



# *Boeing Employees Alpine Society*

## *ICC Smith Outing*

### **Overview:**

This outing is meant to allow students to gain experience on rock and learn where their physical limits are in terms of route ratings. With luck, each student will be assigned one instructor to climb with each day. Climbing will be diverse and include single pitch, multi-pitch, sport, and trad routes. Students may be given the opportunity to lead climbs, but only if they feel comfortable doing it.

### **Learning Objectives:**

By the end of this weekend, you should be able to:

1. Efficiently follow and clean technical rock pitches.
2. Understand your physical and mental response to being high up on steep rock (exposure).
3. Better evaluate your ability to follow or lead a climb based on a guidebook rating.

### **Location:**

Smith Rocks State Park – Terrebonne, OR. (\$5/day per car day use fee – have cash on hand to purchase permit; if you stay at the SP Bivy area your fee includes park entry)

### **Directions:**

There are two main routes to Smith Rock (near Terrebonne, Oregon) from Seattle, via I-5 and via I-90. The whole trip is typically 6 hours driving time but you might want to add an hour for dinner along the way. An early departure from Seattle on Friday is good as we start early on Saturday morning.

Seattle to Smith Rock SP:

- [I-5 south \(could be heavy traffic during rush hour\)](#) (Google Map)
- [I-90 over Snoqualmie Pass to 97 South](#) (Google Map)
- Once in Terrebonne turn Left past the Redpoint climbing store (see map), across a railway after 150 yds and then left at the bottom of a short hill.
- Following signs for Smith Rock state park, take another left after about a mile.

To [Climbers Bivy](#) (Google Map):

- Located on the left just before getting to the Smith Rock parking lot.
- Running water, bathrooms and showers are available.
- Camping fee includes parking fee for the state park





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### **Weekend Agenda**

#### **Saturday:**

- 6:15 Meet at the Original Pancake House in Redmond for Breakfast
- 7:45 Be at Smith Rocks parking lot for instructor assignments and general info.
- 8:00 Go climbing.
- 5:00 Start last climb by this time (single pitch routes only)
- 6:30 Meet at restaurant (the Depot or Pumphouse Grill).

#### **Sunday:**

- 6:15 Meet at Original Pancake House in Redmond for Breakfast
- 7:45 Be at Smith Rocks parking lot for instructor assignments and general info.
- 8:00 Depart Smith Rocks parking lot for climbs with new instructor.
- 3:00 Start last climb before this time.
- 4:00 Head home after checking in with weekend coordinator.

### **What to Bring**

- ✓ All of your climbing gear including helmets and ropes.
- ✓ Lunches
- ✓ Breakfasts (breakfasts can be done in the Original Pancake House 3030 SW 6th Street in Redmond. It opens at 6am. (541-316-2515))
- ✓ Camping/bivy gear.
- ✓ Smith Rocks guidebook if you have it.
  - This can be purchased at [Red Point Climbers Supply](#) in town.





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### **Route Beta:**

Smith rock is probably one of the most famous and most user friendly rock climbing places in the world. As well as all the crazy hard routes that one reads of in the mags or views on the internet it also has a good selection of easier routes. In fact, these are often more popular than their harder cousins and develop lines very early in the mornings, so it's an alpine start or be prepared to wait. Personally I prefer to wait but unfortunately we're an alpine class, so guess what? The areas around Bunny Face and Cinnamon Slab get very popular.

The routes below are divided into two groups, single pitch and multi pitch. I have also tried to indicate whether the routes are bolted (B) or naturally protected (N), although I believe almost all the belays are now double bolted. Please try to do a selection of natural and bolted climbs.

On bolted single pitch routes you will often see the leader lead to the double bolts, clip draws into both and rope into draws, and then be lowered back down to the ground. The second then cleans the pitch, clips into the double bolts with a sling or daisy chain to their harness, and sets up a rappel by feeding the rope directly through the chains (or the special "fat" hangars). This involves untying the rope from your harness, then threading the rope through the chains or fat bolt hangers. They then rappel off, which saves wear on the chains (you may also see people reweave the figure of eight back into their harness and be lowered). However, care should be taken in doing this as it leaves the person swapping the rope over unprotected. It is recommended that students NOT be allowed to do this until they have sufficient experience. The instructor should perform the "swap-over", effectively top-roping the student when they second and then lowering them off. It is worth noting that rappelling halves the weight on the anchors when compared to lowering someone and is, in this respect, safer. Rappelling, however, can be the most hazardous part of climbing and double-checking everything before committing your weight to the rope is very important.

On most of the natural routes (and some bolted climbs where lowering would wear on the rope) the leader takes a belay at the top and brings the second up. They then set up a rappel and both rappel off. There will be no back up rope, so please do it properly.

The preferred method is to walk off - this requires no gear or technique other than some careful route finding in some cases.

Try to do a selection of bolted and natural routes and get the feel of where your current limit is. It is wise to climb a couple of grades below this on alpine routes. It is often feasible to set up top ropes on routes harder than you are comfortable leading by doing a simpler route off to the side. On a top rope you'll be surprised





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how hard you can climb, but remember, be careful how you set it up, there is no one watching that belay - always use locking carabiners and multiple backups if possible.

The following list gives some of the more worthwhile routes to be done, but there are others. The climbs on the Basalt Columns aren't listed here, so if the crowds are really driving you nuts it might be worth the walk. However, be warned that the grading here seems to be totally weird compared to the main area. I've done 5.7s there that feel a lot more like 5.10s!

But mostly - have fun!

### **Single-pitch Routes**

N=Natural protection, B=Bolted

5.4	N	Left slab crack	Dirty but easy
5.5	N	Right slab crack	Only just harder and still not too pleasant
5.6	N	Cinnamon slab	Quite awkward, take lots of big gear, especially for the top part. It does have a second pitch but isn't very worthwhile.
5.6	N	Left side beard	A short jamming crack, hardest at the ground. Possibly a good spot for a first naturally protected lead?
5.6	B	Easy reader slab	Good clean bolt clipping with a grunty hard to do elegant starting move onto the block.
5.6	N	Carabid	Easy but run out. Not recommended for student leads. You also need double ropes to rappel from the top.
5.6	B	How low can you go	A low angled slab after the first 15 feet makes for friendly climbing. A useful way to get to the top and set up top ropes on other stuff (eg rope de dope).
5.7	B	Bunny Face	A fine route with loads of holds and bolts. Can be extended to a 5.6 second pitch by climbing the slab to the right. Rap the route to get off.





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5.7	B	Dancer	Clip that bolt! Tricky moves at one-third height. Belay at the top and rap.
5.7	N/B	Out of harms way	Tricky for the grade at the bottom, friends very useful, and the top feels harder than it is. Thank goodness for bolts. It does have a second pitch but isn't very nice - best to rap from the bolts.
5.7	N	Bookworm	Tricky start, big gear can be comforting. Potential for second pitch in common with Bunny Face.
5.7	N	Lycopodophyta	A thinnish crack which takes good rocks but low angled so not too desparate. Potential for second pitch in common with Bunny Face.
5.7	N	Right side beard	A short jamming crack, hardest at the bulge. The site of a few incidents - Don't let novice climbers lead this pitch.
5.7	B	Lichen it	Another low angle slab. A higly popular learners route.
5.8	B	Jete	A user-friendly bolted climb with one short steep section, belay at the top and rap the bolts.
5.8	N	Lion's jaw	A fine exercise in gear placing, the crack was designed for rocks and friends, place as many as you can but save some for the tricky moves around the block at the top. Don't do the second pitch.
5.8	B	Hop on pop	A tricky start leads to easy climbing. Belay at the top and rap off.
5.8	B	5 gallon buckets	An easy intro to the steep face climbing - huge holds! Lower/rap from the double bolts.
5.8	B	Ginger snap	The short but steep wall to the right of Cinnamon slab has just enough holds and bolts!



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5.8	N	Rope de dope	The obvious crack up the face overlooking the river. A tad loose but a good top rope.
5.9	N/B	Revelations	A very nice climb up the arete. A top rope can be set up from here on several of the adjacent climbs, but beware, the 50m rope may well not reach the ground if you set it up in the wrong place. Also beware of this on rappels!
5.9	B	Helium Woman	A nice climb, with a long steep start and slabbier finish.
5.9	B	Ancylostoma	Thin but short and slightly easier at the top.
5.9	B	Light on the path	Quite hard for the grade with a boulder problem start, a long run out (although over easy ground) to the first bolt and a thought provoking finish.
5.9	N	Moonshine dihedral	A good jamming climb which is easier than it looks (just) but don't bother with the second pitch.
5.10a	N	Karate crack	A classic - best route of it's grade in the area! The scene of many a pumped leader who is not used to placing gear! Friends make this easier. Remember to place gear (small friends useful) for your second on the traverse.
5.10a	B	Pop goes the nubbin	Barely 5.10a, thin climbing past the second and third bolts takes you to easier ground above.
5.10a	B	Captain Xenolith	A series of thin moves to get off the steep section and onto the lower angled upper section can provide entertainment for the audience.
5.10a	B	Dances with clams	Reasonable climbing leads to a steep finish. Easy if you've been training at the gym.



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5.10a	B	Cosmos	Nice steep climbing and warm in the late afternoon sun if the east side is getting chilly.
5.10a	B	Phoenix	Recommended, the guide suggests a #3 friend could be useful and I seem to recall opportunities for other gear too.





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### Multi-pitch Routes

The first four routes here are often off limits due to nesting birds - so please do not do them if there are signs up indicating this. Check the parking lot bulletin board for route restrictions.

Despite these being fairly being short, multi pitch routes may take you a long time. Monkey face in particular has been known to take all day. Don't set off on these late in the day and check you know where the descent is before you get to the top! Take a copy of the topo - all routes are naturally protected.



5.6	Moscow	This route is best done early on a cold day and late on a hot day. It is also best done in two long pitches. The first up the boulder filled gully after the steep corner start to the impeding crack. Belay below (threads) or above on natural gear. The second pitch is very long (49m if you take the thread belay) finishing in a small corner after an ever widening crack. 4th class rock takes you to the top, but it is worth staying roped all the way and using running belays if nervous. The descent is found by taking the small path leftwards and then up and right to the ladder leading down from misery ridge.
5.6	Super Slab	This is supposed to be one of the best easy routes at Smith - and I've never done it! Anyone want to take me up?
5.8	Peking	A steeper and harder alternative to Moscow if you're feeling way honed! Start up the thin crack to the left of Moscow. Same descent as Moscow.
5.8	Sky Ridge	A fine looking route with excellent exposure! Scramble from the top of Asterik pass (rope advised for the nervous) to a small alcove at the base of the arete proper. The route starts up the crumbling arete but quickly moves onto more solid rock on the right with enough bolts to keep you happy. Move back left onto the arete again to end the first pitch on a small pinnacle. The second pitch moves up past two bolts to the fine airy traverse. The hand holds are huge, but remember to place enough gear to protect your second. Medium to big protection and ideally, friends. Finish at a boulder (thread belay) just



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		beyond the traverse and at the same height. The descent requires a double rope rap (bolts) from the col just to the west above the finish and then a single rope rap (bolts) to the ground (belay under small overhang). Make sure the leader has a camera for photos of the second coming across the traverse!
5.7	Spiderman	An excellent route probably best done in two pitches although you could make it three. The climbing slowly gets harder with one particularly awkward move just before the first belay. For the second pitch the thin crack is the best leading to an "easier than it looks" move at the roof. A #4 friend in the roof can provide the required confidence. A large Hex may also work. The descent is a walk off around to the right and down. Please try not to kick rocks on to climbers below.
5.7/A1	Pioneers route	This is the easiest way to climb Monkey face - and is well worthwhile. Allow plenty of time, whilst it is only 3 pitches (some do it in 4) the aid section can be time consuming. The descent is by an awesome rap from the block above the mouth cave. A second short rap takes you back to the gully. Get there really early if you plan to do it and allow an hour for the walk over Misery Ridge.
5.8	Pack Animal	A highly rewarding route up a crack in the face of the fourth horseman to small ledge and then a corner. Loads of scope for gear placement on the upper pitch. Big friends might be useful higher, but just about anything will go in lower and around the crux. The first pitch is a lot easier but risks a crater if you're not careful. To descend it's probably easiest to rap Cinnamon slab (one double rope from the top or two singles, first to the belay on cinnamon slab).