

2-day Alpine Consolidation Trip

7:30am - Meet your group and Instructor/s at “Darfield Bakery” in Darfield, a small town 40mins 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.

Day 1 Overview

Today is all about revisiting the skills and techniques taught on the first day of your alpine skills course, and a chance to ask any questions about the course content.

08:30am - Arrive at Mt Cheeseman/ Broken River Ski area.

- Gear check & hand out OENZ supplied gear
- Pack gear into day packs
- Fit crampons to boots
- Transceiver check

Ice axe and walking techniques recap

- Holding an ice axe
- Kicking Steps/forming steps with boots
- Primary anchor/self-belay (stopping a slide before it starts)
- Step cutting

12:30 – Lunch

- Walking in crampons
- Flat foot technique
- Front pointing
- Mixed technique
- Self-arresting (stopping yourself when sliding using your ice axe)

4-5pm - back at the ski area carpark.

5:30-6pm - Arrive at our lodge in Arthurs pass (45 mins from ski area carpark).

Evening

- Cook your dinner at the lodge or head down to the pub for food and a drink.
- Make a plan for day 2 - Choose an objective.

Route Options: Castle Hill Peak 1998m, Mt Cheeseman 2031m, Avalanche Peak 1833m.

Day 2 Overview

Today our aim is to attempt to climb to a peak in the Craigieburn range/ Arthurs Pass National Park.

5:30-6:30am Alpine Start, Breakfast, and pack day pack (bring your own breakfast as nothing is open this early in Arthurs Pass, something simple and easy to prepare)

6:30-7:00am – Pack and clean lodge, drive away

7:00-8:00am – Arrive at car park

- Make our way up route using safe travel/avalanche avoidance techniques

12:30pm Lunch (along the way)

- Get to our highest point (maybe a summit)
- Cover any skills that need refinement on the way down

3:30-4:30pm – Back at vehicles, time to say goodbye

Note: from the ski area carpark it is approx. 1.5-2hrs back to Christchurch (we usually get back into Christchurch between 5:30-6:30pm)

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