BLACK MOUNTAINEERING

MT KAZBEK EXPEDITION

Eastern Georgia's Highest Mountain | South Side | 5,054m



LOCATION GEORGIA	**DURATION** 7 DAYS	**ROUTE** SOUTH SIDE
GRADE INTERMEDIATE	**ALTITUDE** 5,054M	**DAILY ACTIVITY** 8 HOURS

EXPEDITION INTRODUCTION



Location	**Georgia**
Duration	**7 Days**
Route	**South Side**
Grade	**Intermediate**
Daily Activity	**Approx. 8 hours**
Altitude	**5,054m**

Mount Kazbek, standing at 5,054 metres, is the highest mountain in Eastern Georgia. Located in the spectacular Greater Caucasus, it rises above the dramatic landscapes of Kazbegi National Park: a magnificent glacier-covered summit and an unforgettable high-altitude mountaineering experience.

No prior climbing experience is required. The expedition is fully guided by Jason Black, with a proven acclimatisation programme and winter skills training throughout, including crampon technique, ice axe use and rope work.

From Mtskheta, the team travels the Georgian Military Highway to Stepantsminda (1,700m), then climbs to Altihut (3,014m) and Bethlemi Hut (3,680m) for the summit attempt on Day 6, with Day 7 held as a weather contingency.

Small expedition teams of up to 9 climbers, three climbers per guide on summit day, modern mountain accommodation and spectacular panoramic views. Every summiteer receives the Official Mount Kazbek Summit Certificate.







GEORGIA & REQUIRED EXPERIENCE

Mount Kazbek (5,054m), a dormant stratovolcano, is the highest mountain in Eastern Georgia, rising above the Kazbegi National Park in the Greater Caucasus.

From Tbilisi, the team drives about three hours along the Georgian Military Highway to Stepantsminda (1,700m), the gateway to the mountain.

Nights at Altihut (3,014m) and an equipment carry to 4,000m build acclimatisation before the move to Bethlemi Hut (3,680m).

This is not a technical climb: crampons and an ice axe are required, and our guides teach you to use them during the expedition.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Trekking & Altitude Experience**
Previous trekking or high-altitude experience is essential before attempting Kazbek.

02 **Endurance**
A 12+ hour summit day with 1,000m+ of vertical ascent at altitude, after several days in the mountains.

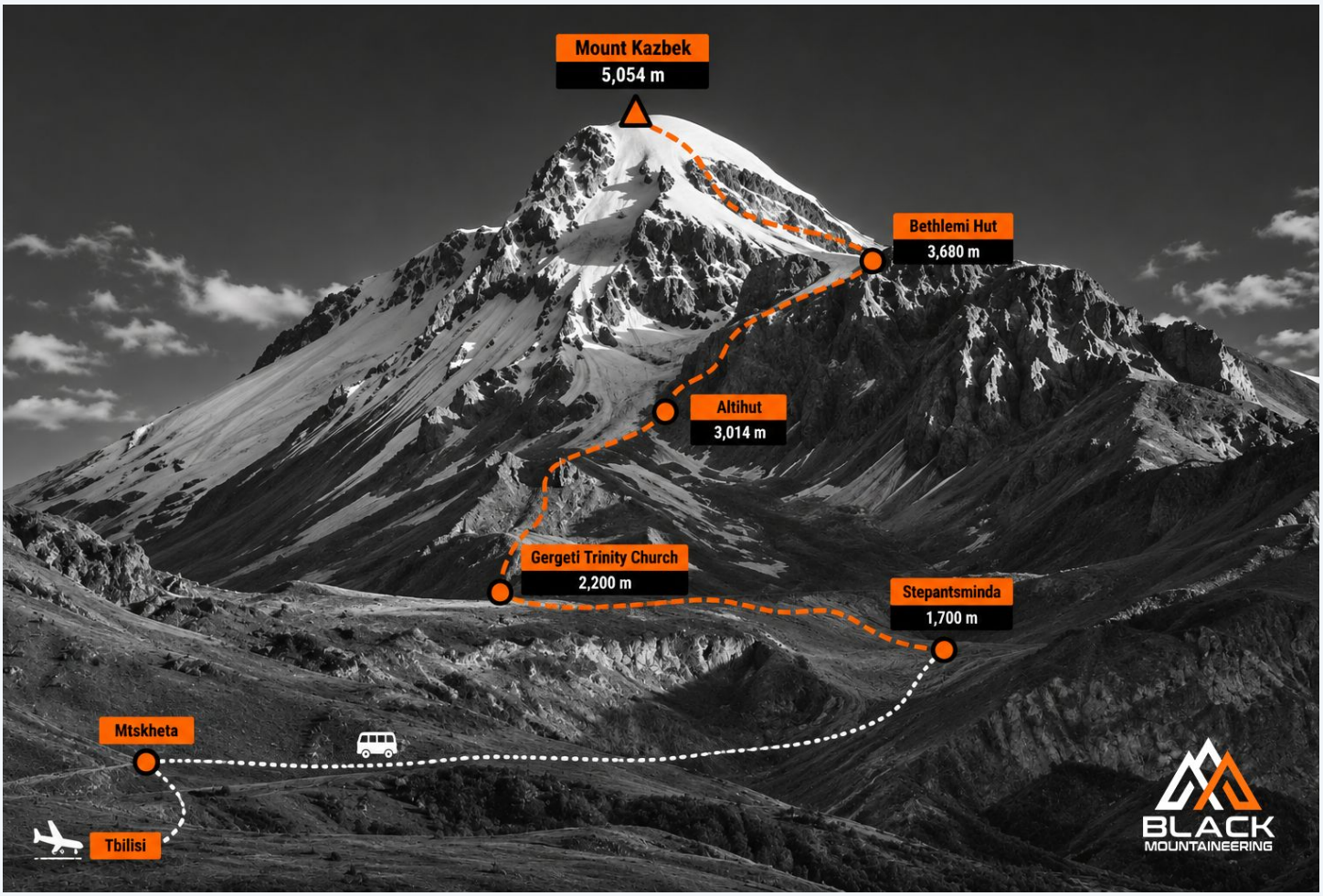
03 **Strength & Load Carrying**
Carry a 10–15kg backpack on steep ascents, snowfields and glaciers.

04 **Crampons & Ice Axe**
Walk in crampons on snow and ice, use an ice axe for balance and self-arrest, and travel on fixed ropes.

05 **Cold & Mental Toughness**
Prepare for cold, high winds and altitude, and push through exhaustion on long days.

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

SOUTH SIDE ROUTE



Peak Altitude	**5,054 meters**	Base	**Altihut (3,014m)**
Total Duration	**7 days, arrival to departure**	Summit Day	**Alpine start, 11–12 hrs**
Expedition Grade	**Intermediate**	Route	**South Side Route**
Daily Activity	**Approx. 8 hours**	Group Size	**Max 9; 1 guide per 3 climbers**

TBILISI TO THE SUMMIT OF KAZBEK

DAY 1

Arrival in Georgia

Fly Dublin to Istanbul, then on to Tbilisi, for a 1.5-hour transfer to Mtskheta, one of Georgia's oldest settlements, and a programme briefing and gear check.

Flights: DUB → IST → TBS
Transfer: 1.5 hrs to Mtskheta
Overnight: Hotel, Mtskheta

DAY 2 - 3

Stepantsminda to Altihut

Day 2: about three hours on the Georgian Military Highway to Stepantsminda.

Day 3: over Sabertse Pass to Altihut, then an acclimatisation hike to 3,500m.

Town: 1,700m / 5,577ft
Glacier: Approx. 3,500m
Refuge: 3,014m / 9,888ft
Overnight: Altihut (Day 3)

DAY 4

Acclimatisation & Carry

Carry some equipment up to Bethlemi Hut (3,680m), then hike on to 4,000m before descending back to Altihut for the night.

Carry to: Bethlemi Hut
High Point: Approx. 4,000m
Overnight: Altihut

DAY 5

Move to Bethlemi Hut

Up to our high base, then an afternoon of crampon technique, ice axe use and self-arrest, rope management, glacier travel and summit briefings.

High Camp: Bethlemi Hut
Altitude: 3,680m / 12,073ft
Skills: Crampons, axe, ropes
Overnight: Bethlemi Hut

MILESTONE | DAY 6

Summit Day – Mount Kazbek

An early alpine start by headtorch across glaciated terrain to the summit, with views across the Greater Caucasus towards Russia, then down to Bethlemi Hut or on to Altihut.

Summit: 5,054m / 16,581ft
Start: Early alpine start
Total Day: 11–12 hours
Overnight: Altihut

DAY 7 - 8

Contingency & Departure

Day 7: weather contingency or alternative summit day; otherwise descend and transfer to Mtskheta to celebrate. Day 8: transfer to Tbilisi Airport.

Day 7: Contingency / Mtskheta
Day 8: Tbilisi Airport
Overnight: Hotel, Mtskheta (Day 7)

WHAT'S INCLUDED

INCLUDED

- ✔ All transport throughout Georgia
- ✔ All accommodation as outlined in the itinerary
- ✔ Professional Black Mountaineering expedition leader
- ✔ 1:3 guide-to-client ratio on summit day
- ✔ Official Mount Kazbek Summit Certificate
- ✔ Shared rooms: Altihut (3,014m), Bethlemi Hut (3,680m)
- ✔ Black Mountaineering 80-litre expedition bag
- ✔ All meals as specified in the itinerary
- ✔ International mountain guides
- ✔ One full summit attempt
- ✔ Shared rooms: Mtskheta, Stepantsminda

WHAT'S EXCLUDED

- ✖ International flights to and from Tbilisi (TBS)
- ✖ Any item not listed under What's Included
- ✖ Personal mountaineering equipment

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 5,000 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

Kazbek is a high-altitude climb with glacier crossings and an early alpine start. Summit day is long and cold, so the insulation, gloves and boots on this list matter most.

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

01 | BAGS

- [ ] 80-litre duffel bag (supplied by us)
- [ ] Expedition backpack 40L

02 | DOCUMENTS

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

03 | BASE LAYERS

- [ ] Merino wool underwear (4)
- [ ] Merino long-sleeve base layer (1)
- [ ] Merino long pants base layer (1)
- [ ] Short-sleeve T-shirt (2)

04 | MID LAYERS

- [ ] Fleece (1)
- [ ] Mid-weight hiking pants (1)

05 | WINDPROOF / RAIN LAYERS

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

06 | INSULATION LAYERS

- [ ] Goose down jacket with hood (800+)
- [ ] Insulated pants
- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

07 | HEADWEAR & EYEWEAR

- [ ] Warm hat (1)
- [ ] Balaclava (1)
- [ ] Baseball cap (1)
- [ ] Buff (1)
- [ ] Cat 4 glacier glasses

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner (7000m)
- [ ] Expedition mitts

09 | FOOTWEAR

- [ ] Wool or synthetic socks (3 pairs)
- [ ] **Double-skin mountaineering boots 6000:** Kailas / La Sportiva / Millet
- [ ] Trekking approach shoes
- [ ] **Refuge shoes:** Crocs or sandals

10 | SLEEPING

- [ ] Sleeping bag –20°C
- [ ] Earplugs

11 | MOUNTAINEERING GEAR

- [ ] Helmet (can rent)
- [ ] Crampons (can rent)
- [ ] Climbing harness (can rent)
- [ ] Head torch 500–700 lumens (2), with batteries or charging leads

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

13 | HUT CLOTHING

- [ ] Tracksuit (1)
- [ ] Sliders / sandals (1)

14 | FOOD

- [ ] Salty-sweet bars

15 | MEDICAL / FIRST AID

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri-strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] Diamox 250mg (5 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Azithromycin 500mg (antibiotic)
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] **Duct tape:** repair kit
- [ ] Hand & feet chemical warmers

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | TOILETRIES

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

17 | ADDITIONAL ITEMS

- [ ] Trekking poles
- [ ] 1-litre water bottles (2)
- [ ] 1-litre pee bottle
- [ ] Female urination device (FUD)

18 | ELECTRONICS (OPTIONAL)

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone
- [ ] 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 & MOUNTAIN RULES







PASSPORT, LUGGAGE & MONEY

Passport Validity
- Must be valid 6+ months past return date.

Luggage
- Your 80-litre duffel bag is supplied by Black Mountaineering.
- Bring a 40-litre expedition backpack; expect to carry 10–15kg.

Currency & Financials
- Local currency: Georgian Lari (GEL).
- Bring cash, a Visa card and an ATM card.

FLIGHTS & MEETING POINT

Destination Airport
- Tbilisi International Airport (TBS), via Istanbul from Dublin.

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

Mandatory Meeting Point
- Day 1: 1.5-hour transfer from Tbilisi International Airport to our hotel in Mtskheta.

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
- Glacier crossings, snow slopes, cold, high winds and altitude illness (AMS) on a long 11–12 hour summit day.
- Immediate reporting of distress is mandatory.

Group & Guide Ratio
- A maximum of 9 participants per expedition.
- Summit night: a maximum of 3 climbers per guide.

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 Kazbek Expedition

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