

## Free Rider Beta

Free blast rack – Al Cove . Leave 2 x #6 and 1 x #5 1 x #4 at heart ledges along with gallon of water and food for heart ledges to alcove climbing. Also leave your 60m tag line here. (put a note on them to leave them alone and the date) you can leave the nuts, second number 3 at the alcove.

Nuts , grey offset nut small, green offset nut small, blue and yellow offset nuts, red offset nut

Free Blast - black totum then doubles blue totum – 1. Single 2, 3. Nuts 1 x small grey offset nut, 2 x Yellow and Blue offset, 1 x large grey offset , 1 x large blue offset, 1 x red offset Take a micro traction for simul climbing. If your planning to simu climb Free Blast, take 16 - 20 draws. First pitch goes up to the base of the 11b slab ( you would need 2-3 micro tractions) also lots of long slings. Then Simu or pitch the two slabs and after the second slab pitch simu to the top. At the end of the 5.7 climbing the leader can straight away start the down climbing while the second continues up the 5.7 pitches at the top of free blast. Then continue down to the heart ledge and collect the tag line then tag it up and top rope belay down the second climber to heart ledges.

Total rack for the full route is basically a double set .3 – 3 with a single 4 #5,6 and purple green c3. Then the nuts. 14 -16 quick draws. 8 being 60cm slings, 8 regular. 2 x 120cm slings and 2 x cordalette's are handy. Double 6 is handy depending on how you feel on the Monster.

If your planning to stash at the alcove you can , leave the remaining cams 2, 3, 4. Also stash your haul bag with water, food, ledge etc. everything you need for 3 – 4 days on the wall above this point. Consider leaving a water stash at round table and the block along with some food to save the weight when hauling. If your confident in sending the enduro without much working. Climbing from the block to the top in a day is not so bad but it is tiring if you don't get the enduros first shot.

Strategy for gaining route fitness.

3 x climbs free blast to hollow flake ledge. Practice climbing it in the dark with head torch.

3 x climbs heart ledge to Teflon corner or Alcove.

2 x rap into round table and or base of the enduro corner and climb back out. Then 4 days to climb.

You would need about 26 – 30 days in the valley to manage that schedule.

Day one – ground – alcove , Day two rest, Day 3 alcove block Day 4 teflon, day five rest, day six and seven endure corners then top. Fix the route table traverse back to base of enduros and maybe the 11d hands on day six.

The below includes some extra nuts you can ditch once more familiar with the pitches.

## Free Blast

Pitch 1 – 2 Big blue OSN on ledge solo up the first easy crack, .5 , Yellow OSN, .5, .3, 1, .75, .3, .4, Blue OSN, .75, 2, 3.

Pitch 3 Black Totum, Green C3optional) (, Fixed Nut, then in corner .4, .5, 1. Walk right hand underclings, Reach high with left hand gaston then bump to jug, move right foot out and grab jug around the corner. 8 draws, single rack to #1.

Pitch 4 #2, Blue OSN, Yellow OSN, .5, Blue OSN, Yellow OSN, Grey OSN, .75, Pin, Offset #3 cam, 1, .4

Pitch 5 Blue OSN, .4, Yellow OSN, 2, Blue OSN, Red OSN, Save yellow offset nut for below the roof and then a good purple totum at the roof. Panic draw for clipping the first bolt then take it off and use again higher up. All draws. Back clean the second bolt and third bolt to reduce rope drag. After the small roof step left and clip the first bolt. Move low and right at the first crux. Then at the second crux a high left foot on a good hold allows you to reach up a good hold. Reach back down after this to clip the bolt. You don't actually follow the bolt line when free climbing.

Pitch 6 All draws and large grey OSN or small cam .4ish. Move left to use the side pulls (don't get sucked out right to much). At the crux climb up high and slightly right to clip the pin before stepping down and then crossing over low for the crux move. The move is essentially a step through with the right foot to reach a good undercling next to the pin before moving down and left.

Pitch 7 .4, .4, .3, .5, 2, .75, .3, Blue OSN, Yellow OSN, Black Totum, .5, .75. Belay was the big grey OSN and numbers 3 & 5 Offset cams. If simu climbing you need to run this one out and long sling everything thing until you turn the roof on the next pitch.

Pitch 8, fixed gear under the roof leads to a yellow OSN and the crux, reach high over the lip to get sloper then bump to crimps with the left hand, turn right side in, step up right foot on nubbin and left foot pushing off wall bum into the corner. move feet up, bridge and knee bar until you can get a hand jam in the chimney. Long pitch belay off two fixed pins on ledge 60m.

Simul climbing pitches 7-8 is worthwhile as it saves a hanging belay. Use 120 slings below and in the roof plus lots of 60cm slings to cut the drag, put the micro traction on once in the chimney. Have the second take on coils so that you have 50m between the two climbers.

Pitch 9 – 10 easy simu climb take most of the rack.

Pitch 11 – easy down climb. Start by climbing out right (climbers right) Belay mid height on medium nuts i.e yellow / blue offset size. You will have to leave these there so bring extra if planning to do that. Otherwise rap to heart ledge.

Pitch 12 .4, .5 (then back clean these once you have gear in the first crack leading up to the roof) .3, .5, .75, 2 to back up the fixed pin, bolt. Left hand side pull, left foot smear, right foot goes on high nubbin, right hand crimp then move to pinch on the arete, bump the pinch to a better pinch, bump left foot and left hand to the crimp and punch to jug with the right hand. .3 .4 (then unclip the draw on the bolt) .4, red C3, 3 x fixed gear. Long sling all gear and maybe 120cm slings under the fist roof.

Alternate beta that I swapped to there are three possible left foot holds. I used the middle not the now blackened one. Step up to the right small nob and side pull / crip to an arete pinch then left crimp and onto jug.

Pitch 13, easy . easy a .5 to protect the move to the belay.

Pitch 14 move down and left off the belay on good feet, then step left and gain the second crack, layback down moving into the main corner. Long down climb 32m then easy traverse into the hollow flake. #6. Clip the tag line on a lever biner and the main lead line on a quick draw.

Hollow flake take gear across at half way when climbing back up. This means the leader tags the gear over as they are starting to climb back up the actual hollow flake and leaves it clipped on a ledge. This allows the second to downclimb with no gear then the leader tags the gear up when the second reaches it.

Put your knee pad on the right knee for this pitch and tape right ankle.

Pitch 15 – 16 Link in one long 65m pitch. Green small OSN, Yellow OSN, .3, Red C3, .5, .4, 2, 3, 1, .4

Pitch 17 – 18 link up to the base of the ear or if feeling good right to the top of the ear (rope drag might suck though) pin, pin, .bolt, .4, 2, .4, 2, 3, .75 doubles .5 – 1 might be useful.

Pitch 19 – Ear, single .75 – 5. Long sling everything and clip the bolt when exiting the ear. Face out. 2 – 3 x fixed pins.

Pitch 20 Monster, look for a black or blue totum placement above the belay to protect the down climb step low and undercling to jug, then right hand side pull and punch left to the offwidth. Walk number six until you can sling a horn with a 60cm sling (take two one as the sling one as the quick draw) continue to walk the six to the bolted belay. (if breaking the pitch in two) walk six above the bolts then leave, where it narrows, walk final six to the top. To exit the ramp a .75 and a 2 are handy or just run it out.

Pitch 21 short to alcove and can be linked into the next pitch to top of the spire. 1 x #5.

Pitch 22 alcove to top of spire. Single set cams to 3.

Linking alcove to offwidth. Double black Totum to 3 c4 single 4-6 nuts could be used but not essential handy for the second half. Use the six low down save 5 for higher up. Right side in the change as soon as you can bridge and go left side in. Full rack including nuts. 60m from top of pitch into alcove.

It is a 70M haul from the Alcove to the top of this above offwidth pitch. Then another 70M haul to the base of the Sewer and a 55m haul to the block.

Pitch 24, doubles .5 – 2 1 x 3, 1 x .3 if hauling use belay at base of the layback otherwise move left to the base of the Teflon corner. 30m

Pitch 25 11b to base of Teflon corner, Doubles Green C3 – 1 single 2. Double yellow OSN.

Pitch 26 Teflon corner Teflon, use the right hand pinch to help you mantle the flake. right foot up to hold left foot into the left wall. Turn your right foot to back step a little as you move it onto the second hold. Then continue to make a wide bridge while stemming. As you move past the second bolt move out to the arete to a good foot hold and side pull. You can place the small grey offset nut off a good knee bar then a yellow totum followed by a pin, green red and purple totum. The panic draw is good for clipping the first bolt.

9 nov sun hits 805 on the Teflon from the alcove we were fixed to the base and woke up 3am juggled to the base 520 40 mins to jug up.

Pitch 27 Link sewer to block. Long sling everything, Double set .3 – 4 save 3, 4, 1, .75, .5, .4 for the last part after the roof.

Pitch 28 Pitch above the block, doubles rc3 – 3 and nuts. Just before the step across after the loose flakes you can get some good gear in a crack high to the right. Make sure you 120cm sling all the starting gear before any traverses otherwise the rope draw is horrible.

Pitch 29 Enduro – doubles to 3 a single 4 can be used as well. Nuts. (need to refine the rack on these two pitches). Pitch 1, Jam then straight in finger jams, once these stop change straight to right hand up laybacking and punch to the anchor. Pitch 2, Knee bar through the first section, then jam and layback, bridge rest then jamming and laybacking to the top.

In Nov the sun hits the Enduros shortly after 9.

Enduro pitch 1. First enduro 4 , 3 , 1 , .75, 1 , nut large grey off set nut red off set nut largely( you could use .4 .5 or .3cams in this section ) then blue totum then yellow offset nut finally .75 in the hand jam slot. Could place a two as well but it covers the jam a bit. Keep right hand up as you move through the finger jams crux. Then the final finger jam before you move for the hand jam is left hand up. At the jam. Bridge rest and move to left foot knee bar. Bumping right foot up some small face holds. Reach the jug with the right hand then climb to top looking for key right foot holds on the face. It is probably easier if trying to onsight this pitch just to take a double set of cams and forget about the nuts. But save a .75 or 2 for the hand jam slot after the finger crack crux.

There are several bridging rests as you move through the finger jams. Look for small feet in the left to take advantage of those.

Enduro 2.

Second enduro knee bar up to good #2 placement then continue to knee bar until you reach the second fixed nut approx 10m up. From here a combo of finger jams and some lay back moves until you reach a good bridging hold and finger lock. Then move up to the hand jams climb the crack straight in using finger locks and good bridging rests. Use upper cut style hand jams at the top and stop left to bridge on the left crack. When we did it this pitch had many fixed nuts. You just needed double 2 camalot and a .75 , 1

Nov enduro full sun by 1030

Pitch 31 Traverse - .5 off the belay then fixed cam, back this up with a red C3, Move up and left don't go to low. Jugs then fixed sling (take a back up if no thread there) #3 in big pod, Green C3, Pin, .75 then 2. Move left and low at the end is easier than straight up.

5.12 traverse .5, black Totum to back up fixed cam. Side pulls under cam pop to jug. Thread. 3c4 in pod. Pin. Then .75 after the jugs to protect the top out.

A second option for protecting the first moves is above the initial big jug before you down climbing A .75 allows you to protect the traverse and do that move on top rope climb up above the big jug before stepping down and don't clip the low fixed cam if you do it this way.

Pitch 32 11d tight hands, full double rack .4 – 3 single 4 Save big cams for below the roof in the fist crack. 35m single .3, Basically start with your 1s, then 2s, 3s, 4, .75 under roof before turning the corner, then smaller cams to anchor.

Alt Beta for 32 - Round table 11d. Doubles .4-2. Can be done with double 3 single 4 or save your 3 for after the pod. and go single 3. .can put a .4&.5 at end of offwidth. 75 under roof then .5 and .4.

Pitch 33 – 60m starts with fingers and tight hands then offwidth and then chimney. Finger crack before Scotty burk. Doubles yellow totum to 1. Singles 2 3 4. Maybe a single .3 as well. Left side in Scotty Burke left side in and left foot in deep and foot jam. The difficulties ease quickly after about 5m at the start of the offwidth. Save a 3 4 and 5 for the top of the pitch after the offwidth.

Pitch 34 – Link the tight hands into the chimney pitch or break up. Back clean pins in the chimney , helmet off. Doubles .4 – 1 save a 2, 4, 6 for the exit of the chimney. Long sling everything 40m pitch. Back clean all cams at the start then .3, .4 and slowly the crack gets bigger don't place to many cams on the slab. Hard traverse into the chimney. Throw up a left heel hook to help get up and in. then right side in I think.

Pitch 35 easy to top 35m.

Other tips and tricks.

For working some of the pitches, consider having two micro tractions and the person just does their own belay with those, put the top one on a elastic chest harness to help it keep up and tight on the rope. Saves your partner having to belay when working pitches.

If you can be bothered carrying an extra rope up to the block it will allow you to fix down to the Teflon and up to the base of the Enduro corner allowing you to work both pitches without having to reascend the pitches to get to them.

If your feeling good on hollow flake then put your sixes and water on hollow flake ledge.

If your feeling good on the ear you can leave the 4 and 5 up at the alcove with the other gear.

No five needed on the monster unless you want to protect the exit moves

Possible to reduce the free blast rack and the rack to the alcove to a single 1 cam. Also single black totum. Leave second black totum at alcove

It would be possible to leave the 3-4 on hollow flake as you don't need them on the pitches below.

Down climb from mammoth clip tag stashed at heart to rope then belay the second down and then pull the ropes.

Muscle milk is good for a protein drink on the wall.

10 lockers and 10 spare snap locks for portaledge camps and clipping dry bags etc.

10 – 15 dry bags for sorting gear in the haul bags.

Pully hauling system , wall hauler, 2 x pully's 7 -9 feet of cord and your two jumars.

When hauling from alcove. 70m then 70m then 55m takes you to the block. Haul in 3 pitches. From alcove to top of the offwidth then from there to base of sewer. Then block.

U can fix from the block to the base of the Teflon belay with a 70m rope.

Sport shoes for Teflon and the second enduro work really well. Consider having two pairs of tc pros one for working the route and another pair for when you send. The Offwidths will trash your shoes while practicing the pitches.

Pitch to enduro. Double set nuts from small silver. Off the first ledge a 2 and 3 ( put a long sling 120 on them ) Not needed all but double set of cams black totum to 2. Single 3. Lots of long slings.

Just before the last step over really good blue offset nut in the crack on the right long sling it (120 )

Top rap is 30m. When rappelling in from the top of the route. I.e a single rope rap. If rappelling down to the round table you need to place gear on all the pitches to avoid getting stuck in space. The raps traverse and are steep.

2 x 70 and 1 x 60 are great for fixing and working pitches with a tag line and small day bag for your actual climbing.

Full length gloves worn all the time outside of climbing and hand cream morning and night.

Shit in your freeze dry meal bags and put in some gallon bottles bring tape to close

4x baby wipes per person per day use after for toilet paper

For rapping with haul bags. Dock with adjustable daisy and then put a back up sling.

For rapping a big traverse i.e the Hollow Flake with haul bags, send one climber first with the hauling gear and the tail of the haul line. Then lower the bags down while they haul them into the anchor.

If working the route an 80m rope will allow you to rap from the top of the Teflon back to heart ledges.

60m , 7mm tag line is good for tagging hauling rope and gear along with doing the hollow flake down climb. Clip a leaver biner to the anchor to do that. Then untie from the tag line once you have done the down climb and continue up on the lead rope.

Take a power pack or a solar the solar panel or solar panel as well if spending a week. All bivy's have cell reception except the round table.

1 x medium gas can was fine for 7 days or less. A small gas can lasted us until the morning of day 6 so if your just doing dehy and coffee then a small can would be fine.

2 x small walkie talkies. These are really useful for the round table traverse.

70m ropes did work well for linking some of the pitches , hauling and fixing. You can fix from the round table to the base of the endure corners. If rapping in go down salathe, it was possible to get over from the round table but a bit of a mission. The salathe rap takes you to the base of pitch one on the endure corners. A 70M static and a 70M lead line gives you the best fixing options. A 70m rope fixed from the block takes you right to the Teflon or Boulder belay.

60M rope you can fix from the round table to the base of the endure corner. This can be a good plan if you send the endure and the traverse then fix from the round table to finish off the route the next morning. You need to trail a rope do to this though that is tied into the base pitch of the Enduro Corner or you won't get back when you rap.

Good bivy spots with porta ledge Hollow flake ledge (sleeps 2 without ledge) alcove (sleeps many without ledge) , base of teflon ok with ledge position left of the belay bolts on cams in the corner, block can take two porta ledges and sleep 2 without ledge. (stash bag above the block about 10m up on a small ledge if leaving them there need nuts for the belay if leaving bags there) Round table ok bivy spot for one with no ledge could accommodate two ledges well. Also an ok ledge at base of endure corner (not for sleeping without a ledge though).

If your rapping in to stash a bag, leave four - five day bag at the block and two day bag at alcove with galon stashed on heart with the 4,5,6 cams. Check that spring is running or your won't be able to fill up water on the top.

If the monster has a fixed cam or two in it you can pitch one of the six's. i.e full rack is basically single set of off set nuts to yellow. Double cams black totum i.e red C3 – 3 single 4,5,6 and single purple and green c3. Double 6 can be useful for the monster as it allows you to walk one and leave one as a runner. No number 5 needed on the monster.