

Alpine Guides

Aoraki/Mount Cook, New Zealand

Private Instruction & Guiding

Winter 2010 | Summer 2010/11



Photo by Stephen Klemich

Customised Guiding for Small Groups

Flexible date options to suit your travel plans

Summer or Winter missions

Individually designed programs - to meet your objectives

Leading New Zealand Guiding Since 1966

What is the Private Instruction program?

The Private Instruction package is a framework for tailored guiding/instruction trips and climbing missions into the high mountains.

Private Instruction requires a minimum of 2 participants. Flexible, and individually designed, the PI program works equally well for a summer or winter mountaineering trip.

Private Instruction Advantages

You can decide on the emphasis/objectives of your trip

This can suit military personnel or outdoor professionals looking to extend their mountain-craft. For example, if your team are strong rockclimbers you can concentrate on snow and ice climbing techniques, or on multi-pitch alpine rock.

You may want to stay close to the format of one of our scheduled courses (like the TMC or SMC), or to focus on particular aspects of climbing/ski mountaineering technique.

You choose the dates, and the duration of your program

We can work the dates around your travel plans, subject to guide availability.

Let's go climbing...

Private Instruction is the ideal way to use your professional guides' local knowledge, for a trip purely focused on climbing. Of course, your guide will be happy to instruct as well as guide (when appropriate) along the way.

For specific peaks

The PI package is ideal for training and climbing specific peaks. For example:

- Mount Aspiring
- Mount Elie De Beaumont
- The Minarets

See a list of potential objectives on [page 8](#).

We will discuss the feasibility, guide ratio, and the duration required to undertake a successful mission.

Alpine Guides are the experts in the Mount Cook/Westland area. We also guide right through the Southern Alps, including the Mount Aspiring, Remarkables, and Fiordland regions.

We are happy to discuss any options you have.



Winter 2010 Summer 2010/11 Pricing

Goods and Services Tax (GST) in New Zealand rises to 15% on 01 October. Trips booked and paid in full by 30 September will beat the pre-GST rise price

Prices to 30 September 2010

Group size	6 days	7 days	8 days	9 days	10 days
2	2825	3150	3350	3600	3750
3	2395	2625	2850	3175	3395
4	2125	2350	2475	2696	2850

All prices are per-person, in New Zealand Dollars

Prices from 01 October 2010

Group size	6 days	7 days	8 days	9 days	10 days
2	2875	3225	3425	3675	3825
3	2450	2675	2895	3250	3450
4	2175	2395	2525	2750	2895

All prices are per-person, in New Zealand Dollars

- The maximum guide to client ratio is [1 guide to 4 participants](#)
- For trips with [5 or more participants](#) at least [2 guides](#) will be required

The price includes all of the following:

- Guiding fees
- Alpine Guides Technical Manual (92pages)
- All meals (including snacks and energy bars)
- Aircraft access (if required)
- Hut fees & local accommodation
- Local transport
- Some technical equipment (see the equipment checklist, [page 9](#))
- Local accommodation

We provide any ropes required.

We buy in fresh produce for every trip we run, so you are guaranteed to eat well. Most dietary regimes can be catered for. Please make a note of what you like to eat on your booking form.

Guide to Participant Ratios

The objectives for your trip will dictate the guiding ratio required. [For most situations we run at a maximum of a 1:4 guide to participant ratio.](#)

A one to 4 ratio allows for climbing and instruction trips up to the same level as our Technical Mountaineering Course (TMC). The PI package pricing is the most cost effective at this ratio.

For groups with 5 or more participants, more than 1 guide is required.

With a [more experienced team](#) with specific (or more challenging) objectives we will [reduce the ratio to one to 3, or one to 2, as appropriate for the terrain, and technical standard.](#)

Why a 6 day minimum?

The Southern Alps has a temperate, maritime, alpine climate. A longer guided trip offers a better chance of your trip being successful, in the event of some bad weather.

Also (and importantly) access and egress by foot from many mountain venues can take more than a day, each way. Walking in/out needs to be done in “reasonable weather.” The time to get in and out from your venue must be factored into your trip duration.

Also, the skills covered in an instructional situation require time to learn, and to practice in the real and serious mountain environment. [We always recommend the correct and appropriate duration for your proposed trip during initial correspondence with you.](#)

Booking Private Instruction

We will provide a guide to work around your travel plans (subject to availability). [The first step is to contact us with your proposed dates.](#)

Please note we do not have guides standing by waiting for work. “Walk-in” and short-notice enquiries generally cannot be filled. We recommend making reservations well in advance for Private Instruction.

[For our most popular period \(December through February\) at least 2 months advance booking is recommended.](#)

Reporting Details

Unless otherwise arranged, the PI option is designed to [start at 08:30](#) on the first day at our shop in Mt Cook Village and [finish at 17:00](#) on the final day.

A morning start makes most effective use of time, allowing you to fly into the mountains by lunch time.

Alternatively, we can arrange to start at 13:30, and finish at 12:00 noon on the last day, to better fit in with public bus services.

If you take the later start option it is less likely that you will be able to fly into the mountains on the first day. Ensure you choose the right start time on your booking form.

If you arrive in Aoraki/Mount Cook on the day before your trip begins, your guide will probably not be available. Our office staff will be happy to answer any questions you have.

Your guide will look after equipment rental, and other gear requirements at the start of your trip. This takes on average 2 hours.

[See the “Pre-trip Information Notes” for more details on transport options.](#)

Winter Programs: July - September

Winter is a great time for more experienced alpinists, and those who wish to refine their backcountry ski touring or ice climbing skills. However, this time presents different challenges for climbers and ski/snowboard tourers - deep snow and avalanche risk can make some routes/peaks inaccessible.

[The summer season \(November – April\) in New Zealand offers the best conditions for alpine climbing.](#)

Winter Seasonality

During winter the days are shorter, the weather is colder, and snow cover is at its maximum extent.

Winter Period (July/August)

Early winter offers a greater likelihood of powder skiing. Days are short and temperatures cold – perfect for keeping your powder dry.

Spring Period (September/October)

It is not uncommon to ski powder after a spring storm, but you are more likely to find corn snow. Corn is better suited to first time backcountry skiers. The days are longer and warmer. Snow cover is at its maximum. Also, more terrain can be accessible, due to more stable snow/avalanche conditions.

Trip day to day Organisation

Every Private Instruction program is unique. We will come up with a general plan for your trip, but when dealing with such a dynamic environment it is not realistic to plan rigid itineraries.

We take a flexible approach, and work around prevailing weather and conditions, to get the most from your available time.

At the start of your trip your guide will discuss an initial outline, and carry out an equipment check. You will fly into the mountains at the first opportunity.

When climbing on good weather days you may have “alpine starts” - as early as 03:00 if tackling a longer climb. Instructional days will normally begin about 07:00

On poor weather days you will have a full day of practising rope skills and lectures, or use instruction sites close to the hut. You also have the option to just relax – it’s your trip.

We aim to have you back in Mount Cook Village (or your alternate starting point) by late afternoon on the final full day.

What You Will Carry

Extra possessions not needed in the mountains will be securely stored at Alpine Guides base, or your Mt Cook Village accommodation.

When packing for your course try to keep personal and non-essential items to a minimum. This reduces weight and saves room for important items - like food! Reduced weight is particularly important if your group walks out at the end of the course.

When the course travels into the mountains you will have to pack in all your clothing, equipment, and a share of the group gear and food. For most days in the mountains you will not carry the full load of gear. Equipment not needed will be left in the hut.

Your backpack’s weight will vary from about 5-7 kg on most days, and perhaps 12-15 kg when travelling between huts or walking out.

Please go through the equipment check-list (page 9), and talk to us before your trip begins if you have any questions about gear requirements.

You will not require a daypack in the mountains. If you choose to bring one it will be useful for village-based activities.

Egress from the mountains

Two options are available at the end of your trip: walking or flying out. Flying out is the more common option, as it maximises time spent in the mountains, and avoids a long and demanding trip on foot.

Your guide will be the final arbiter on this matter. The decision to walk out is based on snow and weather conditions as well as your fitness.

Flying Out:

Flying out is an extra cost that is not included in the fee. Please budget for this.

If the weather forecast for the end of the trip is good, a flight out is the best way to make the most of your time. The cost can range from \$160 to \$320 per person, depending on group numbers and aircraft load factors. Normally the cost is around \$180 to \$280 per person.

Please note there is no need to "book ahead" for a flight out. Your guide will discuss options available to you, and it will be reassessed as the trip progresses

Walk Out:

You must always be prepared and fit enough to walk out in the event that weather conditions will not allow for aircraft pick-up. Walking out from most locations will be an arduous trip, and will test your fitness and stamina. Be prepared for 8 to 12 (or more) hours on foot with half this time spent on rough glacial moraine.

Why is the flight out not included?

Simply, it builds flexibility into the program and keeps the overall cost down for our participants. It also gives the option for people who wish to walk out.

The cost of air transport depends on a host of logistical variables, including: party location, party size, aircraft available, weather and snow conditions, other parties flying in and out who can help share the cost, their location, and so on... Our base staff will work to provide the best possible price available on the day.

Local Transport

Road transportation in the local area is included in the Private Instruction pricing. This covers any driving needed during your trip. Local transport is also included for programs based in areas outside of the Mount Cook region.

For trips where longer drives (exceeding 75 km) are required (in addition to air access) we will discuss possible additional costs involved prior to booking.

Equipment Checklist

Private Instruction programs vary in length and emphasis. Each trip will have a different set of equipment/clothing needs, due to seasonality and objectives.

Refer to the [equipment check-list on page 9](#) for the specific gear list for the PI Program. **This is your gear/clothing reference list for this program. Use this list as the guide for your trip and no other.**

Use discretion when selecting clothing. Some of the gear listed is only appropriate during winter (e.g. skis and snowboards).

Plan for colder temperatures from mid-March through November; and warmer conditions from December through mid-March.

Please read our "Notes on Equipment and Clothing" for specific details on clothing and equipment items. Contact us if you have any questions.

Optional items

Not compulsory. Feel free to bring along any of the items optional listed, if you wish.

The rest of the details...

You'll find answers to most questions in our additional detailed notes: [Pre-trip Information Notes](#), and [Equipment and Clothing](#).

These are designed to help you plan and prepare for your Alpine Guides trip. Download from our website using the links below.

Pre-trip Information

Includes details on bus travel to Mount Cook, insurance, personal fitness, accommodation, and more...

http://www.alpineguides.co.nz/download/notes/pretrip_info.pdf (600 Kb)

Equipment & Clothing

What to look for when choosing clothing and equipment for mountaineering in New Zealand

<http://www.alpineguides.co.nz/download/notes/equipment.pdf> (750 Kb)



Private Instruction Objectives

Below are some ideas for possible options for your Private Instruction program.

1. Private Courses

Arrange your own instruction course with the PI package, using one of our scheduled courses as a framework.

Private Technical Mountaineering Course

A comprehensive course for your team that covers all the bases. See the detailed TMC notes for further information.

- Ratio: 2 to 8 participants (1:3 or 1:4 ratio)
- Recommend 8 to 10 days to cover instruction topics

Private Ski Mountaineering Course

For those who appreciate winters' cooler charms we can arrange a private [Ski Mountaineering](#) venture. See our scheduled Ski Mountaineering Course notes for more details.

- Ratio: 2 – 8 participants (1:3 or 1:4 ratio)
- Recommend 7, or 8 days to cover all instruction topics

Private Advanced Alpine Skills

The [Advanced Alpine Course](#) focuses on developing your alpine climbing technique - to go higher, faster and safer. See the scheduled Advanced Alpine Skills Course notes for more details.

- Ratio: 2 – 6 participants (1:2 or 1:3 ratio)
- Recommend 7, or 8 days to cover instruction topics

2. Objective: 3000

Are your goals set on a particular big peak, in serious glaciated terrain - but you need training to meet your objective?

“Objective: 3000” program is a private one to 2 training and climbing program, with a focus on some of NZ's classic peaks.

Including:

- Mount Aspiring, (3,027 metres)
- Mount Elie De Beaumont (3,109 metres)
- Mount Dixon (3,004 metres)

Check our website for full details on Objective: 3000.



Equipment & Clothing Checklist

Private Instruction & Guiding

Use the check list below to ensure you bring along the gear specifically for your trip. Please try to let us know what you need to rent as soon as possible **before** you arrive. Get in touch if you have any questions.

	Bring ✓	Borrow ✓
1. Equipment provided free of charge		
Ice Axe		
Ice Hammer		
Crampons - 12 point, semi automatic		
Belay Device		
Ice Screw x 2		
Snow stake		
Prusiks x 3 (1 long, 2 short), Sling x 2 (1 long, 1 short)		
Karabiners: large screw-gate x 3, snap-link straight gate x 5		
Avalanche Transceiver (provided if required)		
Snow Shovel (provided if required)		

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below.

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Mountaineering Boots (or Ski Touring Boots)			15		
Sleeping Bag - (summer = 3 season, winter = 4 season)			15		
Backpack, 55-65 litres			7		
Helmet			3		
Harness			5		
Bivouac Bag (optional)			7		
Sleeping Pad (optional - required for bivouacs)			1		
Hiking Poles / each (optional)			5		
Storm Jacket			10		
Overtrowsers (full length leg zip if possible)			10		
Gaiters (if required)			5		
Skis with AT bindings, Skins & Poles			25		
Split snowboard, Skins, & Poles			25		
Total estimated rental cost					

3. Required Personal Equipment (not available to rent)

- Headlamp
- Sunglasses - good quality wrap-around
- Ski Goggles (for white-out conditions)
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool

4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (3 pairs)
- Thermal underwear: Winter - mid weight or heavier: 2 tops, 1 x pants. Summer 2 x tops, 1 x pants
- Mid-weight fleece jersey
- Warm jacket: Summer - down or fleece. Winter - down plus 200 weight fleece
- Warm hat / balaclava
- Climbing trousers: soft-shell are ideal. Light weight trekking pants (worn over thermals) are okay in summer - they must be quick drying
- Ski/snowboard pants with snow cuffs (only for touring trips)
- Waterproof warm gloves x 1 pair - leather gloves are good for rope work
- Light-weight (polypro) gloves x 1 pair
- Sun Protection: baseball cap or legionnaire hat scarf / neck gaiter (buff) and "glacier shirt"
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)

5. Optional Gear - not required - but recommended

- Day pack approx 20 litre, useful for non-mountain activities
- Telescopic hiking pole - bring one - climbing trips only
- Compass - bring if you own one
- Rock shoes - bring if you own a pair
- Drinking mug. Supplied in huts - but you can bring your own
- Sleeping pad - lightweight (if you want to sleep out)
- Bivouac bag - if you want to sleep out. Survival bag will suffice.
- Soft-shell jacket
- Shorts - worn over long johns is okay in summer