



# mount aspiring climb



## trip highlights

- Meet and Greet your professional NZMGA qualified guide in Wanaka
- Experience the adrenaline rush of the helicopter ride from road end to mountain side
- Revel in the views from the summit with endless glaciers and snowfields stretching from coast to coast
- Enjoy the company of fellow climbers and the shelter of a small mountain hut perched high on Aspiring's NW ridge
- Brush up on your climbing techniques as part of a warm up ascents on some of the smaller peaks nearby over the next two days
- Attempt summit of Mount Aspiring - all 3027m!
- Wind down from your high as you move back down the valley enjoying the transition from snow to tussock to beech forest. Mountaineering Instruction with qualified guides



<b>Trip Duration</b>	7 days
<b>Grade</b>	Entry level Mountaineering/Exploratory Trek
<b>Activities</b>	Mountaineering
<b>Accommodation</b>	7 day mountaineering training

## Kia Ora from Adventure South

Thank you for your interest in our Mount Aspiring Climb 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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*A classic alpine climb on New Zealand's most beautiful mountain. An ascent of Mt Aspiring/Tititea is one that exists with many 'bucket lists'. This trip is about reaching a summit and in the process of the seven days, updating your technical mountaineering skills under the tutelage of a qualified guide.*



## trip dates

Runs on demand at a 1:1 ratio

## trip cost

Joining Wanaka: \$5350

## options & supplements

## fast facts

### Countries Visited:

New Zealand

### Leader:

Experienced English speaking mountaineering guide

### Brochure Reference:

Adventure South

## the trip

Mt Aspiring is a majestic, soaring peak and a challenging climb. Known to the indigenous people of New Zealand – the Maori, as Tititea, 'the glistening one', Mt Aspiring exemplifies much of what a real 'classic' mountain represents. From some aspects it has formidable sheer faces and from others it has fine graceful lines that culminate in its sharply defined summit. In short – Mt Aspiring inspire the urge to strap on those crampons and climb!

With a 1:1 guide ration, this trip will provide a mountaineering experience where your partner looks after the detail and leaves you to concentrate on the climbing. The descent and walk out option provides an amazing transition from the snow and ice of the Bonar glacier, through the high alpine tussocks and the beech forests of the valley below.

## 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	MEET AND BRIEFING IN WANAKA, FLY TO SOUTHERN ALPS
DAYS 2-3	TRAINING IN ALPINE TECHNIQUES WHILE ON THE MOUNTAINS
DAY 4	MOUNTAINEERING
DAY 5	SUMMIT DAY OR CONTINGENCY DAY
DAY 6	MOUNTAINEERING
DAY 7	WALK OUT/FLY BACK, FINISHING IN 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
- Group technical equipment
- Course manual (A Climber's Guide to NZ Mountaineering Techniques, by Guy Cotter and Mark Sedon)
- A NZMGA/IFMGA qualified mountain guide
- Department of Conservation fees
- ground transport ex Wanaka
- NZ Goods & Services Tax (GST)

## detailed itinerary

### DAY 1 Meet and briefing in Wanaka, fly to Southern Alps

Meet your guide in Wanaka, check gear, drive to the road end and fly into the mountains in the early afternoon. A two hour walk across the Bonar Glacier takes us to Colin Todd hut. Alternatively we may opt to camp in our tent camp on Bevan Col.

meals: L,D



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## **DAYS 2-3 Training in Alpine techniques while on the mountains**

Your guide will take you through several skills sessions including basic snowcraft and cramponing skills, crevasse rescue, climbing alpine rock and ascending steep snow and ice.

**meals: B,L,D**

## **DAY 4 Mountaineering**

Acclimatisation day, ascend a smaller peak such as Mt Bevan or Rolling Pin.

**meals: B,L,D**

## **DAY 5 Summit day OR contingency day**

Summit day, start 3am, and finish as late as 7pm - OR contingency day.

**meals: B,L,D**

## **DAY 6 Mountaineering**

Commence walk out, reaching French Ridge hut or a bivvy site in the West Matukituki valley OR contingency day.

**meals: B,L,D**

## **DAY 7 Walk out/fly back, finishing in Wanaka**

Complete walk out to road end, or fly out on back flight (weather permitting) to vehicle at the road end.

**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.

## **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-



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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 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.



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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. On your course it is probable that some adverse weather may affect our climbing plans however we will attempt to anticipate the best program to pursue 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.

## what you carry

You will need a quality expedition size backpack for your luggage. You may also carry a separate bag for your gear for in towns. This can be safely stored at the Adventure Consultants office while you are in the mountains. During the climbing parts of the trip you will have to carry your own pack with all of your personal gear, clothing and climbing gear.

## equipment required

Specialist gear is required on this trip (a comprehensive gear list is provided in the pre-departure information provided on booking).

## what's not included

- Personal expenses
- Travel insurance
- Personal mountaineering equipment not mentioned in inclusions (can be hired)

## 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'<sup>TM</sup> principles to minimise our environmental footprint.

## trip grading

This course has been developed to meet the need for people who want to learn how to climb mountains and avoid the frustrations of courses that are entirely technically based but lacking in experiential learning. A high level of fitness is important to ensure you gain the most from the course. We operate the course by gradually increasing the intensity of the exercises to allow participants to increase their climbing strength and confidence over the duration of the course.

Alpine climbing often requires long days with early starts in order to gain a summit and descend before nightfall and hence stamina is a vital asset. There are times when the weather may be rough and there can be periods of discomfort. This hardship makes a summit all the more satisfying and one recognises that it takes special attributes to be a successful alpine climber. If possible, you should take the opportunity to develop additional skills before the course commences, e.g. rope skills that can be learned through local alpine clubs or rock gyms. Of course having previous rock or alpine climbing experience will allow you to gain even more from the course.



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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.

## 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](http://www.adventuresouthnz.com.au). Or why not view past travellers images and join in on the conversation at [facebook.com/AdventureSouthNZ](https://facebook.com/AdventureSouthNZ)

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability.

Although the trip runs on demand with a 1:1 ratio we still need to sure up guides, equipment, mountain huts, flights etc. 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.

## 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](http://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](mailto:guide@advsouth.co.nz)

