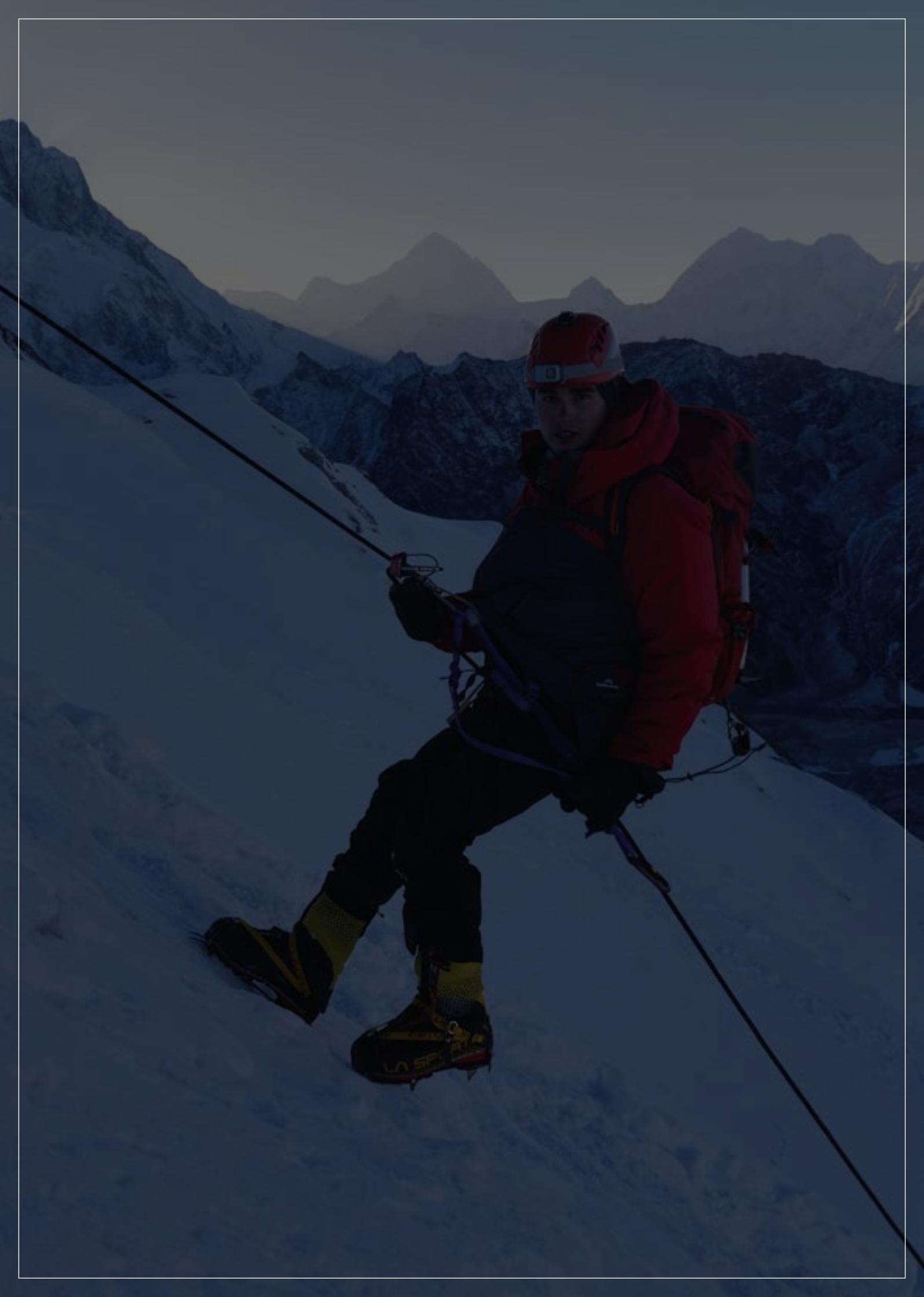




NEPAL PRIVATE INSTRUCTION COURSE

2023 COURSE NOTES





NEPAL PRIVATE INSTRUCTION COURSE



▲ Rappelling off the summit of Lobuche East. Photo: Charley Mace

2023 COURSE DETAILS

Dates: Available on demand
Duration: 26 days
Departure: ex Kathmandu, Nepal
Price: From US\$13,800 per person

What better way to learn the ropes of high altitude mountaineering than on a personalised programme of experiential learning in the Himalaya! Our flexible course structure allows you to tailor a programme that maximises your learning—at your level. Whether it's your first time in the mountains or you're looking to take your climbing to a higher altitude, the Nepal Private Instruction Course will set you on the right track to mountaineering success.

Led by Himalayan experienced and qualified IFMGA Mountain Guides, the Nepal Private Instruction Course provides a balanced programme of learning technical skills and putting them into practice on climbs of increasing difficulty and elevation, culminating in the ascent of a 6,000m/19,685ft peak.

With skills training tailored around your goals, the Private Instruction Course allows for a fast-track progression through personalised learning. With options to tailor group size, duration and venue the Private Instruction Course is the ultimate flexible mountaineering course.

COURSE OBJECTIVE

Our objective is to pass on the skills, which have made us successful in our own climbing careers. The most important attributes being:

- Current techniques for high-altitude mountaineering
- A climbing standard appropriate to the objective
- Attuned mountain awareness
- Sound judgement of your own abilities
- Solid planning and preparation skills
- The basis of good decision making

SKILLS COVERED

We endeavour to cover the following skills during the course, however, factors such as weather and climbing conditions may dictate that some skills are not covered in full. On the Private Instruction Course, you may deem that the course focuses primarily on one or two aspects of climbing so you can increase your skill set in that area.

- Fundamental snow and ice craft skills
- Rope skills applicable to high-altitude alpine climbing
- Glacier travel and self rescue skills



▲ Learn high-altitude mountaineering rope skills. Photo: Karyn Douglas

- Weather analysis
- High-altitude medicine
- Route finding and navigation
- Snow and expedition camping skills

At the end of the course, participants should have the skills and confidence to travel in glaciated terrain. You will have the technical ability and know-how to attempt major mountains by their easier routes, such as the trekking peaks in the Himalaya. The program will also set you up with sufficient prowess to be guided on some technically difficult ascents and expeditions.

HOW THE COURSE OPERATES

We spend as much time in the mountains as possible climbing peaks whilst developing skills. Initially, you will develop and reinforce your skills in a contained environment and move on to more challenging routes and terrain during the course.

Experiential learning is a major factor in becoming a competent mountaineer. The emphasis of the course is on safe application of skill development. We will introduce skills through climbing peaks and increase the intensity of the program at your pace.

Expedition climbing can involve long days with early starts in order to gain a summit and descend before nightfall. There are times when the weather may be rough and there can be periods of discomfort. We manage this through consultation with the group members and our objectives are dictated by the strength and motivation of the whole group.

You may have the opportunity to develop additional skills before the course commences. Rope skills can be learned through local alpine clubs or climbing gyms. Previous rock or alpine climbing experience will allow you to gain even more from the course.

CLIMBING SEASON

Courses are available on demand at a time that suits you, however we suggest that you time your course during either the pre or post monsoon periods when weather and conditions are more suitable for climbing.

Pre-monsoon: April through until June

Post monsoon: October through until December

COURSE VENUE

The Himalaya offers a plethora of suitable venues to locate your Private Instruction Course. We can personalise itineraries to suit your preferences in any area and below you will find our sample itinerary for courses based in the Khumbu region. Contact our friendly team to discuss your training needs.



▲ Learn high altitude emergency first aid. Photo: Mike Roberts



▲ Climbing the lower slopes of Lobuche East. Photo: Guy Cotter



▲ Learn fixed rope techniques. Photo: Sandy Hazledine



▲ Put skills into practice. Photo: Charley Mace

SAMPLE COURSE OUTLINE

Located to the North-East of Kathmandu, the Khumbu region is perhaps Nepal's most iconic mountaineering destination. The cultural centre of the Sherpa people, the Khumbu offers an insight into Sherpa life as well as the opportunity to climb among the Himalayan giants of the nearby Everest Massif. Summit Lobuche East with the option of including add-on climbs of Island Peak or Ama Dablam.

Day 1 Arrive Kathmandu, team meet and greet and welcome meal

Day 2 Introduction to Course/ lectures

Day 3 Gear checks and trip preparation.

Day 4 Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)

Day 5 Trek to Namche Bazaar (3,440m/11,286ft).

Day 6 Climb Khunde Peak (4,200m/13,779ft)

Day 7 Training day—introductory rope skills, anchors, belaying, rappelling, prussiking. Overnight in Khumjung (3780m/12402ft)

Day 8 Rock climbing/training around Khumjung

Day 9 Trek Khumjung to Phortse (3,950m/12,959ft) via the Mong La Pass (3,970m/13,025ft). Visit Khumbu Climbing Centre

Day 10 Phortse to Pheriche (4,270m/14,009ft)

Day 11 Pheriche rest and acclimatisation day.

Day 12 Pheriche to Dzongla (4830m/15,846ft)

Day 13 Rest and training day in Dzongla

Day 14 Dzongla to Cho La (5,420m/17,782 ft)

Day 15 Training day

Day 16 Trek to Lobuche Base Camp (4,800m/15,750ft)

Day 17 Training day

Day 18 Training day

Day 19 Climb to High Camp on Lobuche East (5,400m/17,720ft)

Day 20 Summit bid on Lobuche East (6119m), descend to Base Camp

Day 21 Lobuche Base Camp to Pangboche (3,985m/13,074ft). *Island Peak and Ama Dablam Add Ons commence. See below for details

Day 22 Pangboche to Namche Bazaar

Day 23 Namche Bazaar to Lukla



▲ Climb your first 6,000m peak. Photo: Mark Morrison

Day 24 Contingency day

Day 25 Fly Lukla to Kathmandu

Day 26 Trip ends, depart from Kathmandu

NOTE: The itinerary may change at any time and factors such as weather, team member health, logistics, etc., can create some change in the programme.

OPTIONAL ADD ON ASCENTS

ISLAND PEAK ADD ON

Make the most of your acclimatisation with an additional ascent of Island Peak, an ideal challenging progression from Lobuche East. Easily climbed in a short six day itinerary following.

Itinerary

Day 21 Rest day at Lobuche Base Camp

Day 22 Cross Kongma La (5,535m/18,159ft) to Chhukung (4,730m/15,518ft)

Day 23 Rest day

Day 24 Chhukung to Island Peak Base Camp (4,970m/16,300ft)

Day 25 Summit Island Peak (6,189m/20,305ft), return to Base Camp

Day 26 Spare summit day

Day 27 Trek to Pangboche

Day 28 Trek to Namche Bazaar

Day 29 Trek to Lukla

Day 30 Contingency day

Day 31 Fly Lukla to Kathmandu

Day 32 Trip ends, depart from Kathmandu.

AMA DABLAM ADD ON

After something that will get the adrenaline pumping after your course? Challenge yourself and polish your new skills with a ten day Add On climb of Ama Dablam, one of the Nepal's most exhilarating climbs! Available during the post monsoon season only.

Itinerary

Day 21 Rest day at Lobuche Base Camp

Day 22 Lobuche Base Camp to Pheriche (4,270m/14,009ft)

Day 23	Pheriche to Ama Dablam Base Camp (4,529m/14,859ft)
Days 24–29	Ama Dablam (6,828m/22,401ft) summit bid
Day 30	Return to Ama Dablam Base Camp
Day 31	Contingency day
Day 32	Trek to Pangboche
Day 33	Trek to Namche Bazaar
Day 34	Trek to Lukla
Day 35	Fly Lukla to Kathmandu
Day 36	Trip ends, depart from Kathmandu.

PREREQUISITE EXPERIENCE

Participants must have good fitness, balance and coordination. Previous snowcraft or rock climbing is not necessary, as these skills will be taught in the instruction part of the trip.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing and instruction courses. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every trip to offer our climbers the best possible chance of success.

Our courses have been designed by Guy Cotter who has been climbing for over 35 years. Additional to his extensive record in New Zealand, his career has includes over 40 high altitude expeditions and polar journeys, including several ascents of Mount Everest and other 8,000m peaks.

As an IFMGA guide since 1991, Guy Cotter recognises the need for people to learn about 'climbing', and not just being taught the technical skills in isolation. This is not an easy task and cannot be achieved without experienced and highly skilled guides with good instructional skills. The guides and Sherpa staff at Adventure Consultants are recognised as amongst the best in the industry with the ability to help you get the most from your time with us.

The main points of difference on an Adventure Consultants Course are:

- More time to gain experience while practicing skills
- Highly experienced Himalayan expedition guides and Sherpa instructing
- Gain valuable experience at altitude while learning essential expedition skills



▲ Test your new skills with a challenging Add On of Ama Dablam. Photo: Lydia Bradey



▲ Learn essential mountaineering skills. Photo: Guy Cotter



▲ Lobuche East Base Camp. Photo: Guy Cotter

VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the course and this is easily procured at Kathmandu Airport on arrival. The trekking and climbing permits are a separate matter dealt with by the our local expedition agent.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. We will dine at mix of lodges and camping locations throughout the course. Our camps we will be catered for by our experienced Sherpa cook and support crew. Our camp equipment and ample nutritious meals are always the envy of other groups along the way!

We do recommend that you bring some of your personal favourite snacks like muesli bars, chocolate and/or candy to supplement the snacks that we provide.

EQUIPMENT LIST

Course members will be sent a list detailing all necessary clothing and equipment to be individually provided.

MEDICAL EXAMINATION

Course members will be provided with pre-trip medical advice and a medical questionnaire and will be asked to visit their family physician to receive a full medical examination. This information will be sighted only by the Course Leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

Course members will need to provide a digital passport photograph for various climbing and trekking permits and a copy of their passport biodata page.

COURSE FEE

The cost of the 26-day Khumbu based Nepal Private Instruction Course ex Kathmandu, Nepal is:

- 1 climber: US\$35,900
- 2 climbers: US\$19,500 per person
- 3 climbers: US\$14,800 per person
- 4 climbers: US\$13,800 per person

The cost of the **Island Peak Extension** ex Lobuche East Base Camp, Nepal is:

- 1 climber: US\$3,950
- 2 climbers: US\$2,400 per person
- 3 climbers: US\$1,990 per person
- 4 climbers: US\$1,700 per person

The cost of the **Ama Dablam Extension** ex Lobuche East Base Camp, Nepal is:

- 1 climber: US\$9,950
- 2 climbers: US\$6,300 per person
- 3 climbers: US\$5,900 per person
- 4 climbers: US\$5,600 per person

These are inclusive costs and cover the following:

- Nepalese government royalty fees
- All course organisational requirements
- All trekking and climbing permits
- Airport transfers in Kathmandu



▲ Experience trekking in the Himalaya. Photo: Cristina Pogacean

- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All course staff, including Western guide(s) and Sherpa guides, cooks and porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip
- dZi Foundation support for their “Revitalise a Village” programme—likely to include support for a Nepalese child’s education for a year

The course fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts and alcohol (boiled or treated water for drinking is supplied)
- Other charges at lodges/tea houses such as additional meals, showers, internet access or battery recharging
- Entry visas for Nepal (30-day tourist visa for Nepal available on arrival in Kathmandu)
- Personal clothing and equipment
- Personal travel/trip cancellation/rescue insurance

- Excess baggage charges for portage and the flights to/from Lukla
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure
- Gratuities

NOTE: Pricing may change due to increases in airfares and other costs out of the control of Adventure Consultants.

Personalised quotes are available upon request for different course itineraries.

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited



▲ Fast track to endless expedition options. Photo: Cristina Pogacean

Account Number: 1000-594771-0000
Account Type: US Dollars
Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard or Amex) plus a 3% credit card fee.

DEPOSIT

A deposit of US\$2,000 is payable to secure a place on the course.

BALANCE

The balance of the course fee is payable 90 days prior to the expedition start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your course commencement date. An expedition team member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of Adventure Consultants Nepal Private Instruction Courses, please complete our online application at <https://www.adventureconsultants.com/climbing-schools/himalayan-climbing-school/nepal-private-instruction-course/book-now> and submit your trip deposit.

CONTACT US

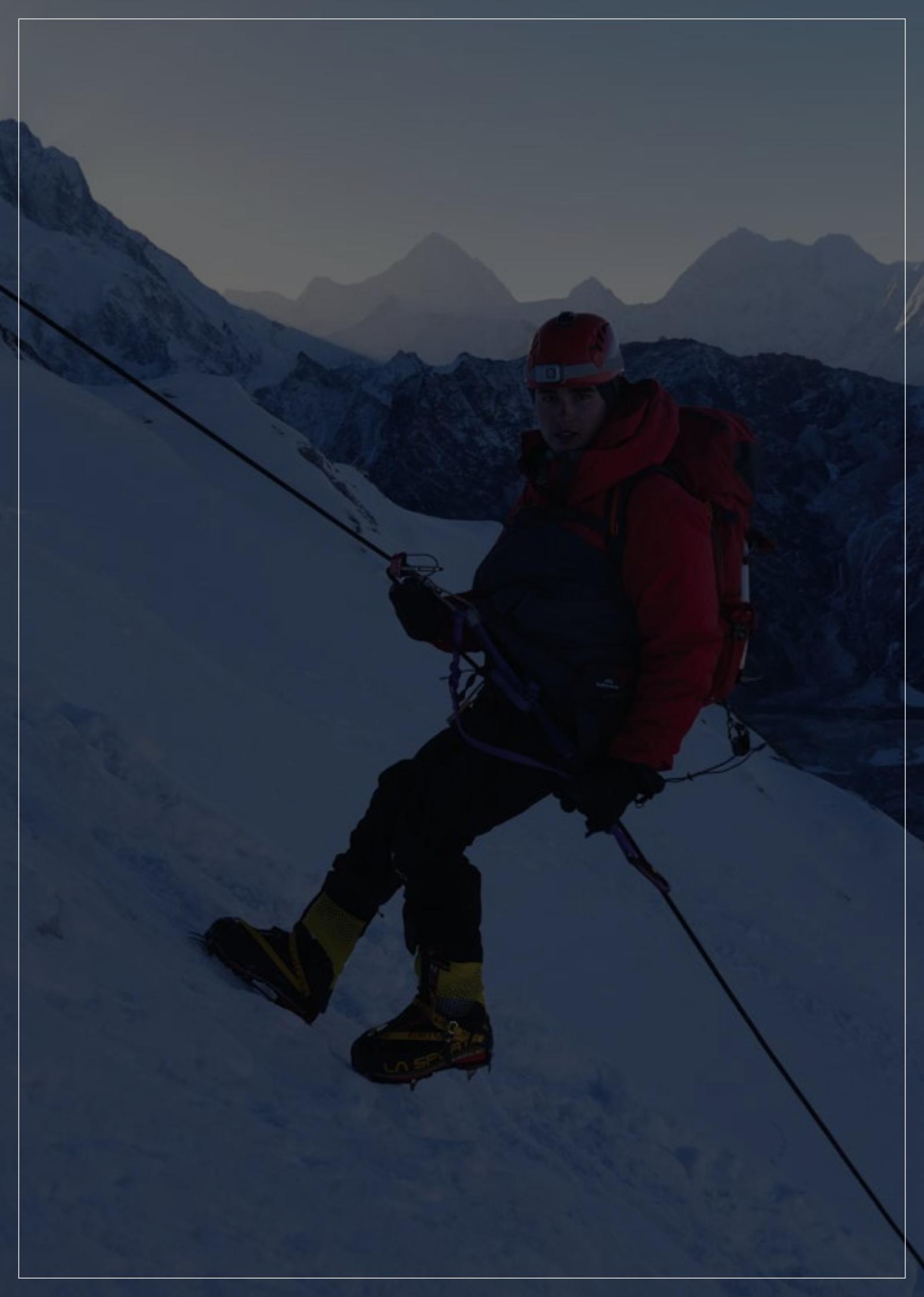
Please also contact us if you'd like any further information or assistance in planning your trip:

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Wanaka, 9343
New Zealand

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Email: info@adventure.co.nz

Website: www.adventureconsultants.com





Trek and climb in the Himalaya. Photo: Cristina Pogacean



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

