



# NEW ZEALAND ALPINE CLUB

## Summer Rock 2018 Climbing Instruction Programme

### Wellington Section NZAC

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**The Wellington section of the NZ Alpine Club has been running Summer Rock courses for over four decades. Our mission is to promote safe, fun climbing and to encourage new climbers. Our team of volunteer instructors includes certified instructors as well as climbers with lots of experience in NZ and abroad.**

#### **COURSE AIMS :**

- Providing you with an introduction to gear and techniques for safe rock climbing on single pitch, bolted routes, covering top rope climbing, abseiling, and starting to lead climb on rock.
- Helping you progress from indoor climbing to an outdoor climbing environment.
- Introducing you to North Island climbing - bouldering at Baring Head, and two great weekend trips to Taupo and Waikato crags.
- Introducing you to other keen climbers in the NZ Alpine Club.
- Note that trad-climbing and multi-pitch techniques are beyond the scope of this course.

#### **SKILLS TAUGHT :**

- Safe practice: knots, belaying, gear
- Top rope belaying and lowering
- Movement and efficient climbing
- Abseiling
- Top rope anchors
- Lead belaying and climbing indoors
- Anchor re-threading and abseiling
- Lead climbing on rock

#### **COURSE STRUCTURE :**

- Six nights at an indoor climbing wall in Wellington (Fergs or HangDog).
- A day trip to Wellington's beach-front bouldering at Baring Head.
- Two weekend trips to the best climbing areas in the North Island :
  - o Kinloch - a great crag on the shores of Lake Taupo, with a 5 minute walk from holiday home accommodation; and,
  - o Froggatt Edge in the Waikato which has volcanic crags with a wide range of routes for all levels.

## REQUIREMENTS :

- You must be a current member of the NZ Alpine Club. For membership details, see <https://alpineclub.org.nz/apply-for-membership/>
- Previous climbing experience is useful but not necessary.
- You will need to have your own rock shoes. We can provide harness, carabiners, slings, belay devices and helmets, but please bring your own if you have them. Email us for more details. We advise you strongly to wait or contact us if you intend to buy gear.

## COST, PROGRAMME AND REGISTRATION :

- The course costs **\$795.00** per student.
- The cost covers: accommodation and shared dinner for weekend trips, climbing gym entry for 6 nights; and access to Alpine Club equipment. Transport for the weekend trips is reimbursed to drivers.
- The course will run from **13<sup>th</sup> February to 25<sup>th</sup> March, 2018.**

### Course structure :

- 6 x Evening indoor training sessions (13/2/18, 20/2/18, 27/2/18, 5/3/18, 13/3/18, 20/3/18)
- 1 x bouldering day trip to Baring Head (24/2/18 - rain day 25/2/18)
- 1 x weekend outdoor climbing at Kinloch (9/3/18 - 11/3/18)
- 1 x weekend outdoor climbing at Froggatt Edge (23/3/18 - 25/3/18)
- The course is limited to **12 participants**. To register, email: [wellington@alpineclub.org.nz](mailto:wellington@alpineclub.org.nz)



Froggatt Edge, Waikato, Summer Rock 2012