



CHALLENGE INFORMATION PACK

PRICE PER PERSON
€299

OVERVIEW

To undertake the IRELAND4PEAK™ challenge with little rest and very little sleep is a serious physical battle and requires you to have a very good level of physical and mental strength along with the ability to work as a team.

The key to success is in your physical preparation, nutrition preparation, hydration preparation and gear preparation.

"By failing to prepare you are preparing to fail".

You are expected to complete each mountain at a swift but steady pace using the most direct route on all 4PEAKS.

You will be guided by one of the world's leading Mt Everest and K2 mountaineers Jason Black.

As mountaineering specialists, our safety standard and mountain knowledge is exceptional.

We are looking forward to supporting your IRELAND4PEAKS™ hiking challenge.

Jason Black
National4Peak™ Challenge Director.



THE NATIONAL4PEAKS™ ITINERARY

07.30am assemble at [Slieve Donard carpark](#)

Short event summary and safety briefing

SLIEVE DONARD 850m

08.00am hike starts on Slieve Donard

Round trip time allocated is 4hrs

Require appropriate hiking gear, food & liquids for hike duration.

Return to the bus and load your gear into the rear trunk of the bus

Direct drive to Lugnaquilla 3hrs (199 km)

LUGNAQUILLA 925m

Start climb on Lugnaquilla - 5hr round trip

Return to the bus immediate departure.

Please have your prepared food with you as we will not be stopping.

Direct drive to Carrauntoohil carpark Kerry - 5hrs

CARRAUNTOOHIL 1038m

Start night hike on Carrauntoohil Co Kerry - 6hr round trip

Require warm hiking clothes food, liquids and head torch.

Return to the bus immediate departure.

Please have your prepared food with you as we will not be stopping.

Direct drive to Mweelrea Co Mayo - 5hrs.

MWEELREA 814m

Start climb on Mweelrea Co Mayo - 4h.30m round trip

Require warm hiking clothes food, liquids and head torch.

Return to the bus immediate departure.

Please have your prepared food with you as we will not be stopping.

Direct drive to Slieve Donard Carpark 5hr (360 km)

NATIONAL4PEAKS™ FINISH

Bus arrives back to Slieve Donard carpark Monday 12.00am

(We will have quick road side toilet stops but we will not be stopping for food or water along the way so please have all you require prepared in advance)

THE NATIONAL4PEAKS™ INCLUSIONS

- Professional led national hiking event
 - Luxury transport & professional driver
 - Qualified mountain leaders
 - Qualified wilderness first aiders
 - National 4 Peaks™ Medal on completion
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PREPARATION IS KEY

Everybody is understandably different. However the fitter you are the greater chance of enjoyment and success. I recommend hiking long days at the weekend and high intensity and strength training during the week.

Remember: Time on your feet is about building stamina and endurance.

In the Gym: I suggest that you add one strength training session to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

You should also aim to complete two HITT High Intensity Training Type cardio sessions per week, for 45 minutes to an hour each session. These sessions greatly develop your respiratory and cardiac system. Typical sessions are hill repeats of running, spinning classes, circuit training, or specific HITT classes.

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. Remember to consult your doctor & have a check up prior to any major training programmes.

MEDICATIONS

If you are taking medications continue to do so and ensure you have disclosed details to Jason Black Mountaineering.

Training Plan

Here is our suggested 12 week training program.

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 1min 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 1min 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 1min each Zone 4 - 90 sec Zone 2 - 1min	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 1min each Zone 4 - 90 sec Zone 2 - 1min	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.

THE NATIONAL4PEAKS™ MANDATORY KIT

You are responsible for having the necessary personal equipment you need for this challenge. If you are buying any new equipment be sure to use it before departure and should be well broken in to avoid blisters and chafing!

When you sign up to the National challenge you are entitled to a 15% discount with our gear partners at <https://greatoutdoors.ie>

Our online discount code to use at checkout is **GOJB15**.

Personal First Aid Kit

- ☐ Peaked ball cap
- ☐ Warm woollen hat
- ☐ Sun glasses
- ☐ Sun block
- ☐ Neck buff
- ☐ Short sleeve t-shirt x 3
- ☐ Long sleeve base x 1
- ☐ Simple fleece top x1
- ☐ Insulated puff jacket or a warm jacket x1
- ☐ Waterproof Jacket x1
- ☐ Hiking trousers x 2
- ☐ Waterproof over-trousers x1
- ☐ Gloves for night hike x1
- ☐ Hiking socks x 3
- ☐ Comfortable hiking boots with good ankle support.
- ☐ Head torch with spare batteries or charging lead.
- ☐ Small backpack size 20ltr - holds a jacket food and water for mountain.
- ☐ Camel pack or water drinking bottle
- ☐ Re-hydration tabs.
- ☐ Walking poles - optional.

PERSONAL FIRST AID KIT

(Have enough supplies for the duration.)

- ☐ Plasters
- ☐ Comped or blister packs
- ☐ Paracetamol
- ☐ Ibuprofen
- ☐ Throat lozenges
- ☐ Nasal spray
- ☐ Decongestant such as Sudafed

THE NATIONAL4PEAKS™ BUS KIT

You cannot enter the bus with hiking boots please ensure you have Crocs - flip-flops or sliders in the outer bus trunk to change into and a plastic bag to store your boots in the truck.

- ☐ Bus clothes - tracksuit - Tshirt - shorts - socks etc
- ☐ Personal hygiene - bio-degradable baby wipes
- ☐ Foot care - plasters / blister packs / compeed.
- ☐ On bus food - rice / pasta / salads bowls - sandwiches, fruit etc
- ☐ Food sealed in a large plastic box with lid to avoid spillage - marked with your name all stored in bus rear trunk.
- ☐ Between each hike take out enough food from your box for the bus journey
- ☐ Liquids - 10 ltr water - 2 ltr sugar drink (coke etc)
- ☐ Personal pillow and lite blanket for added bus comfort.
- ☐ Headphones or a good book.
- ☐ Phone & camera charging leads - the bus has individual USB chargers.

Additional Personal Items

(Add your own personal items here)

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

THE NATIONAL4PEAKS™ BUS RULES

- Have a small sealed food box for on the bus so you can regular snack on the move - food and drinks can be consumed on the bus.
- No boots will be allowed on the bus - have a pair of clean runners/sliders or crocks
- Have a small bag filled with a set of fresh bus clothes which you can grab to change into for ease and speed.
- All your wet gear is to be placed in a black bag and stored in the bus boot.
- To allow fellow hikers sleep and rest ensure your music is to be played through personal headphones.
- All your extra hiking clothing and foods will be stored in the rear bus storage trunk.
 - a. Spare clothes / personal first aid
 - b. Extra food / liquids

THE NATIONAL4PEAKS™ SUGGESTED FOOD

Have enough food for the complete trip no exceptions.

We will NOT be stopping for resupplies.

Break your food into two categories

- Mountain food.
- Bus food

Mountain food examples:

- Opt 1 - 1x Wrap - 1 x slice fruit cake - 1x Bounty bar
- Opt 2 - 1x Sandwich - 1/2 Trail mix - 1x Granola bars

On the bus travelling food examples:

- Pasta tuna bowl / Rice chick bowl / Salad bowl - Rice pudding dessert - Fruit cake - Banana - Apples

Hydration: bring your own water.

- 2 lt. Water on each mountain climb.
- 2 lt. Water between each mountain climb.

Add hydration tablets to help with salts and minerals replacement.

TRAVELLING ON A GROUP TRIP

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow traveller's, team members, or local communities. Your group guides decisions are final for the wellbeing of all participants. Any behaviour that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to your removal from the challenge.

If you have any concerns during the challenge, contact your group leader immediately or email Jason@jasonblack.ie.

Our 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 hikers. Timeliness and respect for group dynamics contribute significantly to a positive challenge experience.

HIGHEST STANDARDS

At Jason Black Mountaineering our safety standard, mountain craft, knowledge and skill is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

Your NATIONAL4PEAKS™ challenge is supported using local guides, drivers and support staff of the highest standard employed based on their qualifications, experience and references.

Here are some more reasons you should choose Jason Black Mountaineering:

- 25+ years Mountaineering experience.
- Professional mountain specialist.
- UMLA International mountain leader.
- Wilderness first responders.
- World class navigators.
- Exceptional safety record.
- Qualified Mountain leaders.
- Fully insured national event.
- Access granted by land owners and mountain conservation committees.
- Ethical leave no trace trainer.

MEET YOUR GUIDE

Jason Black– International Expedition Leader, Professional Mountain Guide and one of the world’s leading high altitude mountaineers. His Leadership, Mountain knowledge and Adventure survival experience is exceptional.

Jason Black's love for the Irish mountains started as a young boy heavily influenced by cubs and scouts. The Irish mountains was to be his perfect preparation playground for the greatest mountains on the planet. Jason's personality is light hearted and fun filled. His unfaltering determination hard work and commitment from a very early age to find purpose remove obstacles and find solutions has been his greatest success in life.

The NATIONAL4PEAKS™ was developed to encourage outdoor enthusiast to celebrate our Irish mountains, inspire a belief that everything is possible and empower others to follow.

With one of the most ground-breaking mountaineers of a generation at your side, you'll be in the very best company to reach beyond what you thought was impossible, achieve your goals and become a NATIONAL4PEAKS™ Summiteer.



MORE INFORMATION

For dates, and all the latest information about this challenge please visit:

National 4 Peaks™ Challenge

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