



SEVEN SUMMITS TRAINING COURSE NEW ZEALAND 2018 / 2019 COURSE NOTES





Seven Summits Training Course

2018/2019 Course Notes

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Welcome to Adventure Consultants' Seven Summits Training Course. This 7-day high-quality Private Instruction Course is tailored to suit Seven Summit aspirants. It can introduce you to the art of mountaineering and/or fine tune your existing skills to prepare you for the adventure ahead. Some of the skills you will develop include ascending fixed ropes, snow camping, crampon and ice axe skills, ladder crossing and general mountain movement. The courses are run by our experienced Himalayan guides on one of New Zealand's high mountain glaciated areas.

You have the flexibility in choosing the course dates which suit you best and 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 schedule your Seven Summits Course with us any time of the year. The austral summer climbing season is from November to April when the days are longer and weather and route conditions are more predictable. The winter climbing season runs from July through September.



Descending from the summit of Everest. Photo Charley Mace.

At the end of the course, participants will have the skills and direction for their next Seven Summits attempt.

A note about training on the lower altitude peaks of New Zealand - 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 expedition 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.

Skills Covered

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

Following is an outline of the skills taught during the course, however, factors such as weather and climbing conditions may at times dictate that not all topics are covered in full. Because it is 'your' course, you may deem that the course focus is primarily on one or two aspects of climbing so you can increase your skill set in that area.

- Alpine snow climbing
- Basic snow and ice craft
- Rope skills applicable to expedition climbing
- Glacier travel and self-rescue skills
- Mountain first aid, health, high altitude medicine and acclimatisation practices
- Preparation for high altitude expedition climbing
- Snow Camping
- Ladder crossing techniques and practice



*Negotiating ladders in the Khumbu Glacier.
Photo Rob Smith.*

How the Course Operates

We will spend as much time in the mountains as possible actually climbing, whilst developing skills. Initially, we will develop and reinforce skills in a contained environment and move onto more challenging terrain during the course if conditions permit.

The emphasis of the course will be on safety and will involve fairly long days, where your guides will progressively introduce a wider range of skills and techniques.

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 as we at the whim of the weather we often have to adjust our program accordingly.

Course Outline

The course begins at 9.00 am on day one at the Adventure Consultants Office in Wanaka. 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 drive to our chosen destination (between 1-3 hours), load up the helicopter or plane and fly into the mountains. Leaving our gear in the hut, we're off for a walk on the glacier!

Each day, depending on conditions, you will climb nearby mountains, while doing workshops on different aspects of mountaineering. At the end of the course, we will make our way to a lower elevation and fly back to our vehicle (weather permitting) and make our way back to Wanaka.

Our Guides

This course is run by guides who have been Expedition Leaders or guides on our Himalayan and/or Seven Summits expeditions. 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.

The Course Fee

The 7-day course fee is NZ\$7,950 for a 1:1 ratio and NZ\$4,350 each for a 1:2 ratio

The price includes; *Guide and permit fees, all trip-related meals and energy foods, hut fees, group technical equipment, avalanche rescue equipment (if needed), handbook, 'A Climber's Guide to NZ Mountaineering Techniques by Guy Cotter, Dean Staples and Mark Sedon', helicopter/plane access and egress flights and landing fees, 15% NZ Goods and Services Tax.*

Equipment

Climbing 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.

Upon receipt of your deposit and registration form, we will send out a comprehensive equipment list. 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, just after you meet on day one. All group equipment 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.

Fitness and Health

To make the most of your experience, we encourage you to work on your fitness prior to the trip. Your guide places special focus on fitness levels and will regulate the pace accordingly. Hill walking is especially useful and you should try carrying a pack with a few water bottles in it which you can empty prior to your descent, thus saving your knees from unnecessary stress.

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 insurance to protect yourself in the case of injury or mishap prior to/ or whilst on our trips. This is usually available as an option when you purchase your airfare.

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. Hence it is worth getting travel insurance for your trip.

Travel and Accommodation

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 www.alpineconnexions.co.nz for details. Bus services also 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 Trip

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 trip. 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 and unlike European huts, you need to provide your own sleeping bag. Some mountain nights may 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 in dormitory style backpackers with shared bathroom facilities. You may decide to upgrade to single accommodations in Wanaka at your own expense, should you require.

Course Registration and Payment

In order to confirm a place on the course, we require a completed Registration Form and a 25% deposit of the trip fee.

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

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.

Course Cancellation Policy:

- Cancellations outside of 60 days incur a NZ\$250 cancellation fee.
 - For cancellations made within 60 days of the trip commencement date, we reserve the right to retain 50% of the full fee.
 - For cancellations made within 30 days of the trip commencement date, we reserve the right to retain 75% of the full fee.
 - 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.
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We look forward to welcoming you onto your Seven Summits Course!

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 is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programs. Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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