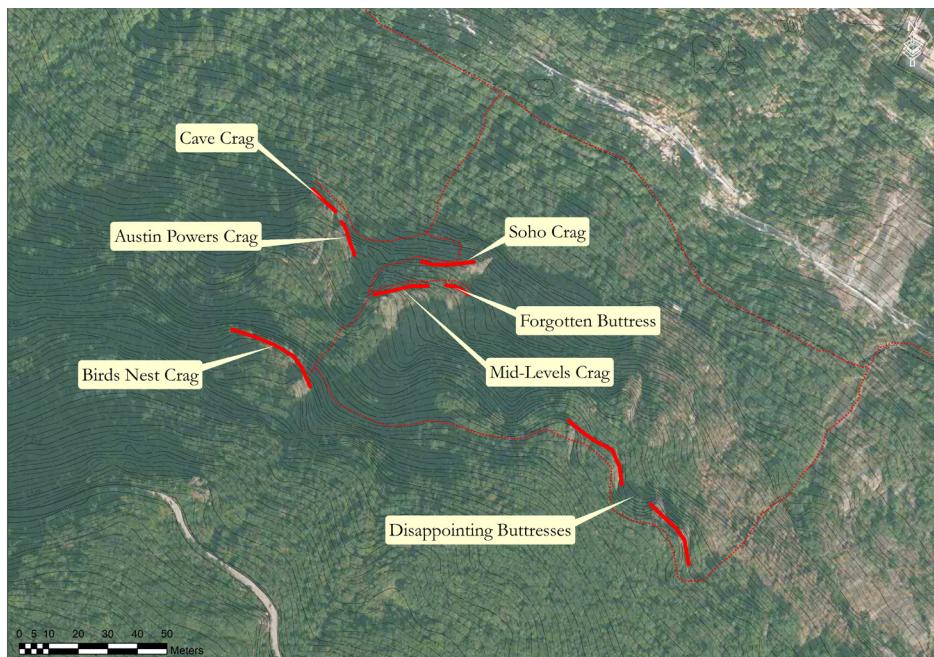


CENTRAL CRAG



Colin Gailey on Bladerunner (F5)
Photo: Stuart Millis



GENERAL

A mixed bag of single and multi-pitch traditional and sport climbs on a series of small crags dotted around the hillside directly overlooking the Mid-Levels area on Hong Kong Island. The climbing is typically at the more user friendly end of the scale and generally on sound rock. The relative ease of access, predominantly amenable grades and good quality of routes are sure to make the crag popular.

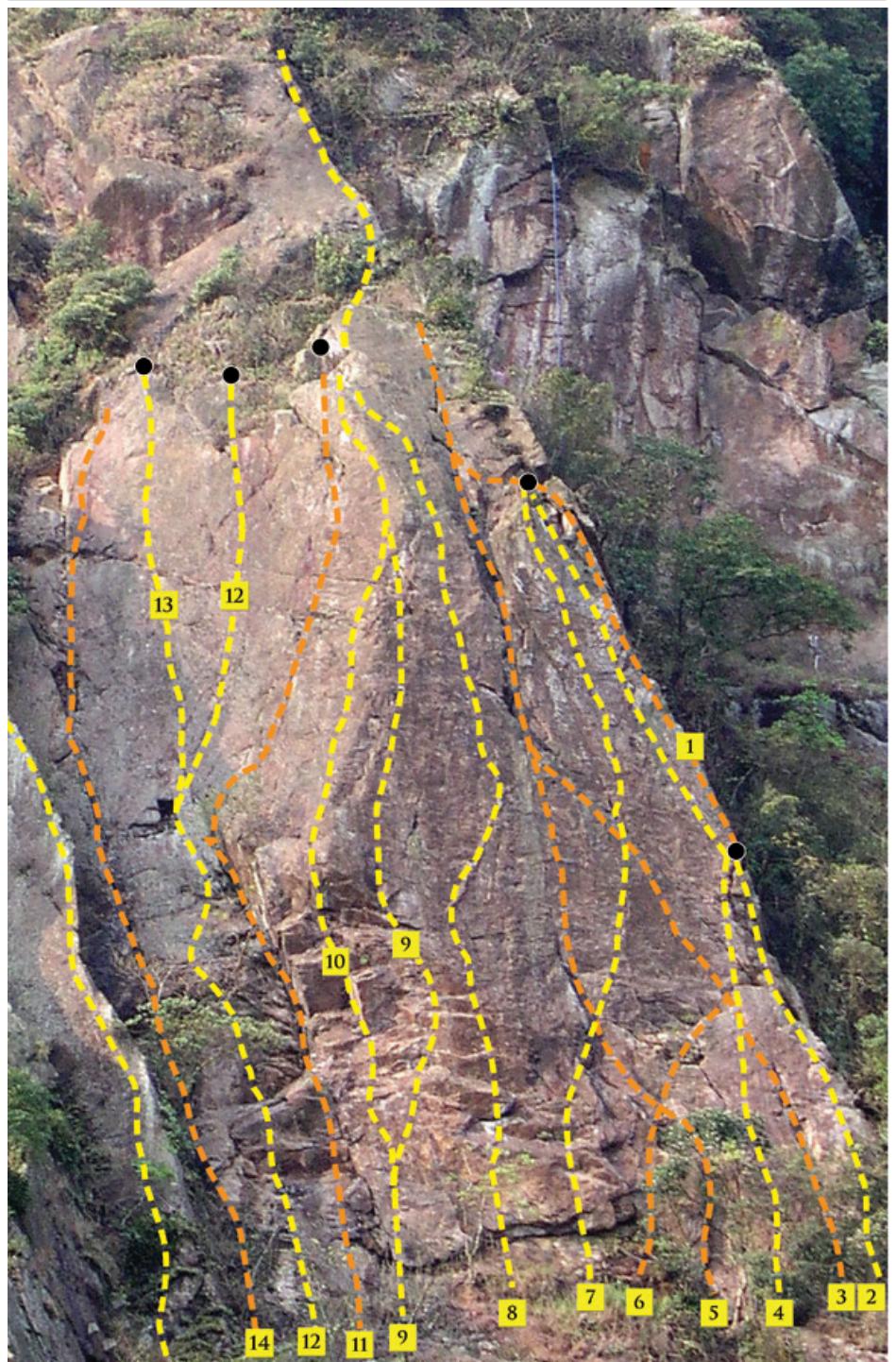
APPROACH

The crag can be approached from either the end of Po Shan Road or the end of the vehicular part of Old Peak Road, where Tregunther Path meets it. If coming from Po Shan Road (the more popular approach) then ascend the maintenance staircase on the slope at the end of the road to join a dirt footpath above and head left along this. From the end of Old Peak Road turn right onto the other end of the same path, past a small sitting out area, and follow this.

The approach line to the crag is reached after about 15 minutes walk from either direction and is marked by the words 'Central Crag' painted onto a boulder in a drainage line and a small yellow thread dangling from the tree above. Follow the drainage channel upstream for 5 minutes until you reach the base of a small cliff. From here you traverse either right to Austin Power Crag and Cave Crag or left and then up the fixed rope to reach the base of Soho Crag and access to the other crags beyond that.

Stuart Millis strolling along Peel Street (F6b)
Photo: Simon Carter (www.onsight.com.au)





SOHO CRAG

(1) Botanical Gardens * S

From the belay ledge at half crag height amble up the wall and upper right arête of the crag. Best combined with an ascent of Staunton's Cafe. The climb can also be approached by climbing a trad line, Aviary (Hard Severe) that starts 2 m right of the tree at the top of the access rope and follows a wide shallow groove to the midway anchor.

F.A. BenJack Phillips & Ed Pramuk (2005)

(2) Staunton's Cafe * F4

Start at the far right hand side of the crag and climb the right arête to a belay at half height, or better yet, push on through up Botanical Gardens to the lower off at the top of the crag. The climb also forms an easier alternative start to the climb, Lan Kwai Fong, about F5.

F.A. Phyllis Hsia & Ed Pramuk (2005)

(4) Lan Kwai Fong * F6a

Start just right of the curving flake near the right end of the wall (just above the fixed access rope). Tricky moves up the initial wall leads to pleasant climbing up and towards the arête. From the belay station push on through to the top of the crag, as for Botanical Gardens.

F.A. Ed Pramuk and Tom Chew (May 2005)

(5) Centraline *** F6a+

Start up the curving flake at the right end of the crag and follow this up to the base of a very thin crack line splitting the wall. Place some gear and move up a short way to small notch that swallows the last good gear you'll get for a while. With heart in mouth, launch up the extremely thin crack above (micro-wires can be placed for those willing to hang around) using an assortment of small nubbins on either side until you reach a good ledge jug and your next decent gear placement. Follow the crack line above this, which eases considerably in difficulty, to the top of the crag. Those lacking in moral fibre can clip the bolts nearby routes but this reduces the challenge, difficulty and any credibility you get for an ascent!

F.A. Tom Chew & Ed Pramuk (Jan 2006)

originally climbed on gear.

(6) Thunderbolt * F6a

This meandering route, with classic start and scary traverse in middle section, is essentially a slightly easier scenic detour of "Centraline".

Pitch 1 (5a, 25m) - Start on flake as for "Centraline" but turn up and right when possible, following an easy slab out right to join Lang Kwai Fong where a distinctive thin crack zig zags sharply back left. Move up a diagonal crack at first before traversing back left (run-out) to join the main crack of Centraline, where a traditional belay can be rigged above the bulge.

Pitch 2 (V Diff, 22m) – Jam up the crack above and scramble at low angle to the high anchor. Better yet, skip the belay and push on to the top of Centraline in one pitch.

F.A. Tom Chew and Chen Fan (2006)
originally climbed on gear.

(7) Peel Street *** F6b

The route of the crag and a trip up this climb alone makes a visit to Sobo Crag worthwhile.

Start up the steep wall to the left of the curving flake, at the start of the thin walkway traversing the base of the crag. Make big moves on good holds up the steep wall and then trend slightly right as the angle eases off, crossing over Thin Line, to reach a steep blank looking wall where the real fun begins. Search for holds and set up the delightfully intricate face, aiming for the sanctuary of the lower off at the top of Lan Kwai Fong.

F.A. Tom Chew & Ed Pramuk (2005)

(8) Centralasaurus ** F6a+

Start in the centre of the walkway beneath the main wall. Steep moves up the initial wall lead to an easing of the angle and the start of a spine like feature. Snake your way delicately up this until tricky moves past a good jug brings an easing of difficulty on the slabby wall above. The climb shares an anchor with the following three routes so expect a traffic jam if the crag is busy.

F.A. Dan Hannah and Ed Pramuk (2005)

(9) The Escalator * F6b

Awkward moves up the bulging lower wall leads to tricky moves to get through the small overhanging. Continue up the interesting wall and arête above (climbed on its right side) to reach the lower off at the top of the crag.

F.A. Emman Lacoste, and Ed Pramuk (2005)



Stephen 'Geordie' Yip on Centraline (E1 5a)
prior to its (approved) retrobolting.

Photo: Stuart Millis

(10) Scaremaster ** F6a+

Eas when you know how, desperate until you figure it out.

Start up the bolted thin crack at left end of the wall and establish yourself beneath the small roof and arête. Search frantically for any good holds above the roof before quickly yarding your way up to the security of the steep slab above. Follow the delightful arête above on its left side, clipping bolts around the corner on The Escalator, to the top of the wall.

F.A. Tom Chew and Ofer Fishler (2005)

(11) Old Bailey ** F5

Start up the scrappy crack and corner at the left end of the wall. Follow this, passing an in-situ tree and wasps nest, to just before the crack closes out. Reach up and round the arête to search out a good hold and swing around the arête on to the slab above. Compose yourself before searching your way up the exposed slab above, following an intricate line.

F.A. Tom Chew & Ed Pramuk (2005)

originally climbed on gear.

SOHO WEST

Soho West consists of a 10 m high wall that can be accessed by following the fixed ropes up the gully to the right of "Botanical Gardens".

(1) F3

Start near the large tree left of "Castle Steps" and climb the low angle slab before continuing up the arête. Shares the last bolt of "April Fools".

F.A. Tom Chew & Ed Pramuk

(2) Castle Steps - Severe

Start in the left corner of the crag at a small gum tree. Climb the shallow slab to the intersection with the rear overhanging wall and protection in the seam. Pass over a small overhanging protrusion in the middle of the wall above and finish up and left to the high bolted anchor atop "April Fools".

Ed Pramuk and Jason Eng (2004)

Several un-named and unbolted projects (please leave them this way as there's plenty of trad protection) have been cleaned and developed on the upper wall of Soho West, to the right of "Castle Steps". The top anchors for (a) and (b) can be used for top roping by traversing across from the top of "Castle Steps".

(a) V Diff

Start as for "Castle Steps" but veer straight up by reaching right for blind placement in a vertical crack that quickly turns diagonally right, then back vertical to a small tree on nose above. Bolted belay on right facing wall.

(13) Club 64 * F5

Looks can be deceiving. The scrappy looking narrow wall left of the crack appears unworthy from the bottom yet provides surprisingly fun climbing.

Ascend the bulging lower wall with good holds appearing just when you need them. Trend slightly right in the upper part to breach the bulge at the top of the crack. Thin absorbing climbing up the slab above soon eases in difficulty bringing better holds and the top of the crag. The top slab can also be climbed further to the right (Route 12) at a similar grade.

F.A. Ed Pramuk & Phyllis Hsia (2005)

(14) Ming Dynasty F4

Start at the anchor at the far left side of the main buttress. Climb left and up onto a ledge with a tree.

Ascend the prominent grotty crack (sounds nice doesn't it!) up the left side of the narrow wall before joining a long diagonal crack system that runs parallel to the left side gully. Move right and head directly up the most prominent vertical crack to the top of the wall and a belay station.

F.A. Tom Chew and Ed Pramuk (2005)

originally climbed on gear.

(b) Cave Dweller **

A mixed climb with one bolt protecting a difficult first move up to small protrusion. Then into vertical edges for layback up to big cave. Climb the dramatic crack out, over, and up to bolted belay.

(c) Overhanging Cave Crack

Very short severely overhanging crack right of "Little Bastard" with foot stemming. Needs cleaning bad.

(d) Round About F4

Follow the trail up right side of Soho Crag and stay to the right. Climb the bolted route on the far left from a small belay area. Allows easy access to top of "Easter Sunday" or to "Castle Steps" and the trad projects.

F.A. Ed Pramuk & Phyllis Hsia (2006)

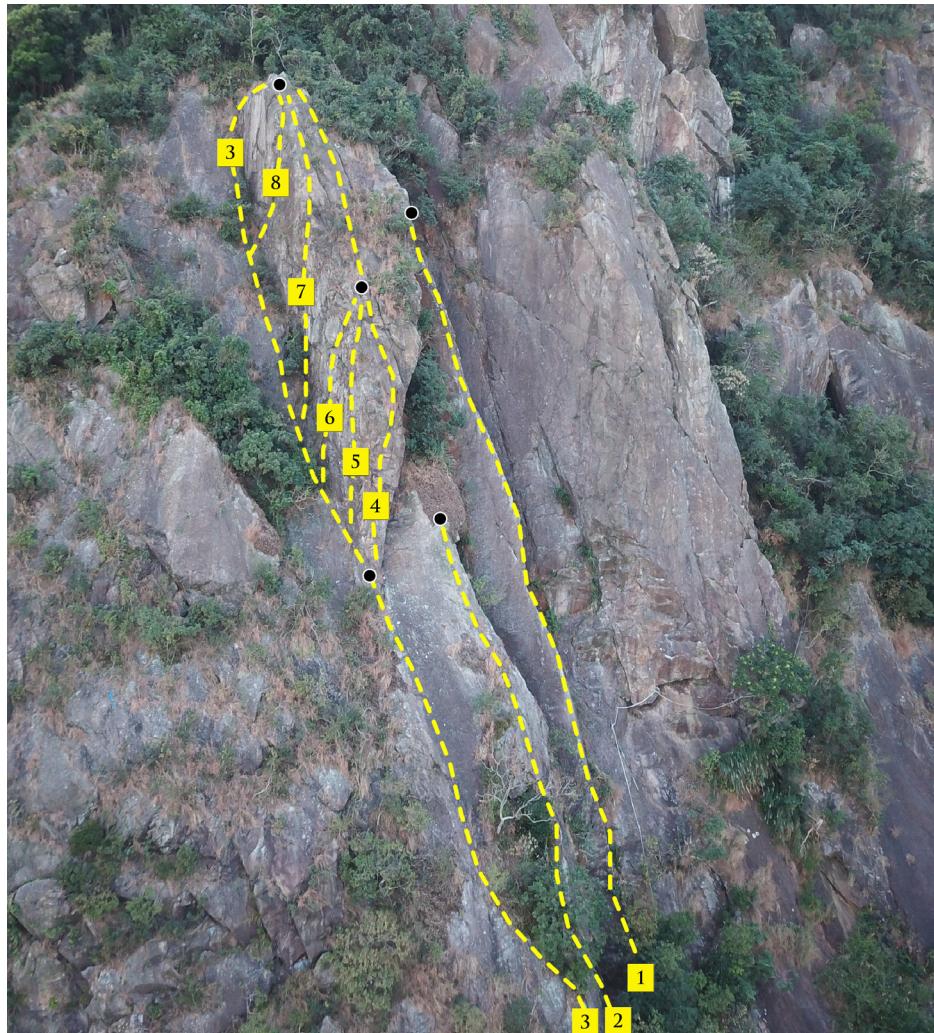
(e) Easter Sunday ** F6c

Start just right of "Round About" and climb the middle of the wall on small holds to the sloping block near the top.

F.A. Martin Lancaster (2006)

SOHO EAST

Soho East is the wall immediately left of Club 64, accessed from the end of the narrow walkway beneath Soho Crag.



(1) Blade Runner *** F5

A titillating romp up the prominent knife blade arête just left of the main Soho crag. This route will get you going with exposure even though the overall angle is gentle. Access is from the far left end of the fixed rope across the walkway at the base of Soho Crag.

Pitch 1 (F3+) 12m - Start on the easy slab, tending right to pick up the very base of the arête. Follow this up to belay.

Pitch 2 (F5) 28m - Ascend the prominent arête with help from good holds on either side. After arriving on top of the arête itself and clipping the last bolt, swing left over a small bulge and make a big move up to a hidden jug to finish on top of the large block.

F.A. Ed Pramuk, Tom Chew & Phyllis Hsia (2006)

(2) No Roots Allowed VS 4b

Steep slab starting near to “Mother of Slabs” climbing the prominent left leaning crack. Then tend right near the top over concrete ramparts put in by HK Slope management to keep us all tight and together presumably. Continue diagonally up and right with protection below the top lip. One bolt re-direct at lip for protection across class 4 slab to base of “The Nose”.
F.A. Ed Pramuk and Phyllis Hsia (2006)

(3) Root Route HVDiff

This two pitch access route goes from bottom to top of Soho East with access to numerous routes on the large block up and left of “BladeRunner”. Start half way up the fixed rope left approach trail on the first ground platform (7m scramble above the base trail).

Pitch 1 (HVDiff) Start up the promising slab and crack with parallel tree roots on your right. Above this, follow the low angle class 4 slab to anchors at the base of the tufa block.

Pitch 2 (Diff) Follow mostly class 4 slabs to the left of the overhanging “Nose” route all the way to the top, or choose any of the following numerous short routes vertically on you right

F.A. Ed Pramuk and Phyllis Hsia (2006)

(4) The Nose F4

Spectacular but short lived overhanging jug filled route up the nose of the large block starting at the second pitch on “Mother of Slabs”. Grade and exposure stiffens the further right you stay. After top out, continue up to mid-height common bolted anchors. Recommend that belayer extend left to avoid rock fall.
Phyllis Hsia and Ed Pramuk (2006)

A couple more long bolted lines (close to 30 m so knot the end of your rope!) have also been bolted to the right of Route 1 (Bladerunner):

(9) Electric Sheep F6a+

F.A. Brian Smeets (2017)

(10) Shunthunt F5a

F.A. Gianfranco Bigazzi (2017)

(5) The Nostril F5

Start and finish as for “The Nose”, sharing the first two bolts, but veer left before the second one. Finish at the mid-height common anchors.

F.A. Tom Chew and Stephen Skelton (2006)

(6) Loki F5

Start as for “Nostril” but continue traverse left (try not to use the slab), then up through some entertaining movement with three more bolts on your left. Finish at the mid-height common anchors.

F.A. Tom Chew and Stephen Skelton (2006)

(7) Beal F6a

Start as for “Loki”, but traverse a bit further to good footholds just above the slab where one runs out of positive hand holds. Begin vertically here using slanted underclings for the right hand. Proceed upward with greatly increased difficulty sharing bolts on your right with “Loki” for which the route was originally bolted (recommend to climb “Loki” first leaving a long draw on the second bolt to avoid clipping during the crux). Finish as for twin Loki.

F.A. Tom Chew (2006)

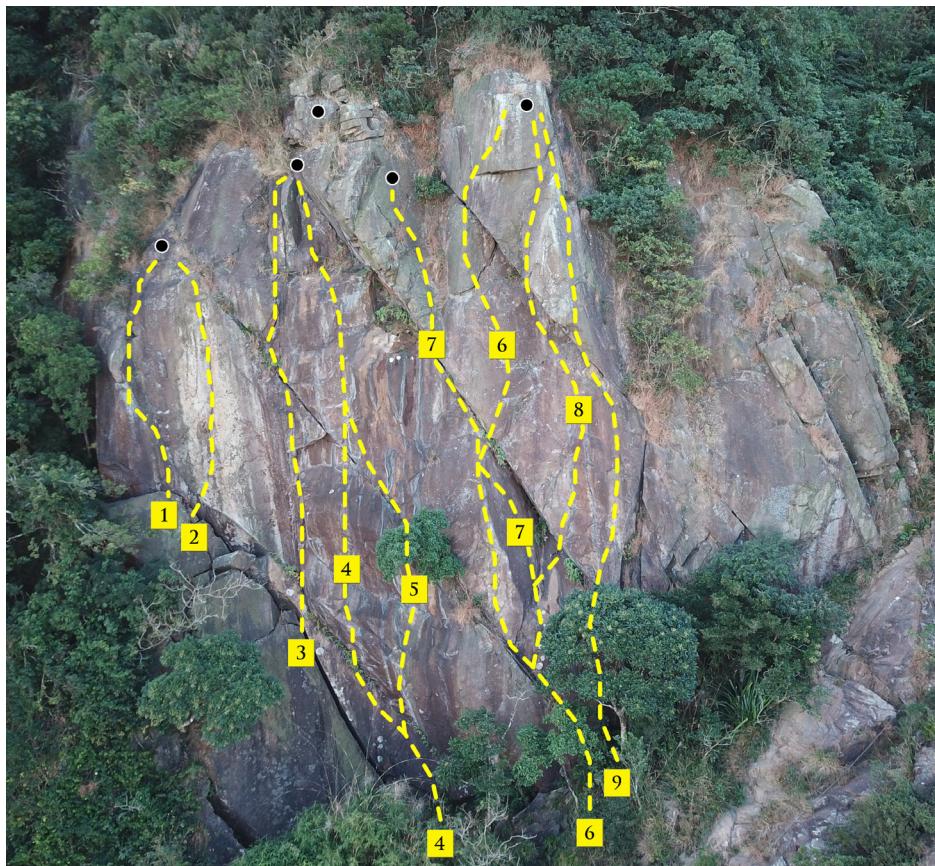
(8) Arbuthnot Flakes F6a

Access by lowering off the east face on a top anchor a short pitch above “BladeRunner” or by “Mother of Slabs”. Climb this 3 bolt vertical wall using prominent but small flakes to pull onto the small shelf at midway. Only thin footing, balance, and/or reach get you up from there (crux).

F.A. Tom Chew (2006)

MID-LEVELS CRAG

A collection of moderate and fierce technical routes on the buttress overlooking the large approach slabs. To access, follow the approach as for Soho Crag. The best (safest) approach to Mid-Levels Crag from here is to scramble up the gully at the right side of Soho Crag and then continue right to reach the big easy angled slab. Continue up this until level with Mid-Levels Crag before heading off left to the base of the cliff.



(1) Route 55 ** F6b+

The short corner/groove system at the left side of the crag. Start using either a big dyno or a stiff pull before continuing awkwardly up the wall above.

F.A. Gianfranco Bigazzi (2012)

(2) Artwork *** F8a

Fierce and technical (and a bit painful too)

Climb the thin groove up the middle of the blank looking wall, making use of a parallel groove to the left also, on sustained small crimps and footholds.

F.A. Laurent Jacob (2012)

(3) Single Malt ** F6c

Climb the slab and crack to reach the base of a hanging groove on the left side of the main wall. Follow this to its top and then step right when you reach the overlap. Continue up the bulging wall above to reach an anchor above the overhanging corner

F.A. Stuart Millis (2006)

(4) Hong Kong Style F8b

A desperate line up the blankest section of the bulging lower wall.

F.A. Rocky Lok (2013)

Equipped by Laurent Jacob in 2011

(5) Road to Damascus * F6c**

A wandering line up the central part of Mid-Levels Crag. Start up the slabby corner at the base of the wall and follow this until it is possible to pull on the steep wall to the right. Big committing move let you get established on this before further committing moves up and right bring you into the crack system just above the tree. Follow the crack left for a few moves before moving up through the bulging wall above via a series of thin moves.

F.A. Gianfranco Bigazzi (2006)

Dancing in Wanchai – E1 5b

A trad line up the prominent crack feature trending up and diagonally left across the wall. Break out of the crack and up towards the anchors of Single Malt to finish.

F.A. Eban Farnworth (2006)

(6) Battle of the Bulge F6b

Start up the steep wall at the right side of the crag and climb this to reach a left trending slab. Climb the arete of the slab on the steeper left hand side before rejoining and crossing the slab at the top. From here break out right and finish up the steep wall above, tackling the bulge at the top via the crack line to the left of the bolts.

F.A. Gianfranco Bigazzi (2010)

(7) Four Ways * F6c

Start as for BotB and follow this to the left trending slab beneath an overhanging wall. Delicately pad you way up this using small holds and the left arete (but avoiding the corner or wall behind). Finish more easily up the crack and slab above. It is possible to avoid the technical thin slab via the corner crack to the right, although this obviously lowers the grade.

F.A. Ed Pramuk and Stuart Millis (2006)

(8) Independence Day * F6a+**

Start close to the right side of the crag. Pull onto the steep wall using the lower part of the diagonal crack and get stood on this. Continue up the wall above to reach a small overhanging wall. Use good sidepulls to pull through this and get established on the slab above. Climb this until it is possible to make tricky moves left and up into the corner above. Follow this a short way until beneath a hanging groove in the wall above. Stiff pulls into this groove quickly lead to better hold and the top of the route.

F.A. Ed Pramuk and Gianfranco Bigazzi (2006)

(9) Hillfire F6b+

The wall right of Independence Day – take several long slings to avoid rope drag.

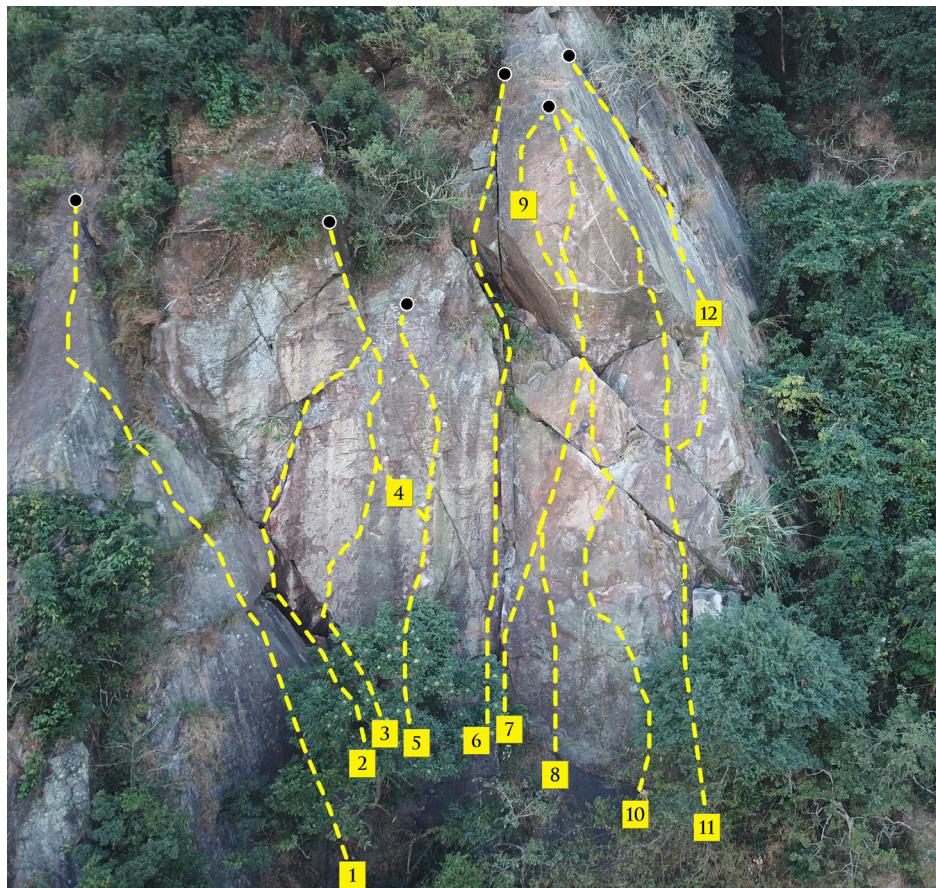
F.A. Tom Chew and Gianfranco Bigazzi (2009)



French climbing legends Marc Le Menestrel and Laurent Jacob (the man responsible for most of the hard routes at Central) practising their Artwork (F8a). Photo: Stuart Millis

FORGOTTEN BUTTRESS

The finest collections of routes at Central Crag for those operating in the higher grades (F7's and above). The best (safest) approach to Forgotten Buttress is to scramble up the gully at the right side of Soho Crag and then continue across right to the big easy angled slab. Continue up this until you reach Mid-Levels Crag. Pass beneath this and then scramble up the left side of the crag before traversing across to the base of Forgotten Buttress.



(1) Unnamed F5

Climb the slabby wall on the left side of the main buttresses.

F.A. Ed Pramuk (2005)

(2) iCarumba ** F6b

Climb the slabby corner system at the left side of the crag until it is possible to pull into the vertical crag. Ascend this tentatively to reach overlaps high up. Tricky moves through this bring the anchors and lower off.

F.A. Tom Chew, Andrew Irwin (2006)

(3) Backyard *** F7b+

A superb climb up the blank looking face. Start up the corner as for iCarumba until it is possible to step out on to the face using small footholds and even smaller crimps. With luck a hard move up and right brings more positive holds and a short respite for the fingers (Note: those shorter than about 5'10" will find this hard for F7b+ but, hey ho, such is life...). Continue up the wall above via flakes and crimps to join iCarumba at the overlap. Finish as for this.

F.A. Laurent Jacob (2011)

(4) Alliance * F8a**

Little in the way of independent climbing, combining the bottom of the Local Spirits and the top of Backyard, but a worthwhile addition none the less. Climb the short steep groove to the slopey jug and a brief rest. Continue up the wall above using small crimps and flakes to reach a positive undercut/sidepull. Launch left from here via small sidepulls and crimps to join the upper part of Backyard. Finish as for that route.

F.A. Laurent Jacob (2012)

(5) Local Spirits * F8b**

A stunning and desperate climb up the right side of the face, although arguably soft for the grade.

Climb the short groove to a large slopey jug. Launch up the face above via small crimps and flakes to reach a brief 'rest' at a good undercut and prepare yourself as the crux is still to come. Continue up the wall on tiny crimps until dynamic moves bring the top of the wall.

F.A. Nikolai Ng (2013)

Equipped by Laurent Jacob, who unfortunately had to leave Hong Kong before getting the send.

(6) Wife on Vacation F6b

The crack system separating the two halves of Forgotten Buttress involves interesting climbing in the lower half followed by more amenable moves in the top half. Awkward start.

F.A. Gianfanco Bigazzi (2006)

(7) Dan Pai Dong F6c

Follow the crack of Wife on Vacation until level with the overhang on the buttress to the right. From here move right and pull through the roof to finish as for La Dolce Vita.

F.A. Daniel Hannah, Ed Pramuk (2006)

(8) Human Condition ** F7b+

The slab to right of Wife on Vacation yields only to immaculate technique, strong fingers and the ability to levitate up using minuscule footholds.

Desperate moves on small foot holds and sidepulls low down eventually lead to more user friendly holds in the upper part of the slab. These in turn lead to a good rest beneath the overhang and head wall. Pull through the roof on good holds before trending up and left using holds on the wall and arete to reach the top of the headwall.

F.A. Laurent Jacob (Nov 2011)

(9) La Dolce Vita (Left) ** F7a

Follow Dolce Vita (see below) until you've pulled through the roof and are established on the headwall. Finish up and left as for Human Condition.

F.A. Laurent Jacob (2011)

(10) La Dolce Vita * F6c**

One of the best routes of its grade at Central Crag (or indeed, in Hong Kong).

Start in the centre of the slab, about 3 m left of the large concrete buttress. Delicately climb up the bulging slab (avoiding the concrete block and metal stubbs) to reach good undercut holds and steeper up walls above. From here you can either continue directly up the steep wall using well spaced crimps or scamper off right and follow the crack and flake line. Either approach leads to a small ledge beneath the hanging headwall. Rest well before launching through the roof and establishing yourself on the wall above. Climb this, trending up and right, to reach the anchor at its top.

F.A. Alberto Cipriani, Gianfranco Bigazzi (2011)

(11) Vita Dura ** F7c+

Climb the wall and concrete buttress on the right side of the crag before following the bulging wall above to reach a good rest at the ledge beneath the hanging headwall. Good holds lead through the small overhanging section and to the bottom of the steep arete. This feature is followed either through delicate palming up the arete itself or via steep dynamic moves up the arete and wall to the left. Either way, initial hard moves lead to a more relaxing finish.

F.A. Laurent Jacob (2011)

(12) Sunny Side ** F6a+

Climb the wall and concrete buttress on the right side of the crag before following the bulging wall above to reach a good rest at the ledge beneath the hanging headwall. From here move around the corner in order to access the slabby wall above. Climb this using cracks and crimps to reach the top of the buttress.

F.A. Laurent Jacob (2011)

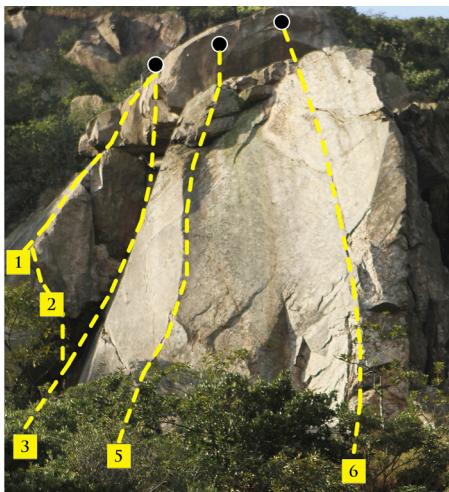
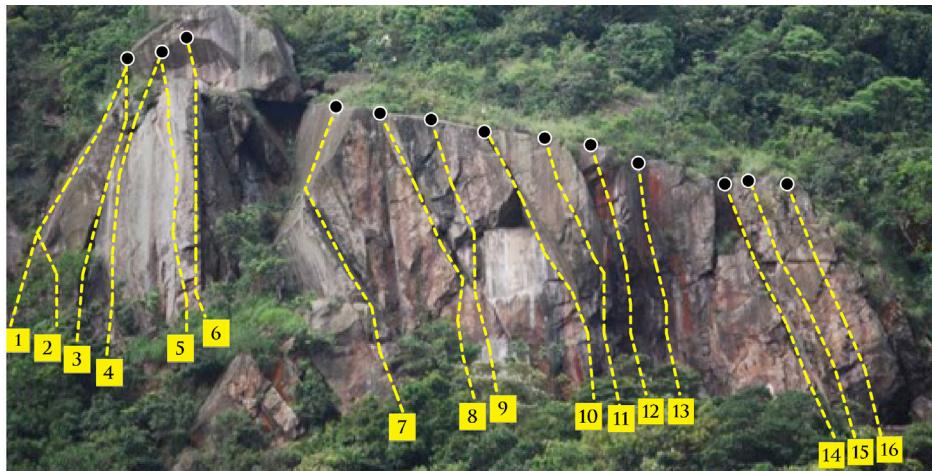
Nikolai Ng on the first ascent of Local Spirits (F8b)

Photo: Stuart Millis



BIRDS NEST CRAG

The collection of buttresses at the top of Central Crags provide a variety of climbing styles and difficulties. To reach the crag, follow the approach to Mid-Levels Crag but continue up the slab rather than breaking off left. From the top of the slab continues on up the hill, staying left and following a fixed rope up a short scramble, to reach the base of the lefthand side of the crag. For the buttress on the right follow a trail leading off before the fixed rope and then scramble up to ledges at the base of the climbing.



(1) Black Magic ** F6b
F.A. Ed Pramuk, Paul Collis, Cosmin Andron & Willie Muirhead (2007)

(3) Birds Nest Soup ** HS
Up the crack / corner and then finish left with a belly crawl around the boulder at the top
F.A. Jason Eng & Simon Smith (2004)

(3a) Birds Nest Direct ** VS 4c
As for birds Nest Soup but finish up and over the roof at the top.
Ed Pramuk, Tom Chew & Dan Hannah (2006)

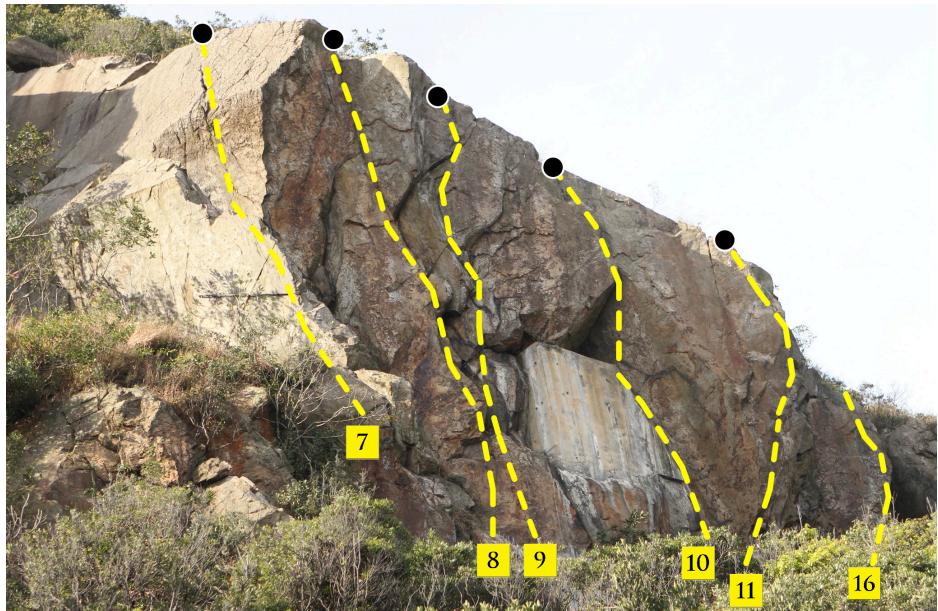
(5) Out with the Old * F7b
Hard opening moves involving crimping on razor blades in shoulder dislocating positions (sound nice?) leads to superb and slightly dynamic climbing up the blunt arete above.
F.A. Stuart Millis (2007)

(6) Open Project F8b'ish
The obvious blank slab broken by a thin vertical crack. Start using the arete for the right hand then quit it to enter in the difficult part with many hazardous feet . Equipped by Laurent Jacob in 2012

Easy Route V Diff
F.A. Simon Smith and Jason Eng (2004)



Stuart Millis on the first ascent
of Out with the Old (F7b)
Photo: Stuart Millis Collection



(7) Big Bird ** F5

(8) Lascar ** F6c

Climb the obvious and diagonally left slightly overhanging crack. The climb gets progressively harder, not jumping on the belay being part of the game.
F.A. Laurent Jacob (2012)

(9) Contribution ** F6c+

Start Lascar using the first bolt before moving right through the steep wall ahead before the crux to reach the upper edge of the crag just before the belay.
F.A. Laurent Jacob (2012)

(10) Concrete Poetry F7b

Weird and unique hybride route. While not unforgettable, worth to climb anyway as the first section has some original moves to reach a one finger hole ! Start immediately below the huge concrete block filling the left side of the overhanging corner. In the mid part, make use of all the available holds either from real rock or concrete.

F.A. Laurent Jacob (2012)

(11) Unbeatable ** F8b

The overhanging prow using small crimps and slopes on both sides with many hazardous heel hooks and dyno moves. Looks awesome.

F.A. Rocky Lok (2013).

Equipped by Laurent Jacob in 2012

(12) Brainstorm ** F6c

Start below the obvious overhanging corner and climb it to the top. Easy start then the things become a bit complex with unusual holds and body positions.
F.A. Laurent Jacob (2012)

(13) Orange Gutter

F.A. Jason Eng (2004)

(14) Golliwogal Lives * F6a

On the left of "Trousers Off" an original trad route , completely cleaned from dangerous and loose rocks (there might be some more to be epoxy resin fixed) originally named : Gaullwogol Live
F.A. Dan Hannah (2012)

(15) Trousers Off * F6b+

From the ledge on the right side. A route with an interesting hard start ,strenuous moves leading to an easier ending. Delicate second bolt clipping. Belayer needs to watch carefully.

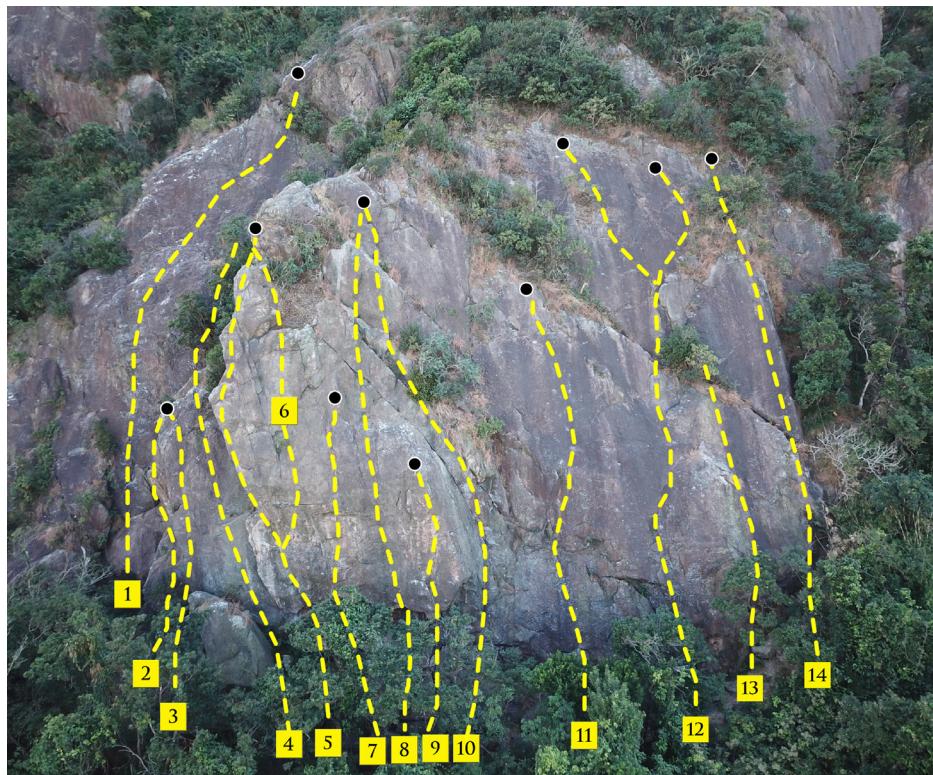
F.A. Gianfranco Bigazzi (2012)

(16) Robocop * F7a

Short but spicy. A lot of holds have been reinforced with epoxy resin. Hence the name of the route , half natural, half artificial. There are 5 or 6 weird moves on the first bolt before reaching a clipping position for the second bolt. Follow the bolts and use the arete on the right.
F.A. Gianfranco Bigazzi (2012)

AUSTIN POWERS CRAG

A nice collection of routes on a compact buttress at the bottom of Central Crags. To get to Austin Powers Crag, from the top of the initial streamline on the main approach make a right turn and contour the hillside a short way to reach the base of the cliff.



(1) Old Peak Route * F4

A nice easy route with beautiful rock.

F.A. Ed Pramuk, Peter Baer (2005)

(2) Mini Me * F6a

A short but fun three bolt route. Start up easy slab to the right of old peak route and find large black horn. Move up small flakes to a slightly overhanging finish.

F.A. Ed Pramuk, Jason Eng (2005)

(3) Mini More F5

A small arete to the right of Mini Me is a two bolt warm up.

F.A. Ed Pramuk, Phyllis Hsia (2007)

(4) Gold Member F6a

The standard way up keeps you on the slab till feet can span to a good slope on the overhanging right sidewall. Pull over the sloping ledge here for an awkward and exposed feeling move onto the continued overhanging wall above..

F.A. Ed Pramuk (2006)

(5) Cryogeny ** F7a+

Start on the crack immediately left of the long roof and headwall. Tricky moves up the initial overhanging groove until you reach a good rest at the bottom of the overhanging arete. Layback your way up this (crux) until a mantle leads to a further rest at the point where the route meets with Gold Member. From here, follow the left curving edge of the wall on good hand holds but poor feet until you reach the belay.

F.A. Laurent Jacob (2011)

(6) Number One ** F6c

Start on the left side of the buttress, as for Cryogeny. Follow the tricky moves on this up the bulging groove until you reach the third bolt. From here make tenuous moves out right onto the ledge and a good rest at the horizontal crack on the headwall. Gain your composure here before launching up and over the lip above on small edges (if you can find them) before mantling on to the slab above. Finish up this.

F.A. Laurent Jacob (2011)

Equiped by Paul Collis, Dan Hannah.

(7) Defroster ** F7c+

Start just right of Number one with a dynamic crux on the second bolt. Then move diagonally right before pulling up onto the final wall above ending with ultimate efforts.

F.A. Laurent Jacob (2011)

(8) Super Spy ** F7a+

Start just right of the centre of the wall, at the point where a shallow groove is apparent just above the lip of the roof. Pull through the roof using small laybacks in the groove and a positive crimp out right, making a dynamic move to reach good holds out right. From these jugs, move back left slightly and finish directly up the wall above on small knobs until a delicate mantle over the lip brings respite.

F.A. Laurent Jacob (2011)

(9) Dr Evil * F6c+

Start at very base of the crag and climb up the easy moss covered slab to reach good holds on the right end of the roof. Reach through the roof to get the positive crimp above and then stretch, launch or levitate your way up to the positive flake out right (the small will find this rather hard) and jugs above. Continue up the wall above, with the aid of good holds on the arete, until it is possible to trend back left to the obvious hanging flake. Finish up this.

F.A. Tom Chew (2007)

(10) Shagadelic F4

Starts right of the wide roof to the right of Dr. Evil up easy steps till a tentative move left establishing oneself on the ramp. Over the top of this onto gently sloped slab with a few interesting moves to anchor near Gold Member.

F.A. Ed Pramuk, Phyllis Hsia (2006)

(11) Yeah baby ** F6a+

An interesting route up the wall and slab to the right of the main buttress. Start up the broken slab to reach the groove in the steep wall above. Follow this until a tricky mantle gains access to the slab above. Now the fun begins as you smear your way delicately up this, praying that friction doesn't give up on you until you've clipped the anchor.

F.A. Ed Pramuk (2007)

(11a) Central on Central F4

Climb the wall and slab to the left of Yeah Baby to finish at the same anchor.

F.A. Francis Haden, Donna Kwok (2013)

(12) Fat Bastard F5**(13) Do I make You Horny?**

Bulge start through interesting moves (for short people), then that's it. Climb easily to belay off of tree. Almost a boulder problem.

F.A. Ed Pramuk, Phyllis Hsia (2007)

(14) International Man of Mystery F4

Easy route for beginners on right hand side of crag,

F.A. Phyllis Hsia (2007)

(15) Vulcan Probe * F6a

Very popular route from its onset just right of Yea Baby! climbs easy slab to bulge with interesting moves over the top with great hand pocket just when you crave it most. Easier climbing above with some worthy single moves if easiest route is avoided. Alternative lines over the bulge can be climbed on either side sharing same bolts.

F.A. Tom Chew, Ed Pramuk (2007)

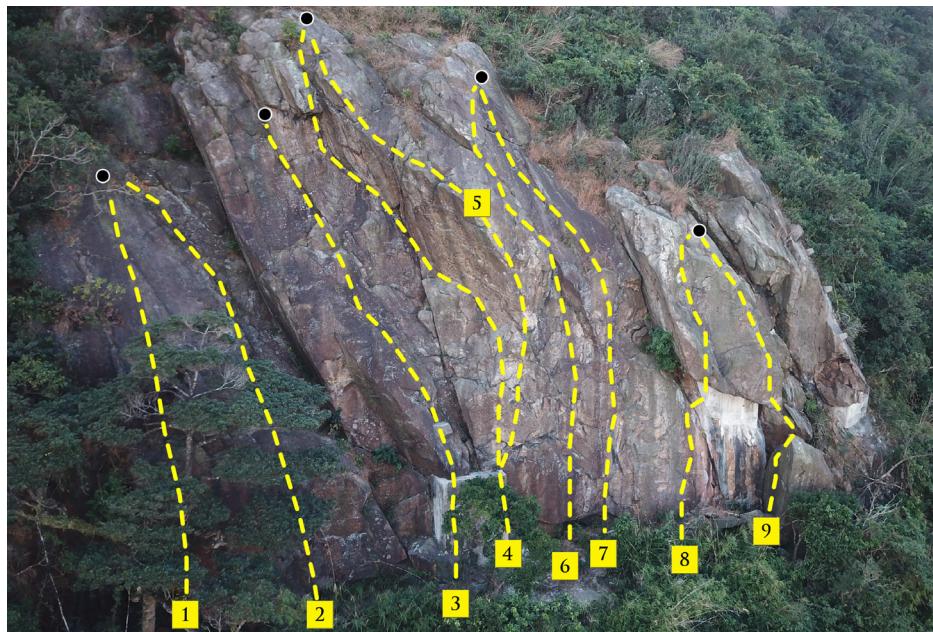
16 – Feeling Groovy * F4*

Most prominent traditional line right in the middle of this bulgy section of the lower crag. Very fun opening moves into layback on crack, then easier climbing above, with some run-outs especially in upper portion. Optional finish at tree (halfway), or climb all the way to bolted anchor with longer runout.

F.A. Ed Pramuk, Phyllis Hsia (2007)

CAVE CRAG

The last of the buttresses at Central has a handful of fun worthwhile routes. To reach the crag, follow the approach to Austin Powers Crag and continue past this before heading slightly uphill at its far side and following another trail further right and to Cave Crag.



(1) Blood and Water F6a+

(2) The Joker * F6a+

Start at the small concrete buttress near the left end of the crag and climb this using a combination of rock, concrete and bolted holds... Once established on the concrete, continue a short way up the wall above before breaking out left on the slab, following the groove formed by this and the steep wall above.

F.A. Ed Pramuk, Phyllis Hsia (2006)

(3) Catch Me If You Can * F7b+

Start as for the Joker and follow this to the start of the slabby section. From here launch up and along the lip, following this to once again join the Joker towards the end of that climb.

F.A. Laurent Jacob (2011)

(4) The Riddler ** F6a+

Tough moves off the ground lead to a brief respite before strenuous climbing brings you to a small notch in the overlap above. Pull though this and continue up the easy ground above to reach the belay.

F.A. Ed Pramuk, Richard Cuncliffe, Tom Chew, Jim Gray, Phyllis Hsia (2006)

(5) Batman and Robbed * F6a

Another route with a short tough section straight off the ground.

F.A. Richard Cuncliffe, Ed Pramuk, Tom Chew, Jim Gray, Phyllis Hsia and Hanukah (2006)

(6) Rebar * F6c

Technical moves up the lower wall lead to patches of concrete and protruding reinforcement bars beneath the overhang. Avoiding these as much as possible make a long reach out to the lip of the roof before executing some gymnastic moves to pull through it. Continue up the wall and arete above to reach the belay.

F.A. Stuart Millis (2007)

(7) Pinhead * F5

A fun little climb up the right side of the crag, start by clambering up the small spire of rock beneath the crag. Teter up on top of this before stepping across the void and on to the crag proper just above the lip. Continue easily up the slab above to reach the top of the buttress.

F.A. Stuart Millis (2007)

Aair Yip eyeing the last hard move on
Catch Me if you Can (F7b+)
Photo: Karen Chan

