



alpine climbing course



trip highlights

A 10 day fly in, walk out alpine based learning environment high mountain hut based with the potential for planned bivouacs

Learn new mountain skills and brush up on techniques

Instructed by fully qualified NZMGA (NZ Mountain Guide Association) guides

Receive free NZ Alpine Club membership and an instruction manual

Join like minded companions and potentially find your next rope mate on tomorrows objectives



Trip Duration 10 days

Grade Entry level Mountaineering/Exploratory Trek

Activities 10 days mountaineering

Accommodation 9 nights 10 days

Kia Ora from Adventure South

Thank you for your interest in our Alpine Climbing Course adventure. It's a superb adventure and we hope you can join us. We have been operating guided tours for a really long time! Thanks to our experience we're confident to say that we offer the very best climbing expedition and mountaineering itineraries available in New Zealand today. There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. One of our holidays aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience. We're here to show you that there are many, many more trails in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

why travel with Adventure South?

We are a world-renowned mountain guiding company with a legacy of climbing expeditions to the world's highest peaks, and wilderness treks to the more remote corners of the globe. Our philosophy of only operating with small guided groups provides a more personalised service. This minimises environmental impact and continues to have a proven advantage in our success rates, superior to any other expedition operator. We have a range of expedition, treks and training courses - all with highly qualified mountain guides.

On one of our tours you can expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.

Whether you are taking your first steps into the realm of the outdoors, or are a seasoned adventurer, you will find the quality of the experience offered on one of our expedition second to none, and I invite you to contact us to discuss your next adventure.



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trip dates

2011 31 Oct - 09 Nov
28 Nov - 07 Dec

2012 10 Jan - 19 Jan
13 Feb - 22 Feb
20 Mar - 29 Mar

trip cost

Joining Wanaka: NZD\$3250 / AUD\$2595

options & supplements

the trip

The Alpine Climbing Course is for fit and motivated people who want to learn modern-day alpine climbing techniques. Experience is imperative before tackling major ascents and this course focuses on advancing your technical skills and developing a climbing strategy pertinent to alpine style mountaineering.

You will gain experience through climbing a variety of alpine routes, and upon the successful completion of this course you will have learnt safe climbing practices and be capable of utilising your skills to attempt ascents of many of the major peaks within the New Zealand mountains.

about your leader

Professional and experienced mountain guides run the course. We 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.

at a glance

DAY 1	WANAKA TO FOX GLACIER
DAY 2	FOX GLACIER - MOUNTAINEERING
DAY 3	FOX GLACIER AREA - MOUNTAINEERING
DAY 4	FOX GLACIER AREA - MOUNTAINEERING
DAY 5	FOX GLACIER AREA - MOUNTAINEERING
DAY 6	FRANZ JOSEF AREA - MOUNTAINEERING
DAY 7	FRANZ JOSEF AREA - MOUNTAINEERING
DAY 8	FRANZ JOSEF AREA - MOUNTAINEERING
DAY 9	FOX GLACIER TOWNSHIP
DAY 10	FOX GLACIER TO WANAKA

what's included

- 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)
- Helicopter access
- NZ Goods and Services Tax (GST)

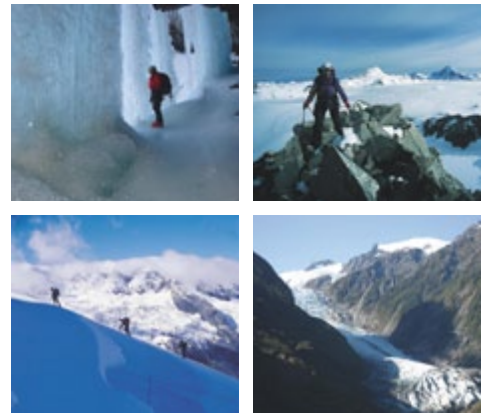
detailed itinerary

DAY 1 Wanaka to Fox Glacier

The group congregates at our office in Wanaka at 58 McDougall Street to meet the course participants. After everyone is introduced, your guide will outline the course syllabus and the actual venue the course will take place. Next, we get together to discuss and then organise our personal and group equipment (bring all your gear with you, including those items you are not sure whether

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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. Anyone requiring rental equipment will be fitted at this time (but please advise in advance of your requirements to ensure you are catered to) and final purchases can be made. Food is pre-sorted for the trip by the guides to save time. It's very important to ration food effectively, too much and your packs become overly heavy, too little and you starve! Basic rope skills and tying in are covered to ensure consistency and revision for those who already have rope skills. This enables us to get right into it when we reach the glacier in a couple of days. Trip planning is covered followed by rescue first aid and decision-making. Once all this is completed we pack up for the trip. Excess items can be left at our office for storage. We travel by road to Fox Glacier township (or Aspiring or Mt Cook) depending on where weather and conditions are best! Please remember a travel bag for use when overnighing in Fox Glacier/Mt Cook village/Wanaka village before and after the trip, see equipment list for details.

meals: L,D

DAY 2 Fox Glacier - mountaineering

An early breakfast is 'processed' then the group is bundled into aircraft for the flight to the remote Fox Glacier and we get to see the awesome peaks of the region we will be soon scaling. An initial familiarisation talk to clarify nomenclature and identify the peaks will help you absorb this wonderful environment before moving into the more practical elements of the trip. We utilise the hut system in the region when they are not too full and we move our gear in before we sort ourselves to get out onto the snow. The group ropes up for crevasse travel training and we go for a walk on the glacier. Our other mountaineering gear is introduced as we go along with the rudimentary techniques needed for mountaineering - use of an ice axe, learning to crampon and to self-arrest. There'll be a lunch stop, even though in mountaineering, lunch starts straight after breakfast, and goes all day... The first day out in the mountains is always exciting and eventually we will retire to the hut for a team cook-up and maybe a lesson on weather forecasting while watching the sunset.

meals: B,L,D

DAY 3 Fox Glacier area - mountaineering

An early start sees the group roped up and away just on dawn towards a traverse of Grey Peak on the upper reaches of the Fox Glacier. It's good to clear the lungs with a 2 hour climb up the slopes to Pioneer Pass. Here we actually have to place snow anchors and belay on snow or ice towards the summit. At the summit we rest with Aoraki/Mt Cook right there in front of us and we get to see right up into the upper Tasman Glacier! After a quick lunch it's time to descend. We find some suitable seracs and experience ice climbing. It's a chance to hang onto those tools and find the balance point on the crampons. Tired and elated we return to the hut for the night.

meals: B,L,D

DAY 4 Fox Glacier area - mountaineering

An early start again, but this time up to Mt Von Bullow, a few kilometres from the hut. The glacier approach is done by headlamp until the dawn breaks just as we near Mt Von Bullow's summit. We climb the final section with a belay and use of snow anchors to the summit. Then we move around on the Davis Snowfield to climb a snow ridge up to West Hoe, our second summit. It is a very tired group slugging back across the soft glacier and up the heart breaking hill to a welcome cup-a-tea at the hut and some time to dry out sweaty clothes and boots in the afternoon sun. The evening weather forecast is for a front the next day and we pop outside and take note of how the weather is changing.

meals: B,L,D

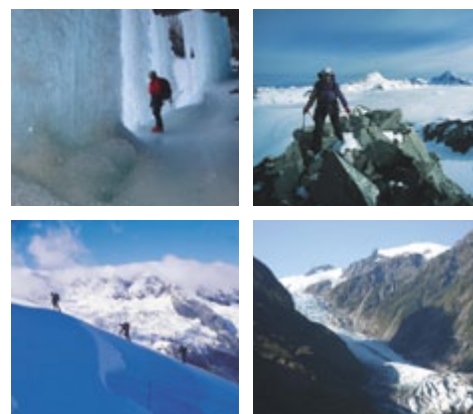
DAY 5 Fox Glacier area - mountaineering

Slightly sore legs are rested with the onset of a storm, which keeps us around the hut for the day. A cooked breakfast is followed by a navigation lesson and numerous cups of tea and real coffee. Navigation is a crucial skill and can mean the difference between comfort and concern in the



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fast facts

Countries Visited:

New Zealand

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is not available for this trip

Leader:

Expert local leader

* As our staff for more information

mountains. By knowing these skills one can actually avoid ever getting (completely) lost! A more involved weather lesson follows lunch, and an introductory avalanche awareness lecture then it's time for a game of cards before dinner. The group listens to the evening weather forecast which promises improvement for the following day.

meals: B,L,D

DAY 6 Franz Josef area - mountaineering

A windy dawn greets us and it is snowing lightly, a good sign the guide tells us. We practice equalising anchors and discuss some crevasse rescue theory while the weather continues to improve. We decide to make an attempt on the Minarets, two 3000m peaks in the Franz Josef Glacier area. This will require a bivvy at Graham

Saddle, some five hours from our hut. Now it's time for the course participants to consolidate the skills they have already acquired by planning and executing a trip under the watchful eyes of the guides. Food is packed, stoves and pots loaded in, and sleeping gear stowed in packs as well. With heavy packs we set off in improving weather and it is late afternoon when we arrive at our bivvy site.

meals: B,L,D

DAY 7 Franz Josef area - mountaineering

No-one likes to hear their alarm clock at 3.00am but we get away. The winds are building which makes the climbing more difficult than on a good day. Yet this is part of the game and the team moves on. Finally the summit is reached at 1pm yet due to the cold and wind, celebrations are brief. As a group we have to carefully make our way back down to pick up the bivvy gear before descending back to Centennial hut for the night.

meals: B,L,D

DAY 8 Franz Josef area - mountaineering

Just near the hut is a perfect crevasse to practice rescue skills. We each take turns to jump into the crevasse while our climbing partners hold our falls. They then carefully pull us up out of the crevasse then we swap around. All the time watched carefully by our guides for safety pointers. In the afternoon we return to our food supplies. High cloud indicates the possibility of approaching weather and all are expectant of the coming day.

meals: B,L,D

DAY 9 Fox Glacier township

A fierce storm rages but abates late in the day and we escape to descend to Chancellor Hut on the Fox Glacier. We are all happy to be going downhill! Several times we have to utilise our navigation skills and it's a good chance for the course members to work through this under the watchful eyes of the guide. By the time we reach Chancellor Hut the weather has improved enough to allow a helicopter to land and we are soon on our way to Fox Glacier Township for showers, steak, beer and a morning's ice climbing on the lower glacier.

meals: B,L,D

DAY 10 Fox Glacier to Wanaka

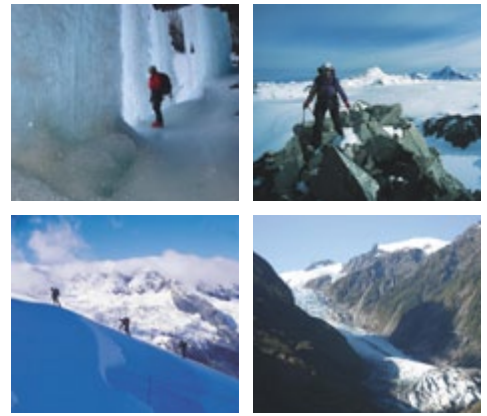
A tired group gets up early and drives back to the Fox Glacier and walk 30 minutes up to some steep and overhanging ice faces. Some top ropes are erected and ice anchors practiced. The group descends back to the vans for lunch then return to Wanaka by road to sort out the equipment and debrief the course. The group members decide that after such a successful week it's worth a trip downtown for a group meal and social evening.

meals: B,L

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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responsible travel

As people who live very close to the natural world we are genuinely proactive in minimising our impacts by educating our staff and guests in appropriate techniques to preserve the environment. With our roots in the New Zealand outdoors we have always been conscious of the need to 'leave only footprints' and we apply this philosophy to every venture we embark upon. Be it a weekend in the hills or a major expedition, we are particular about leaving the area cleaner than we found it. We were the first expedition company to operate clean-up expeditions to Mt Everest and we were removing abandoned oxygen bottles from Mt Everest before well-funded 'clean up' expeditions became fashionable.

In addition to our existing high standards, we practice 'Leave no Trace'™ principles to minimise our environmental footprint.

trip grading

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.

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

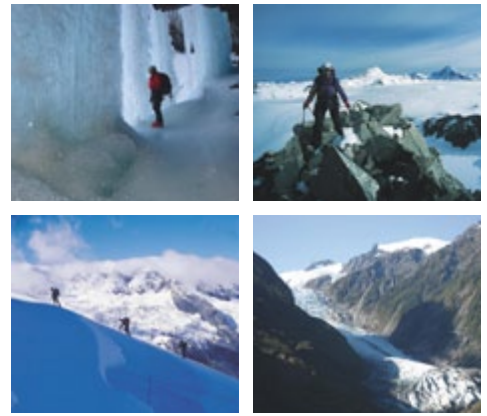
The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their



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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote areas and other countries do not expect the standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may need to be altered as a result. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

non exclusive trips

Please note that this trip is not exclusive to Adventure South clients and is operated by our partners in Wanaka. You will be joining a group of 4 – 10 adventurers from around the world.

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Adventure South can custom design an itinerary for groups of friends, clubs, charities, schools or even work colleagues. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at www.adventuresouthnz.com.au. Or why not view past travellers images and join in on the conversation at facebook.com/AdventureSouthNZ

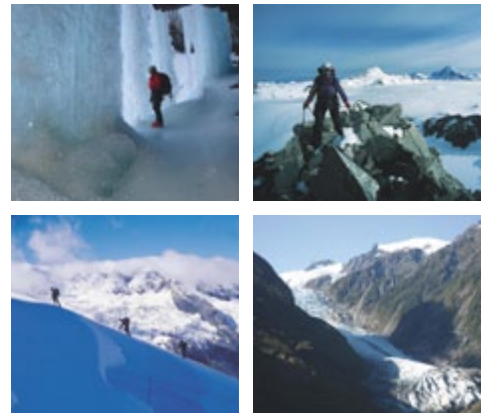
trip availability

If this trip seems right for you then we encourage you to call us now to check availability. A popular reason to travel with Adventure South is because of our small group sizes. These can fill quickly so it is important to check your availability well in advance. We always need to ensure other services, like train tickets or accommodations, are also available before we can confirm your place on our tours. To ensure we can assist you onto your New Zealand adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.



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how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on guide@advsouth.co.nz