

## OENZ COURSE OUTLINE

### *5-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.*

#### **Meet your instructor/Group at one of the following locations:**

- 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:am – 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](#)

#### **12:30pm – Arrive at Woolshed Creek Hut**

Time to set up in 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.*

#### **1:30pm – Afternoon climbing at ‘Spikey Crag’ (not yet published in any guide books)**

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 the hut**

#### **5:00pm – 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 are.*

## Day 2

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**

**4:00pm- Pack up crag**

**5:00pm Back at hut**

**Evening – Free time.**

## Day 3

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**

**4:00pm – Pack up crag**

**5:00pm – Back at hut**

**Evening- Free time**

## **Day 4**

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)**

**4:00pm – Pack up crag**

**5:00pm – Back at hut**

**Evening- Free time**

## **Day 5**

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**

**11:00pm – Pack up crag**

**12:00 – Lunch back at the hut**

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

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

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

**5:00pm – 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