SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

IN THE WILD HEART OF THE BALKANS

BULGARIA

7 SUMMITS

Pirin & Rila · 7 Summits up to 2,925m · Musala



ONE EXPEDITION. ONE TOKEN.

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

LOCATION BULGARIA	**DURATION** 8 DAYS	**ROUTE** RILA & PIRIN
GRADE STRENUOUS	**ALTITUDE** UP TO 2,925M	**DAILY ACTIVITY** 6–10 HOURS

EXPEDITION INTRODUCTION



Location	**Bulgaria**
Duration	**8 Days**
Route	**Rila & Pirin**
Grade	**Strenuous**
Daily Activity	**Approx. 6–10 hours**
Altitude	**Up to 2,925m**

Bulgaria 7 Summits is part of the Global Seven Summits Series. Across seven unforgettable days in Bulgaria's spectacular Pirin and Rila mountain ranges, you conquer seven iconic summits across two breathtaking national parks, in the wild heart of the Balkans.

The seven summits are Polezhan (2,852m), Bezbog (2,645m), Vihren (2,914m), Kutelo I & II (2,908m / 2,907m), Malyovitsa (2,729m), Popova Kapa (2,698m) and Musala (2,925m), the highest point in the Balkans.

Discover glacial lakes, dramatic granite peaks and remote alpine trails, cross the marble Koncheto ridge on fixed cables, visit the UNESCO-listed Rila Monastery and relax in the hot mineral pools of Sapareva Banya.

There is no technical climbing, only trekking, but the days are long: 6–10 hours, with up to 1,500m of ascent. You carry a 5–7kg day pack and stay in family-run hotels. Every finisher receives the Seven Summits Series Bulgaria Medallion and presentation box.







BULGARIA & REQUIRED EXPERIENCE

Bulgaria's Pirin and Rila ranges are the highest mountains in the Balkans, crowned by Musala (2,925m) and Vihren (2,914m), with glacial lakes and dramatic granite and marble ridges.

The expedition begins in Sofia, with three nights in Bansko for the Pirin summits of Polezhan, Bezbog, Vihren and Kutelo.

After a cultural day at the Rila Monastery, the team moves into Rila for Malyovitsa, Popova Kapa and finally Musala, the roof of the Balkans.

It is this blend of wild alpine terrain, Bulgarian culture and seven classic summits that makes this a challenging, high-reward adventure.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Good Cardio Fitness**
Capable of hiking 6–10 hours a day on varied terrain for seven days.

02 **Strong Leg Endurance**
Able to ascend and descend 1,000–1,500m on multiple days in a row.

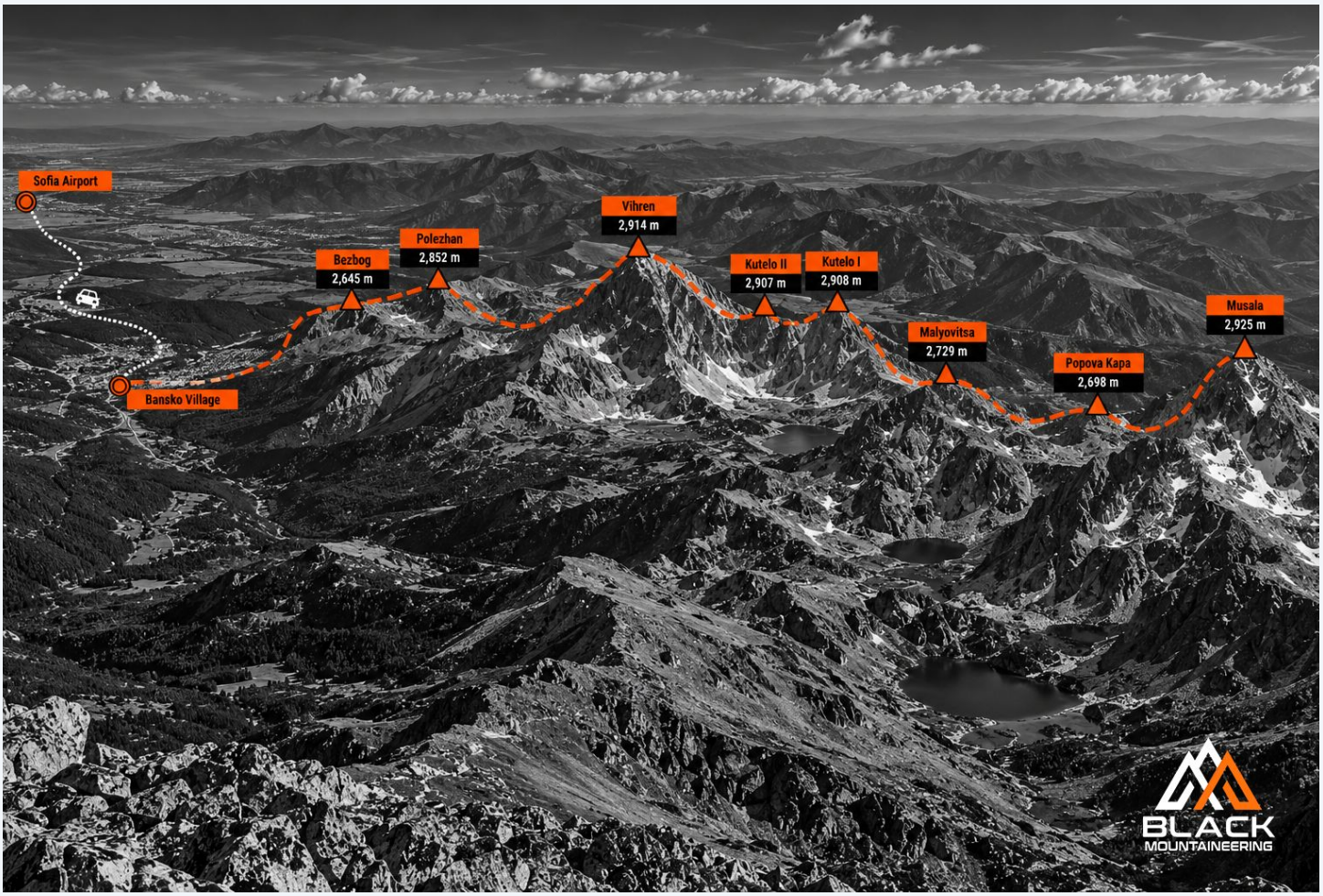
03 **Light Scrambling**
Confident on light scrambling, boulder fields and exposed ridges. No technical climbing.

04 **Back-to-Back Hill Days**
Familiar with trekking several days without full rest, carrying a 5–7kg pack.

05 **Mental Toughness**
Push through fatigue, adapt to changing weather and keep spirits high in a team.

✔ **Minimum Fitness Benchmarks**
Hike 1,000m+ gain with a pack (6–8 hrs), stairs for 45 min with 10–15kg and handle 6–10 hr days back-to-back.

PIRIN & RILA ROUTE



Peak Altitude	**2,925 meters**	Bases	**Bansko, Sapareva Banya, Govedartsi**
Total Duration	**8 days, arrival to departure**	Summit Days	**5 days, 7 summits**
Expedition Grade	**Strenuous**	Route	**Rila & Pirin**
Daily Activity	**Approx. 6–10 hours**	Pack Weight	**5–7kg day pack**

PIRIN TO RILA: THE SUMMITS OF BULGARIA

DAY 1

Arrive in Sofia

Fly from Dublin to Sofia, then a 3-hour bus transfer to the village of Bansko and a family-run hotel.

Transfer: Sofia → Bansko
Time: Approx. 3 hours
Overnight: Hotel, Bansko

DAY 2

Polezhan & Bezbog

Bus to Gotse Delchev hut and lift to Bezbog hut, then Polezhan (2,852m) and Bezbog (2,645m).

Lunch at Popovo lake, then the lift down and back to Bansko.

Gain: +950m / −950m
Hike Time: 6–7 hours
Option: Demianitsa, 8 hrs
Overnight: Hotel, Bansko

DAY 3

Vihren & Kutelo I & II

A loop over the three highest peaks of Pirin: Vihren (2,914m) and Kutelo I & II, crossing the marble Koncheto ridge on fixed cables.

Gain: +1,300m
Hike Time: 9–10 hours
Overnight: Hotel, Bansko

DAY 4

Rila Monastery & Hot Pools

From Pirin to Rila: the grave of Saint John of Rila, the UNESCO-listed Rila Monastery and lunch, then the hot mineral pools at Sapareva Banya.

Transfers: 1h40 + 1h20
Hike Time: 1 hour
Pools: Entry not included
Overnight: Sapareva Banya

DAY 5 - 6

Malyovitsa & Popova Kapa

Day 5: Rila Lakes to Malyovitsa (2,729m) via Damga and Dodov. Day 6: Popova Kapa (2,698m) past Yonchevo and Strashnoto (Scary) Lake.

Day 5: 9 hrs, +800m
Day 6: 9 hrs, +1,000m
Overnight: Hotel, Govedartsi

MILESTONE | DAY 7

Musala, Roof of the Balkans

Gondola to Yasterbets, then Musala (2,925m), the highest peak in the Balkans, with Aleko and Lyudmil Yankov. Celebration dinner in Sofia; Day 8 airport departure.

Summit: 2,925m / 9,596ft
Hike Time: 7–8 hours
Gain: +800m / −800m
Overnight: Hotel, Sofia

WHAT'S INCLUDED

INCLUDED

- ✔ JBM elite mountain guides
- ✔ All accommodation as per itinerary (twin or double, ensuite)
- ✔ All transport during the expedition
- ✔ Cultural visit to the Rila Monastery
- ✔ Welcome dinner
- ✔ All meals as per itinerary (breakfast, lunch, dinner)
- ✔ All lift passes
- ✔ Seven Summits Series Bulgaria Medallion and presentation box

NOT INCLUDED

- ✖ Insurance (obligatory)
- ✖ Hot pools entry
- ✖ Drinks and beverages
- ✖ Tip

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

Strongly recommended

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

Bulgaria 7 Summits is trekking only, with no technical climbing, but the days are long: 6–10 hours with up to 1,500m of ascent and some light scrambling. You carry a 5–7kg day pack and stay in family-run hotels. Pack for variable mountain weather.

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

01 | BAGS

- [ ] 80-litre trekking duffle bag
- [ ] 30-litre daypack

02 | CLOTHING

- [ ] Underwear (4)
- [ ] Short-sleeve T-shirt (5)
- [ ] Fleece (1)
- [ ] Hiking shorts (2)
- [ ] Lightweight hiking trousers (2)
- [ ] Lightweight puff jacket (1)
- [ ] Waterproof shell jacket (1)
- [ ] Waterproof shell trousers (1)

03 | HEADWEAR

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

04 | HANDS

- [ ] Fleece gloves (1)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

05 | FOOTWEAR

- [ ] Trekking socks (4)
- [ ] Hiking boots (1)
- [ ] Trekking runners (1)
- [ ] Sliders / sandals (1)

06 | HOTEL CLOTHING

- [ ] **Hotel clothing:** as you wish
- [ ] Swimwear for the hot pools

07 | EATING / DRINKING

- [ ] Energy bars (4)
- [ ] Haribos (3)
- [ ] Hydration tabs (1 tube)
- [ ] 1-litre drink bottles (2)

08 | ELECTRICAL

- [ ] **Power:** available in the accommodation
- [ ] 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)
- [ ] Domerid (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
- Must be valid 6+ months past return date.

Luggage
- Carry a 5–7kg day pack on the hiking days.
- Day 4: all gear packed before breakfast to move from Pirin to Rila.

Currency & Financials
- Local currency: Euro (EUR).
- Bring cash and a card for drinks, hot pools entry and tips.

FLIGHTS & MEETING POINT

Destination Airport
- Sofia Airport (SOF).

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

Mandatory Meeting Point
- Day 1: fly from Dublin to Sofia, then a 3-hour bus transfer to Bansko.

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
- Variable Bulgarian mountain weather, long 6–10 hour days, light scrambling and the fixed-cable Koncheto ridge.
- Immediate reporting of distress is mandatory.

Guide Gratuity
- Gratuities are discretionary but greatly appreciated.
- Tips are not included in the trip price.

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 Bulgaria 7 Summits

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING