

OVERVIEW

Price Per Person €699

Experience the raw magnificence of Scotland's **Highlands** on an adventure that will redefine your limits and forge memories to last a lifetime. The **Highland 7 Summits Challenge** presents four days of extraordinary mountaineering across seven iconic Munros, culminating with Britain's highest peak, Ben Nevis, conquered via the legendary **CMD Arete**. From the spectacular **Ring of Steall** circuit to the dramatic silhouette of **Buachaille Etive Beag**, this premium expedition showcases the very soul of Scottish mountaineering in its most pristine and challenging form.

Under the expert guidance of **Jason Black's elite mountain team**, you'll traverse ancient Highland landscapes where legends were born and heroes tested their mettle against nature's grandest theater. This isn't merely a climbing expedition. It's a transformational journey through Scotland's most celebrated peaks, supported by luxury transport and comfortable **Highland accommodation**. Whether you're standing atop **Sgùrr a' Mhàim's** rounded summit or navigating the rocky terrain of **Stob Coire a' Chàirn**, every step of this adventure promises to challenge your spirit while rewarding you with vistas that have inspired generations of mountaineers.

As part of the innovative **Seven Summit Series 2026**, this expedition represents the pinnacle of adventure tourism in Scotland, combining world-class mountaineering expertise with **ethical expedition practices**. You'll join a select group of adventurers who understand that true achievement comes not just from reaching summits, but from embracing the complete Highland experience where **ancient Scottish heritage** meets modern expedition excellence, and where every sunrise over the **Highland peaks** marks another step toward personal transformation and unforgettable achievement.



TRIP FACTS



COUNTRY

Scotland



DURATTON

4 days



GRADE

Strenuous



MAX ALTITUDE

1345 m 4413 ft



DAILY ACTIVITY

8 hrs



SEASO

Spring

DESTINATION

SCOTLAND

Scotland's Highlands stand as one of Europe's last great wilderness frontiers, where dramatic mountain ranges rise from ancient glens and pristine lochs reflect centuries of untamed beauty. This rugged landscape has forged some of the world's most resilient mountaineers and continues to challenge adventurers with its unpredictable weather, technical terrain, and breathtaking rewards for those bold enough to answer its call.

From the towering granite faces of Ben Nevis to the knife-edge ridges of the Mamores, the Scottish Highlands offer an intensity of experience unmatched anywhere in the British Isles. Here, Celtic heritage permeates every stone and summit, while modern mountaineering tradition continues to evolve, making Scotland the perfect proving ground for serious adventurers seeking both physical challenge and cultural immersion in one of the world's most storied mountain landscapes.

REQUIRED EXPERIENCE

Health & Experience

Strenuous grade: long days, 1,000–1,600 m ascent. You should be comfortable with continuous hiking on steep, rocky ground and with light scrambling exposure. Please disclose any Injuries or medical conditions pre-departure.

Fitness

You need to be fit healthy to get through this weekend.

A bespoke Jason Black Mountaineering 12 – week training plan designed by Jason Black personally will be in your information pack on completion of your booking.



ROUTE MAP - SCOTLAND 7SUMMITS





WHAT ARE THE PEAKS ON THE ROUTE?

- 1.**Ben Nevis (1,345m)** Britain's highest peak
- 2. Carn Mòr Dearg (1,220m) Gateway to the dramatic arete traverse
- 3. Sgùrr a' Mhàim (1,099m) The "Peak of the Large Rounded Hill"
- 4. Am Bodach (1,032m) "The Old Man" of the Mamores
- 5. An Gearanach (982m) The complainer's summit
- 6. Stob Coire a' Chàirn (981m) Rocky peak of the corrie of cairns
- 7. Stob Coire Raineach (925m) The ferny corrie's dramatic finale

COST INCLUDES

- Private Jason Black Mountaineering luxury bus transfers
- Return Stena Line ferry: Belfast Cairnryan Belfast
- 3 nights accommodation B&B on shared dorm bases
- 2 pack lunches Sunday & Monday
- 3 full days hiking with JBM elite mountain guides
- Full safety briefings, route support, and qualified first aid cover
- All national park parking and access fees
- End-of-trip medal, certificate, and celebration event

COST EXCLUDES

- Evening dinners (Dinner 3 course £18 per night).
- Optional private rooms (£60 extra per night).

ROOMING NOTES

This is Contemporary hostel accommodation with a wide range of private en-suite rooms and comfortable shared dorms all with secure under-bed storage, USB power sockets and bedside lighting for every bed. WiFi is free for all guests and other facilities include, a well-equipped self-catering kitchen, an open-plan living space with log-burning stove and panoramic mountain views, large deck, drying room and laundry facilities. Shared dorms are by gender. Bedding supplied, however bring a travel towel if you don't wish to hire (£3) on site. Limited private twins available on request and subject to availability and supplement.

AMENITIES ON SITE

- Guest Kitchen
- Free Wifi
- Lounge Area
- Free Tea and Coffee in Guest Kitchen
- Laundry Room
- Drying Room
- Luggage Store
- Alcohol Licence
- Towel Hire £3
- Secure Lockers



MEDICAL AND HEALTH INFORMATION

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

TRAVEL INSURANCE (MANDATORY)

Participants must carry travel insurance that covers hillwalking/scrambling (non-technical) up to 1,400 m in the UK, including trip interruption and medical cover. Bring your policy details in the event required.

We recommend <u>True Traveler</u>



ITINERARY

Days	Itinerary					
	Buachaille Etive Beag Ridge (1 Munros)					
	 02:00 – Arrive at Belfast Port, meet the Jason Black Mountaineering luxury minibus 02:30 – Board Stena Line ferry 03:30 – Stena Line ferry: Belfast → Cairnryan (02h 30min) 06:00 – Arrive Cairnryan, Scotland 06:15-10:00 – Drive to trailhead (breakfast & Pack lunch stop en route) 10:00 – Hike: Buachaille Etive Beag Ridge 					
Day 1 30 May 2026	 Start/Finish Location: Name: A82 Layby / Buachaille Etive Beag Car Park Grid Ref: NN 188 562 					
	 Route Description: Out-and-back hike. A well-maintained path climbs to the bealach (saddle) between the two summits, Stob Coire Raineach 925 m to our left and Stob Dubh 958m (blacks mountain) to our right and return by the same path. 					
	 Distance: 8.5 km Ascent: 850 m Hike Time: 5 hours 15:00 - Drive to Fort William 35min 15:40 - Accommodation check in (ID required) 17:00 - 3 course dinner at Glen Nevis restaurant & Bar Included: Accommodation 					
	Ring of Steall (4 Munros)					
	O7:30 – Breakfast & Collect pack lunch O8:30 – Depart for trailhead O9:00 – Hike: Ring of Steall Circuit					
	 Start/Finish Location: Name: Upper Glen Nevis Car Park Grid Ref: NN 122 683 					
Day 2 31 May 2026	 Route Description: A classic Highland horseshoe circuit. Starting near Steall Falls, we ascend steeply onto the ridgeline, tackling 4 Munros in a clockwise loop: An Gearanach (982 m) Stob Coire a' Chàirn (981 m) Am Bodach (1,032 m) Sgùrr a' Mhàim (1,099 m) The route finishes back at the same car park via a steep descent. 					
	Distance: 16 km Ascent: 1,591 m Hike Time: 6–8 hours 18.00 – Back at accommodation 19:00 – Dinner at Glen Nevis restaurant & Bar Included: Accommodation, Breakfast & Pack lunch					



ITINERARY

Days	Itinerary					
Day 3 01 June 2026	Ben Nevis via CMD Arete (2 Munros) • 07:30 – Breakfast & Collect pack lunch • 08:30 – Transfer to trailhead • 09:00 – Hike: CMD Arete + Ben Nevis Traverse • Start Location: • Name: North Face Car Park, Torlundy • Grid Ref: NN 146 763 • Finish Location: • Name: Glen Nevis • Route Description: One of Scotland's most dramatic ridge traverses. We ascend Carn Mòr Dearg and traverse CMD Arete before climbing to the summit of Ben Nevis (1,345 m). Descent directly into Glen Nevis. • Carn Mòr Dearg (1,220 m) • Ben Nevis (1,345 m)					
	 Distance: 15 km Ascent: 1,500 m Hike Time: 7-9 hours 19:00 - Celebration dinner at Glen Nevis restaurant Included: Accommodation, Breakfast & Pack lunch 					
Day 4 02 June	 • 08:30 – Breakfast & check-out • 09:30 – Drive to Cairnryan • 15:30 – Stena Line ferry: Cairnryan → Belfast • 17:45 – Arrive Belfast Port 					



PACKING LIST - HIGHLAND 7SUMMITS

Footwear

 Robust hiking boots with good tread (well broken-in)
 No trainers on this trip.

Clothing

- Waterproof jacket (helmet-compatible hood preferable)
- O Waterproof trousers
- O Wicking base layer warm
- Mid-layer (fleece or light synthetic), spare warm layer
- Hat, buff, and two pairs of gloves (one spare dry pair)
- O Hiking trousers (no jeans/cotton)

Safety

- O Head torch with fresh batteries
- O Personal first-aid and blister kit
- O Emergency bivvy/survival bag and whistle
- O Fully charged phone in waterproof pouch; power bank Navigation
- O Map (OS Landranger 41/50 or Harvey maps) and compass (guides will lead; this is a resilience backup)
- Water 2-3 L total capacity (bottles or bladder)
- High-energy personal sugary snacks for long days.

Other

- O Sunscreen, sunglasses, lip balm; personal meds; cash/card for meals
- O Travel towel (hostel towels may be hired)

Seasonal/route-specific notes

- Late May can still be cold/wet on ridges; pack warm layers.
- Light scrambling and sustained rocky terrain on CMD Arete: good boots essential.



TRAINING PLAN

Here is our suggested 12 week training program for Morocco 7 Summits

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x lmin each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x Imin each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x lmin each Zone 4 - 90 sec Zone 2 - lmin	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x lmin each Zone 4 - 90 sec Zone 2 - lmin	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training season must include 15min warm up and 15 to 20 min of cool down after training.



TRAINING AND FITNESS

Although no mountaineering experience is required on this trip, a good level of physical fitness is necessary. You must be comfortable hiking up to 8 hours a day, with many steep uphill sections, uneven, rocky terrain and in unpredictable weather. This hike is a strenuous one, so the better prepared you are, the more you should enjoy it.

Hillwalking: Everybody is different, so I cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the trip. We would recommend hiking on a very regular bases and at least 4 big hikes per month in preparation for this expedition, (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least two high intensity cardio training sessions per week. The type of training is not important you just need to elevate your heart rate go a high level interval style for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!



PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date. We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Irish citizens do not need a visa to enter Scotland. You require a valid passport with a minimum 6 months validity. Contact your local embassy, or consulate for the most up-to-date visa requirements.

ARRIVAL COMPLICATIONS

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact us immediately at jason@jasonblack.ie

MEETING POINT INSTRUCTIONS

Flights - If arriving by flight to Belfast Airport, please arrive by 6am to meet the team. This will also ensure you make it on time for the boat departure at 6am from Belfast to Cairnryan. **Boat sailing** - Meet our Jason Black Mountaineering luxury coach at 6am at the stena line terminal carpark Belfast port.

02:00 – Arrive at Belfast Port, meet the Jason Black Mountaineering luxury minibus Parking: Victoria Terminal 4, West Bank Road, Belfast, BT3 9JL

There is a large car park with over 300 spaces in front of the terminal building. Payment for the car park may be made in cash or credit card through the pay stations or by credit card at the travel centre. You may also pay onboard at the guest services desk prior to arrival.

8 - 24 hours £10.00 - additional day £10.00

Medical and Insurance

Ensure you have medical insurance if hospitalised. Carry proof for insurance coverage for admissions

TRAVEL CLOTHES

Travel clothes and extra luggage can be stored at the team hotel until you return from your expedition.



SAFETY

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your governments advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you wont need it while trekking. A lock is recommended for securing your luggage. When on expedition in a group trip, please note that our Jason Black Mountaineering guide has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Our quide will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your guide will assist you with options available in a given location please note that any optional activities you undertake that are not part of your itinerary, we will not take any responsibility about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on the trip are generally safe during the day, there can be risks to wandering throughout any major cities at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night-time excursions.

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

RULES

Illegal drugs will not be tolerated on any Jason Black Mountaineering trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking Marijuana and opium is a part of local culture in some parts of the world but is not acceptable on our expeditions. Our philosophy in adventure is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our guides have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.



GROUP GUIDE

All group trips are accompanied by one of our Jason black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Jason Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.



MONEY MATTERS

The currency of Scotland is the Sterling.

ATMs are widely available in all major towns and cities. Credit cards are useful for large purchases, but generally they are not widely accepted. Please ensure you only use banks, licensed money exchangers, or hotels. We also suggest you keep your receipts.

Changing money is easy and you will and banks and exchange bureaus in large cities.

When it comes to spending money on the trip, every traveller is a little different.

You know your own spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

ITINERARY DISCLAIMER

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our Journey will take us. Due to our style of adventure and the regions we visit, adventure can be unpredictable. The expedition document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

CANCELLATIONS

Deposits are non-refundable and cancellation terms vary, please see the specific booking conditions. If Jason Black Mountaineering cancel the trip you will receive a full refund including the deposit payment.

FORCE MAJEURE EVENT - OUTSIDE FORCE

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable nights. Make sure you have access to an extra £300–500 for emergencies e.g. severe weather, natural disasters, civil unrest, transport strikes or cancellations, airport closures or other events that result in unavoidable changes to the itinerary.

Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved, but we will do everything to avoid this happening.



BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us). We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. You're notice of cancellation will only be effective when it is received in writing by us. Except as set out in paragraph 8 below, the following cancellation charges will be payable. For more information about our refund terms, please visit this link

WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit: <u>Highland 7Summits Page</u>

FOLLOW US

