



# MT COOK TREK

## ITINERARY



Climb up the Ball Ridge and confront the mighty Caroline Face of Aoraki Mount Cook. On this guided hike you will go as close as it's possible to get to Mount Cook on foot without actually being on the mountain.

The Aoraki Mount Cook Trek is an easier 2 day option compared to the Ball Pass Alpine Crossing. It is designed for people who want to enjoy a high alpine experience, but have limited time. This trek does not require the use of crampons or ice axe and packs are correspondingly lighter.

<b>LENGTH</b>	2 days
<b>GRADE</b>	D (Steep, rugged, untracked terrain with snow slopes)
<b>START</b>	Lake Tekapo, 30 Murray Place, 8.00 am
<b>FINISH</b>	Lake Tekapo, 5 pm
<b>DEPARTURES</b>	<p>November 2018: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29                  December 2018: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 27, 29, 31                  January 2019: 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30                  February 2019: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27                  March 2019: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19</p> <p>Join a scheduled departure or book a private or custom trip with dates to suit you.</p>
<b>PRICE</b>	<p>Period 1st May 18 - 30th Apr 19                  Adult NZD \$990.00                  Adult with 1:1 guide ratio NZD \$1,640.00                  Public holiday surcharge (per person) NZD \$100.00</p> <p>* A public holiday surcharge of NZ\$100 pp applies to any trip which includes a public holiday such as Easter, Christmas, New Year or the local NZ Anniversary Day. Please enquire if you're not sure if this surcharge applies to your travel dates.</p>

### "AN EXCITING TRIP"

*Great all-round package, and an exciting trip. Ewan and Jono were brilliant, they were personable, exuded professional competence, had fantastic tips and advice, and were a pleasure to spend time with. For some of our party, having access to borrowed equipment was very helpful.*

~ S. Prentice - New Zealand, March 2016

### "SUPERB"

*The relaxed, patient, warm, friendly style of guiding was superb. It was my first guided trip, and a great insight into the benefits it offers both newcomers and experienced trampers alike. I really enjoyed chatting to Elke and Paul about their decision-making processes, weather-prediction, technical tips, plant-lore and stories from the hills. And the food was phenomenal.*

~ N. Low - New Zealand, April 2015

# ITINERARY

## DAY 1 TEKAPO TO CAROLINE HUT

4-6 hours hiking

After an 8am gear check at the office, 30 Murray Place, Lake Tekapo, you are driven to Mount Cook which is about a 1 hour journey. You are then transferred to a 4WD vehicle and driven as far as possible up the old Ball Hut Road, parallel to the Tasman Glacier. The effects of glacial recession are very evident as you hike beside the lateral moraine. From Ball Shelter, climb 850m up the Ball Ridge to Caroline Hut at 1800m/6000ft, perched right opposite the awe-inspiring Caroline Face of Mount Cook. The panorama includes Aoraki-Mount Cook and Mount Tasman, all the mountains adjoining the Tasman Glacier, and Lake Pukaki.

As the hut is fully stocked you only need to carry some fresh items of food (e.g. bread, fruit, vegetables, meat) and your personal clothing and equipment.

## DAY 2 CAROLINE HUT TO MT COOK VILLAGE TO TEKAPO

4-5 hours hiking

There is an option to climb Fergun's Knob on the ridge above Caroline Hut before returning via the Ball Ridge and Tasman Valley. This time you have the 29km long Tasman Glacier stretching out in front of you to the north. Your descent route allows good views out over the ever-expanding terminal lake of the Tasman Glacier. During hot weather a refreshing swim in Blue Lake at the end of the hike is a great way to finish. You finish back in Lake Tekapo at about 5pm.



[ActiveEarthAdventures.com](http://ActiveEarthAdventures.com) [HikingNewZealand.com](http://HikingNewZealand.com)

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# LIFE ON THE TRAIL

## GRADE D

- Average 4-5 hours physical activity per day, up to 8-9 hours on longer days.
- Pack weights of 10-12kgs (22-26lbs) on some days.
- Altitude gains of up to 800m, (2600 ft).
- Some uneven track surfaces and river crossings.
- No multi-day hiking experience necessary.
- You need to be reasonably fit and enthusiastic.

Previous experience & agility: You need to be sure-footed, have good balance and have previous hiking, tramping or bushwalking experience. Crampons and ice-axe are not required.

## GUIDES AND SAFETY

All mountain and ski guides undergo professional training through the New Zealand Mountain Guides Association which has international accreditation with the IFMGA / UIAGM, the International Federation of Mountain Guides Associations. Each guide has extensive mountain experience within New Zealand and overseas.

## FOOD

All food is provided for you on the Mt Cook trek. A catering manager will prepare food: fresh fruit, vegetables, bread, quality cheeses and meats. Together with the gourmet skills of the guides, this ensures a consistently high standard cuisine. All snacks are included. Non-perishable food is stored at the hut. Because food quantities are carefully planned and prepared there is minimal waste to be carried out at the end of the trip and minimal effect on the environment. Please advise us if you are a vegetarian. Fresh produce will be carried into the hut as part of the group equipment.

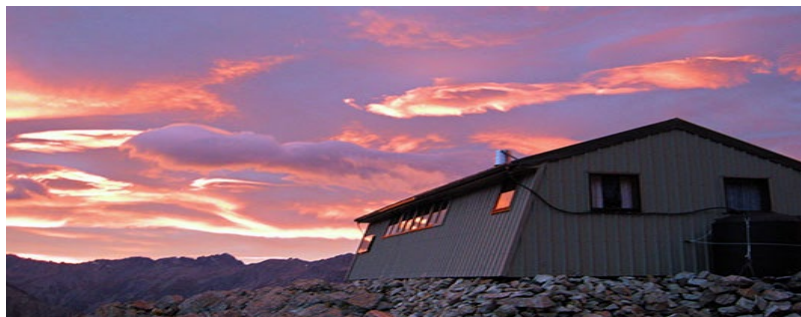
## TRANSPORT

Transport from the meeting point in Tekapo to the start of the Ball Pass Trek (Mt Cook) and return is included in the price. You will travel in a small minibus certified to transport clients and your guides will hold a passenger endorsement on their driver's license.

## ACCOMMODATION

Caroline Hut is the only owner-operated hut in Aoraki - Mount Cook National Park. The hut is for your exclusive use and guarantees your bunk space. Located in a spectacular high alpine setting it is outfitted with a wood-fired stove for heating, has solar lighting, and has full kitchen facilities with gas stoves. It has sleeping bags and is also stocked with non-perishable food. If bad weather forces a climbing course indoors, you are ensured of a private classroom, conducive to learning. Climbing crags, snow and ice fields are nearby, thus minimising travelling time and maximising learning.

Accommodation is required at Lake Tekapo before and after the tour. Please let us know if you require assistance booking.



## ADDITIONAL COSTS

There are no additional costs on the Ball Pass Trek. See booking conditions for Fitness Failure procedure.

Please note that on public holidays there will be a surcharge of NZ\$100 per person per Public Holiday day.

Minimum 2 participants, maximum 8 participants

### Price includes

Guide, hut accommodation, all food, transport ex Lake Tekapo, crampons, ice-axe, and all other climbing equipment and boots if required.

Meals and accommodation before/after tour are not included.

## BOOKING CONDITIONS

### Changes

The operators reserve the right to alter, amend or cancel any tour, should weather or any other situation demand this.

# LIFE ON THE TRAIL

## Liability

The operators and its agents finalise all arrangements for these tours upon the express condition that they shall not be liable for loss of life, injury, illness, damage, loss, accident, delay or irregularity which may be occasioned either by reason of weather or any defect in any vehicle or aircraft or through the acts of default of any company or persons engaged in conveying the passengers or carrying out of arrangements of the tours. All clients have to complete a waiver form before starting their tour.

## Payment

For bookings 4 or more months in advance of the departure a 25% deposit can be paid with the remainder due 65 days prior to your trip. For bookings within 4 months of the departure, full payment is required.

## Cancellations

More than 50 days before tour: Full refund less \$300 cancellation fee  
Between 50 days and 31 days before tour: 50% refund of the total trip price  
30 days or less before tour: no refund.  
No refund for any services not utilised after tour has started.

## Travel Insurance

We strongly recommend that you have comprehensive travel insurance

## Medical Conditions

When you book you must notify us of any medical condition, medical history, or medications that you are on. In particular, asthma, diabetes, heart conditions, anti-depressants, allergies to wasp/bee stings and food allergies.

## NOTES

### Fitness Failure

If a client needs extra services due to lack of fitness and inability to continue with the group, additional fees may apply. E.g. In the case of Ball Pass if a client overestimates his/her fitness to the extent that on Day 1 he/she is not able to reach Caroline Hut; or if the guide judges that the client is not fit enough to continue with the group, then he/she may need to pay an extra fee of NZ\$450, to cover the costs of an additional guide to evacuate him/her, and transport. Client will be liable for his/her own accommodation/ meal expenses outside the tour in such a case.

# PACKING LIST

## THE FOLLOWING ITEMS MUST BE BROUGHT BY YOU (THESE ARE NOT PROVIDED):

- personal underwear
- shirt (long-sleeved to avoid sunburn/keep cool)
- quick-drying (nylon) trekking pants or shorts
- sunglasses
- sunscreen/lipscreen
- sun scarf (optional) - for protecting back of neck
- personal first aid (please provide your own blister kit\*)
- toilet gear (minimal)
- drink bottle (minimum 1 litre)
- camera
- ear plugs

\*Compeed and Leukoplast are recommended, available at chemists

## THE FOLLOWING ITEMS CAN BE PROVIDED FOR YOU, FREE OF CHARGE, IF YOU DO NOT HAVE YOUR OWN:

- backpack of minimum 45 litre capacity
- hiking boots (well broken in, waterproof and sturdy with good ankle support)
- snow gaiters
- 2 pairs woollen socks
- polyprop long johns (thermal leggings)
- polyprop singlet and long-sleeved top
- waterproof trousers
- fleece jacket
- waterproof parka (with hood)
- gloves and overmits (polyprop gloves are good but you need warmer gloves)
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)
- ski/hiking poles