

OENZ COURSE OUTLINE

7-day rock climbing course

Day 1

If you are being picked up directly from your accommodation your instructor will collect you between 8:00 – 8:20 am. Exact pick-up times will be confirmed a few days before your course.

8:30 am - Meet your group and Instructor/s (time and place will be confirmed by email)

- Complete pre-course paperwork

9:00 am - Arrive at crag (climbing area)

- Introduction to rock climbing equipment
 - Ratings
 - Maintenance
 - inspections
- NZ Rock climbing grading system
 - How to read a rock-climbing guidebook
 - Where to find guides online
- Introduction to belaying with an ATC/Belay plate
- Tying into the rope
- Climbing calls & buddy checks
- Top rope climbing – Have a go at top rope climbing.

12:30 – Lunch

- Climbing technique session
 - Body positioning
 - Footwork techniques
 - Hand holds
- Time for more climbing
- Introduction/example of lead climbing
 - Clipping practice

3:30 pm – Pack up at crag

- Coiling ropes & checking for damage
- Collecting in gear

4:00 pm – Back to carpark

5:00 pm Arrive at accommodation

Day 2

7:30-8:30 – Breakfast and pack up

8:30 am – Depart Accommodation

Note: If you live in Christchurch you can choose to stay at our accommodation or meet us at the climbing area on day 2.

8:30 am – Meet Instructor/s (location will be advised at end of day 1)

9:00 am – arrive at climbing area

- Building a sport anchor
- Building a top rope/y-shape anchor
- Introduction to lead belaying
- Recap on clipping
- Have a go at Lead Climbing

12:30 pm – Lunch

- How to clean a climb/transition to being lowered off (retrieving your gear from the top).
- Practice lead climbing and transiting to lowering off.
- More time spent climbing and refining belaying and climbing techniques

3:30 pm – Pack up crag

- Coil ropes
- Sort gear
- Complete end of course paperwork

4:00 pm - Back at vehicles, time to say goodbye to participants on the 2-day course

4:30 -5:00 pm -Drop off client that are only doing the 2-day course at their accommodation or airport.

5:30-6:00 pm - Arrive back at accommodation

Day 3

7:00-8am – Breakfast and pack up

8:30 am – Depart Accommodation

We will meet the new clients joining our course that are just doing the 5-day rock course from the following locations on our way to Mt Somers.

- Cashmere Road, Cashmere- Opposite Princess Margaret Hospital ([See on google maps](#)) at 8:30 am
- Salmon Tales Café, Rakaia. Approx. 1hr from Christchurch ([See on google maps](#)) at 9:30 am

11:00am - Arrive at Woolshed Creek carpark, Mt Somers

It takes most groups 1.5-2 hours to walk into Woolshed Creek Hut. The well-formed track follows a river through native bush before passing an abandoned mine. From the mine the track continues through open tussocks with views of Mt Somers and the greater Canterbury Plains. More information about the walk into Woolshed Hut and surrounding area can be found on the DOC website. [Link to DOC website -Woolshed Hut info](#)

12:30 – Arrive at Woolshed Creek Hut

Time to move into the hut & have lunch

Please note- Your accommodation at woolshed hut is included in your course fees. You do not need to book the hut or pay any extra hut fees.

1:30 – Afternoon climbing at “Spiky crag” (not yet published in any guidebooks)

Today’s Crag/climbing area – Spiky Crag

Today’s focus:

- This afternoon is about getting accustomed to the style of climbing at Mt Somers
- Buddy checks/belaying/climbing skills
- Establishing climbing calls for the course
- Demonstrate lowering off/cleaning a climb if you already have these skills

4:00pm – Pack-up crag

4:30 pm walk back to Hut

5:00 pm – Arrive back at the hut

Evenings are free time that you can choose to spend any way you like. There are swimming holes and walking track to explore around the area.

Day 4

Today's Crag: Honeycomb crag

Today's focus:

- Lead climbing
- Lowering off/ Transition to abseil
- Belaying with grigri & ATC/Belay plate
- Sport anchors
- Top rope anchors
- Self-equalising anchors

- Basic movement techniques/body positioning
- Footwork techniques
- Handhold techniques
- Finding rests

8:30am – Morning briefing/plan for the day

9:00am – **Leave Hut**

12:30 – **Lunch (at crag)**

4:00 pm – **Pack up crag**

5:00 pm – **Back at hut**

Evening- Free time

Day 5

Today's Crag: Karearea Crag

Today's focus:

- Belaying using guide mode
- Unlocking/lowering in guide mode
- Multi-pitch climbing
- Multi pitch abseiling

8:30am – Morning briefing/plan for the day

9:00am – **Leave Hut**

12:30 – **Lunch (at crag)**

4:00 pm – **Pack up crag**

5:00 pm – **Back at hut**

Evening- Free time

Day 6

Today's Crag: Gecko Crag

Today's focus:

- Tying off a belay device
- Un-jamming a belay device
- Taking over from an injured/sick belayer
- Un-jamming an abseil device

8:30am – Morning briefing/plan for the day

9:00am – **Leave Hut**

12:30 – **Lunch (at crag)**

4:00 pm – **Pack up crag**

5:00 pm – **Back at hut**

Evening- Free time

Day 7

Today's Crag: To be decided by group on day 6

Today's focus:

- Recap any skills desired by group
- Final climbs

8:00am – Morning briefing/plan for the day

8:30am – **Leave Hut**

11:00 pm – **Pack up crag**

12:00 – **Lunch back at the hut**

12:30 pm -**Pack up gear and clean hut**

1:00 pm - **Walking away from hut**

2:30 pm- **Arrive at carpark**

5:00 pm – **Arrive back in Christchurch**

**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.*