



Ice Climbing Course

2012 Course Notes

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Welcome to Adventure Consultants Ice Climbing Course.

This 5-day, helicopter accessed, course will have you up-to-speed as an ice climber in no time!

We take the helicopter directly from Queenstown airport into Wye Creek that is without dispute, the best ice climbing area in the country. Once the helicopter lands, you are surrounded by beautiful ice flows that drape over bluffs and cliffs, providing a smorgasbord of climbs of varying difficulty.

On this course you will learn all the skills for climbing ice, including **lead climbing**. Initially you will be climbing on low-angled routes while you develop confidence and technique. As you progress, the steepness of the terrain you climb on will increase at a rate that suits your comfort levels. You will learn the correct techniques on how to place ice screws and belays. You will become proficient with all the required rope work that will get you up and down the climbs and provide your safety and protection along the way.



The ICC is directed toward fit and motivated people who have a background in basic mountaineering or rock climbing and wish to extend their skills onto steep ice. Run at a maximum ratio of four participants to one highly qualified instructor, you get a focused level of tuition to accelerate your learning.

The best thing of all about the ICC, is that the course operates from our innovative Expedition Base Camp tents that are set up right at the foot of the ice climbing area. A short warm-up hike takes us directly to the climbing in the morning, after a leisurely breakfast of course! The tents provide a cosy atmosphere to enjoy the evening meals and reflect on each days climbing before a well earned sleep. At the end of the week we hike down the valley where we can unwind as we descend through the pristine alpine scenery of the Wye Valley.

Another bonus of participating in this course is that you will share the experience with other like-minded people, on a course run by some of the world's leading alpinists and NZ's top ice climbing instructors.

This course is designed to help you navigate your way towards safe and successful climbing practices on steeper ground. At the end of the course participants will have the skills to begin their own ice climbing careers in New Zealand and other ice regions around the world.

The skills that you will learn

Following are the basis of the skills taught during the course however factors such as weather and climbing conditions may at times dictate that not all topics are not covered in full.

- Rope handling skills applicable to ice climbing
 - Good anchor placement and belay systems
 - Modern ice climbing techniques with ice tools and crampons
 - Advanced ice craft and mixed techniques
 - Multi pitch climbing
 - Route selection
 - Good decision making
 - Basic Avalanche awareness and rescue techniques
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The way the course operates

We spend as much time as possible climbing ice routes at your level while you are developing skills. Initially we concentrate on developing and reinforcing skills in a contained environment and then we move on to more challenging routes during the course.

The emphasis of the course will be on empowering you with the latest techniques with an emphasis on safe climbing practices. During the course your guides will progressively introduce you to a wider range of skills and techniques to enable you to develop at your own pace and confidence levels.

Weather plays a major factor in any mountain experience and the New Zealand's Southern Alps get their share. We intend to run the course according to schedule, however, while we are rarely impacted by weather in Wye Creek, we may have to adjust the schedule during an extreme weather event.

Course outline

The course begins at **9.00 am** on day one at the Heliworks Hangar, Queenstown Airport, Tex Smith Lane, Queenstown. Following introductions, your guide will present the course syllabus outlining how the week will operate.

We discuss, then organise, our personal and group equipment (bring all your gear with you, including those items you are not sure whether to include or not). Equipment pertinent to the course will be

discussed and you can get all the advice you need concerning equipment from the guides. Rental equipment will be fitted at this time and final purchases can be made.

We then load up the helicopter for our flight into the Remarkables Range, directly to the ice climbing area. Leaving our gear in the base camp tent, we're off climbing!

Each day we leave the camp after breakfast and climb until dusk. We visit several ice 'craggs' during the course for a variety of routes and conditions. You will be climbing several routes each day and will generally be sufficiently tired by the end of the day to be thankful for a rest!

Because the climbing is strenuous it is advised to pace yourself during the week so you can really give it your best on the last day when you are really firing!

On Friday we plan to walk back to our vehicles in a five hour walk to the road-end, followed by a short drive into Queenstown. Alternatively the course members can opt to fly out by helicopter at additional cost (weather permitting). The course will be finished by 5pm on Friday.

Our Guides

Professional and experienced mountain guides run the course. Adventure Consultants have a commitment to ensure the highest standard of instruction and guiding practices and we only employ guides who share in our philosophy. Our guides will offer you the best possible learning experience, and a safe and enjoyable time. An open and helpful approach is encouraged within the group to help communicate and reinforce the learning process.

Our guides are all NZMGA and /or IFMGA internationally qualified. They have been trained and assessed through the New Zealand Mountain Guides Association, and operate to the high standards and guidelines set out by the association.

The course fee

The course fee is NZ \$1,950 per person.

The price includes; Guide Fees and hut fees, all meals and snack foods whilst on the trip, group equipment such as ropes, tents and stoves, ground transport ex Wanaka, course manual (A Climber's Guide to NZ Mountaineering Techniques, by Guy Cotter and Mark Sedon) Department of Conservation fees (CA/155/Gui), NZ Goods and Services Tax (15%) and helicopter access.

- We strongly suggest you purchase trip cancellation insurance from your normal travel agent.
 - All prices are subject to change without notice.
 - Minimum numbers apply on all scheduled instruction courses.
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Course Dates

Winter 2012

ICC # 1 July 9 - 13

ICC # 2 July 16 - 20

ICC # 3 July 23 - 27

ICC # 4 July 30 - August 3

ICC # 5 August 6 - 10

ICC # 6 August 13 – 17

Equipment

Climbing in winter in the New Zealand mountains requires good personal gear due to the potential cold weather conditions. Our focus is on having the essential clothing and equipment, whilst keeping pack weights as light as possible for your comfort and ease of travel.

The accompanying equipment list is a guideline to your equipment requirements. We carry a good range of modern rental equipment. If you will be renting equipment from us please advise your requirements in advance to ensure correct sizing and availability. If you intend on buying any equipment items, we are happy to advise on recommended brands and models, and of key importance - their suitability to the type of activity. We offer our clients discounted prices on a selection of climbing equipment and clothing, and can arrange for the equipment to be available upon your arrival.

Your Guide will go through an equipment checklist with you prior to the trip. All group equipment including ropes will be organised by your Guide.

Weather

Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will distinguish you from the others. The New Zealand weather can be fierce but also benign. A climber who learns to optimise their opportunities here will have the skills to climb in any other mountain environment on earth.

Our ice-climbing season runs from July through to September with the most stable ice conditions being in July and August. Daylight hours are approximately 9 in winter. Temperatures will drop to as low as – 10° Celsius and could rise too as high as 15° Celsius.

On your course it is probable that some adverse weather may affect our climbing plans however we will attempt to anticipate what best moves to make for the positive outcome of the course. At times we may elect to delay our departure into the hills in favour of other valuable activities and move into the mountains when conditions permit.

Adventure Consultants reserves the right to cancel, or alter the course at any time if the ice is not in condition due to climatic influences, or if the climbing area or conditions are perceived by Adventure Consultants, as being too hazardous. However, we will to the best of our ability endeavour to find alternative suitable climbing venues in order for the course to take place.

Fitness and health

To make the most of your climbing experience we encourage you to work on your fitness prior to the trip. You will find that training with a 15kg + pack on is the best preparation for the mountains, with the aim of getting 'pack fit' and building your endurance. Your guide places special focus on fitness levels and will regulate the pace accordingly.

Building up your upper body strength is imperative for ice climbing and some training beforehand will really help you make the most of your time on the course. Progressing to doing pull ups in the gym is what you need to aim for, and good overall conditioning will help you climb for longer each day on the course.

Our registration form requests that you advise us of any medical problems you may have and if you are on any medication. Any information you supply will be treated as confidential.

Food

We place emphasis on providing nutritious meals and a good supply of snack food throughout the trip. If you have any special dietary requirements, please advise us at the time of registration. For special diets such as vegan and gluten/dairy free we will call you to discuss your needs and how this will work in the group cooking situation.

Insurance

We strongly recommend that you take out trip cancellation insurance to protect yourself in case of injury or mishap prior to/ or whilst on our trips.

Whilst our focus is on safety and our track record supports this, the mountains do have hazards and there is always the potential for mishap.

If you were injured whilst on the trip the New Zealand Accident Compensation Corporation (ACC) will pay rescue costs, however you would not be eligible for bulk compensation payments. You are responsible for any medical or evacuation costs beyond the cover provided by ACC.

Travel to, and from Queenstown

Air New Zealand and Qantas/Jetstar provide daily services between Auckland and Christchurch International airports and Queenstown, and there are also direct flights from Australia to Queenstown on a limited basis. During winter there are

Bus services operate daily between Christchurch and Queenstown (approximately 6 hours travel time).

Please note: *Adventure Consultants will provide food and accommodation while the course is running which is from 9.00am on Day 1 until 5.00pm on Day 5. All food and accommodation outside this time will be at your expense.*

Course registration and payment

In order to confirm a place on the course, we require a completed registration form (use the booking form on our website or contact us and we'll send one out) and a 25% deposit of the trip fee.

The balance of payment is then due 60 days prior to the start date.

Our online registration form is at: <http://www.adventureconsultants.com/adventure/BookingForm/>

Payment can be made by a NZ Dollar bank draft or cheque, Visa/MasterCard/Amex or Telegraphic Transfer to our bank account - details supplied on request.

Please note: *In order to reserve a place on a course we recommend that you book well in advance. These courses are popular and fill up fast.*

Course cancellation policy

1. Cancellations outside of 60 days incur a NZ\$250.00 cancellation fee.
2. For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
3. For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
4. For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent.

We look forward to welcoming you onto your Ice Climbing Course this winter!

Contact us

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



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