

6 Day Alpine Course Outline

Day 1 Overview

3:00-3:30pm - Pick-up's from Christchurch accommodation.

If OENZ is transporting you to and from the course you will be collected from your accommodation between 3:00 – 3:30pm.

5:00-5.30pm – Arrive in Arthurs Pass/Meet group/Check gear

This a good chance to grab a coffee, meet your group and ask any last minute questions. 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).

Dinner at the lodge. Use of a full kitchen.

Day 2 Overview

8:00-10:00am – Breakfast, tidy up lodge, drive to Temple Basin car park/goods lift

10:45am – Drop gear at goods lift

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

11:15-12:15pm – Walk up to lodge

From the Carpark it's a 45-60min walk up 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 Cooked lunch at the lodge

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

2:00 Afternoon Skills session

Time to explore the local area- your guide will use this time to go through some of the foundation skills such walking skills and kicking steps, fitting and using crampons, holding and using an ice axe, self-arresting. Remembering previous skills learned in a more “real” situation.

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 3, 4 & 5 Overview

For days 3, 4 & 5 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.

Skill covered in 6 Day alpine course	
Navigation <ul style="list-style-type: none"> ▪ Route selection ▪ Navigation in white-out conditions 	Snow Anchors <ul style="list-style-type: none"> ▪ Use of Snow Stakes ▪ Snow Bollards ▪ Stomp belay
Crampons <ul style="list-style-type: none"> ▪ Flat foot technique ▪ front pointing ▪ mixed technique 	Rope work <ul style="list-style-type: none"> ▪ Knots for alpine climbing ▪ Alpine rock protection & rock anchors ▪ Pitching & belaying
Ice axe <ul style="list-style-type: none"> ▪ Holding an ice axe ▪ Self-belay/plunge ▪ Self-arresting ▪ Two axe climbing techniques 	Snow caving <ul style="list-style-type: none"> ▪ Spend a night out in a snow cave (optional & depending on conditions)
Terrain travel <ul style="list-style-type: none"> ▪ Roped ridge travel ▪ Steep terrain roped climbing ▪ Scrambling (un-roped travel) 	Roping up of Glacier travel <ul style="list-style-type: none"> ▪ Roping-up for glacier travel ▪ Crevasse rescue

Day 6 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.

9:30-12.30 – Extra time

Your guide will have this time planned into your sessions to cover some of the information listed in the table above.

However, 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

5:00pm Back in Christchurch

If you're travelling with OENZ back to Christchurch you can expect to be back in central Christchurch between 5:00 -5:30pm

**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.*