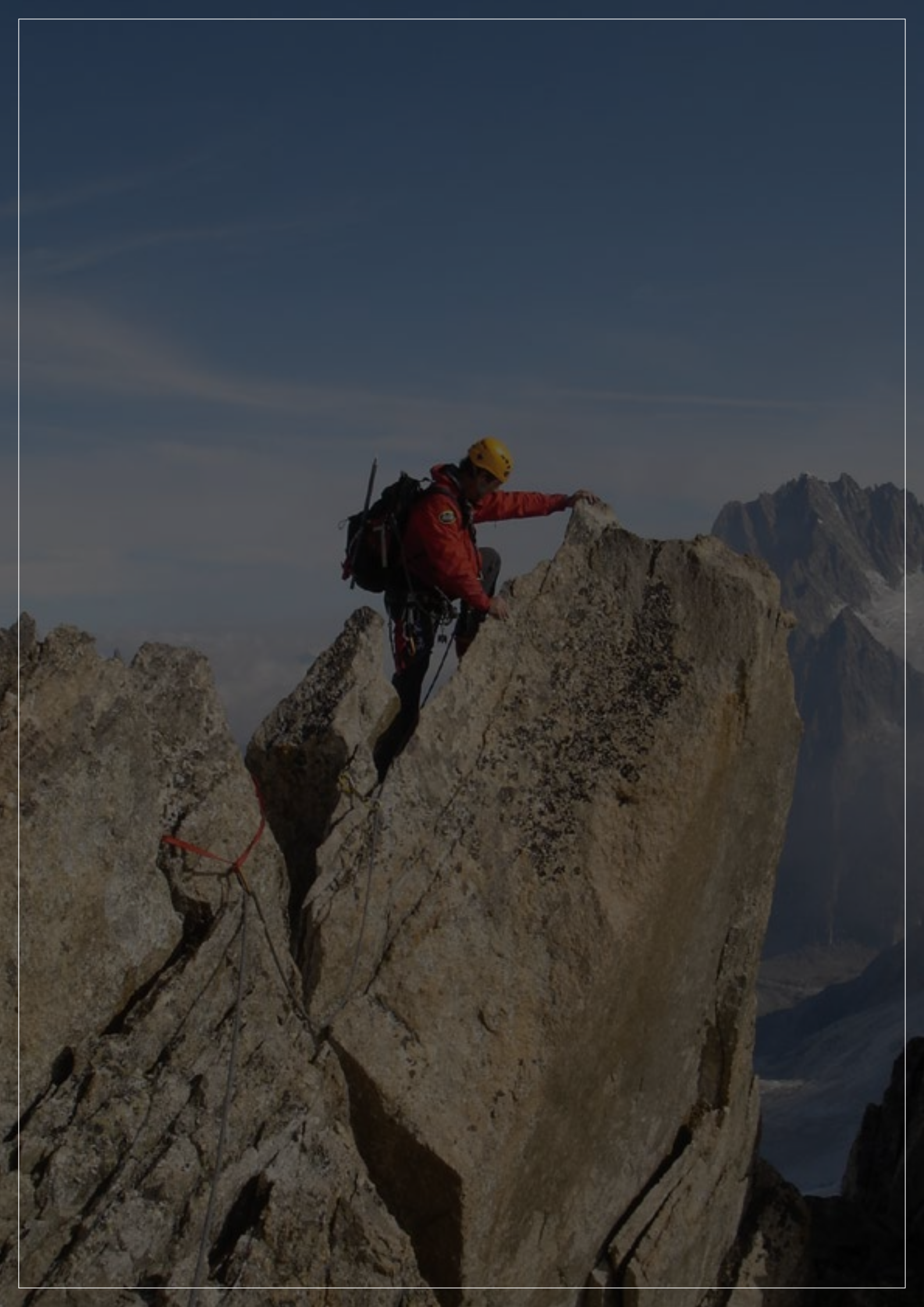




EUROPE PRIVATE INSTRUCTION COURSE

2024 COURSE NOTES





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2024 COURSE DETAILS

Dates: Available on demand

Duration: 5–7 days

Departure: ex Chamonix, France

Price: From €2,590 per person

▲ Climbers descend from Cosmiques Arête. Photo: Marco Tamponi

Our Private Instruction Courses are the most flexible mountaineering programme available. You choose the dates and duration that suit you best and outline the type of skills you would like to master in line with your future climbing objectives. These courses are not just for those new to climbing; for the seasoned climber these courses offer the facility to up-skill in your chosen field with one of our specialist professional guides.

The European Alps offer a diverse range of climbing opportunities across a wide range of climbing styles. The peaks are very accessible and supported by a superb lift and hut system that enable fast access to superb climbing venues.

The course can be structured to prepare you for anything from an ascent of a classic European peak through to one of our high altitude expeditions. No matter what stage you are at with your climbing, our course will provide you with up-to-date and essential mountaineering skills to take you to the next level.

We offer 5 to 10-day Private Instruction Courses (PICs) and can arrange a longer duration course on request. Put your own team of like-minded companions together for group tuition or undertake the course as an individual for 1:1 personalised instruction.

You can schedule your PIC with us any time of the year. The northern hemisphere summer climbing season is from June to September, when the days are longer and weather and route conditions are more predictable. The winter climbing season runs from December through April.

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 European Alps, where there are many peaks of around only 3,000–4,000m/10,000–13,000ft in height. 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 progress your skills so much more quickly and you can concentrate on your altitude training further down the line.



▲ Learn and fine-tune essential mountaineering techniques. Photo: Andrew Wexler

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

With our Private Instruction Courses, the choice is yours. You tell us what you want to do! You may deem that the course focuses primarily on a certain aspect of climbing so you can increase your skill set in that area. Alternatively, you can follow a standard training curriculum as would be covered in our Introductory, Intermediate or Advanced courses.

Some example of areas that you may wish to focus on are:

- Snow-craft and ice-craft
- Mountain first aid and health
- Rope skills applicable to alpine climbing
- Rescue techniques & emergency shelters
- Camp management
- Glacier travel and self-rescue skills
- Route finding and navigation
- Weather analysis
- Rock climbing
- Ice climbing
- Alpine rock climbing skills
- Preparation for high altitude expedition climbing

HOW THE COURSE OPERATES

Initially, we will develop and reinforce your skills in a contained environment, before increasing the intensity of the programme by moving on to more challenging routes and terrain. Experiential learning is a major factor in becoming a competent mountaineer, which is why we place emphasis on introducing skills through actually climbing peaks.

Alpine climbing can involve long days with early starts in order to gain a summit and 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 group members and our objectives are dictated by the strength and motivation of the group as a whole.

It may be beneficial to work on some of your alpine 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.

OUR GUIDES

Adventure Consultants guides are BMG/NZMGA and/or IFMGA-UIAGM qualified mountain guides. They are professional mountaineers and operate to the highest industry standards.

Being a technically proficient climber alone is not enough to work with us; our standards demand that trip leaders are great guides with good people skills as well. You will find your guide friendly, approachable and focused on providing a safe and enjoyable trip in line with your objectives and comfort level.



Learn alpine rock climbing techniques. Photo: Victor Saunders



Based in the heart of the European Alps. Photo: Paolo Pieroni



Enjoy the ambience of Chamonix. Photo: Guy Cotter

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.

Adventure Consultants only employs IFMGA qualified guides for European ascents. In order to gain these qualifications, guides must undergo rigorous training and assessment on climbing skills, instruction methods, avalanche assessment, wilderness first aid, rescue techniques and much more. The qualification takes many years to attain and ensures you are getting a world-class professional service.

COURSE VENUE

We operate our mountain courses in the Mont Blanc, Monte Rosa or the Gran Paradiso mountain regions depending on your preference. We may move venues throughout the course to ensure the best conditions are encountered at the time.

We can extend our courses to focus on specific skills such as winter ice climbing, in which case we may base ourselves in the Cogne or La Grave regions that are world famous for their ice routes.

For rock specific courses, our guides are also able to travel with you to a preferred venue or one where the weather is best.

CLIMBING SEASON

We guide on the high peaks all year round as conditions allow, although our main climbing season is from June through to the end of September. In June and early July, we can expect more snow and ice cover on the glaciers making for easier access and better conditions on snow routes. As temperatures warm up into the full summer months of mid-July to mid-August, the conditions are optimum for the majority of guided climbs on the major peaks, although some mountains become cut off due to access difficulties from early August. Late summer is generally better for attempting major rock routes.

We also specialise in ice climbing through the winter months. Ice climbing conditions are especially good in February and March.

Our guides are also qualified and experienced ski guides, so enquire about combining ski touring with your course. Ski one day, climb the next!



▲ Abseiling off Cosmiques Arête. Photo: Marco Tamponi

WEATHER

Europe has a continental climate which in general encourages more stable weather. Despite this, the weather in the high mountains can be changeable and at times very severe. It is possible that weather conditions may thwart our programme. However, due to our focus on the forecasts, we can often change our itinerary slightly to work around frontal weather systems.

EQUIPMENT

Climbing in the European Alps requires high-quality clothing and equipment due to the extremes of weather encountered. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the climb. You will be sent an equipment checklist upon confirmation of your booking, which your guide will go through with you at the beginning of your course. It is possible to rent technical equipment, but you must provide your own mountaineering clothing as per the equipment list. Actual equipment taken may vary subject to seasonal weather and route conditions. Group equipment including ropes and technical hardware will be provided by your guide.

COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip. This assists us with schedule and weather forecast updates, lift and accommodation coordination and safety backup. Your own mobile phone should work in the region, although you may wish to confirm with your service provider first.

FITNESS & HEALTH

In your build-up to the course, it would be appropriate to be rock climbing regularly as well as training on hills for overall fitness. Your training should aim to progress until you are able to hike on consecutive days for at least 8 hours whilst carrying a 10kg/22lb pack. Your guide will be attuned to your fitness levels and will regulate the pace accordingly; however, it is essential that you arrive physically prepared to succeed in the mountains.

Our registration form requests that you advise us of any medical problems you may have and of any medication you may be taking. Any information you supply will be treated as confidential.



▲ Learn cold weather/expedition camping skills. Photo: Alessandro Bosio



▲ Cover a range of skills including rock climbing. Photo: Victor Saunders



▲ Enjoy a variety of climbs while you learn. Photo: Alessandro Bosio

FOOD

Adventure Consultants will provide breakfasts for the duration of the course. You will be responsible for your own lunch and snacks each day, plus evening meals on the non-mountain nights in Chamonix. This allows you to experience the exciting culinary options available in Chamonix, as there are many restaurants and bars within close walking distance that provide a variety of foods to suit your tastes. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

You should bring a selection of your favourite snack food and hydration drinks to ensure you are fuelled by your preferred brands, as well as money for lunches and snacks whilst in the mountains. Actual amounts depend on your consumption but two per day in addition to your lunch would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

ACCOMMODATION

Hotel accommodation is provided on a twin share B&B basis whilst in Chamonix. Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required.

There is no single supplement (or private room) available in the mountain huts but we can arrange this for you in Chamonix. Please enquire about costs at the time of booking.

TRAVEL TO CHAMONIX

We commence our Private Instruction Course from Chamonix in France. The closest international airport is in Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva Airport and Chamonix, with the trip taking about 1½ hours. Your shuttle driver will drop you at your accommodation. At the completion of the course, the shuttle can take you from your hotel back to the airport. The shuttle transfers are at your own cost, but we can help arrange them for you.



▲ Winter ice climbing options available. Photo: Jon Bracey

NOTE: All prices are subject to change without notice.

The cost includes:

- Qualified mountain guide
- Group technical equipment
- Lifts
- Huts
- Transport during course dates as per schedule
- Hotel B&B on twin share basis including first night and last nights of the course
- Breakfast and dinner during mountain component of the course

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal mountaineering clothing and equipment as per lists supplied
- Evening meals during hotel nights in Chamonix
- Lunches
- Additional meal, snack or drink purchases
- Insurance for travel and climbing in Europe
- Transport to and from Chamonix
- Gratuity

INSURANCE

We strongly recommend taking out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance, to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there is a very efficient rescue service nearby.

PRICE

The course fees are detailed below and are in Euros:

NUMBER OF DAYS	1 PERSON	2 PEOPLE (EACH)
5	€4,480	€2,590
6	€5,180	€2,980
7	€6,040	€3,440

Please enquire for costs if you have a larger group.

PAYMENT

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

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand



▲ Winter ski touring options also available. Photo: Olivier Baron



Come as an individual or bring a group of friends. Photo: Boris Lorencic

For the account of Adventure Consultants Limited

Account Number: 1000-594771-0002

Account Type: Euros

Swift Address: BKNZNZ22

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

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

DEPOSIT

To confirm a place on one of our Europe Private Instruction Courses, we require a completed registration form and a deposit of €500 per person.

BALANCE

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

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A climber may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- 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.



▲ Achieve your summit dreams with a PIC! Photo: Olivier Baron

HOW TO JOIN THIS TRIP

If you would like to join one of our Europe Private Instruction Courses, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/climbing-schools/climbing-school-europe/private-instruction-course/book-now>.

CONTACT US

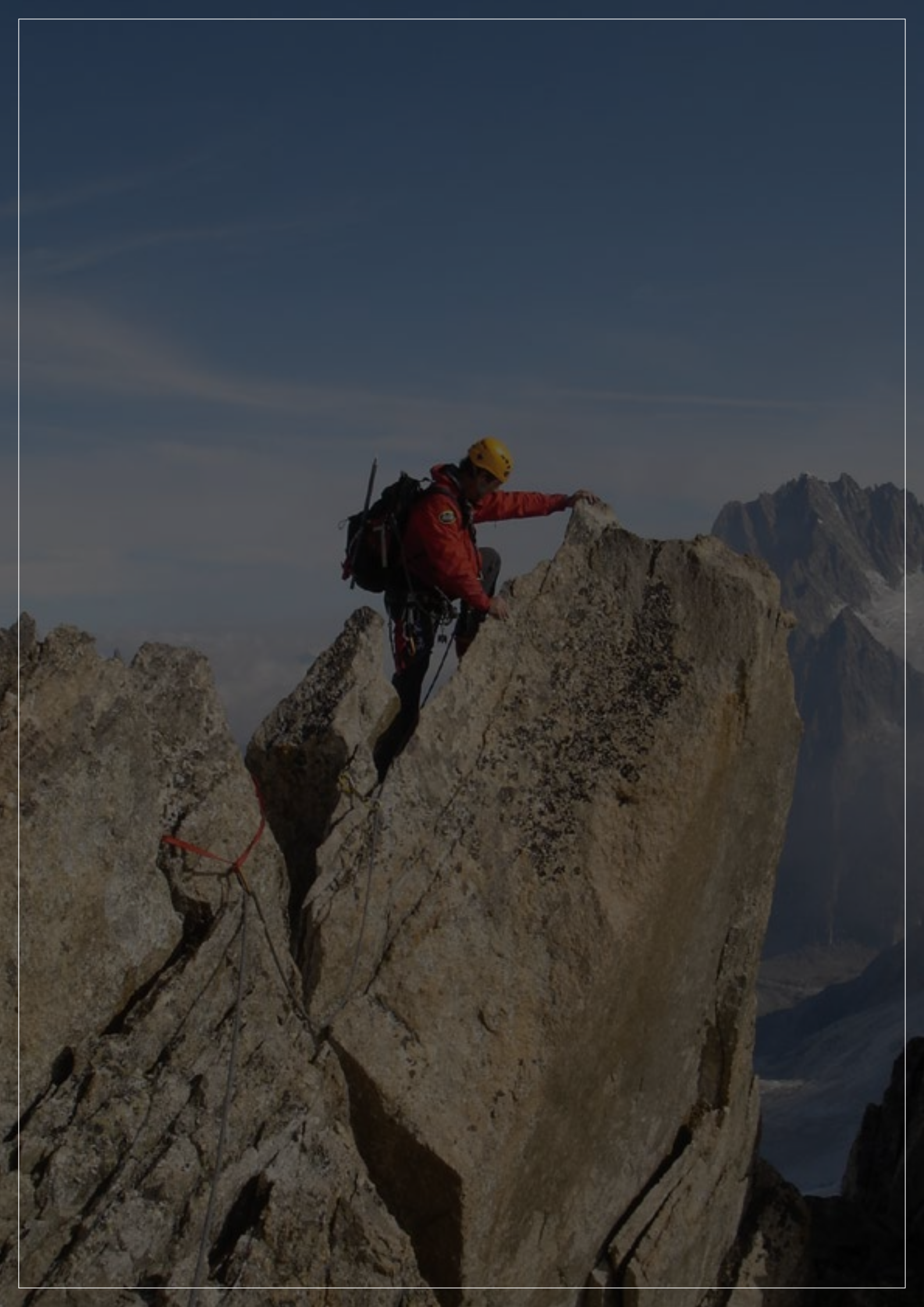
If you require more information, please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka, 9343
New Zealand

Phone: + 64 3 443 8711

Email: info@adventure.co.nz

Web: www.adventureconsultants.com





▲ A bird's eye view of climbers near Cosmiques Arête. Photo: Paul Palanca



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.

