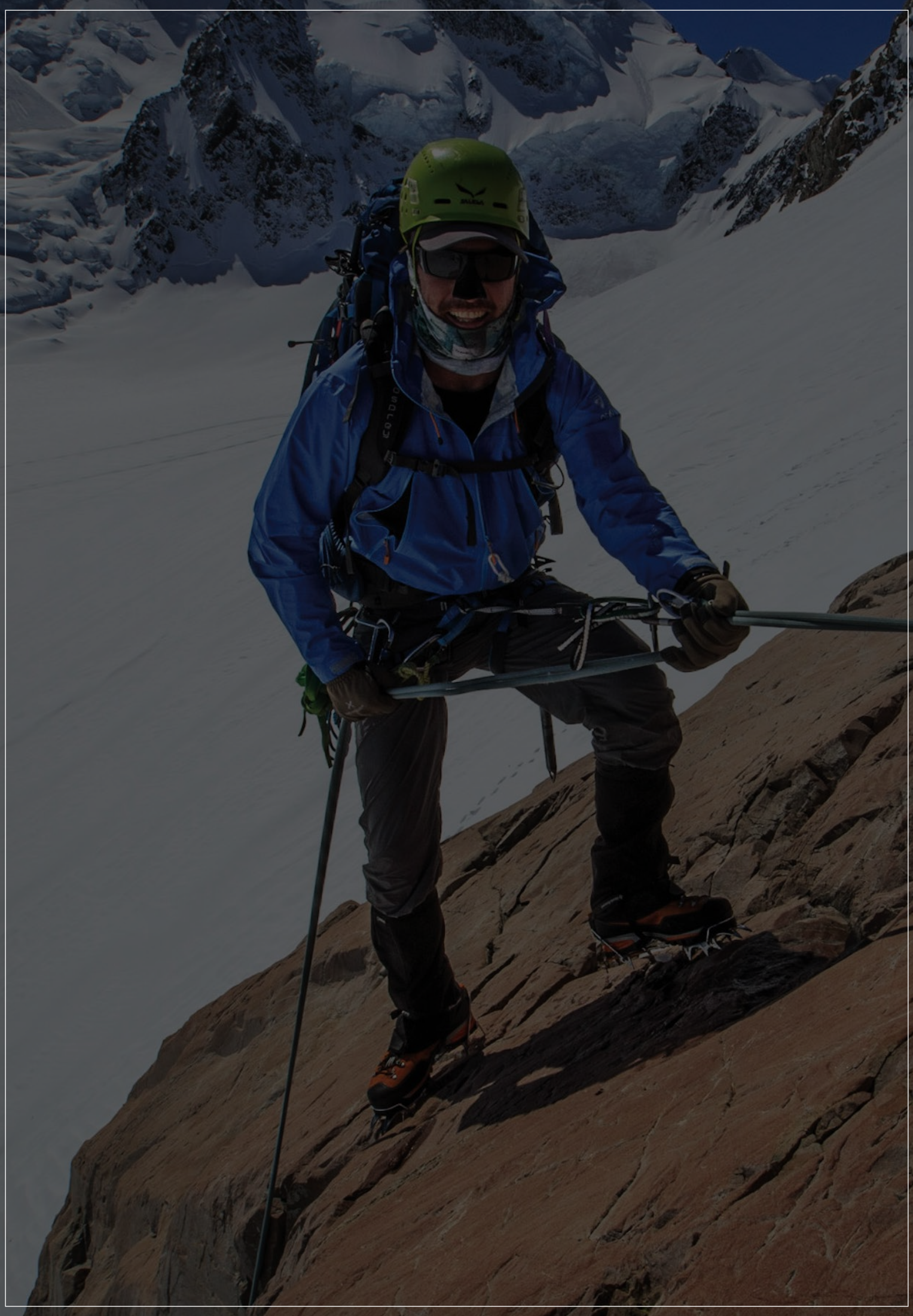




SEVEN SUMMITS TRAINING COURSE



2022 COURSE NOTES





SEVEN SUMMITS TRAINING COURSE NOTES

2022 TRIP DETAILS

Dates: Available on demand

Duration: 7 days

Departure: ex Wanaka, New Zealand

Price: NZ\$7,950 for 1:1 guide to climber ratio
NZ\$4,350 per person for 1:2 guide to climber ratio

▲ Skills that will take you to the roof of the world! Photo: Charley Mace

Welcome to Adventure Consultants' Seven Summits Training Course. This seven day high quality Private Instruction Course is tailored to suit Seven Summit aspirants, and is run by our experienced Himalayan guides on one of New Zealand's high mountain glaciated areas. It can introduce you to the art of mountaineering or fine tune your existing skills to prepare you for the adventures ahead. You'll develop a range of skills including ascending fixed ropes, snow camping, crampon and ice axe skills, ladder crossing and general mountain movement.

You have the flexibility to choose 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. For the seasoned climber, you have the ability to upskill yourself in your chosen field through the help of 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.

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

WHY TRAIN IN NEW ZEALAND?

We recommend undertaking your Seven Summits training in lower altitude mountain ranges such as the Southern Alps of New Zealand, where there are many peaks of around only 3,000m/10,000ft in height, but which are 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.



Fine tune snow and ice climbing techniques. Photo: Andy Cole

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

This course can be tailored to cover skills needed to suit your personalised skill level and goals. We suggest the following skills, and can change the course to focus primarily to one or two of these skills depending on your needs. Factors such as weather, your fitness and climbing conditions may dictate that some skills are not covered in full.

- 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
- Sled hauling practice

OUR GUIDES

The instructors on our Seven Summits Training Course are all NZMGA/IFMGA qualified guides.

They have many years' experience as Expedition Leaders or guides on our Himalayan and/or Seven Summits expeditions. They have all spent many years not only in pursuing their own climbing careers, but also in learning how to pass these skills on in an environment which is conducive to accelerated learning.

Our focus is to pass on knowledge that will assist your development towards becoming a competent and successful climber. Many courses focus primarily on techniques that are taught as skills in isolation, yet we recognise that you need to learn those skills in context while you're actually climbing on a mountain, so you know where and when to utilise each technique learned.

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. A founding principle at Adventure Consultants is to recognise the necessity of positive communication within the group to foster an open and friendly approach to communicating and reinforcing learning processes.

Adventure Consultants employs only IFMGA or NZMGA qualified guides, the most advanced training and certification program recognised internationally. 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 around five years to attain and ensures you are getting a world-class professional service.

CLASS SIZE

Courses are operated on a 1:1 or 1:2 guide-to-climber ratio. Courses for larger groups are also possible, please enquire with our office for details.



▲ Tailor the course to suit your own needs and preferences. Photo: Lydia Bradey

HOW THE COURSE OPERATES

We will spend as much time as possible climbing in the mountains 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 is 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.

TYPICAL COURSE OUTLINE

The course begins at 9.00am on Day 1 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.

COURSE VENUE

We operate our courses in the Mount Aspiring, Aoraki Mount Cook or Westland National Parks. Being based in Wanaka gives us more flexibility than any other location in the Southern Alps to be able to travel directly to the area that is best for running the course. Operators based in Aoraki Mount Cook are often shut down by weather for extended periods, yet due to Wanaka's central proximity to all the regions, we have the ability to anticipate these weather systems and will travel to the fine weather side of the mountain range. We can often get into the mountains several days before it clears on the windward aspects.

Prior to committing to a region, we consider factors such as weather and snow conditions, hut occupancy and our knowledge of where to find the best climbing conditions at the time.

COURSE ACCOMMODATION

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 will 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 Aoraki 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 can upgrade to single accommodation in Wanaka at your own expense, should you require.

CLIMBING SEASON

The Seven Summits Training Course can be scheduled throughout the year. In New Zealand, the traditional summer climbing season extends from November to April when the days are longer and weather and route conditions are generally more predictable. The winter climbing season runs from July through September.

GROUND & 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.

We also include an egress flight out from the mountains, so your course spends the maximum amount of time above the snowline learning skills rather than walking.



▲ Alpine rock climbing skills are useful on Carstensz Pyramid. Photo: Andy Cole



▲ Getting high in Aspiring National Park. Photo: Steve Moffat



Learn crevasse self rescue skills. Photo: Taichiro Naka

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 you a comprehensive equipment list. Your guide will go through this with you just after you meet on Day 1.

All group equipment will be organised by your guide and for personal equipment, we carry a good range of modern rental items. If this is a desired option, 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 or 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.

GUIDE BOOKS & MAPS

Included in your course fee is a complimentary copy of 'A Climbers Guide to New Zealand Mountaineering Techniques'. Written by Adventure Consultants guides Guy Cotter, Dean Staples 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 *Aoraki/Mount Cook* guidebook by Alex Palman and *The Mount Aspiring Region* by Allan Uren and Mark Watson offer good insight into the variety of peaks and routes in these respective areas.

It is useful to have your own map for navigation exercises and we can advise you of the relevant 1:50,000 topographic maps required when you arrive for your course. Maps can be purchased directly from our office. The venue for your Seven Summits Training Course will generally only be decided just prior to the course commencement date to ensure the best favourable area is utilised depending on current weather and conditions. The above books and maps can be purchased from our office in Wanaka.

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.





COMMUNICATION & MESSAGES

Our guides are in radio/cell/satellite phone communication with our operations base and 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 course travelling into remote regions carries a locator beacon for additional security.

FITNESS & 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 any medications you may be taking. 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. For special diets such as vegan and gluten/dairy free, we will call you to discuss your needs to ensure you are well catered for.

INSURANCE

We highly recommend that you take out trip cancellation insurance via your travel agent. Trip cancellation insurance is usually packaged together with your travel insurance and covers you for loss of deposit should you not be able to make the trip for personal reasons or have a 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 Corporation (ACC) will pay rescue costs, however, you may not be eligible for bulk compensation payments. You are responsible for any medical or evacuation costs beyond the cover provided by ACC.

TRAVEL & ACCOMMODATION

We commence our Seven Summits 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, at a cost of NZ\$35 each way), check <https://www.ritchies.co.nz/wanaka> 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.

COURSE FEE

The course fee is as follows:

NZ\$7,950 for 1:1 guide to climber ratio
NZ\$4,350 per person for 1:2 guide to climber ratio.

NOTE: Prices are subject to change without notice.

The price includes:

- Guide fees
- 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 New Zealand Mountaineering Techniques*, by Guy Cotter and Mark Sedon)
- Department of Conservation fees (37125-GUI)
- NZ Goods and Services Tax (15%)
- Aircraft access and egress
- Group technical climbing equipment

PAYMENT DETAILS

All payments should be made by bank transfer to:

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

NOTE: All bank transfer charges are for the remitter's account.

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

DEPOSIT

To confirm place on one of our courses, we require a completed registration form with a deposit of NZ\$1,000 per person.

BALANCE

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



▲ Sled hauling skills are required on both Vinson and Denali. Photo: Andy Cole



▲ Learn cold weather and expedition camping skills. Photo: Andy Cole

CANCELLATION & REFUND POLICY

- Cancellations outside of 60 days incur a NZ\$500 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 if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS COURSE

If you would like to join one of our Seven Summits Training Courses, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/climbing-schools/climbing-school-new-zealand/seven-summits-training-course/book-now>.

CONTACT US

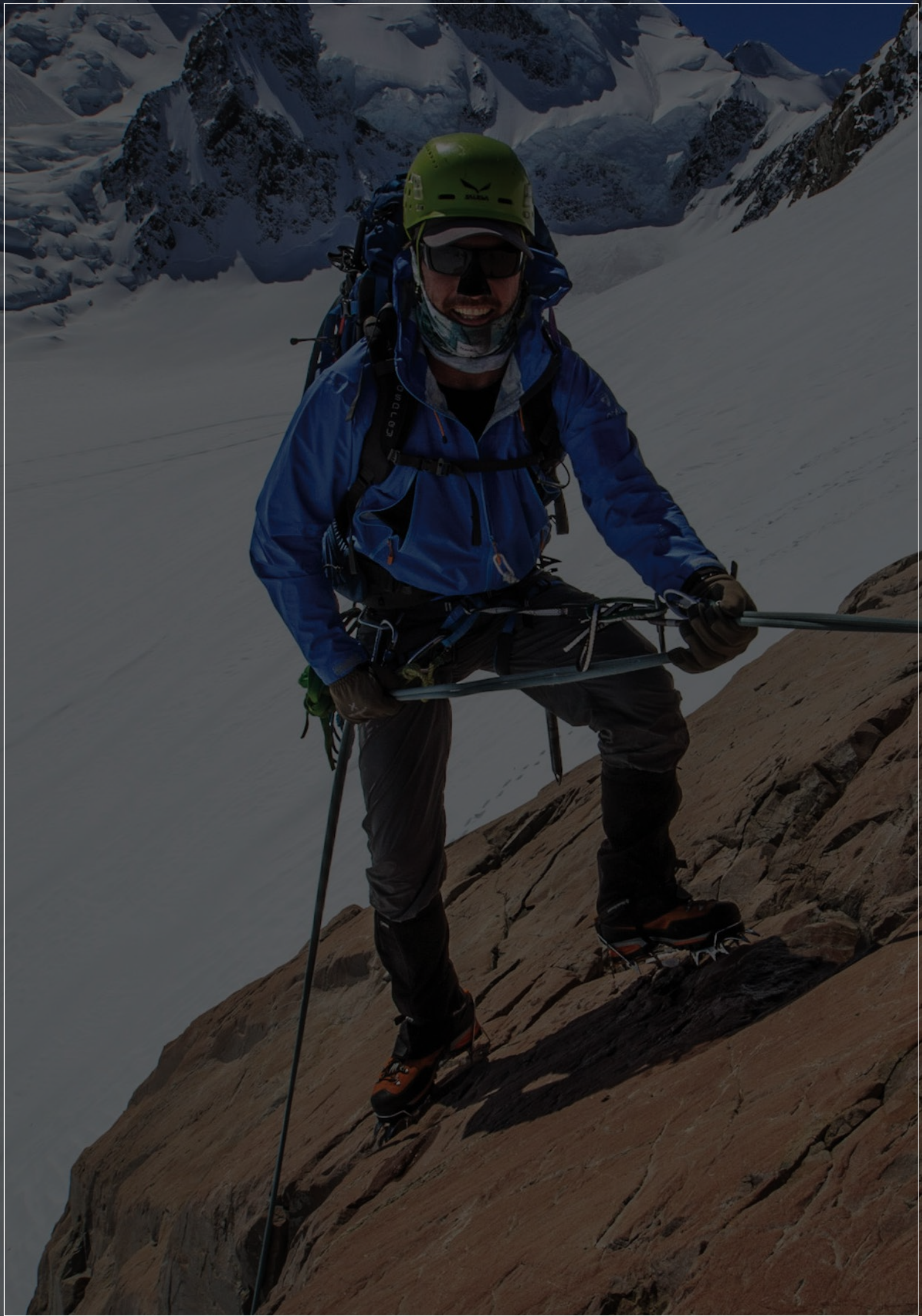
If you require more information, please contact us at:

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New Zealand's Southern Alps provide the ultimate training ground for any aspiring Seven Summitter. Photo: Mike Wilkinson/Vala



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' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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