



NEW ZEALAND PRIVATE INSTRUCTION COURSE



2018 / 2019 COURSE NOTES



Private Instruction Course

Course Notes

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Welcome to the world of mountaineering. Our Private Instruction Courses are just that! Instruction Courses where you have the flexibility in choosing 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 and for the seasoned climber; you have the ability 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 New Zealand's classic peaks through to joining one of our high altitude climbing expeditions. Our courses will provide you with an introduction to the essential mountaineering skills, and a greater confidence in the judgment and decision-making aspects of alpine climbing.



We offer 6 to 10-day Private Instruction Courses (PIC) and can arrange a longer duration course on request. You can schedule your PIC with us any time of the year. The austral summer climbing season is from November to April annually, when the days are longer, and weather and route conditions are more predictable. The winter climbing season runs from July through September.

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 Southern Alps of New Zealand where there are many peaks of around only 3,000m in height, but similar in ruggedness and valley to summit altitude gains as the higher peaks of the Himalaya. 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 get ahead 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
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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.

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



Our Guides

Professional and experienced mountain guides instruct in the course. Adventure Consultants have a commitment to ensure the highest standard of instruction and guiding practices and we only employ guides who share our philosophy. Our guides will offer you the best possible learning experience, and a safe and enjoyable time. 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.



Communications and Messages

Our guides are in radio/cell phone/satellite phone communication with our operations base

Department of Conservation headquarters throughout the trip. This assists us with schedule and weather forecast updates, helicopter coordination and safety back up. Urgent messages can be relayed via our office to the field if required. Each party carries a locator beacon for additional security.

How the Course Operates

We spend as much time in the mountains as possible actually 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 actually climbing peaks and increase the intensity of the program 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 courses in the Mount Aspiring, Aoraki Mount Cook or Westland National Parks depending on factors such as weather and snow conditions, hut occupancy rates, and securing the best climbing conditions at the time. The course will commence and finish at our Wanaka office.

Climbing Season

We guide the high peaks all year as conditions allow, although our main climbing season is from November through to April. In November and December, we can expect more snow cover on the routes, and as temperatures warm up into the summer months of January and February, we traditionally experience more settled weather and mixed climbing conditions (snow, ice and rock). From March through April, late summer conditions exist which result in a combination of rock and ice routes. However, from May onwards cooling temperatures can bring snow falls to the Alps. At this time of year, the days begin to get noticeably shorter.

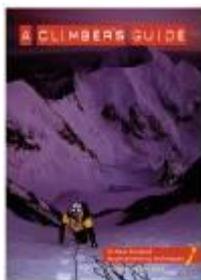
We do specialise in winter climbing and ice climbing through the months of July to September and whilst the days are shorter, the mountains are virtually abandoned. Our guides are also experienced ski guides so enquire about combining ski touring with your course!

Weather

New Zealand has a maritime climate and the weather is always a consideration in the high mountains. For the climbing season (November to April) the average temperature ranges from around -5°C up to +20°C, during the winter this can drop to -10°C or -15°C. There is no heating source in the huts, so you need to be prepared for cold overnight temperatures.

In the event conditions are not suitable to enter the mountains at the start of the trip, we can delay for up to two days subject to your guides' schedule. We recommend you allow some flexibility with your travel arrangements to create this advantage. When booking your trip, please specify the dates you are available.

Guide Books and Maps



Included in your Private Instruction Course fee is a complimentary copy of 'A Climbers Guide to New Zealand Mountaineering Techniques'. Written by Adventure Consultants guides Guy Cotter and Mark Sedon, the 'ACG' was published specifically as reference material which you will find useful before, during, and long after your course has finished.

The Mount Cook Guidebook by Alex Palman and The Mount Aspiring region - by Allan Uren and Mark Watson offers a good insight into to the variety of peaks and routes in these respective areas.

It is useful to have your own map for navigation exercises. Your guide will advise you of the relevant 1:50,000 topographic maps required when the course begins. The training area for your PIC will generally only be decided just prior to course commencement date to ensure the most favourable area is utilised. The above books and maps can be purchased from our office in Wanaka.

Equipment

Climbing in the Southern Alps requires you have the highest quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment while keeping your pack as light as possible.

Your guide will go through an equipment checklist with you at the beginning of your trip. Actual equipment taken may vary subject to seasonal weather and route conditions. All group equipment including ropes and cooking equipment will be provided by Adventure Consultants.

We can offer secure storage at our office for your luggage and valuables during the trip.

Ground and Air Transport

Return **ground transport** from Wanaka to the course venue is included in the cost of the course.

Aircraft access alleviates long and tiring walks into the alpine region with heavy packs. It allows you to start the course fresh, gain more valuable instructional time and take advantage of fine weather periods. For this reason, we utilise helicopters or ski planes depending on availability and the region we operate in. **The helicopter or ski-plane flight into the alpine region is included in the course fee.**

A bonus for this course is the inclusion of an egress flight in the course fee (conditions apply). We include an egress flight out from the mountains so your course spends the maximum amount of time above the snow line learning skills rather than walking.

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 20 kg + 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.

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.

Insurance

We strongly recommend that you take out trip cancellation and travel insurance to protect yourself in the 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 Commission (ACC) will pay rescue costs upon review of the circumstances and authorisation by the Police.

This service may not apply to evacuation costs for medical conditions. You may not be eligible for bulk compensation payments from ACC, and you are responsible for any medical or evacuation costs beyond the cover provided by ACC.

Travel and Accommodation

We commence the course from our base in Wanaka. Air New Zealand and Qantas/Jetstar provide daily services for flights from Christchurch, Auckland and Wellington to Queenstown. There are also direct international flights from most major Australian cities to Queenstown.

A shuttle service operates several times daily between Queenstown and Wanaka (approximately one hour driving time and at a cost of \$35 each way), check <http://www.alpineconnexions.co.nz> for details.

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

Wanaka has a range of accommodation from backpackers, youth hostels, motels, and hotels to luxury lodges.

We are happy to assist with your accommodation and bus transfer arrangements.

Accommodation during the Course

Adventure Consultants will provide your accommodation while the course is running which is from 9.00am on Day 1 until 5.00pm on the last day of your course. All food and accommodation outside this time will be at your expense. When in the mountains you will stay in mountain huts with shared bunkrooms and basic facilities. There are no single rooms available. Some mountain nights will be spent in tents or bivvies where you will be more exposed to the elements but the final decision on this will be made by the guides after weighing up all the factors.

For overnights in Fox Glacier and Mount Cook villages, you will be accommodated in dormitory style Alpine Club huts and in Wanaka, dormitory style backpackers with shared bathroom facilities. You may decide to upgrade to single accommodations in Wanaka at your own expense, should you require.

How to find us

Our office is situated in the Wanaka town centre at 20 Brownston Street.

The course begins at 9.00 am on Day 1 at our office at 20 Brownston Street, Wanaka. You will need to arrive in town the night prior to the course commencing. Please give us a call to confirm your arrival in town.

You will find some of New Zealand's best sport climbing in the Matukituki Valley - the gateway to the Mt Aspiring region, just a ten-minute drive from our offices. Two ski resorts provide plentiful winter activity and all year-round fishing, boating and numerous other recreational activities abound.

Course Fee

All prices are in NZ dollars. 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, Dean Staples and Mark Sedon) Department of Conservation fees (37125-GUI), NZ Goods and Services Tax (15%) and aircraft access and egress.

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

All prices per person and NZD

No. People	6 day	7 day	8 day	9 day	10 day	Guide: Climber Ratio
1	NZ\$7150	NZ\$7850	NZ\$8750	NZ\$9650	NZ\$10350	1:1
2	NZ\$3950	NZ\$4350	NZ\$4780	NZ\$5330	NZ\$5730	1:2
3	NZ\$3130	NZ\$3450	NZ\$3800	NZ\$4250	NZ\$4580	1:3
4	NZ\$2630	NZ\$2950	NZ\$3250	NZ\$3580	NZ\$3880	1:4

Course Registration and Payment

In order to confirm a guide and your course, we require a completed registration form and a deposit of NZ\$1,000.00 per person. The balance of payment is then due 60 days prior to the start date.

Please use our online booking form at:

<https://www.adventureconsultants.com/climbing-schools/climbing-school-new-zealand/private-instruction-courses/book-now>

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

Bank: **Bank of New Zealand**
For the account of: **Adventure Consultants Limited**
Account number: **02 0673 0043443 00**
Account Type: **NZ Dollars**

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

Please note: In order to reserve a place on this course we recommend that you book well in advance.

Course Cancellation Policy

- Up to 60 days prior to the departure date a NZ \$250 fee applies.
 - 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.
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We look forward to welcoming you onto your Private Instruction Course with Adventure Consultants.

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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