



EUROPE

PRIVATE INSTRUCTION

2019 COURSE NOTES



Europe Private Instruction Course 2019 Course Notes

All material Copyright © Adventure Consultants Ltd 2018/2019

The European Alps offers a diverse range of climbing opportunities across a wide range of climbing styles. The peaks are very accessible and supported by a superb lift and hut system that enable you fast access to superb climbing venues. Our Private Instruction Courses are the most flexible mountaineering programme available. You choose the course duration and dates which suit you best. You can outline the type of skills you would like to achieve in line with your future climbing objectives. These courses are not just for those new to climbing, for the seasoned climber these courses offer the facility to up-skill yourself in your chosen field from one of our specialist professional guides.

You can join as an individual for 1:1 personalised instruction, or put your own group of like-minded companions together. A maximum 1:4 guide to climber ratio applies.

The course can be structured to prepare you for ascents of Europe's classic peaks through to joining one of our high altitude climbing expeditions. No matter what level you are at now, our courses will provide you with the most current and essential mountaineering skills that will enhance your ability levels and enable you to take your climbing to the next level.

We offer 5 to 10-day Private Instruction Courses and can arrange a longer duration course on request. You can schedule your PIC with us any time of the year. The northern hemisphere summer climbing season is from June to September when the days are longer and weather and route conditions are more predictable. The winter climbing season runs from December through April.



A note about training on lower altitude peaks - if your focus is on joining one of our expeditions in the future, we recommend training in lower altitude mountain ranges such as the European Alps where there are many peaks of around only 3,000-4,000m in height. This allows you to concentrate on the technical skills required for successful alpine climbing. We find that without the hassles of altitude slowing you down you are able to progress your

skills so much more quickly and you can concentrate on your altitude training further down the line.

Course Objective

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

- A solid climbing standard and mountain awareness
 - Sound judgement of your own ability
 - Good planning and preparation skills
 - Good decision-making
-

Skills Covered

You tell us what you want to do on the course! With our private instruction courses, the choice is yours. You may deem that the course focuses primarily on an aspect of climbing that you most want to gain instruction so you can increase your skill set in that area. Alternatively, you can follow a standard training curriculum as would be covered in the Introductory, Intermediate or Advanced courses.

On the Private Instruction Course, you can select the skills you want to focus upon, such as those below.

- Snow-craft and ice-craft
 - Mountain first aid and health
 - Rope skills applicable to alpine climbing
 - Rescue techniques & Emergency shelters
 - Camp Management
 - Glacier travel and self-rescue skills
 - Route finding and navigation
 - Weather analysis
 - Rock climbing
 - Ice climbing
 - Alpine rock climbing skills
 - Preparation for high altitude expedition climbing
-

Our Guides

Adventure Consultants guides are BMG/NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.



Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.



Success with the highest margin of care is always a hallmark of our approach; promoting the realisation that even extreme pursuits such as high altitude mountaineering can be undertaken safely.

Adventure Consultants only employs IFMGA qualified guides for European ascents and courses and this is the only certification that is recognised in the French Alps. In order to gain these qualifications guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more. The qualification takes many years to attain and ensures you are getting a world-class professional service.

How the Course Operates

We spend as much time as possible actually climbing 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 actually climbing peaks and increase the intensity of the programme at your pace.

Alpine climbing can involve long days with early starts in order to gain a summit with descent 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 group as a whole.

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.

Course Venue

We operate our mountain courses in the Mont Blanc, Monte Rosa or the Gran Paradiso mountain regions depending on your preference. We can extend our courses to focus on specific skills such as winter ice climbing, in which case we may base ourselves in the Cogne or La Grave regions that are world famous for their ice routes. We may move venues

throughout the course to ensure the best conditions are encountered at the time. For rock specific courses our guides are also able to travel with you to a preferred venue or one where the weather is best.

Climbing Season

We guide the high peaks all year as conditions allow although our main climbing season is from June through to end of September. In June and early July, we can expect more snow and ice cover on the glaciers making for easier access and better conditions on snow routes. As temperatures warm up into the full summer months of mid-July to mid-August and into September, the conditions are optimum for the majority of guided climbs on the major peaks although some mountains become cut off due to access difficulties from early August. Late summer is generally better for attempting major rock routes.

We do specialise in ice climbing through the winter months. Ice climbing conditions are especially good through February and March.

Our guides are also qualified and experienced ski guides so enquire about combining ski touring with your course. Ski one day, climb the next!

Weather

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to the length of the course and our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

Equipment

Climbing in the European Alps requires you have high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb.

You will be sent an equipment checklist on confirmation of your booking. Your guide will go through an equipment checklist with you at the beginning of your trip. You can rent technical equipment for the course but you must provide your own clothing appropriate to mountaineering as per the equipment list. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

Communications and Messages

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation coordination and safety backup. Your own mobile phone should work in the region though you may want to check with your own service provider first. Local mobile phones can be rented at the international airports.

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 on hills with a 10kg + pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

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

Adventure Consultants will provide breakfasts for the duration of the course. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix, as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks with you to ensure you are fuelled for by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts depend on your consumption but two per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

Insurance

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

While 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, there is a very efficient rescue service nearby.

Travel to Chamonix

We commence our Private Instruction Course from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate through to Chamonix and the trip takes about 1.5 hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can take you back to the airport. The shuttle transfers are at your own cost but we can help arrange this for you.

Accommodation

Accommodation is provided on a twin share B&B basis in hotels whilst in Chamonix and huts in the mountains. Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required. There is no single supplement (or private rooms) available in the mountain huts but we can arrange this for you in Chamonix.

A single supplement is available at additional cost for the hotel nights during the course. Please enquire about costs at the time of booking.

Course Costs

All prices per person and EUR€

Number of people	5 days / 6 nights	6 days / 7 nights	7 days / 8 nights
1	€ 3,630	€ 4,150	€ 4,810
2	€ 2,220	€ 2,550	€ 2,930
3	€ 1,850	€ 2,100	€ 2,420
4	€ 1,570	€ 1,770	€ 2,020

Course Cost includes:

- Guide
- Lifts
- Huts
- Hotel B&B on twin share basis including first night and last nights of the course
- Transport during course dates as per schedule
- Breakfast and dinner during mountain component of the course

Course Cost does not include:

- Any lifts, huts, hotel B&B, transport costs that are additional to the programme, due to changes to due to weather or organisational changes
- Any changes will generally be due to weather/lift failure (etc.) and actioned after you have been consulted by your guide
- Lunches
- Evening meals during hotel nights in Chamonix
- Extra additional meals or snacks/drinks purchased from huts/hotel
- Insurance
- Transport to and from Chamonix (although we can arrange it for you)
- Gratuities

* We strongly suggest you purchase trip cancellation insurance from your normal travel agent.

* All prices are subject to change without notice.

Trip Registration and Payment

In order to confirm a guide and your trip, we require a completed booking form and a deposit of EUR €500. The balance of payment is then due 60 days prior to the start date.

Please find our online booking form at:

<https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/private-instruction-course/book-now>

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

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # 1000-594771-0002

Account Type: Euros

Swift Address: BKNZ22

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, and Amex) plus a 3% credit card fee.

Please note that in order to reserve a guide we recommend that you book well in advance. This especially applies to the high season period (mid-July to end of August).

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel his/her participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- Inside 60 days of the departure date, we reserve the right to retain 50% of the full fee.
- Inside 30 days of the departure date, we reserve the right to retain 75% of the full fee.
- Inside 15 days of the departure date forfeit 100% of the full fee.

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

We Look Forward to Climbing in Europe's Premier Alpine Region With You!

If you require more information please contact us at:

Adventure Consultants Ltd

PO Box 739,
20 Brownston St,
Lake Wanaka 9343,
New Zealand

Phone: + 64 3 443 8711 Fax: + 64 3 443 8733

Email: info@adventure.co.nz

Web: www.adventureconsultants.com



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 moderate and high altitude guiding.

All material Copyright © Adventure Consultants Ltd 2018/2019