

# 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 taught on 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

## **Snow Anchors**

- Assessing snow conditions for anchor type
- Building a range of anchors
- Testing anchors
- Incorporating anchors into rope system

**12:30 – Lunch**

## **Pitching**

- Placing rock protection (runners)
- Building rock anchors
- Belaying (lead and second)
- Abseiling
- Rope management
- Ridge travel

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

**5:30-6pm** - Arrive at our lodge in Arthurs pass (45 mins from the 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.
- Pack day pack

**Route Options:** Mt Philistine 1967m, Mt Temple 1913m, Phipps Peak 1965m.

### Day 2 Overview

Today our aim is to attempt to climb (upto) a grade 2 peak in Arthurs Pass National Park.

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

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

**7:00-7:30am – 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.*