

# **5-Day Alpine Course Outline**

The weather and snow conditions play a big part of choosing when we can introduce certain skills, so this outline is a guide for how the course may run. If your course encounters inclement weather, we will adapt the programme to best fit conditions and ensure you get the most out of your time on the mountain.

## **Night 1 (Sunday) – Travel Day**

**4:00pm – Arrive in Arthur’s Pass via East West Coaches option or self-drive.**

The 5-day course starts in the middle of a larger block of alpine training, and we are unable to transport participants to the start of the course. We **can** provide a seat in a vehicle returning to Christchurch at the end of the course with an airport or city centre drop-off.

**5:00 - 5.30pm – The rest of the group will arrive in Arthur’s Pass - Meet group/check gear.**

The rest of your group will be finishing their day on the mountain and will be back in Arthur’s Pass approx. 5:00 - 5:30pm. When you meet your group and instructor/guide you will be able to ask any last-minute questions. Your guide will also do a gear check, so we know we have the essential gear needed for the course. We’ll then make our way up to Temple Basin Lodge. A goods lift will conveniently transport your gear to the lodge.

*Please note: you will need a small daypack with a head torch and warm clothing as we be walking up to Temple Basin in the dark.*

From the car park, it’s a 45-60-minute walk up a 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)

**Food:** Temple Basin Lodge will provide a cooked meal when we arrive.

# Day 1 (Monday) – Rope Skills

**Food: Breakfast** - Catered by Temple Lodge

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by Temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

**7:00 - 8:00am - Breakfast and get ready for the day.**

## **Skills session**

Today will be all about learning the gear and some foundational skills to set us up for the week of climbing. We will introduce all of the technical equipment, fit harnesses, and introduce a range of useful knots.

*While some people like to come into the course prepared and knowing these fundamentals in advance, please be prepared for the whole group to visit these skills.*

Once we are comfortable with our gear and some base skills, we will head outside to run an afternoon session. We have multiple topics that could be introduced this afternoon and the guide will pick the best one for the group and conditions at the time.

**Skills session your guide will choose from:** *(See appendix 1 below for the breakdown of these skills)*

- Knots
- Belaying methods
- Abseiling
- Anchors (snow or rock)
- Movement on rock & snow

If the weather is storming, then there is a good chance you will practice some of these skills indoors, with a shorter trip outside in the weather.

## **6:30 - 8:00pm - Dinner & Dessert**

Your instructor will look at the weather for Day 2 and provide you with the following information:

- Skills you will look to cover in Day 2
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day (*only applicable on a bad weather forecast*)

## **Day 2 (Tuesday) – Pitching & Ridge Travel**

**Food: Breakfast** - Catered by Temple Lodge

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by Temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

**7:00 - 8:00am Breakfast and get ready for the day.** If the weather is good, you will be out/away from the lodge for the entire day.

Building on from yesterday's skills your guide will likely take you up the hill for some multi-pitch climbing/ridge travel and simul climbing skills.

Here you may cover some of the following skills *\*If you covered these skills yesterday we will move on to another skill – you will apply and consolidate the skills during the day of travel.*

- Belaying methods
- Abseiling
- Anchors (snow or rock)
- Pitching & multi-pitch climbing
- Roped Movement techniques

### **6:30pm - 8:00pm - Dinner & Dessert**

Your instructor will look at the weather for Day 3 and provide you with the following information:

- Skills you will look to cover in Day 3
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day (*only applicable on a bad weather forecast*)

## **Day 3 (Wednesday) – Attempt a Summit**

**Food: Breakfast** - Catered by Temple Lodge

**Lunch** – Catered by Temple Lodge

**Dinner** – Catered by Temple Lodge

**Snacks** – Basic snacks (muesli bars and fruit) provided by Temple Lodge.

*Hot tip: You may wish to pack some of your favourite snacks for your course as mountain days can be long.*

### **7:00 - 8:00am - Breakfast and get ready for the day.**

If the weather is good, you will be out/away from the lodge for the entire day.

Building on from yesterday's skills your guide will complete the remaining climbing skills left to be taught with the objective to attempt a summit.

Summit options include: Mt Temple, Mt Blimit, Mt Cassidy

### **6:30 - 8:00pm - Dinner & Dessert**

Your instructor will look at the weather for Day 4 and provide you with the following information:

- Skills you will look to cover in Day 4
- Gear you will need for the day
- Departure time for leaving the lodge
- Whether you will be out for the whole day or part of the day (*only applicable on a bad weather forecast*)

## **Day 4 (Thursday) – Crevasse Rescue**

### **7:00 - 8:00am - Breakfast**

A packing session will take place this morning. You will be given information on what you will need to take with you in regard to technical climbing gear.

Today our focus is on moving around in crevassed terrain, building a snow anchor & building an assisted haul system and an un-assisted haul system. We'll be practicing the following:

- T-Slot snow anchors for crevasse rescue
- Moving roped up on glaciated terrain
- Practice crevasse rescue
- Demonstration of crevasse rescue assisted hoist (drop loop).
- Practice un-assisted crevasse rescue

### **6:30 - 8:00pm - Dinner & Dessert**

Your instructor will look at the weather for Day 5 and provide you with the following information:

- Skills you will look to cover in Day 5
- Gear you will need for the day
- Departure time for leaving the lodge

## **Day 5 (Friday) - Revisit Skills or Mini Adventure**

**6:30 -7:00am - Pack up camp**

**Return to lodge for breakfast 8:30 - 9:00am – Pack up and drop bags at gear lift.**

**8:30 - 9:00am – 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.

**9:30am -12.30pm – 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!

**12:30pm – 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

*Remember this is only a guide and the camp-out may take place earlier in the week to maximise on the best weather forecast. In which case the overview will change. Your guide will not decide until Monday evening when the best time to include the camp-out will be, as this will be based on the most up-to-date weather forecast.*

| <b>Some alternative skills that <u>may</u> be covered over the course in bad weather day/forecast</b> |                                    |
|---|------------------------------------|
| Mountain weather  | Indoor application of haul systems |
| Indoor application of rope skills   | Mountain Navigation                |
| Trip planning   | Avalanche skills                   |

## **Breakdown of skill sessions covered throughout the technical mountaineering course (TMC).**

### **Movement Techniques:**

- Movement on rock in crampons
- Self-arresting
- Front pointing
- Two axe climbing techniques
- Mixed climbing (rock and snow)
- Scrambling (un-roped travel)

### **Roped Movement Techniques**

- Roping up for ridge travel
- Simul climbing

**Knots:** you will be taught throughout the course:

- Clove hitch
- Italian Hitch (Munter hitch)
- Girth Hitch (Larksfoot)
- Rethreaded figure 8 (used for tying into harness)
- Figure 8 on bight
- Overhand on bite
- Overhand rethreaded (used for joining ropes)
- Alpine butterfly
- Tape knot (water knot)
- Prussic – classic, klemheist & French wrap

### **Belaying methods**

- From harness
- From the harness with a redirect to the anchor
- Guide Mode
- Italian/Munter Hitch
- Body belay

### **Abseil**

- Self-protected abseil

### **Anchors: 2 pt & 3 pt anchors**

- Snow stakes – Vertical top clip/Vertical mid clip/Horizontal mid clip
- Snow bollard
- Bucket Seat
- Rock Anchors

### **Pitching & Multi-pitch Climbing**

- Gear & equipment needed for the route (rock and snow)
- Leading and placing runners
- Belaying and seconding a pitch
- Transitioning anchors/swapping leads
- Abseiling off a route
- Climbing with a third party member (*may not be delivered as a practical skill if numbers are even*)

### **Glacier Travel & Crevasse Rescue**

- Roping up for Glacier Travel
- Walking in glacier travel mode (interpreting terrain features and safe travel selection)
- Holding a fall (simulated falling into a crevasse)
- Building an anchor
- Transitioning the load
- Constructing a suitable haul system – Unassisted or assisted hoist
- Extracting your partner from the 'crevasse'