

Central Coast Rockclimbing Guide Dead-Tree Edition June 2003

# **Central Coast Rock Climbing**

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# Introduction

Welcome to the printed version of the Central Coast Rock-climbing web-site.

The information contained in this document is not guaranteed to be accurate and so should be used only as a guide to the climbs. For the most recent information please refer to the web–site which is at www.ccrc.cjb.net

The Area covered by this guide extends from the cliffs of Joels Bridge in the south, up to the tip of the wyong area in the north. The creators of this guide all live in the Gosford area and so not much is written about the Wyong area but over time more will be added

On the coast there is a variety of climbing from sharp granite boulders of Wamberal, to the loose sandstone of Bouddi National Park. Most locations are within easy reach of roads, but some require traipsing across private or government property so please be descrete and do not create too much of an impact on the surrounding areas. Many of the coasts' climbers have seen the over—usage of the Berowra area and do not wish for the same to happen on the coast so please respect their wishes and do not crowd the area.

Introduction 1/32

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# **Disclaimer**

Remember that Rockclimbing is a dangerous sport and neither the authors, the contributors or other associated person will take any responsibility for any damage to personal property, injury or death. Any climbing you do as a result of this guide is done at your own risk.

We will only take responsibility as required under the dual-trunking clause which requires we support you if you climb using two male elephants as your belay point and initial clip-off point.

Rockclimbing is also in a vague area legally and it may be illegal/risky to climb at some of the locations/climbs mentioned. Before climbing please check for any signs or guidelines which may restrict climbing and obey the local authorities. Also refer to the guide and only park where it is safe/where recommended so that the local landowners/council do not get affected. If people park/act irresponsibly it may have lasting effects on access to climbing locations.

Disclaimer 3/32

## **Climbers Code of Conduct**

No matter how hard we try to tread lightly and care for the cliff environment, the potential impacts of climbing are considerable. Observing the Code of Conduct set out below will help to lessen that impact. At the cliff face:

- Tread lightly and avoid fragile vegetation at the base and top of cliffs. Once vegetation is removed erosion sets in and the resulting soil loss could mean that revegetation is not possible
- Avoid removing vegetation from cracks and ledges when developing new cliffs and climbs.
- Where possible on approaches to the bottom, and from the top of climbs, keep to rocks, hard ground, and established tracks.
- Avoid revegetation/regeneration areas until signs have been officially removed and the area has recovered.
- Carry all rubbish out with you.
- Practice minimum impact toileting by going well away (more than 50m) from tracks and creeks and digging a deep hole to bury all human waste matter, toilet paper and tissues; or use a poo tube to carry it out with you.
- To avoid trampling cliff top vegetation where possible use lower–offs to return to the base of climbs.
- Minimise chalk usage. Chalk is unsightly; think before you dip! Consider using appropriately coloured chalk
- Bolting can be unsightly; place them with consideration for low visual impact as well as safety. Consider using coloured brackets or painting them to match the rock.
- When choosing a site for a lower-off point, consider proximity to other climbs below as well as visual impact.
- Marking the start of climbs should be done discretely and in keeping with accepted practices at particular cliffs.
- Chipping or enhancing of holds is unacceptable.
- Always comply with the regulations attached to particular areas.
- Respect the Aboriginal and European cultural heritage which exists in some areas. With regard to other cliff users:
- Avoid monopolising climbs and crags. Think of others waiting their turn.
- Take care with loose rock at the top of climbs or on climbs. Signal immediately and loudly with ROCK or BELOW if any is accidentally knocked down.
- Look below for others before throwing down ropes.
- Climbers are not the only users of some areas. Respect the rights of these other users.
- Consider the possible dangers of bringing small children to the cliff face. Is it really safe for them? Could they be a nuisance to others?
- Please note: Dogs are not allowed in National Parks, and on Council owned lands must be kept on a lead.

### REMEMBER THAT WE DO NOT HAVE EXCLUSIVE RIGHTS TO CLIFF FACES.

Hopefully a pleasant interaction with other cliff users will continue despite the increasing pressure of numbers. This section was copied from the Sydney Rockclimbing Club Code of Conduct Go to their site at www.sydneyrockies.org.au

Climbers Code of Conduct 5/32

# **Climbing Safety**

Climbing is a dangerous sport. If you are not a hundred percent confident in your ability, your gear and the ability of the person/s setting up *do not* continue until you are. Use of this information without proper training/experience could result in death or injury so don't bet your life on what you read

The first thing to do is get an experienced instructor to teach you safety The second thing to do is read the Climbers Code of Conduct

When you are about to climb always double-check everything. A good way to remember this is ABCDE

A – Anchor	Check you anchor points. When top roping this means both the top anchors and your belay anchor, when leading this refers to your belay anchor if you are using one
B – Buckles	Check that all buckles on your harness are doubled back. Do not forget to check buckles on your leg loops
C – Carabiners	Make sure all carabiners are done up properly. It is a good guideline to do each up fully then back off half a turn. Carabiners can tighten while being used and so may be hard to undo unless you back them off a fraction
D – Devices	Check your belay device. Is the rope passing through freely and can you lock of correctly. Also make sure that the rope is going in the correct direction for you to belay with your strongest hand If you are top—roping check your top pulley or whatever you are using for the top
E – Everything Else	This is the catch all for anything not covered above. Check things such as whether you have enough quickdraws and bolt covers for the run if climbing sport climbs, enough gear for trad climbs and enough rope for top roping :-)

A useful quick tip is to **never** let insect repellant touch your climbing rope.

Most repellants contain a substance that will eat through nylon ropes and so even spraying the rope with repellant may weaken the rope. Whenever you need to use repellant use it downwind from your (and others) ropes.

Do you have any safety tips? If so let us know, email the mailing list (details on the contact page)

Climbing Safety 7/32

8/32 Climbing Safety

# **Grade Conversion**

Note: Grading is an inexact art, even when only a single grading system is being considered. Conversions between different grading systems are therefore likely to be innaccurate (in some cases grossly!).

Australian (Ewbank)	US (YDS)	French	UK*	UK Technical	UIAA	V Grades
10	5.3	_ 2	D		I	
11	5.4				II	
12	5.5	3	VD		III	
13					IV	
14	5.6	4		4a	v	
15	3.0		S	4b		
16	5.7	5-	5	4c	V+	
17	5.8	5	VS	5a	VI-	
18	5.9	5+/6a-		5b	VI	
19	5.10a	6a	HVS	30	VI+	
20	5.10b	6a+/6b	11,15	5c	VII-	V0
21	5.10c	6b+	E1		VII	
22	5.10d/5.11a	6b+/6c	E2		VII+	V1
23	5.11a/b	6c+	E3 6a	6a	VIII–	V2
24	5.11c/d	7a	23		VIII	V3
25	5.12a	7a+	E4	6a/b	VIII+	V4
26	5.12b	7b/7b+		6b	IX-	V5
27	5.12c/d	7c	E5	6b/c	IX	V6
28	5.13a	7c+		6c	IX+	V7
29	5.13b	8a	E6		X-	V8
30	5.13c	8a+			74	V9
31	5.13d	8b	- E7	7a	X	V10
32	5.14a	8b+		X+	V11	
33	5.14b	8c	F8	E8 7b	XI-	V12
34	5.14c	8c+			XI	V13
35	5.14d	9a	E9		XI+	V14

<sup>\*</sup> UK subjective gradings don't necessarily translate as shown above (particularly in the higher E grades), since this system measures the subjective difficulty of a climb, not the technical difficulty.

Adapted from Peter Monks'

Grade Conversion 9/32

10/32 Grade Conversion

# **Symbols and Abbreviations**

The following symbols and abbreviations have been used throughout this guide:

This climb is worth doing.\*

This climb is well worth doing.\*

An absolute classic!\*

This climb is a "sport route" and can be led entirely on fixed protection (in some cases belays may still require natural gear).

This climb is more dangerous than your typical route. Take care! Routes marked with this symbol will usually be safe to top rope.

**BR** Bolt Runner. Requires a portable hanger or bolt bracket to use.

**PR** Piton Runner. A piton driven into a crack or weakness in the rock.

**FH** Fixed Hanger. A bolt with a hanger permanently fixed to it.

**RB** Ring Bolt. A single piece bolt manufactured into a ring.

**BB** Belay Bolt. A BR placed at the top of the climb. Usually placed in pairs. Requires a portable hanger or bolt bracket to use.

(B) Added to the end of a crag name to indicate that it's exclusively a bouldering area.

(I) Added to the end of a crag name to indicate that it's an indoor climbing area.

(**OR**) Added to the end of a crag name to indicate that it's out of the rain.

Adapted from Peter Monks'

# **Sport Climbs**

## **Blackwall Mountain**

I saw 10 bolted sport routes and 3 ringbolted overhangs which might need some trad gear placed between ringbolts and lots of top rope possibilities

#### How to get there

From the rip bridge heading towards Woy Woy turn left onto picnic pde, then turn left onto flathead road, then turn left onto Booker bay road, follow under bridge then turn left onto Mullbong road, drive to end.

Do not take fire trail, use foot track to the left of the fire trail follow up hill about 250m then as you guessed take left fork in track up steep rock steps follow track through rocks, when you are there you will know it.

### **Palmdale**

Two climbing spots either side of the road.

Most runs look 24+

#### How to get there

Head out to Palmdale (near the crematorium).

Drive towards the National park.

About 2km along the dirt road you will pass through a road cutting. Park just past this.

The climbs are on either side of the road here

**unknown 2** *F* 7m 24

**Start:** 

Many routes. Names unknown currently please email us if you know them

The road is a logging road and gets rough.

OK in most cars, but DO NOT take a lowered car if you wish to keep your exhaust

# **Patonga**

Fairly long section of cliffs near patonga.

#### How to get there

Head out to patonga.

When you reach the top of the hill before patonga drive until you hit a long straight section.

On the left there is a trail to Warrah Lookout.

Climbs surround the lookout

Warning: Climbing is currently banned in this area.

# **Phegans Bay**

There is a range of climbs starting from around grade 14. Most are bolted, however some anchor points have been bashed in on main face (see further on for more information about this)

#### How to get there

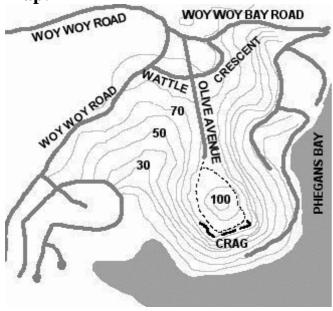
From the freeway take the Gosford exit, turn onto Woy Woy road at the second lights in Kariong.

Follow Woy Woy road past the fixed speed camera, turn at Woy Woy Bay rd then first right down Olive av. Go straight

Sport Climbs 13/32

through the crossroad to end of Olive av follow the track track round to the rocks.

### Map:



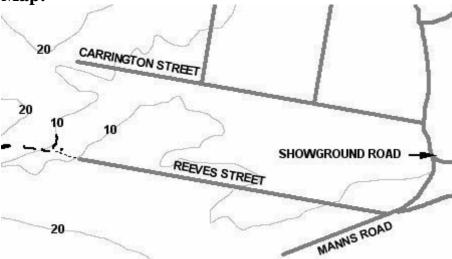
### **Reeves Street**

The is a large slab, a nice crack climb, an overhang and more around the back

#### How to get there

Reeves street is off manns road between west gosford and narara, the turnoff is right on a corner. Drive to end of road onto the dirt section until you can't drive any further. Park at the end here but do not block access for the house at the end. Follow track about 100 metres to base of climbs.





## **Wards Hill**

A surprisingly impressive crag located right beside Ward's Hill Rd, Empire Bay.

The crag has two distinct walls – the first is a nice looking 10m high grey wall with 5 or 6 mainly bolted routes (old carrots plus some rather mangled fixed hangers). The main wall is a bit further on, and reaches about 20m in height, with superb orange rock at the base. There look to be about another half dozen routes or so on this wall, with a variety of carrots and fixed hangers for protection.

14/32 Sport Climbs

#### How to get there

To get to the crag, park in the carpark at the top of the hill (at the corner of Ward's Hill Rd and Maitland Bay Drive) and find a track that heads off into the bush, parallel to Ward's Hill Rd. Alternatively, you can walk down Ward's Hill road (take care!) to the first hairpin, and follow a track off to the right that leads up to the crag.

## Map:



All of the routes here look to be 20+.

## **West Gosford**

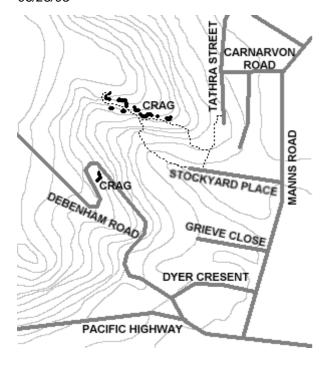
A neat little crag just behind Hardware House at West Gosford There is also a smaller area located on Debenham Road.

#### How to get there

Drive out West Gosford then head along Manns Road until you reach Stockyard Place then turn at the traffic lights up Stockyard Place towards Hardware house (also called Bunnings Hardware) and park at the end of that road. The crag is just up and to the right of the road.

## Map:

Sport Climbs 15/32



16/32 Sport Climbs

# **Traditional Climbs**

### **Bouddi National Park**

Bouddi National Park is a small national park on the central coast of NSW. Although it's very small, it does have some quite large sea cliffs similar to those found in Sydney (Bouddi is part of the same region of sandstone). These are generally areas of active erosion, and are loose, unstable and unsuitable for climbing. There are also some inland cliffs which contain most of the climbing. Many of these are at the heads of gullies, and can be quite wet and slimy, particularly after rain.

#### How to get there

Head out to Wagstaffe then turn somewhere, exact location is unknown at the moment, but if you discover then please email us.





## **Main Lip**

This is the main lip visible in the cave, spans the whole cave

Arena / 15m 14

Start: The face below the obvious lookout rock platform. 15m left of the chossy roof

The face below the obvious lookout rock platform. 15m left of the chossy roof, past the ramp that leads to the lookout platform. A fairly steep face, with plenty of crimpy handholds down low, and jugs near the top. Good anchors on top, although they are well back from the edge. Seems to have been climbed (or abseiled?) before, as one of the anchor rocks up the top is quite chipped

Go to Peter Monks site for a photo

### **Bullima Spur**

A long series of buttresses up to about 25m in height, located on the eastern side of the Bullima Spur just south of Maitland Bay. Most of the buttresses are accessed via the Bullima Spur walking track, which branches off the Maitland Bay walking track not far from the Maitland Bay car park. The track initially passes a boulder field that looks like it could have some potential for good bouldering (perhaps after some cleaning). To get to the first set of walls (where all of the following climbs are), ignore the Bullima Spur track and continue down the Maitland Bay track until it passes down between two huge boulders (at the bottom and to the left is a small bouldering area sheltered from the rain). The track then veers right and down into a creek and then turns back left. At this point leave the track and head straight across the creek and up the other side to the top of the cliff. Two small descent gullies split the cliff just here. The following climbs have probably been done before, so the names probably aren't correct.

Traditional Climbs 17/32

The Arete  $\nearrow$  8m 20

Start: Left of descent gully

The blunt arete just to the left of the descent gully. Scramble up to the waist high ledge then up on small, sharp crimps to the large, sloping break. Doddle up the top section on jugs.

Go to Peter monks site for a photo

**Bombie** 10m 22

Start: 5m left of the blunt arete

Scramble onto the waist high ledge, then up, using the well–worn dish, the vertical intrusion on the left and some slopers on the shield formation. Pretty awful top–out, but a good belay using cams on a block about 5m back.

#### **Little Lobster**

The Little Lobster crag is uphill from Little Lobster beach (which is about 500m North of Lobster Beach). It features a massive 10m roof (which might even be climbable!), plus some smaller rooves, and some nice looking slabs at the southern end. The rock was wet from rain when we climbed here, so much of the crag we only looked at. Some potential for good climbs. To get there, follow the directions for Dog Face. Where the track branches off right to Dog Face, the massive roof is straight in front of you, over the top of the ridge. You can either rap in (anchor off two trees at all times!), or you can head right until it's possible to scramble down to the base of the cliff.

Moss City / 15m 17/18

**Start:** In the middle of the nice slab at the southern end of the crag

Up a very thin face then right to a small ledge. Straight up from the ledge, being very careful of crumbly rock (the hole to the right is very crumbly). The bottom section was virtually impossible after two days of rain, as it was covered in moss and slime. A toothbrush for cleaning holds is recommended.

Got to Peter monks site for a photo

#### **South Lobster**

The orange face visible high up on the southern headland of Lobster Beach. The obvious way to get there is to bush bash up the hill from the beach, although it's pretty hard going. A better alternative is to follow the "flannel flower" track up to the top of the ridge. At the top there's a faint walking track that heads off to the right along the top of the ridge above the southern end of the beach. Follow this for 500m or so until it starts to drop down. At this point the cliff is off to the right, a short distance down from the top of the ridge. About 20m left of the main orange face is a nice looking slabby face about 12m high. The middle of the face looks like it would be leadable (numerous horizontal breaks), and pretty easy.

**Start:** On the face 5m to the left of the fallen block

An excellent climb shaded by a large tree, but don't forget the SPF15+ (hence the name) since it faces north and bakes. On the face 5m to the left of the fallen block, distinguished by 3 vertical cracks and a chossy, windblown cave at ground level. 15+ is the left crack, and starts on the ledge beside the smallish blackbutt eucalypt. Pull out along the vertical wall under the roof, being careful of loose rock. Reach up around the lip for a large jug then crank out onto the main face. Hand jams in the bottom of the crack, while higher up only fingers will fit. Crux move up thin face to the juggy lip. Probably good pro in the crack (small cams), but next to no anchors on top (a large red gum about 15m back from the edge is good, but less than convenient). go to Peter monks site for a photo

18/32 Traditional Climbs

₹15plus Variant 🎤 12m 20

**Start:** From the base of the finger crack on 15+

From the base of the finger crack on 15+, head left and up on small crimpers.

A word of warning before anyone climbs in Bouddi. The park has seen little or no climbing, so many of the edges and thinner pieces of rock will snap off if you as much as breathe on them. Even the larger holds aren't necessarily safe, so be careful. We top—roped all the climbs listed below, with most of them being unleadable face climbs. Where I mention good protection, I mean I would feel safe placing protection on these climbs, were I to lead them. I'd recommend wearing a helmet and top—roping all climbs before leading, however, just to test out the rock and placements.

Since the crags listed below are within the boundaries of the National Park, bolts should not be placed on the rock. Aside from ethical considerations, I believe the placement of new bolts in Australian National Parks is illegal.

This location was copied from Peter Monks website (Goto 'links' to find the site)

Traditional Climbs 19/32

20/32 Traditional Climbs

# **Hybrid Climbs**

# **Hawkesbury River**

The hawkesbury is an area of sandstone surrounding a river and includes areas such as Cottage Point, Suicide Slabs and the Wondabyne area.

#### How to get there

Getting there depends on which location you are heading to. Some places are only accessable by train, some areas only by boat while some can be driven to.

The Hawkesbury River is covered by the Sydney Rockclimbing guide at www.sydneyclimbing.com.

For the section relating to Hawkesbury click the following link. http://www.sydneyclimbing.com/xgo\_hawkesbury\_river.html

# **Jolls Bridge**

A long section of cliffs sitting right beside the freeway. Varied grades of climbs with heights of up to 45m. Most climbs require mixed gear with some sport routes.

#### How to get there

Travelling south on the freeway you hit the end of the 90kph zone.

Turn off at the Brooklyn exit head north up the old pacific highway. A little way along you pass just below Jolls bridge. There is decent parking a bit further on.

Walk up the hill directly below the bridge, pass under then head up beside the road to the top of the cliff.

A full guide is available at http://www.sydneyclimbing.com/xgo\_jolls\_bridge.html

Hybrid Climbs 21/32

22/32 Hybrid Climbs

# **Boulder Climbs**

### **Blackwall Boulders**

Many boulder problems located at the base of the Blackwall climbs and further to the left

#### How to get there

From the rip bridge heading towards Woy Woy turn left onto Picnic pde, then turn left onto Flathead road, then turn left onto booker bay road, follow under bridge then turn left onto Mullbong road, drive to end.

Do not take the fire trail, use the foot track to the left of the fire trail follow up hill about 250m then as you guessed take left fork in track up steep rock steps follow track through rocks, when you are there you will know it.

## **Bouddi Bouldering**

Scattered bouldering at and around the crags in bouddi national park

#### How to get there

Head out the Wagstaffe then turn somewhere, exact location is unknown at the moment, but if you discover then please email us.

Map:



Go to Peter Monks site for a photo.

This stuff ripped from Peter monks climbing page, see links for link to his site.

# Palmdale bouldering

Some bouldering around and below the main wall at Palmdale crag.

A few small problems on boulders, one or two high-ball problems (about 6–7metres) and a nice large cave with decent roof runs (V4+ at least)

#### How to get there

Head out to Palmdale (near the crematorium).

Drive towards the National park.

About 2km along the dirt road you will pass through a road cutting. Park just past this.

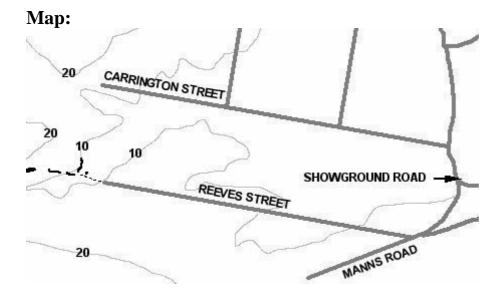
# **Reeves Street Bouldering**

There is a boulder just before the slab and more further up the track

#### How to get there

Reeves street is off manns road between west gosford and narara, the turnoff is right on a corner. Drive to end of road onto the dirt section until you can't drive any further. Park at the end here but do not block access for the house at the end. Follow track about 100 metres to base of climbs.

Boulder Climbs 23/32



## Rumbalara

A nice large cave with good overhanging runs and some pocketed routes as well as a 20m long flat wall and scattered boulders **How to get there** 

Go up to rumbalara and go to the end of the road.

At the end the road wraps back around itself and on the side there are some toilets. Park here.

To get to the cave head directly down the hill from where the toilets are and it drops off.

Get down this drop off and head left and you wil find a cave (very obvious as to which one as it is very large.

To get to the flat wall, head back down the road and follow the path to your right. It will meet up with a wide disabled walking trail. Continue along this trail until you reach a sculpture. Just past this there is a descent gully on the right that heads down to a path. The climbs are along this path in both directions.





### **Main Lip**

This is the main lip visible in the cave, spans the whole cave

<sup>™</sup>Swing Low 10m V2

Start: the far right

This run starts on the far right, just at the edge of the cave and goes across the corner, staying low then is a traverse of the lower lip, hanging below it at all times. Can be done in either direction

24/32 Boulder Climbs

Sweet Chariot 10m V0

Start: far right

Starts at the same point as Swing Low, but stays high to get past the corner then continues up above the lip. Can be done in either direction

## Coming Forth 2m V1

Start: middle right side of cave

Sit start that begins in middle right side of cave, coming from underneath the lip and ending with headbutting the roof

To Carry 2m V2

Start: under crack in lip at the middle of the cave

Sit start that begins under crack in lip at the middle of the cave, climb the crack itself (no face climbing :-) and top out by headbutting roof again

Me Home 2m V0

Start: sitting on the small rock to the left of the main rock

Bloody easy sit start which starts by sitting on the small rock to the left of the main rock. Pull up and over then head directly up

#### **Left Wall**

On the left wall of the cave

unknown 1 am V0

Start: left wall

Climb up the right side of the left wall. Big, sandy holds. Don't trust your hands :-)

Start: outside wall of cave

On outside wall of cave to the left there is a bunch of single/double finger pockets that head up and tops out over flat, sloppy ledge There are at least two different paths here

unknown 3 

5m V3

Start: just round the end on the left

Starts just round the end on the left, sit start from the boulder with feet under the edge, follows round and links up with the others on the left wall. Simple to start, hard to get around the end

#### **Entire Cave**

The whole lenght of the cave added together

Rumbalara Rumble 15m V4

Boulder Climbs 25/32

Start: the far left

Starts on the far left with unknown 3 then links it via unknown 1 to Swing Low or Sweet Chariot, finishing around the far right end. Long full traverse of cave, possible but bloody hard (for me anyway)

### Flat wall path

A 20m long flat wall plus a couple of scattered boulders

Traverse 20m 4

Start: Far right of long flat wall (as far as possible)

Just traverse all the way across following the horizontal crack staying below the top lip

#### Water Reservoir

A lookout plus isolated boulders below the water reservoir. Park near the reservoir then walk down to road a bit and look for a path on the left. Follow this path to the lookout and continue to the right for the isolated boulders

Unnamed \( \int \) 0m

Start: Anywhere

A few different boulders

These runs may have been done before I ever saw them so the names/grades may not be correct. If you know the proper names/grades please let me know.

# **Tuggerah**

Lots of scattered boulders, few with possibilities but some up to 4–5 meters high.

#### How to get there

Head along the freeway and turn off at the Tuggerah exit heading towards Westfield.

Take the first left and park at the grass on the left of the first corner.

There is a track off to the west take that, don't look at the small boulders on the slope about 4-500 meters later there is a larger boulder might have a climb or 2 continue west the next ones are covered in graffiti and there are some chalk marks Take a crash mat! Much of the area is covered in broken glass so landings could be nasty.

## **Wamberal**

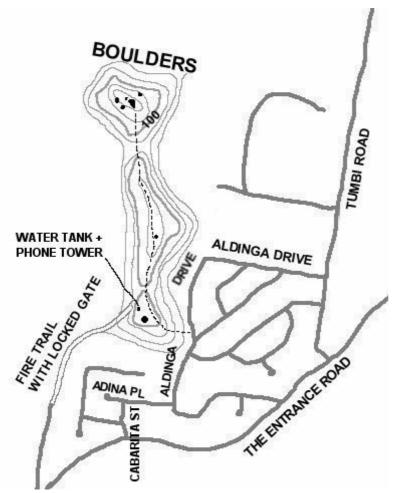
Five boulders, many problems

#### How to get there

Follow the track up the hill from Aldinga Drive, continue past the water tank and phone tower, follow track along ridge untill you reach the boulders, there are five boulders with many problems.

## Map:

26/32 Boulder Climbs



\*\* rock is sharp \*\*

You might want to take a wire brush as there is moss on some of the rocks and you might want to make a new problem that has been hidden with moss.

Boulder Climbs 27/32

28/32 Boulder Climbs

## **Indoor Climbs**

## **Climb Fit**

Climb Fit is a large indoor climbing gym in St. Leonards.

Go to Climb Fit Home for details

#### How to get there

Drive down the freeway then turn off at Wahroonga.

Keep driving till you hit St. Leonards.

From the corner of Pacific Hwy and Herbert Street, its just a 5 minute walk.

Proceed up herbert street to the first set of lights and go left into frederick street, its the last drive way before the round about number 12. When in the drive way its Unit 4. You can't miss it.

This is not on the Central Coast, but it's only about 1hr away and its good.

## Kincumber - The Hangover

Indoor wall with nice overhang and single lead climb. 11-12 Cochrone Street, Kincumber 2251-(02) 4368 3197

#### How to get there

Head out to kincumber along avoca drive.

Turn right after kincumber at the end roundabout.

Turn right at the next roundabout and its just around the next corner in Kincumber recreation Centre

### Lakehaven

 $Small\ indoor\ wall\ located\ in\ Lake\ Haven\ recreation\ centre\ at\ Goobarabah\ Ave\ Gorokan\ 2263-(02)\ 4392\ 7474$ 

#### How to get there

Find Lakehaven shopping centre, go in the far right entry to the carpark and the recreation centre is behind the shopping centre

# X-Treme Edge

The rockclimbing shop on the Coast. Located in North Wyong. PH 1300 302 111

#### How to get there

Coming from the south go up the freeway turn off the Wyong along Anzac Parade then turn left onto the Pacific Highway otherwise just head up the Pacific Highway.

Eventually you will reach a round about at the end at which point you turn right and then left onto Lucca Road a bit further on. The Shop is just up on the right (where the hot food shop is)

Map:



Located at 3/3 Luca road, North Wyong NSW 2259

Free Call 1300 302 111

Indoor Climbs 29/32

Open Monday-Saturday 9am-4pm Sells all climbing gear at great prices.

30/32 Indoor Climbs

# **Credit**

We would like to thank Peter Monks for the use of his code, pictures and all his help while we were making this page.

The Grade Conversion page and Symbols page were Adapted from Peter Monks' site and are Copyright ' 2000,2001,2002 Peter Monks

We would also like to thank the Sydney Rockclimbing Club for the use of the Code of Conduct

Thank you to everyone that has sent us info regarding climbs, crags

Credit 31/32

32/32 Credit