



3724m | Mt Cook National Park | Canterbury | New Zealand

Length: 6-7 days When: Sep – Feb

Investment: \$5700 NZD

Overview

AORAKI MT COOK – KNOWN AS THE CLOUD PIERCER IN MAORI TONGUE. AORAKI IS NEW ZEALAND'S HIGHEST MOUNTAIN

Sample Itineraries:

Aoraki Mt Cook (3724m) Fly in and walk out itinerary (6 days) \$5700 NZD Climbing via the Linda Glacier Route (Grade NZ 3+)

Climbing Aoraki Mt Cook, New Zealand (3724m) is most often done via the Linda Glacier and many people choose to fly to Plateau Hut at 2200m and use this as a good staging point. The Linda Glacier is a beautiful way to climb it and arguably the easiest, although 'easiest' is a very relative term in mountaineering. There is some serious objective danger on this route in the form of avalanches spilling down from threatening ice cliffs, known as the Gunbarrels. You will need to be fully aware of this danger and 'accepting' that it is out of my control if we are to attempt to climb Mt Cook.

Aoraki gets a NZ grade 3+, but to break it down, the mountain requires a lot of crevasse negotiation up to 3100m and is roughly grade 2+ to that point. The summit rocks is the crux with very steep sections of ice and rock. This crux section and the length of the day push it up to grade 3+ in overall difficulty. Parties can take between 11 and 16 hours to return to Plateau Hut.



Dawn near the summit rocks



The Linda Shelf, summit Rocks and Gunbarrels of Aoraki

Descent is via the same route, and egress from the Grand Plateau is usually via Cinerama Col and the Boys Glacier or Haast Ridge and the Freshfield Glacier. Each of these is a strenuous descent requiring strong leg and back muscles to negotiate crevasses, hard ice, glacial moraine and scree, taking 9-13 hours to complete. Fly out options can be arranged on the spot and helicopter or fixed wing flights can be shared with other parties in order to greatly reduce

the cost.

Details of your physical and technical abilities are required in order to be able to accept you on such a climb. Your climbing CV should show that you have good stamina, can handle a long day in technical terrain with a heavy pack.

Climbing another peak beforehand is a great way to gauge your abilities. Locally, the Anzac Peaks and Mt Dixon are good options although these two are very different in size and scale. A better option is to book a separate climb of peaks like Mt Aspiring, Mt Lendenfeld, Mt Haidinger, The Minarets, Elie De Beaumont or Mt Sefton. These are all classic climbs in their own right and just scratch the surface of the possibilities in the Southern Alps.



Ice Climbers in the Linda Glacier



Plateau Hut and the Grand Plateau

Walk in and walk out itinerary (7 days) \$6650 NZD

Climbing via the Hooker Valley to Middle Peak or Low Peak (Grade NZ 3 or NZ 3+)

Climbing Aoraki Mt Cook from the ground up without Helicopter support via the Linda Glacier is a great way to get back to basics, earn your place on the mountain and take on a great challenge. There are also other options that are climbed less frequently and have their own merits.

The Hooker Valley on the western side of the mountain offers an unbeatable wilderness experience, in fantastic isolation without the same objective hazard as the Gunbarrels above the Linda Glacier. The Hooker Valley presents some classic NZ mountaineering challenges, just to get to the hut or high camp. Depending on snow and ice conditions Middle Peak can be reached by negotiating the Upper Empress Shelf from Empress hut or via the West or Northwest Ridge to Low Peak and Middle Peak. A climb of any of these routes would take a minimum of 12 hours return.

The terrain between Middle and High Peak is not flat, or straightforward and a return trip along this section would take 5-7 hours. Climbing High Peak via Porter Col is usually reserved for trips where a high bivvy is planned and can be regarded as a truly remarkable adventure reserved for the very fit and very able.

Flying in or out of the Hooker Valley is not an option. This area is currently a no landing zone due to National Park landing agreements, and it makes this route that much more isolated and challenging. Details of your physical and technical abilities are required in order to be able to accept you on such a climb. Your climbing CV should show that you have good stamina, can handle a long day in technical terrain with a heavy pack. All trips are guided 1:1



**Aoraki Mt Cook Western Side from the Hooker Valley
Northwest Ridge, West Ridge & Hillary Ridge**

What's Included

Includes:

All technical equipment, guiding fees, all ground transport fees, accommodation, all trip food and energy snacks (organic, spray free, GMO free, homegrown and home baked where possible), National Park concession fees.

I am happy to cater to your food requirements in order to ensure you are properly fueled for your adventure. There are no extra charges for vegetarian, vegan, gluten free, dairy free or any other special dietary requirements.

First Aid Kit, Satellite Phone, PLB (Personal Locator Beacon).

Not included:

Helicopter access costs, personal clothing, mountaineering boots.

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