

# steep alpine ice aka "sic"



▲  
october to january

▲  
price  
NZ\$3,150\*  
min 2 pax

▲  
access  
fly in and fly out  
\*flight out extra

▲  
8 days  
LOW\*guide ratio 1:3

▲  
bonus

most technical gear  
provided

course manual included

▲  
2012-2013

SIC#1 : Oct 28 – Nov 4  
SIC#2 : Nov 11-18  
SIC#3 : Dec 2-9  
SIC#4 : Jan 6-13



*Do you spend 11 months of the year sitting behind the office desk fantasizing about 300m long ribbons of squeaky white alpine ice?*

*You don't need a psychiatrist – you need a "sic" course!*

Our 8-day Steep Alpine Ice Course (SIC) is an advanced course for those wishing to learn advanced mountaineering techniques including the art of steep alpine ice climbing. The course is based from Pioneer Hut because of its close proximity to some of NZ's best steep alpine ice and mixed routes.

This course provides you with the opportunity to develop an all encompassing approach to the sharper end of mountaineering which has been tried and tested by the best of NZ's steep alpine ice climbers.

## course content

The aim of the course is to make you a safe and proficient leader, especially upon on steep ice and mixed terrain. The emphasis of this course is on expanding and re-developing the following essential skills:

- ▲ leading and placing protection on steep ice and mixed terrain
- ▲ self-rescue techniques
- ▲ efficient belay and rope management techniques
- ▲ route selection & navigation skills including GPS
- ▲ backcountry avalanche skills for the climber
- ▲ crevasse rescue and glacier travel techniques
- ▲ rappelled descents of steep ice
- ▲ snow, ice and rock anchor systems principles
- ▲ emergency shelters and planned bivouacs
- ▲ comprehensive mountain movement techniques

## sample itinerary

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day one	We meet at the Aspiring Guides office in Wanaka (99 Ardmore St) at 8:30am for introductions and course outline. Equipment is reviewed and allocated by your guide. The weather is discussed and a plan put together for Day 1 and beyond. If the weather is good for flying we drive to Fox Glacier and fly into Pioneer hut. If unable to fly into the hut due to weather time is spent focussing on rope skills and ice-climbing upon the lower glacier.
days two - eight	With routes like the South ridge of Haidinger, South Faces of Alack and Mallory and many more to choose from, we start the ever satisfying task of STEEP ICE CLIMBING. Topics such as avalanche awareness, mountain weather and navigation make for good subjects to be covered during unfavourable weather periods. Crevasse rescue, anchor system principles, (shelters, general mountaineering) and all other essential topics will be covered.
getting out...	By day 7 a decision has usually been made whether to walk out across the glacier to a lower hut, or prioritise outstanding course topics yet to be covered and fly out from Pioneer Hut. This decision is made with consideration to weather; group fitness, course content and individual and group aspirations. The guide will have a debrief session with each course participant to get feedback and help advise course participants about suitable personal climbing goals. The group flies out as early as possible to the Fox township. If time permits the group heads to the Lower Fox glacier for a session on ice skills. Later the group arrives back in Wanaka (having already done a course debrief) and the rental equipment is returned. A much welcome shower and change of clothes is in order, then everyone swaps addresses and makes plans for the next adventure over dinner and a few drinks.

**NB :** Please note that this itinerary is a **sample only** and the actual itinerary may vary at the discretion of your guide. Weather, conditions and personal ability and needs may make changes necessary or advantageous to the participants.

## bonus extras

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- ▲ Most of your technical equipment is included the price of your course, making the "extras" affordable.
- ▲ Course handbook
- ▲ All accommodation during the course will be provided: hut, bivvy, tent or lodge (except the last night).

## logistics

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duration	8 days
price	NZ \$3,150 min 2 persons to run the course. (If only one person is booked on the course, then the trip will be shortened to a 4 day 1:1 Private Instruction Course - \$3645 including flight in and all the same inclusions for SIC.)

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access	Fly in and fly out (flight out not included in trip price)
season	October to January
guide-client ratio	1 guide : 3 clients
prerequisites	Previous mountaineering and particularly previous rock climbing is a real asset (plus a desire to extend yourself to new heights). A good standard of fitness is also required and makes any mountain experience more fulfilling (our website has fitness hints)
accommodation	Hut or bivvy
bonus	Most technical climbing equipment is provided

The trip price includes: qualified guide/instructor, permit fees, air access into the Westland National Park ex-Fox Glacier, all trip related meals and energy foods, hut fees, some technical equipment, instruction manual. Additional costs are for rental equipment and helicopter OUT of the mountains (approx. NZ\$150-\$250 depending on loadings at the time). We are able to assist you by ordering most items listed, on your behalf from retailers, at a 10-15% discount. Our website has shopping details.

## course dates

Code	2012-2013 Dates
SIC#1	Oct 28 – Nov 4
SIC#2	Nov 11-18
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## about aspiring guides

- ▲ Since 1990... our website has details on our team.
- ▲ **We are about action.** We will spend as much time in the mountains as possible actually climbing peaks and developing skills. You don't gain judgment, skills and safe practices in the classroom.
- ▲ We are **specialists** in instruction courses. Attending one of these specialist courses will shortcut the road to mountaineering proficiency.
- ▲ Our trips offer the 'wilderness' approach to the mountains. We retain the option to stay in alpine huts ... with fine weather we will base ourselves from alpine camps (often combined with an overnight bivouac). This factor alone offers a greater perception and awareness of the mountain environment.
- ▲ Our **specialist** guides are NZMGA / IFMGA certified. They have impressive backgrounds with inspiring futures. They are friendly and personable; focused on delivering a safe, enjoyable and informative trips. In order to gain these qualifications guides must undergo rigorous training and assessment on climbing skills, instructional skills, avalanche training and assessment, wilderness first aid, rescue training and much more. The qualification takes many years (5-7) to attain and ensures you are receiving a professional service.
- ▲ We maintain a maximum guide to client ratio of 1:4 to reduce our impact on an area and give participants the best possible attention by the guide.
- ▲ Our activities are based in the Mount Aspiring, Westland, Cook, Fiordland National Parks, one of the most scenic and unspoilt alpine regions in the world. There are numerous peaks and routes of various difficulties making this an ideal training ground for any of the world's mountain ranges.
- ▲ The most important attributes in mountaineering are a solid climbing standard and mountain awareness; sound judgement of your own ability; good preparation and decision-making skills



## we care about you

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We want to maximise your chance of having a mountain experience that is successful and enjoyable. Our philosophy here at Aspiring Guides is such that we aim to cover all aspects of a mountaineering trip with you. This includes preparatory housekeeping matters too: let us know what you do/don't like eating, any allergies/medical conditions, and any special requests. We recognise that the world of mountaineering presents a challenge right from the start; namely; getting the detailed information, selecting the right option and having faith in the guiding company you decide to invest your time and money with.

## location and itinerary

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We will meet you in Wanaka at the scheduled appointment time, usually 8:30am on day one. The Aspiring Guides office is situated at 99 Ardmore Street, Wanaka on the main thoroughfare and only 50 metres from the shores of Lake Wanaka. Wanaka is the gateway to the Mount Aspiring National Park, and the Southern Alps. Our office staff can offer advice with accommodation and shuttle reservations, and of course, local attractions. Wanaka is very popular during the summer months. Please arrange your accommodation as early as possible.

## booking and cancellations

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NZ\$500 deposit per person confirms your booking. Full payment must be made 60 days before commencement date. If the balance is not received by the specified date, we reserve the right to cancel your booking and your deposit will be forfeited, unless a delay in your payment has been agreed by a director of Aspiring Guides Limited. Should you cancel your booking for any reason you will receive a full refund less a cancellation fee: more than 60 days NZ\$200 per person, between 60 and 30 days NZ\$500 per person, between 29 and 15 days 75% of the total course or trip fee. Cancellation less than 15 days or during your trip no refund will be given.

## weather

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In summer the general mountain climbing season runs from November through April with the warmest month being January with 16 hours of daylight on the longest day. Temperatures can remain high during this period by day and drop to - 5 degrees Celsius overnight.

In November and December we can expect more snow cover on the routes, and as temperatures warm up into the summer months of January and February, we traditionally experience more settled weather and mixed climbing conditions such as snow, rock and ice). March and April bring late summer conditions which are mainly a combination of rock and ice routes. Generally we experience our first alpine snowfall mid May onwards.

The mountains are immune to human plans and expectations. Be prepared for all conditions, it could be hot, cold, sunny and stormy within a 24 hour period. When the weather is bad in the mountains we will make a decision whether to attempt entering the mountains on each given day. Your guides are very experienced and will attempt to the best of their ability to make the best decision they can. In the unlikely event adverse weather prevents a trip from immediately moving into the mountains, you have the opportunity to carry out sub alpine adventures and skill development activities until the conditions improve. This decision will be made by your guides to optimise and make valuable use of your time. Fortunately there is a lot which can be achieved during bad weather from Wanaka. Some of the best rockclimbing in New Zealand is 15 minutes drive from our office. These cliffs are set up with sport climbing routes as well as quality 'natural' lines providing an ideal venue for ropes skills training, developing rescue techniques, and even for working on your rock climbing skills. Alternative locations and activities will be reviewed with you.

In the unlikely event of a trip being held up longer than anticipated in the mountains, for any reason, AN ADDITIONAL CHARGE OF NZ\$450 PER GUIDE PER DAY IS CHARGED (this is a cost price and will be divided between the trip participants). Your guide/s are working until you return to our offices at the trip finish.

## meals and snacks

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Energy snacks and nutritious meals are an essential ingredient in helping you perform to your highest standard. We provide excellent meals and plenty of it. We cater for your specific dietary requirements.

## maps and guidebooks

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We have maps and guide books available for purchase in our office. Alternatively, we can post these to you. A mountaineering handbook (included in your trip price) will be given to you when we meet you.

## valuables and luggage

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Additional luggage and valuables can be securely stored at our office during your trip.

## insurance

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We strongly recommend that all our clients carry travel insurance which covers you while travelling to and from NZ, luggage mishaps, and in case you have to cancel your trip. The New Zealand Accident Compensation System (ACC) will cover most of the expenses relating to an evacuation and/or medical treatment/rehabilitation in the unlikely event of an accident occurring. This service may not apply to evacuation costs for personal medical conditions. You are not entitled to bulk payments for compensation and you cannot claim damages for costs under the ACC act (no legal action can be made in NZ). Whilst our focus is on safety we will not be responsible for any evacuation or medical costs resulting from any accident. Likewise equipment damage or loss remain your responsibility. Some insurance companies can provide adventure activities' cover - if you wish to investigate this option further, please contact our office for information.

## communication and messages

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Our climbing trips and courses are in radio and satellite phone communications with our Operations/Safety base and the Department of Conservation local office that manages each National park area. We obtain weather information and coordinate helicopters through these channels. In some circumstances mountain radio links are available for the relay of any urgent messages.

## how hard will the course be?

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Initially the course will be structured around instruction of techniques whilst acclimatising you to the mountain environment. A few days into the course the climbing days will be longer and more challenging. During fine weather periods and course dependent, you could start as early as 3 am when embarking on the longer ascents. Most days will involve 8-10 hours of activity. Some aspects of the mountains may seem foreign at the outset, e.g. sleeping in a snow cave or open bivouac but your guide is there to help ease you through these new challenges.

## fitness & health

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To make the most of your learning experience it is advisable to be fit enough to partake in the activities with enough stamina to get the most participation and enjoyment. We have two editorials on our website (Online Magazine) on how to prepare for mountaineering. Your guide places special focus on fitness levels and will regulate the pace accordingly.

## how to book

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To register for a trip, you can book online through our excellent website. Your deposit of NZ\$500 may be paid by Visa or Mastercard, or bank transfer (NZ only). The forms required can be found on our website. Our booking terms and conditions are detailed on our online booking form on our website.

We will send an appointment email approximately 4 weeks before your trip is due to commence. We will provide final information and ask for more information from you, e.g. dietary requirement, trip objectives and/or concerns, height and weight, fitness and any equipment rental required.

The frequently asked questions page on our website has the most up to date information on transport and accommodation, and other questions you may have.

We look forward to sharing your aspirations...  
and the opportunity of climbing with you in the future

the team @ aspiring guides

