

OENZ COURSE OUTLINE

Sport Rock Climbing Consolidation Trip

Day 1

7:30-7:50 – Hotel pick-ups

8:00am – Meet your group and Instructor/s

Meet us opposite Princess Margaret Hospital Cashmere Road. Cashmere is a small suburb approx. 10 mins from Christchurch city centre, close to the Port Hills.

- Drive to Mt Cook

12:30 - 1:00pm – Arrive at Sebastopol Bluffs

- Have lunch
- Hand out group equipment
- Revisit rope skills
- Go Climbing!

This will be a great opportunity to get clarification on skills/systems learnt on previous courses.

4:30- 5:00pm – Head to Unwin Lodge

- Set ourselves up in the lodge
- Recap of the day
- Plan for tomorrow

5:30pm – Onwards

- Dinner
- Time to relax and enjoy the scenery

Day 2

Overview: Today we will be based around the Red Arett climbing area. Our focus will be multi-pitch climbing and abseiling.

8:00 -8:30am – Breakfast

9:00am – Arrive at Sebastopol

- Multi-pitch climbing

12:30pm – Lunch

- More climbing

5:00pm – Back to Unwin Lodge

- Recap of the day
- Plan for tomorrow

5:30pm – Onwards

- Dinner
- Your time

Day 3

Overview: Today we will be your choice of location. Our focus will be multi-pitch climbing and abseiling.

8:00 -8:30am – Breakfast

9:00am – Arrive at Sebastopol

- Multi-pitch climbing

12:30pm – Lunch

- More climbing

5:00pm – Back to Unwin Lodge

- Recap of the day
- Plan for tomorrow

5:30pm – Onwards

- Dinner
- Your time

Day 4

7:30am – Breakfast

- Pack gear into vans
- Tidy lodge

9:00am – Arrive at Sebastopol

- Go climbing

12:00pm – Lunch

12:30pm – Depart Mt Cook for Christchurch

It's about a 4.5 hour drive back to Christchurch allowing 30 mins for breaks, getting us back to Princess Margaret Hospital by around 5pm.

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