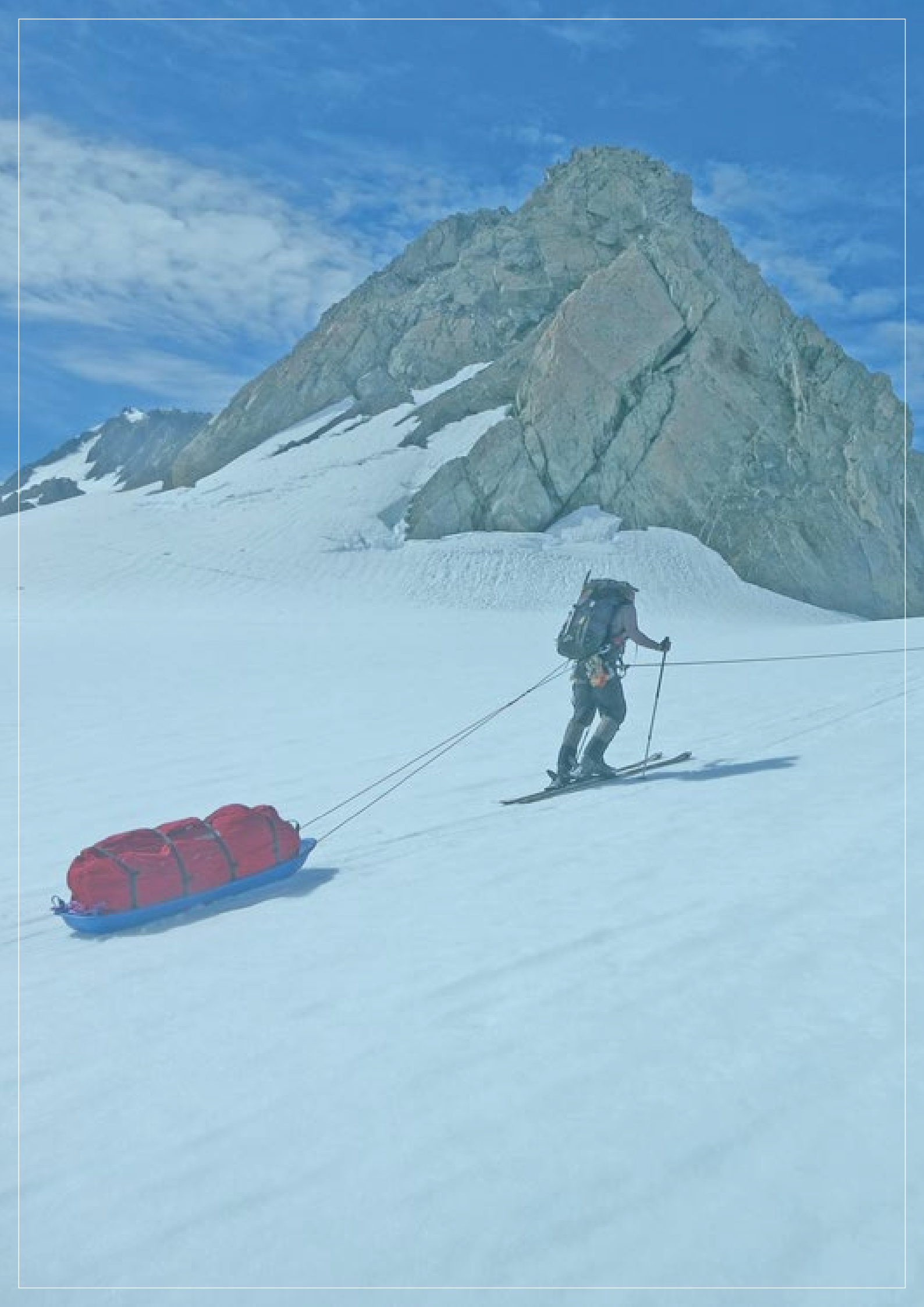




POLAR TRAINING COURSES

COURSE NOTES





POLAR TRAINING COURSE NOTES

COURSE DETAILS

Departure: ex Wanaka, New Zealand
Options: Pisa Range or Tasman Glacier
Dates: July to November
Duration: 4–6 days
Price: From NZ\$5,450

Departure: ex Chamonix, France
Dates: September to December
Duration: 6 days
Price: From €5,260

Departure: ex Reykjavík, Iceland
Options: Iceland or Greenland
Dates: February to March
Duration: 6–8 days
Price: From €12,600



▲ Make your polar dreams a reality! Photo: Andy Cole

Our Polar Training Courses have been designed to introduce you to the essential skills and techniques you'll need for an expedition to the ends of the Earth. These courses can target specific skills or encompass a more comprehensive syllabus, all whilst fostering a greater confidence in the judgment and decision-making aspects of polar travel.

Your guide will spend as much time as possible with you out in the field, travelling on skis, dragging sleds, putting up tents and sleeping in cold environments. You will learn skills such as food preparation, navigation, camp management and even how to go to the toilet in a storm! We can also cover equipment requirements and how to plan and pack for an expedition, which is popular with teams preparing for longer polar objectives.

With departures available across the globe you can find a suitable venue that maximises the 'polar' conditions found in different locations throughout the year. Our courses are run over 4 to 8-days and you can choose specific dates and durations that suit your own availability. Whilst each course is primarily based in the mountains, we do also introduce some planning and preparation components which can be undertaken in a 'classroom' environment.

Participants need not have any prior training, although confidence on cross-country skis will serve as a big advantage. We can arrange some training days beforehand if you are not yet a skier.

Whilst nothing can prepare you fully for the real thing, these courses present the opportunity to learn in a variety of terrain to develop essential skills for polar environments.

COURSE OBJECTIVE

There is a huge amount of information and learning required to operate safely in polar environments, as conditions can be so harsh that a minor period of inattention can lead to disastrous consequences. Our objective is to pass on the skills to enable you to safely partake in a polar expedition:



Options to learn in Greenland and Iceland. Photo: Einar Torfi Finnsson

- Solid planning and preparation skills
- Basic mountain/polar awareness
- Sound judgement of your own ability
- Strong decision making

Generally, someone coming through one of our Polar Training Courses would use it as preparation for an expedition such as our Greenland Crossing or North and South Pole Last Degree Expeditions.

Should you aspire to partake in self-sufficient polar travel, your level of training would need to be a lot more intensive. In that case, we recommend you partake in our Greenland training option or a longer duration course that we can customise to suit your requirements and timeframe.

No matter what training you receive from us, we strongly advise a progression towards the longer duration and more serious expeditions through a series of ever more difficult trips.

SKILLS COVERED

We endeavour to cover the following skills during the course:

- Planning and preparation
- Equipment requirements
- Route finding and navigation
- Navigating crevassed terrain
- First aid and health management
- Erecting tents and snow walls
- Camp management

- Glacier travel and self-rescue skills
- Crevasse extraction
- Weather analysis

NOTE: Participants may decide to focus primarily on one or two aspects of training to increase their skill set in that area. Factors such as weather and conditions may also dictate that some skills are not covered in full.

We are happy to arrange a programme to suit your needs. In some cases, a course can be scheduled just prior to departure on your polar expedition so you become completely immersed in the environment with a seamless transition from training to the event itself.

COURSE PREREQUISITES

The skiing component of polar travel is not very technical. The skis are used to slide along the snow and to stop you 'breaking through' the snow surface. It is a much faster mode of travel than going on foot. Having stated that, it is important that you have good balance on your skis and are familiar with the motion of skiing. Injuries could occur to those not, and any self-respecting polar traveller will make a point of learning the skill—Robert Falcon Scott decided against using skis on his journey to the South Pole with disastrous consequences!

If you are not already a skier, we suggest you arrange to arrive early and spend some time developing these skills. We can help arrange ski tuition.



Learn how to navigate in harsh conditions. Photo: Colin Montteath/Hedgehog House

OUR GUIDES

We engage professional and experienced mountain guides with polar experience to instruct on these courses. Adventure Consultants has a commitment to ensure the highest standard of instruction and guiding practices and we only employ guides who share our philosophy. Our guides will offer you the best possible learning experience, and a safe and enjoyable time.

Our guides are all NZMGA, IFMGA or IPGA internationally qualified.

THE ADVANTAGES OF JOINING AN ADVENTURE CONSULTANTS COURSE

This course has been designed by Guy Cotter who has been climbing and expeditioning for 40 years. Additional to his extensive record in New Zealand, his career has numerous high altitude expeditions and polar journeys, including multiple ascents of Mount Everest and other 8,000m peaks.

As an IFMGA Guide since 1991, Guy Cotter recognises the need for people to learn about 'climbing', and not just being taught the technical skills in isolation. This is not an easy task and requires experienced and highly skilled guides with good instructional skills to achieve. The guides at Adventure Consultants are recognised as amongst the best in the industry, with the ability to help you get the most from your time with us.

NEW ZEALAND COURSE

The course starts and ends in Wanaka, New Zealand, and can be operated in one of two location options:

PISA RANGE

In July and August, we operate in the Pisa Mountain Range or the Old Man Mountain Range close to our base here in Wanaka. Suitable terrain is easily accessible by road.

TASMAN GLACIER

From September to November, we operate in the high alpine glaciers of the Aoraki Mount Cook region, offering a dramatic landscape accessed by helicopter or ski plane. Here we can specifically focus on glacier

travel and crevasse rescue techniques. Terrain requires the additional use of ice axe and crampons and full training will be given in these techniques as well as rope work.

EUROPE COURSE

Departing from the easily accessible location of Chamonix, France this course takes advantage of the cold late autumn and early winter conditions found in the European Alps from September until December.

The mountains will be accessed by utilising local lift systems and accommodation mostly at serviced huts, with one or two nights spent in tents learning cold camping skills.

ICELAND COURSE

Departing from Reykjavík, Iceland, this course takes advantage of the Arctic conditions in the area over a 6-day period. Courses operate from February until March. Suitable terrain is accessed by 4WD road from Reykjavík, with the final course location varying depending on weather and snow conditions at the time.

GREENLAND COURSE

Also departing from Reykjavík, Iceland our Greenland Polar Training Course offers an excellent authentic opportunity to prepare for longer polar expeditions. We would strongly recommend this option for aspiring All the Way polar adventurers.

This 8-day course operates from February to March and covers polar travel skills in-depth. Teams will fly from Reykjavík to Kulusuk, Greenland with the course operating in expedition style on the Greenland icecap.

HOW THE COURSES OPERATE

In general, our courses start with introductions, where we discuss the outline of the course and begin our equipment checks, often introducing the basics of polar clothing and equipment as we go. We discuss what each item is, how it functions and what to do when it wears out or breaks! Being a good fix-it person really helps when you are thousands of kilometres from the closest store! You will learn what foods to take and we'll discuss the best way to pack your sled.



▲ Terrain differs greatly between the North Pole... Photo: Leifur Örn Svavarsson



▲ ...and the South, learn to tackle both. Photo: Andy Cole



▲ Learn crevasse rescue techniques. Photo: Andy Cole



Master tent etiquette for a happy team life! Photo: Maxime Poncet

Before long we make our way towards the mountains, or for those heading to Greenland, we fly to the icecap where we don our skis and begin our journey into the wilderness! We'll travel to a suitable location and establish our camp for the night. Factors such as wind strength and direction need to be considered and it's very important to manage your equipment well. Leaving something on the ground will likely lead to it being lost when it gets covered in snow overnight!

The next morning we're usually off into the snow with our skis on to continue our journey further into the backcountry. We'll travel to another good location to set up camp for the night. It takes some time and practice to become familiar with how best to establish camp and get ready for the night ahead. Courses based in Europe will spend one or two nights focusing on cold camping skills in tents and utilise the local serviced mountain huts for the remaining nights. While camping you will stay in tents with limited facilities, where you will be exposed to the elements.

We will spend parts of the day learning skills such as navigation, use of stoves, tents and sleeping systems. You'll also get many other vital pieces of advice that you will need in your quiver of knowledge, such as how to avoid frostbite and how to manage if it does occur.

Each day your journey will take you to a new location where you will need to become proficient at setting up camp and totally dialled with your gear. As you travel, you will be consolidating skills such as crucial navigation while you crank out the miles dragging your sled behind you.

On the final day, you will return to base, sort gear and have a thorough debrief. This may include discussion around a progression plan and developing a training program for your upcoming polar journey!

On longer courses, the curriculum may also move on to focus in greater detail on the skills required for independent polar travel, including crevasse rescue and glacier travel skills.

WEATHER

Please be aware that factors such as weather and snow conditions can affect the venue and time we spend in the mountains.

Courses are operated at a time of year that replicate conditions that may be encountered during a polar expedition and you can expect to encounter cold, snowy conditions.

EQUIPMENT

Venturing into polar environs requires good quality personal gear due to the potential extreme weather conditions. Our focus is on having the essential clothing and equipment, whilst keeping sled weights as light as possible for your comfort and ease of travel.

We will supply a full equipment list in preparation for your course and we hold a good range of modern rental equipment. If you will be renting equipment



Learn correct sled hauling techniques. Photo: Alexander Pancoe

from us, please advise your requirements in advance to ensure correct sizing and availability. Our equipment specialists are available to answer any questions as you prepare for your course.

FITNESS & HEALTH

To make the most of your training experience we encourage you to work on your fitness prior to the trip. If you can, prepare yourself by cross-country skiing or ski touring. If this is not possible you could consider arriving early to spend some time developing these skills.

You will find that training with a 20kg/44lb+ pack is good preparation for the mountains, with the aim of getting 'pack fit' and building your endurance. Your guide places special focus on fitness levels and will regulate the pace accordingly.

Our booking form requests that you advise us of any medical problems you may have and of any medications you are taking. Any information you supply will be treated as confidential.

FOOD

We place emphasis on providing nutritious meals and a good supply of snack food throughout the trip. If you have any special dietary requirements, please advise us at the time of registration. For special diets such as vegan and gluten/dairy free, we will call you to discuss your needs and how this will work in the group cooking situation.

INSURANCE

We highly recommend that you take out trip cancellation insurance. This is usually packaged together with your travel insurance and covers you for loss of deposit should you not be able to make the trip due to personal reasons or mishap.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. If you were injured whilst on the trip, there are very efficient rescue services nearby.

COURSE FEES

NEW ZEALAND COURSES

Pisa Range Option

The 4-day course fee, ex Wanaka, New Zealand is NZ\$5,450 (1:1 ratio).

Tasman Glacier Option

The 6-day course fee, ex Wanaka, New Zealand is NZ\$10,990 (1:1 ratio).

The cost includes:

- Professional IFMGA/NZMGA guide
- Hut fees
- All meals and snack foods whilst on the trip
- Group equipment such as ropes, tents and stoves
- Ground transport ex Wanaka
- Department of Conservation fees (37125-GUI)
- NZ Goods and Services Tax (15%)
- Aircraft access and egress *Tasman Glacier Option Only

The cost **does not** include:

- Accommodation in Wanaka
- Personal clothing and equipment
- Personal travel insurance & trip cancellation insurance
- Personal expenses e.g. laundry, gifts, alcohol etc

EUROPE COURSE

The 6-day course fee, ex Chamonix, France is €5,260 (1:1 ratio).

The cost includes:

- Qualified IFMGA guide
- Lifts as per the standard itinerary
- 5 nights hotel B&B on twin share basis including first night and last nights of the course
- Transport during course dates as per schedule
- Ropes and group technical equipment
- Breakfast and evening meals during mountain component of course

The cost **does not** include:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal equipment and clothing
- Evening meals during hotel nights in Chamonix
- Lunches
- Extra additional meals, snacks or drinks
- Insurance
- Transport to and from Chamonix
- Gratuities



▲ Learn from experienced and qualified polar guides. Photo: Dean Staples



▲ Preparation is the key to success on any polar venture. Photo: Andy Cole

ICELAND COURSE

The 6-day course fee, ex Reykjavík, Iceland is €12,600 (1:1 ratio).

The cost includes:

- Adventure Consultants polar guides
- All expedition organisational requirements
- All permits for the expedition
- 4WD Transport to give full flexibility of training areas
- 3 nights hotel accommodation in Reykjavík (3*), including breakfast
- Expedition meals ex Reykjavík
- Expedition equipment, including tents, stoves, sleds & harness

The cost **does not** include:

- International airfare to Reykjavik and return
- Personal clothing and equipment
- Personal travel insurance & trip cancellation insurance
- Personal expenses e.g. laundry, gifts, alcohol etc
- Meals in Reykjavik (except breakfast)
- Personal rescue/medical evacuation costs
- Any costs associated with leaving the course early

GREENLAND COURSE

The 8-day course fee, ex Reykjavík, Iceland is €13,900 (1:1 ratio).

The cost includes:

- Adventure Consultants polar guides
- All expedition organisational requirements
- All permits for the expedition
- 2 nights hotel accommodation in Reykjavík (3*), including breakfast
- Expedition meals ex Reykjavík
- Expedition equipment, including tents, stoves, sleds & harness

The cost **does not** include:

- International airfare to Reykjavík and return
- Airfare from Reykjavík to Kulusuk, Greenland and return (depends on fare class, €750 to €1200)
- Personal clothing and equipment
- Personal travel insurance & trip cancellation insurance
- Personal expenses e.g. laundry, gifts, alcohol etc
- Meals in Reykjavík (except breakfast)
- Personal rescue/medical evacuation costs
- Any costs associated with leaving the expedition early.



Learn to be self-sufficient. Photo: Andy Cole

NOTE: Please enquire for costs on longer trips and group prices. Prices are subject to change without notice.

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and accounts:

Bank: Bank of New Zealand
For the Account of: Adventure Consultants Limited

NEW ZEALAND DOLLAR PAYMENTS
Account Number: 02 0673 0043443 00
Account Type: NZ Dollars

EURO PAYMENTS
Account Number: 1000 594771 0002
Account Type: Euros
Swift Address: BKNZ NZ22

NOTE: All bank transfer charges are for the remitter's account.

We also accept payments by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

To confirm place on one of our courses, we require a completed online booking form and deposit payment of NZ\$500 for New Zealand Courses, €500 for Europe Courses and €1,000 for Greenland and Iceland Courses.

BALANCE

The balance payment is due 60 days prior to the course start date.

CANCELLATION & REFUND POLICY

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS COURSE

If you would like to join one of our Polar Training Courses, please complete our online booking form and forward your deposit payment at.

CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka 9343
New Zealand

Phone: +64 3 443 8711
Email: info@adventure.co.nz
Web: www.adventureconsultants.com



• New Zealand options include the Pisa Range or Tasman Glacier. *Photo: Adrian Camm*



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

