

OENZ 5-Day Private Alpine Course Outline

(2-days Craigieburn 3-days Temple Basin)

As this is a private/custom training everything listed below can be changed to best suite you or your group. This document gives you an idea of normal timeframes and logistics for 5 days of alpine training where we spend the first two days in the Craigieburn Range and the last three based from Temple Basin Lodge, Arthurs Pass.

Total duration

5-days

Accommodation

1st & 2nd Evenings - Lodge accommodation in Arthurs Pass Village.

All the lodges that we use have power, heating, hot showers, a kitchen, and cell phone service. The bunk rooms have between 3- 8 bunks in each room and have mattresses included.

3rd & 4th Evenings – Temple Basin Lodge

Temple Basin Lodge is a large ski lodge 1-1.5hrs walk up Mt Temple in Arthurs Pass National Park. There is a goods lift that can be used to send your extra gear up the hill. The lodge has power, heating, a drying room, as well as a small shop and bar. There is no cell phone reception. Bunk rooms sleep 4-8 people.

Food

Day 1 & 2 Self-catered

Days 3-5 Catered by Temple Basin Lodge (breakfast lunch, dinner)

Snacks – Bring your own

Day 1 Overview

6:30-6:50am – Hotel pickups - if you are travelling from out of town, we will arrange to collect you from your hotel.

7:00am – Pick up's from Yaldhurst McDonald's

7:30am - Meet your group and Instructor/s at “Darfield Bakery” in Darfield, a small town 30 mins from Christchurch on SH73 (good food and good coffee).

Note: if you're travelling from the West Coast please contact us to arrange our instructor to meet you in Castle Hill Village instead.

08:30am - Arrive at Mt Cheeseman Ski area or Broken River ski area

- Gear check
- How to pack and carry avalanche and alpine equipment.
- Check avalanche transceivers (before you go)
- Assembling and using a probe- Spiral probing
- Avalanche transceiver search practice

12:30ish – Lunch (along the way)

- Avalanche scenario search (single burial- single searcher)
- Identifying avalanche terrain. Terrain - Angle, Aspect, Altitude Trigger points, Traps
- Observations. Weather and snowpack – Recent activity, cracking/whooping, rapid loading, wind, temperature

2:30pm – 3:30 pm Back at vehicles, drive to Arthurs Pass lodge

4:00-6:00 pm – Theory session, PowerPoint

Evening

- Cook your dinner at lodge or head down to the pub for food and a drink.

Day 2 Overview

6:30-7:30am Breakfast (bring your own as nothing is open this early in Arthurs Pass)

7:30-8am – pack and clean lodge.

- Check avalanche forecast, talk through implications and considerations based on this forecast and previous days observations.
- Trip planning –plan our day

9:30-10:00 am – Arrive at practical training location

- Make our way up using safe travel & avalanche avoidance techniques
 - Spacing
 - Visual contact
 - Islands of safety
 - Safe travel routes
 - Communication
 - Escape routes

12:30pm Lunch (along the way)

- Avalanche search practice
- Rescue digging
- Team digging scenario (deep burial)
- Full avalanche rescue scenarios- multiple burials, multiple searchers

3:30-4:30pm – Back at vehicles, drive back to Arthurs Pass Lodge

5:00-5:30pm – Arrive in Arthurs Pass

Dinner at the lodge if you're cooking your own, or head down to one of the local pubs. If you have any dietary requirements, please check the menu online "The Wobbly Kea" and "Bealey Hotel" as options may be limited.

Evening - check gear

Before heading up to Temple Basin Lodge. Your guide will also need to do a gear check so we know we have the essential gear needed for the course (listed in red on the packing list).

Day 3 Overview – Getting up to Temple Basin Lodge

8:00-9:00am – Breakfast, tidy up lodge, drive to Temple Basin car park/goods lift

9:30am – Drop gear at goods lift

Everything you don't need for the walk up to the lodge is sent up in the goods lift.

9:30-11:00 – Walk up to lodge

From the Carpark it's a 1-1.5 hour walk up a steep track to access Temple Basin. Depending on conditions you may need to use crampons and an ice axe for some or all of the access track (your guide will advise you what to take up the track)

12:30 – 1:30 lunch at the lodge

Once you have settled into the lodge you will be treated to a cooked lunch.

2:00 - Afternoon Skills session

Your guide will formulate a plan once you're up on the mountain. They will talk with you and establish what is most important to you, and the other participants. With this information and a weather forecast your guide will come up with a plan that ensures you get the most out of your time up on the mountain.

There is a list of skills below that we aim to cover on our 9-day Alpine course that might help you decide the best way to use the time you have with your guide. Your guide will be happy to deliver anything on this list and may have a suggestion based on their experience too.

6:30- 8:00 Dinner & Desert

All of your main meals are catered and prepared by the team up at Temple Basin. Your guide will probably use this time to come up with a plan for the next few days.

Days 4

Your guide will help you decide on a plan for the day that will make the most of the local conditions and ensure you get the most out of your time training with us. You may choose to be away from the lodge all day. If this is the plan then the team at Temple Basin Lodge will make you a packed lunch for the day.

There is a list of skills below that we aim to cover on our 9-day Alpine course that might help you decide the best way to use the time you have with your guide. Your Guide will be happy to deliver anything on this list and may have a suggestion based on their experience too.

Day 5 Overview

7:00-8:30 - Breakfast at lodge

8:30-9:00 – Pack up and drop bags at gear lift.

The gear lift only operates in the morning, your gear will be put in the shed at the bottom of the mountain ready for collection at the end of the day.

9:30- 2:00 – Skills session

Your guide will make a plan to best use this time based on your desires and local conditions.

This is a great time to ensure you have everything you wanted from the course and to cover anything in further detail that you're unsure of. Your guide will continually check in with you on how you're going on this course, and we encourage you not to leave any questions till the last day as we can't guarantee we can cover it at the last minute!

12:30 – Lunch (at the lodge or packed lunch depending on the plan for the day)

2:00pm – Leaving Temple Basin Lodge

Time to say goodbye to Temple Basin and head back down the access track.

3:00pm – Pick up bags from Goods lift/End of course

5:00- 6:00pm Back in Christchurch

If you're travelling with OENZ back to Christchurch, you can expect to be back in central Christchurch between 5:00 -6:00pm

Skills that can be covered while your training with us	
<p>Navigation</p> <ul style="list-style-type: none"> ▪ Route selection ▪ Navigation in white-out conditions 	<p>Snow Anchors</p> <ul style="list-style-type: none"> ▪ Use of snow stakes ▪ Snow bollards ▪ Stomp belay
<p>Crampons</p> <ul style="list-style-type: none"> ▪ Flat foot technique ▪ Front pointing ▪ Mixed technique 	<p>Rope work</p> <ul style="list-style-type: none"> ▪ Knots for alpine climbing ▪ Alpine rock protection & rock anchors ▪ Pitching & belaying
<p>Ice axe</p> <ul style="list-style-type: none"> ▪ Holding an ice axe ▪ Self-belay/plunge ▪ Self-arresting ▪ Two axe climbing techniques 	<p>Snow caving</p> <ul style="list-style-type: none"> ▪ Spend a night out in a snow cave (optional & depending on conditions)
<p>Terrain travel</p> <ul style="list-style-type: none"> ▪ Roped ridge travel ▪ Steep terrain roped climbing ▪ Scrambling (un-roped travel) 	<p>Roping up of Glacier travel</p> <ul style="list-style-type: none"> ▪ Roping-up for glacier travel ▪ Crevasse rescue

**Please note that this is just a guide to how the course normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities or the group.*

*** Changes to food and accommodation options may have extra associated cost.*