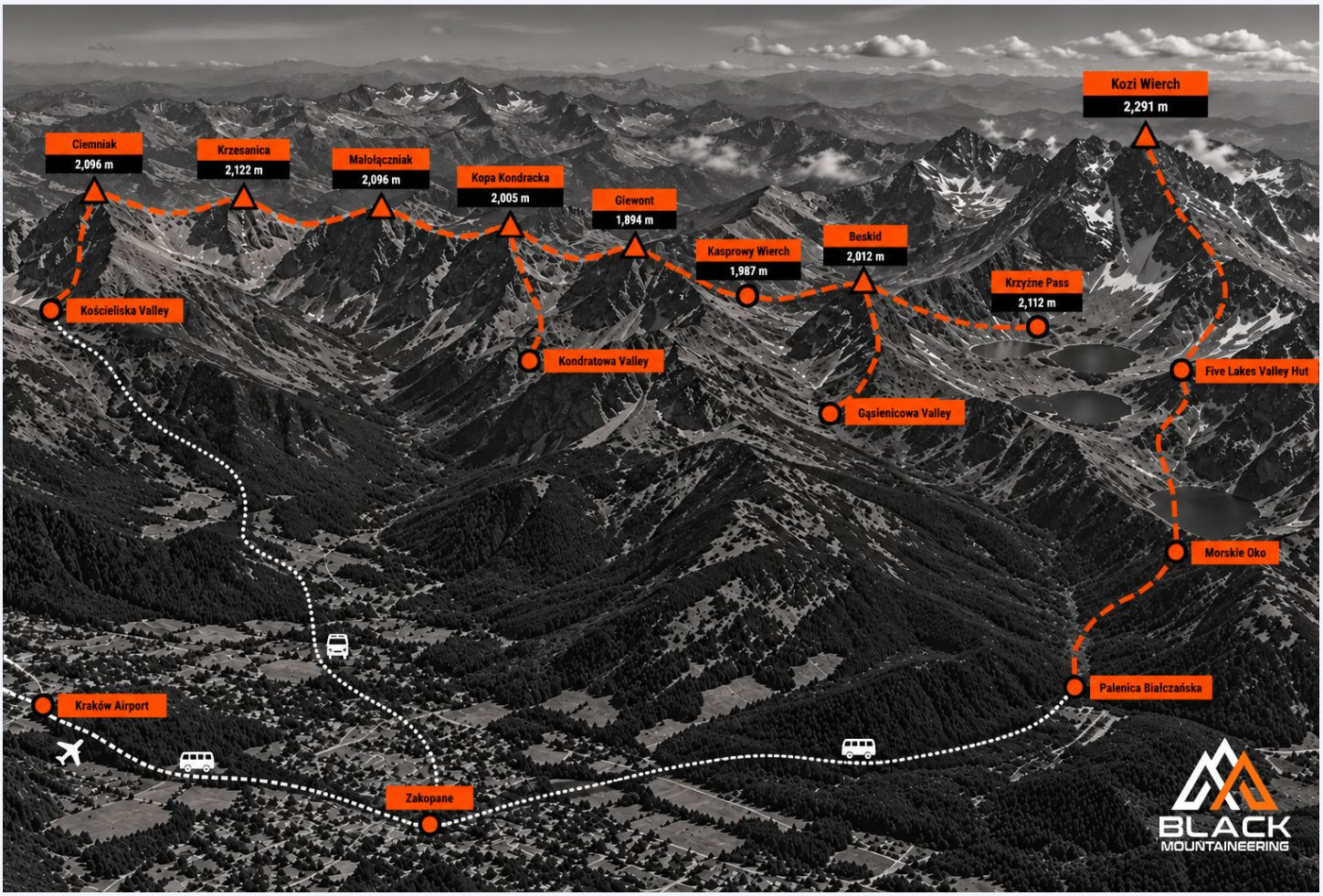
03 **Rocky Terrain**
Steep, rocky ascents, boulder fields and exposed ridges need strong legs and core.

04 **Mental Toughness**
Early starts, long descents and fatigue that builds over multiple days.

05 **Who Should Not Attempt**
Anyone with knee, back or foot injuries, or unable to walk uphill at a moderate pace for 6–8 hours.

✔ **Minimum Fitness Benchmarks**
Hike 1,000m+ gain with a 10–15kg pack, climb stairs for 45 min with 10–15kg and handle 6–10 hr days back-to-back.

TATRAS HUT-TO-HUT ROUTE



Peak Altitude	**2,291 meters**	Huts	**Mountain huts & Zakopane hotel**
Total Duration	**6 days, arrival to departure**	Mountain Days	**4 days, hut to hut**
Expedition Grade	**Moderate**	Route	**Hut 2 Hut**
Daily Activity	**Approx. 8 hours**	Pack Weight	**10–15kg**

KRAKÓW TO THE SUMMITS OF THE TATRAS

DAY 1

Arrival in Poland

Met at Kraków International Airport and transferred to Zakopane. Meet and greet, equipment check and safety briefing, then a warm-up hike through the Kościeliska Valley.

Transfer: Kraków → Zakopane

Warm-up: Kościeliska Valley

Overnight: Team Hotel, Zakopane

DAY 2

Western Tatra Ridge Traverse

From the Kościeliska Valley up to Ciemniak, then along the ridge over Krzesanica, Małołączniak, Kopa Kondracka and Giewont.

Then down into the Kondratowa Valley.

Summits: 5 of 7

Highest: Krzesanica, 2,122m

Lunch: On the ridge

Overnight: Mountain Hut

DAY 3

High Tatras to Gąsienicowa

Over Sucha Kopa, Goryczkowa Czuba and Kasprowy Wierch (1,987m) for lunch at the mountain café, then Beskid (2,012m), Liliowe Pass and down into the Gąsienicowa Valley.

Summit: Beskid, 2,012m

Lunch: Kasprowy Wierch

Summits: 6 of 7

Overnight: Mountain Hut

MILESTONE | DAY 4

Five Lakes Valley & Kozi Wierch

Up to Krzyżne Pass (2,112m) and down into the Five Lakes Valley for lunch at the hut, then, weather permitting, Kozi Wierch (2,291m), the highest mountain entirely within Poland.

Summit: 2,291m / 7,516ft

Pass: Krzyżne, 2,112m

Alternative: Siklawa Waterfall

Overnight: Mountain Hut

DAY 5

Świstówka Pass to Morskie Oko

Over Świstówka Pass to Morskie Oko, the "Eye of the Sea", with an optional ascent of Szpiglasowy Wierch (2,172m). Lunch at the hut, a 2-hour walk out and a celebration dinner in Zakopane.

Walk-out: Approx. 2 hours

Option: Szpiglasowy Wierch

Overnight: Hotel, Zakopane

DAY 6

Final Departure

After breakfast, the Black Mountaineering team transfers you to Kraków International Airport or Poprad Airport for your onward flight home.

Transfer: Kraków or Poprad

Meals: Breakfast

Trip ends: Day 6

WHAT'S INCLUDED

INCLUDED

- ✔ Black Mountaineering Elite Expert Guiding Team
- ✔ All accommodation as per the itinerary (mountain huts and hotels)
- ✔ All in-country transport throughout the expedition
- ✔ Comprehensive pre-expedition training plan
- ✔ All meals as detailed in the itinerary
- ✔ Official Seven Summit Series Poland Medallion and presentation box

NOT INCLUDED

- ✖ International flights to and from Poland
- ✖ Personal expenses, snacks and drinks
- ✖ Personal travel and mountain rescue insurance
- ✖ 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 3,000 metres

Single Trip · Adventure Pack

Get True Traveller Insurance



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

MANDATORY EQUIPMENT & LAYERING CHECKLIST

This is a hut-to-hut expedition: you carry all your own personal equipment, 10–15kg, across steep, rocky ground, so pack light and efficiently and keep your clothes dry inside your backpack.

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

01 | BAGS

- [ ] 80-litre trekking duffle bag
- [ ] 60–65 litre backpack
- [ ] **35-litre lightweight dry bags (2):** inside your backpack to keep clothes dry

02 | CLOTHING

- [ ] Underwear (4)
- [ ] Short-sleeve T-shirt (4)
- [ ] Fleece (1)
- [ ] Hiking shorts (1)
- [ ] Hiking trousers (1)
- [ ] Lightweight puff jacket (1)
- [ ] Waterproof shell jacket (1)
- [ ] Waterproof shell trousers (1)

03 | HEADWEAR & HANDS

- [ ] Ball cap (1)
- [ ] Woollen hat (1)
- [ ] Sunglasses (1)
- [ ] Head torch & charging lead (1)
- [ ] Fleece gloves (1 pair)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

04 | FOOTWEAR

- [ ] Trekking socks (3)
- [ ] Hiking boots (1)
- [ ] Sliders / sandals (1)

05 | HUT SLEEPING

- [ ] **Provided:** bunk bed, mattress and pillow. No bedding or towel is provided.
- [ ] Sleeping liner (1)
- [ ] Summer sleeping bag (alternative)
- [ ] Pillow case (1)

06 | HUT CLOTHING

- [ ] Tracksuit / shorts (1)
- [ ] Swimwear for hot pools

07 | EATING & DRINKING

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

08 | ELECTRICAL

- [ ] Power is available in the huts
- [ ] Power bank (SOS)
- [ ] Phone
- [ ] Country-relevant plug
- [ ] Charging cables

MANDATORY EQUIPMENT & LAYERING CHECKLIST

09 | OTHER

- [ ] Passport
- [ ] Cash / Visa card
- [ ] Insurance details
- [ ] Trekking poles
- [ ] Ear plugs
- [ ] Sunscreen and lip balm
- [ ] Toiletries, including toilet paper
- [ ] Small trekking towel
- [ ] Small lock for your duffle bag
- [ ] Antibacterial hand gel

10 | PERSONAL MEDICINES

- [ ] Paracetamol (headache)
- [ ] Ibuprofen (joint pain)
- [ ] Course of antibiotics (ears, throat, chest)
- [ ] Domperidone (anti-sickness)
- [ ] Imodium (diarrhoea)
- [ ] Dulcolax (constipation)
- [ ] Antiseptic wipes
- [ ] Adhesive plasters
- [ ] Blister packs (Compeed)
- [ ] Insect repellent
- [ ] Personal first aid kit

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

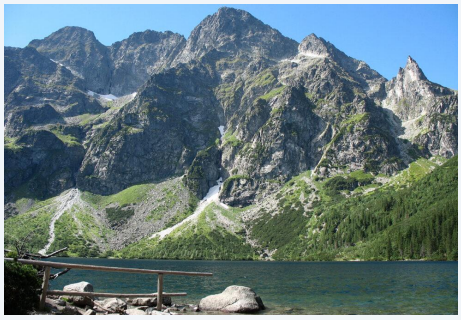
	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **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 & MOUNTAIN RULES







PASSPORT, LUGGAGE & MONEY

Passport Validity
- Bring your passport for travel to Poland.

Luggage
- Carry your own 60–65 litre backpack hut to hut, with 10–15kg of personal equipment.
- Mountain huts provide a bunk, mattress and pillow: no bedding or towel.

Currency & Financials
- Local currency: Polish Złoty (PLN).
- Bring cash or a Visa card for personal expenses, snacks and drinks.

FLIGHTS & MEETING POINT

Destination Airport
- Kraków International Airport.

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

Mandatory Meeting Point
- Day 1: met by the Black Mountaineering team at Kraków Airport and transferred to Zakopane.

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
- Steep, rocky ascents, boulder fields, exposed ridges and changing mountain weather. Some summits are subject to guide assessment.
- Immediate reporting of distress is mandatory.

Huts & Departure
- Power is available in the huts. Bring a power bank, cables and a plug adapter.
- Day 6: transfer to Kraków or Poprad Airport for your flight home.

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 Poland 7 Summits

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING