

A Mini-guide to Foredale Quarry (Dec 2008)

By Paul Clarke and Dave Musgrove. Maps and Diagrams by Nigel Baker

Foredale Quarry has become one of the more popular locations for those seeking, middle grade sport routes in Yorkshire. Due to its aspect it is not a venue for wet or cold weather but on a fine day it is easy to forget that it is a hole dug out of the ground since the valley wall is almost absent making it open and permitting fine views. The quarry floor has had time to grass over and it suffers less from the lunar landscape syndrome than do other recently developed quarries. There has been a doubling of routes since the guide came out with the older and newer ones receiving much attention. Because of this rapid development it was decided to produce this mini-guide rather than include the information in the forthcoming YL Update. First ascent details are provided for routes done since the publication of the YMC Guide.

Despite the bolts and best efforts of the first ascensionists to clean loose rock from the routes, the geology and man made nature of this environment is still very unstable and great care should be taken by beginners and experienced climbers alike. Accumulations of loose rock lie on almost every untrodden ledge. Flakes and blocks, even on well-established routes, should always be treated with suspicion.

Though there are several routes in the lower grades (F4 & 5) this doesn't mean they are automatically suitable for inexperienced climbers or those fresh onto rock from indoor climbing walls. *Take care – wearing a helmet is particularly relevant here.*

The star ratings and grades on the routes tend to be those given by the first ascensionist – and so should be treated with care. That being said, the popularity of sport climbing in Yorkshire has ensured that many repeats have at least begun to contribute towards a consensus.

A 60m rope is required if you plan to lower off climbs on The Central Slabs and Main wall areas.



Angela Soper enjoying the full Foredale experience

BOLTS

The cost of replacement and of establishing new routes has and will continue to be great and you might consider making a contribution if you are using this supplement. Cheques should be made payable to The Yorkshire Bolt Fund and sent to Dave Musgrove at

11, Wynmore Avenue, Bramhope, Leeds, LS16 9DD. A Paypal account will be found on the Leeds Wall website. Cheques are preferable since Paypal always take a cut. The Bolt Fund has two sections - replacement and new routes. If you would prefer your donation to go to only one of these then please inform Dave.

Note: Bolts on a few of the original routes at this quarry use glued in bar that is not known to be stainless steel. If this is the case then the fact that stainless hangers have been used means that galvanic corrosion will result. It will pay to watch out for corrosion. The longevity of the glue used for these bolts has also been questioned.

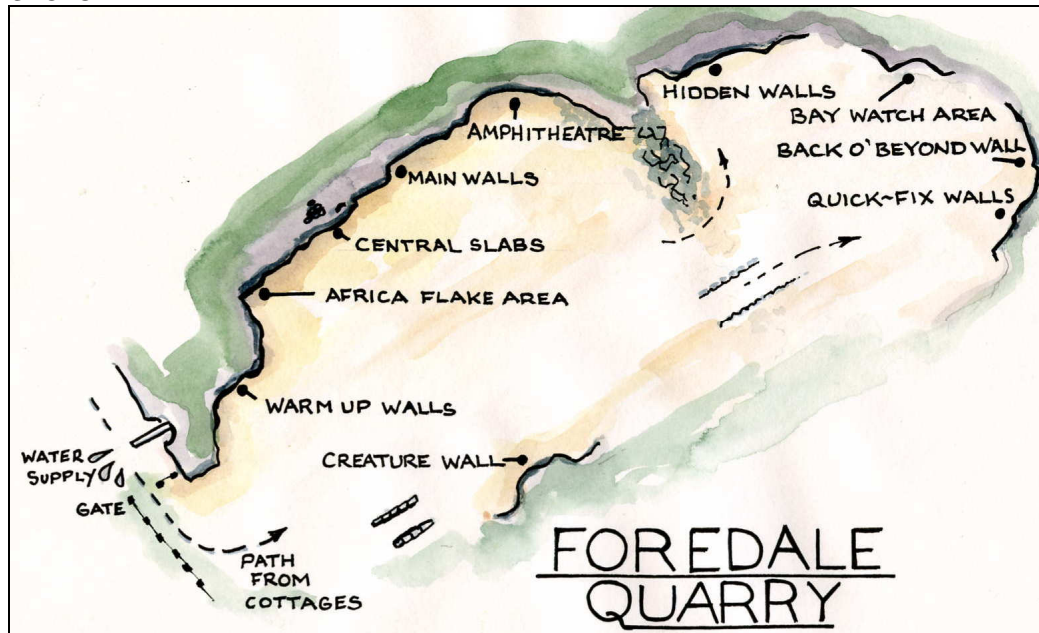
WARNING: Climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Many of these climbs have had few ascents. Whilst care has been taken, the authors accept no responsibility for the accuracy of the descriptions or towards those choosing to attempt any of these routes – to do so is your choice.

ACCESS: From Helwith Bridge, just off the Settle to Horton Road, take the small road that goes to Foredale Cottages (just after the pub). **Please note that a new access agreement has been reached and it is important that cars are left at a large parking place that lies immediately after the quarry road is left and before the farm buildings.** Walk up the road that leads past the farm and goes up towards the cottages. It is probably best to keep disturbance to a minimum by leaving this road at the first bend, following the grassy slope just to the right of the fence to join the quarry incline below the slate quarry. Contour along the track that leads below this to the right and through an improvised gate to gain the main quarry.

The farmer has requested that dogs are not taken into the quarry as this prevents sheep from coming down to take water there. Please abide by this request and leave Fido at home.

SECTOR MAP



ROUTES

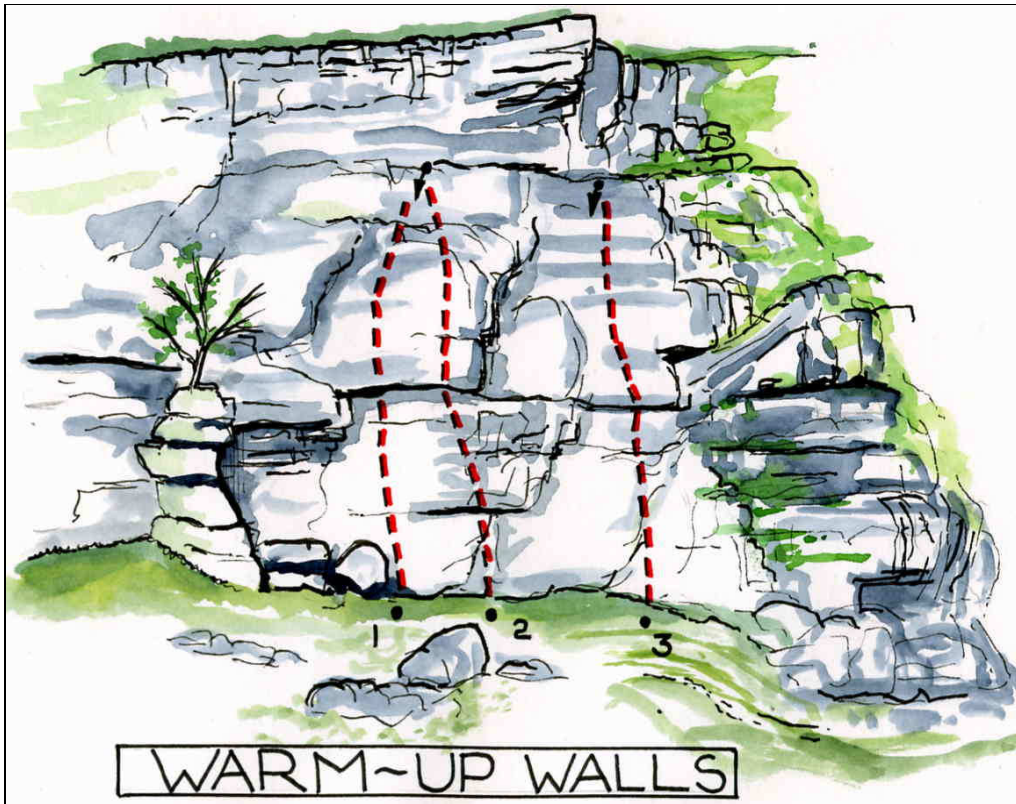
On entering the quarry the huge main wall is seen about 100metres of to the left. Leading across to the big wall are a series of more broken faces, shorter on the left but gaining height as one moves further right. The first area provides a few useful warm-ups

The Warm-Up Walls

1 Broadsword Calling 13m F5+

The first line of bolts on the left side of the first walls. Trend right to the lower-off of Danny Boy.

17.7.07 Bob Larkin



2 Danny Boy 12m F6a

A steep but mainly juggy rib on the left side of the wall. Nice moves but the rock needs care.

11.7.07 Bob Larkin, Dave Musgrove

3 Fore Play 13m F4 *

An easy but very pleasant introduction to the quarry. Currently the first line of glue-in bolts on the left side of the wall.

1.5.07 Dave Musgrove, Bob Larkin, Keith Morgan

Africa Flake Area

The next 6 routes all start from a higher platform just right of a broken corner. The 'Africa Flake' hangs ominously above the right end of the ledge and is sensibly avoided by most of the routes. There are interchangeable starts but the first 3 routes are all best gained from the left hand one.

1 A Taste of Honey 18m F6a *

Climb the left-hand line on the lower wall and scramble up the grass to the corner on the left. Climb this with interest to the top. Much better than it looks

May 07 Bob Larkin

2 A Touch of Class 16m F6b *

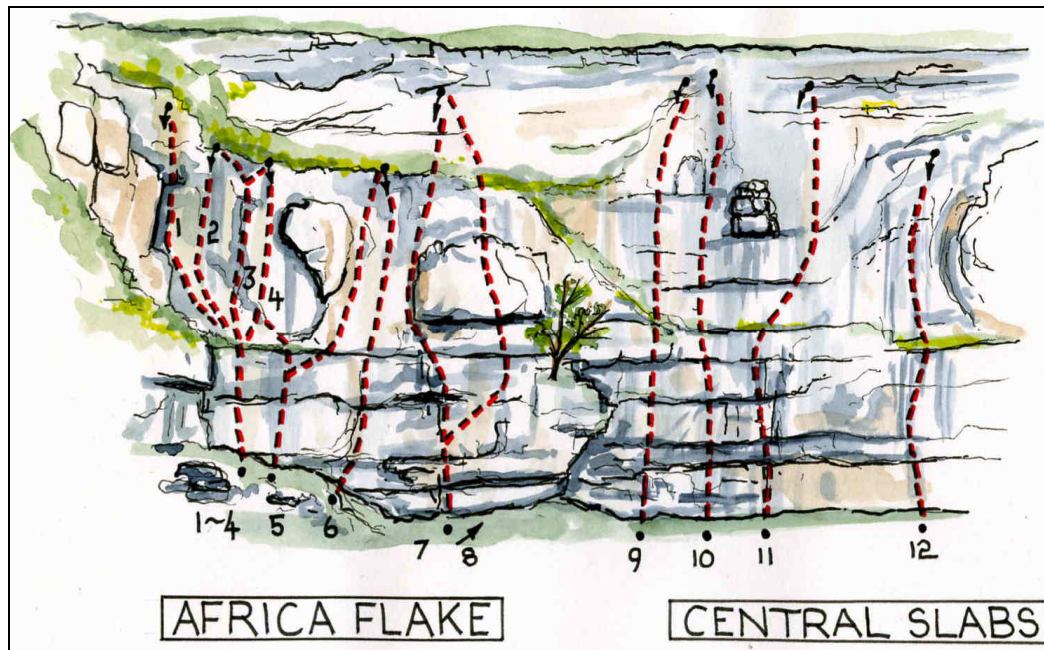
Starts just as for Taste of Honey and climb to a ledge. Trend left from here and up the wall left of the arete.

4.4.07 Bob Larkin, Dave Campbell

3 The Sting 15m F6c *

Climb the lower wall and then step left to climb the tricky blunt rib above. Short, but technically satisfying.

May 07 Gil Peel



4 The Entertainer 16m F6a **

Climb either line on the lower wall and then the wall right of the arete and just left of the hanging shield to the crux at the top. Very pleasant climbing only marred by the ledge at 5 metres.

1.5.07 Bob Larkin, Dave Musgrove

To the right is the large hanging feature shaped like the African Continent.

5 Flake of Good Hope 20m F5+ *

Well named. Just *hope* it stays in place! Start on the lower central line and trend right to a ledge below the flake. Climb carefully up the shallow groove to the right and finish further right to the belay on the next route

22.10.07 Bob Larkin, Dave Musgrove

6 Look Back in Anger 20m F6a *

The original route here. The right hand line from the platform The route takes the line of the vague but continuous rib to the right of the 'Africa' flake trending right up slabby walls to a lower-off.

7 Anger Management 24m F5 *

Start at a lower level and climb up to a ledge then, trending slightly left, layback up an obvious flake to easier ground. Trend right and finish at the lower-off common with Riches and Salvation.

22.10.07 Bob Larkin, Dave Musgrove

8 Riches and Salvation 24m F6c *

A steep route with a tough blind bulge, starting as for Anger Management. From the common first bolt trend right towards a tree and cross the bulge with difficulty either left or right of the bolts.

30.9.07 Mick Johnson, Paul Farrish, Dave Musgrove

The Central Slabs

The broken area of walls and slabs to the right are dominated by the easily identified feature of The Wart, a pile of huge blocks on the ledge at two thirds height

9 Skulduggery 27m F4 *

A long but broken line of short walls and ledges with a pleasant slab in the middle. Start just below and a few metres left of The Wart. Easy climbing but the bolts may feel a little spaced for beginners?

8.9.07 Mick Johnson, Julie Dundas

10 Social Realism 27m F6a **

Start below and just left of The Wart. A long clean pitch with an interesting lower wall. The upper section is easier but pleasant all the way to the lower-off. The Wart is passed on its left.

18.9.07 Bob Larkin, Dave Musgrove

11 The Wandering Warthog 28m F5+ ***

The best route of this grade in Yorkshire. Start directly below The Wart and climb a steep wall with the help of a friendly shot-hole. From the 4th bolt trend right across a clean wall between grass ledges until it is possible to climb a clean solid wall to the right of The Wart to a lower-off.

22.10.07 Bob Larkin, Dave Musgrove

12 The Zebra 22m F6a+ *

Below and right of the huge pile of perched blocks a steep groove in a rib leads to ledges and then an excellent vertically striped narrow slab. Climb this with a crux reach past the 4th bolt. (shorties may find an easier detour to the left).

11.7.07 Bob Larkin, Dave Musgrove

13 White Rhino 22m F6a **

This line climbs easily up to the foot of the white curving groove just right of the crux slab of The Zebra. The groove itself is delicate and requires good footwork. Trend right at the top to a lower-off.

06.05.08 Bob Larkin

14 Animal Magic 18m F6b+ **

A two-tiered wall climb starting just right of White Rhino. Climb the lower wall to a steep mantel and move across to the upper wall which provides the technical crux.

10.6.08 Dave Musgrove, Bob Larkin

15 On Safari 20m F6b+ *

An eliminate low down but the upper wall is independent, and good value for a couple of moves. Scramble up to the first bolt on Animal Magic but step further right to clip 3 glue-ins in the scoop and rib above. From the ledge climb direct up the short but demanding upper wall and trend right to a lower-off. Finish here or continue easily up The Town Hall Steps.

9.6.08 Bob Larkin, Dave Musgrove

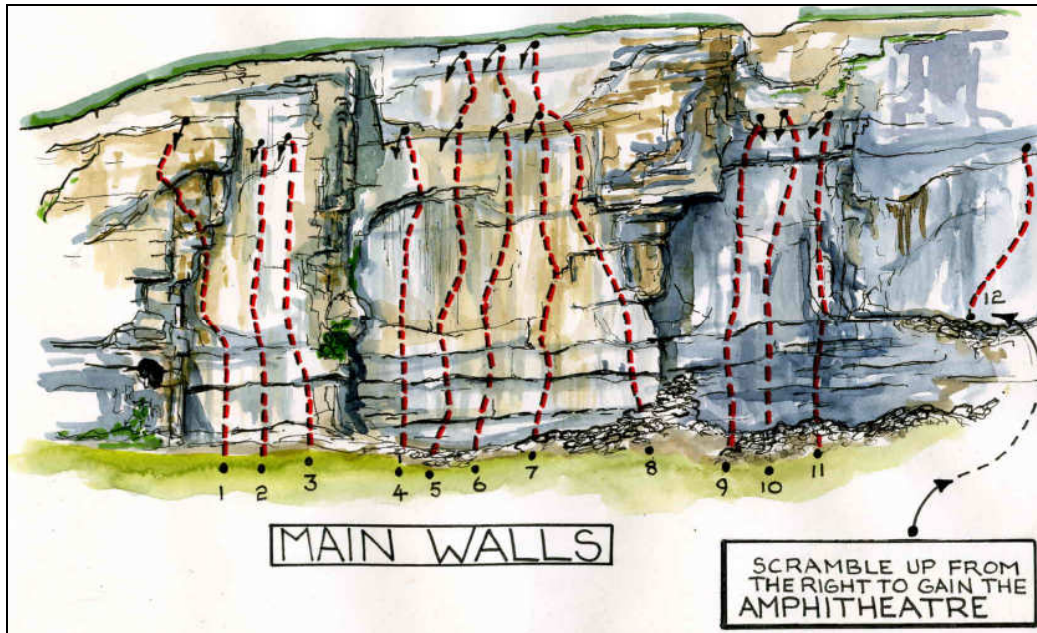
16 Town Hall Steps 30m F6a **

A long pitch that is low in the grade and gets easier in its upper half. Start in the shallow recess and climb it until it is possible to pull out left to a ledge. Step back right to a glue-in bolt then up with difficulty to a scoop and the lower-off of On Safari. Continue past this, trending right up easy but pleasant slabs to another lower-off near the top.

13.6.08 Bob Larkin

The Main Walls

About 20 metres further right, past a big cave (where does it go?) is a big narrow slab between 2 long broken corners. This is the start of the Main Wall, home to some of the longest steep slab and wall climbs in Yorkshire and understandably the first area to be developed.



0 Outward Bound 30m F6b

Character building and not for the faint-hearted! The tottering pillar up the right edge of the cave provides good moves but the rock is poor for much of the way. The technical crux is high on the upper slab – if you survive that far! (*aka Giant Jenga*)

17.06.08 Bob Larkin, Dave Musgrove

1 The Ace of Spades 29m F6a+ ***

A superb line weaving its way up good rock between some dubious flakes and shattered corners. Start 5 metres right of the prominent cave and gain a grassy ledge below a steep narrow groove. Climb this and step left onto the slab taking a direct line until a line of flakes can be crossed leftwards to a good foothold below a short steep wall. Climb up and then left again onto a good ledge and skirt the overlaps above by a short traverse until a steep slab leads back up and right to the lower-off.

07.10.05 Dave Musgrove, Keith Morgan, Mick Johnson, Nigel Baker

1a Black Jack 28m F6a ***

A superb and pleasantly sustained piece of climbing straight up the big slab just left of centre starting between Ace of Spades and Joint Effort.

06.05.08 Bob Larkin

2 Joint Effort 28m F6c **

The project mentioned in the guide up the big slab to the left of Dark Secrets. An excellent pitch on good rock but with a short crux that is both reachy and unlikely on first acquaintance.

15.7.05 Mick Johnson, Dick Tong, Keith Morgan (significantly cleaned a few months earlier by Bob Larkin and Gill Peel)

3 Dark Secrets 28m F5+ **

A good pitch with a tricky start and interesting climbing following the right-hand side of the slab to a lower off just below the steep but loose headwall. Slightly harder if the right edge is avoided near the top.

3a Black Magic 28m F6a ***

Climbs a shallow groove in the upper rib right of the slab of Dark Secrets from a very good new start to the left. The starts of the two routes are now interchangeable and may be better permanently switched?

17.9.08 Bob Larkin, Paul Farrish, Dave Musgrove

The upper corner bounding the slab on its right contains an old peg so may have been climbed. Just right of this corner is the longest and cleanest section of wall on the crag.

3b Mistaken Identity 29m F6b+ *

Start just right of the lower, broken corner and after a couple of metres of scrappy rock that needs care. Cross the overlap leftwards and then up a ramp towards the corner, climbing to a belay to its right.

19.09 08 Gil Peel. Bob Larkin

4 Alpine Memories 29m F6b **

The climbing from the first bolt all the way to the overlap is delightful. As for Mistaken Identity but a short tricky crux subdues the bulge then a short wall above leads to a ledge and double bolt belay.

The next three routes all have 2 pitches. It is just possible to lower-off from the first belay ledge with a 60 metre rope – but only just – take care!

5 Shot in the Dark 39m F7a ***

1. 30m F7a A very good wall pitch, technical and balancy. Two resting ledges rather break up the climbing. Trend slightly right from just right of the last route and follow the line of vertical shot holes.

2. 9m F7a A short steep wall leads to another lower-off just over the top.

5a A Bridge Too Far 30m F6c+ ***

Another brilliant pitch. Climb the steep slabby groove just left of the Pot Black tower to the first ledge. Step right and continue with increasing interest and difficulty to the second ledge (longish sling useful to prevent rope drag over the edge of the ledge) and then more steeply up the headwall to a long reach to the top ledge. Lower-off (A full 60m rope is essential) or take either of the finishing pitches on the adjacent routes to the top.

17.05.08 Gil Peel, Dave Musgrove

6 Pot Black 40m F6c ***

Another great route with a superb, technical first pitch and a fingery, reachy finale.

1. 30m F6b+ Climb the steep lower tower via a long reach to a ledge (unclip the third bolt once the ledge is reached to reduce drag higher up). Climb a blunt rib on the right then move tenuously left and up the slabby wall on small footholds to a steeper section just below the ledge and bolt belay.

2. 10m F6c A long reach from an undercut or a fingery pull on tiny holds gains a good hold at 3 metres. Step up awkwardly and move slightly left to better finishing holds lower-off.

7 Black Spot 40m F6b+ **

More good wall climbing, this time with an easier finish. Much better than the name implies!

1. 30m F6b+ The line starts just right of the lower tower leading slightly left into a shallow groove and then straight up with a long reach near the top to gain the belay ledge. The long reach can be avoided by keeping right near the top.

2. 10m F6a Climb the wall behind the belay trending left, either to the upper lower-off of the previous route or to stake belays above if you want to walk down.

8 (The Real) Slim Shady 30m F6b+ **

Climb pleasantly up the rib and slabs to the right of Black Spot until a short, tough, steep section leads to the belay ledge. Either lower-off or climb any of the top pitches on the upper wall.

13.05.05 Nigel Baker, Andy Watts.

Twenty metres further right are more lines that skirt dubious overlaps.

8a Dicing with Damocles 30m F6b+ **

Start just left of Scorpion and directly below the brooding overhangs. Climb up rightwards to a vertical shothole and climb this (the technical crux) to a corner just right of the roof. Take a deep breath and swing left onto the impending wall and climb up the centre of the narrow slab above without recourse to the suspicious flakes on the left.

13.6.08 Dave Musgrove, Gil Peel, Terry Holmes

9 Scorpion 27m F6c+ **

The left-hand line has a very fine finish involving some quite perplexing moves to reach the chain lower-off.

10 Black Adder 27m F6b+ **

The right hand line also has a tricky crux near the top to reach another chain.

11 Black Widow 24m F6b *

The wall to the right of Black Adder is climbed through the small roofs (crux) to a ledge. Follow the wall above, sometimes on the left, sometimes on the arête.

May 05 Glyn Edwards, Colin Binks

The Amphitheatre

On the right is a higher bay guarded by a short steep wall and a scree-covered terrace. It can be gained direct but the easiest approach is by scrambling in from further right. There is only one route here at present but scope for several more.

11a Twinkletoes 24m F6b+ **

A technically interesting line left of, but parallel to, Footloose and Fancy Free eventually trending right to share the same belay.

17.9.08 Bob Larkin, Paul Farrish, Dave Musgrove

12 Footwork and Fancy Free 18m F6c+ *

Climbs the recessed wall on the right side of the amphitheatre to the right of the main wall. The easiest approach is by scrambling in from further right. A fine technical lower wall trends right to ledges and a much easier upper section. If only the lower wall continued at the same angle!

20.7.05 Dave Musgrove, Keith Morgan, Nigel Baker

Right of the amphitheatre, in the direction of the broken ridge that descends for the quarry top is a huge area of broken slabs and walls.

The Magic Staircase 25m F3 *

The easiest bolt route on Yorkshire Limestone. Climbs the sweep of pleasant easy angle slabs to the right of the amphitheatre with a steepening finish in a short groove. The rock is good but beware of scree on the lower ledges when retrieving your rope.

09.10.08 Dave Musgrove, Bob Larkin

Castor 18m F5+ *

The left-hand line on an undercut buttress just left of the spoil heaps on the left wall of the quarry. The crux is all in the move over the lower-bulge. Finish up a short jamming crack.

09.10.08 Bob Larkin, Dave Musgrove

Pollux 19m F5 **

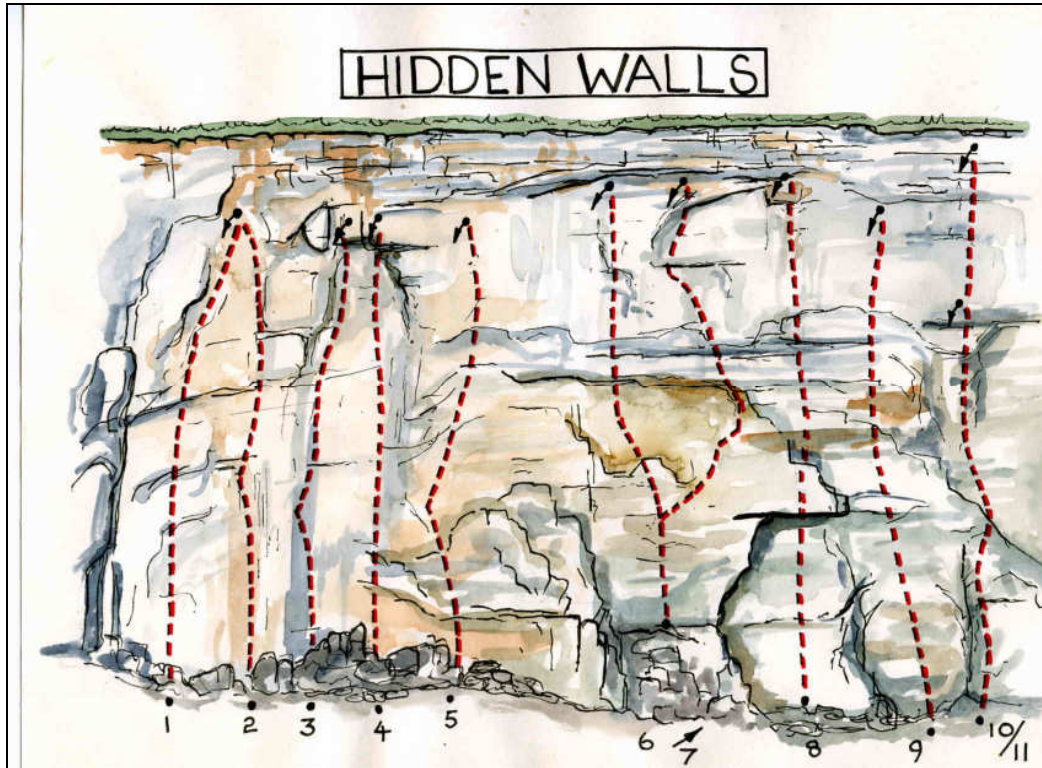
The right-hand line is slightly easier but requires a high step to cross the overlap. The upper, curving groove is pleasantly sustained to the crack and lower-off of Castor.

09.10.08 Bob Larkin, Dave Musgrove

The Hidden Walls

About 200 metres further back on the left side of the quarry is an easy angled broken ridge. Just beyond this the wall steepens and becomes continuous again. The left-hand of 3 small trees 3 metres below the top provides a landmark.

It is worth noting that a very loose band of rock runs above the belays. Take care and avoid pulling onto this



0 Flintstone Wall 15m F6a *

The first line on Hidden Walls, just right of a broken corner. Climbing direct past the 3rd bolt is a little harder but this move is avoidable by stepping left. The upper wall is short but sweet.
17.6.08 Paul Farrish, Dave Musgrove

1 Barney Ribblesdale 16m F6a+ **

The next bolt line provides an interesting climb. Climb the steep lower wall to a slabby ledge and continue up the fine shallow groove to a lower-off below and left of the tree.

1a Strange Days 35m F7a *

1/F6b+ A long rising traverse from the left to the belay of The End.

Start up Barney Ribblesdale to its first bolt and move right to follow the flaky corner and crux wall of Fred Foredale, then step up and right to its ledge. Cross the wall by a fairly horizontal traverse until things ease and the ledge line that crosses the wall is gained and followed to Riders on the Storm, Belay.

2/ F7a Pull past the crux of RotS and then make a trying series of moves to gain the sloping, diagonal crack and an edge that leads across to the belay of The End.

An easier finish would be to stop at the belay of RotS – F6c *

10.05.08 Paul Clarke, Nigel Baker

1b Bedrock 16m F6c *

An eliminate between Barney Ribblesdale and Fred Foredale with a hard crux move to gain the ledge above the 2nd bolt.

17.6.08 Paul Farrish, Dave Musgrove

2 Fred Foredale 17m F6b+ **

The wall just right of Barney Ribblesdale leads to a small flaky corner and a thin sequence above it to a good ledge. Move up to a second ledge and make an interesting move up to the last bolt before moving left to Barney's lower-off.

5.5.07 Dave Musgrove, Nigel Baker

3 Resin 8 17m F7a ***

The steeper wall between Fred Foredale and This Blasted Heath is technical, sustained and reachy but quite superb, and on relatively solid rock – possibly the best route in the quarry. Six Eco bolts protect and 2 for the belay makes eight.

9.7.05 Keith Morgan, Nigel Baker, Dave Musgrove

4 This Blasted Heath 17m F6c+ **

A direct and technical climb finishing just below, and right of, the tree near the top. Nicely sustained but with one long reach.

5 Dancing with the Devil 16m F6b+ *

Climb an easy ramp until the wall steepens and a hard move is made up to broken ground. An easier section is followed to a further steepening and pockety crux just below the lower-off.

To the right of Dancing with the Devil are two routes that share a common start to the right of the broken corner and above a boulder pile
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6 Break on Through (To the Other Side) 18m F6c+ **

An engaging route. A tricky start leads to flakes and easier climbing leftwards to a ledge and the base of the upper wall. A perplexing move here gains a small hold and further steep moves up the fine headwall lead to a bolted belay.

05.08.07 Nigel Baker, Dave Musgrove.

7 Riders on the Storm 18m F6c **

A very satisfying route with interesting and technical climbing that is nicely sustained at the grade.

The tricky start then slightly easier climbing leads the mid-way ledge. Good moves up the headwall gain a fine finish

17.07.07 Dave Musgrove, Keith Morgan, Nigel Baker

8 The End 18m F7a **

Another good but very imbalanced route. It makes a very nice F6b if you allow yourself a little assistance at the end.

Start to the right of a corner/flake. Climb the compact wall to the bulge. Pull through this and up to gain better holds and then step left. Easier ground leads to a ledge and white flake. The fine wall above leads past a good pocket to some tricky climbing.

07.08.07 Paul Clarke, Keith Morgan, John Hunt.

A short way to the right, past a crack, is:

9 All Along the Watchtower 18m F6c *

A nice lower wall with some technical climbing leads to much easier ground and eventually a ledge that is just short of the belay. There is *'no reason to get excited'* since a stiff pull soon gains this.

07.08.07 John Hunt, Keith Morgan

10 Fun and Games 18m F6b **

Climb a short steep groove to easier ground and then the less steep but still tricky continuation to a ledge and belay at the foot of the headwall.

30.9.07 Dave Musgrove, Paul Farrish, Mick Johnson

11 High Jinx 24m F6c+ **

An excellent continuation to Fun and Games. Fingery and technical to leave the ledge but positive slots above give a good finish.

2.10.07 Dave Musgrove, Paul Farrish, Dick Tong

The Bay

One hundred metres right of The Hidden Walls is a bay identified by a high central arête and a low compact slab on its right which stays in the sun longer than the other areas mentioned so far.

Wearing a helmet is strongly advised since the upper walls (not climbed) are known to harbor some very loose big blocks and lots of smaller ones.

1 It's Lifebuoy (but not as you know it!) 18m F6b+ *

This route climbs a steep lower wall and the prominent groove just left of the arete. The rather reachy crux is low down but the upper groove is still quite stimulating!

16.4.06 Nigel Baker, Dave Musgrove

2 The Upshot is... 15m F6b+ *

This technical route climbs an obvious vertical shot-hole in the lower wall just right of the arete before trending right to avoid some perched Damoclean blocks.

14.4.06 Dave Musgrove

3 Life's a Beach 14m F6a+

A direct line starting just left of the lower slab climbing the steep wall via small opposing flakes before the angle eases.

16.4.06 Dave Musgrove, Nigel Baker

4 Bay Watch 15m F5+ *

Climb the easy slab on its left side and then a steeper wall to the fourth bolt (hidden from below). Step left and climb straight up to the lower-off.

14.4.06 Dave Musgrove

5 Surfing the Stone 16m F5 *

Climb onto the centre of the slab from the right and climb direct just left of the dirty corner to a lower-off on the right.

21.4.06 Dave Musgrove

The Back o' Beyond Wall

At the far end of the quarry is a shorter, but sunnier, South-West facing wall in the shape of an inverted triangle.

1 Old Fossil Wall 14m F6b

Good moves on dubious rock. A shaky start from a broken undercut flake leads leftwards to a smooth wall. Hand traverse further left and climb up on better rock with a long reach from a layaway on the left to a horizontal break. A precarious step up gives access to the lower-off.

1a Rubble Rouser 14m F6a+ *

A wide shallow groove just right of Old Fossil Wall, with which it shares the first bolt.

17.12.08 Dave Musgrove, Bob Larkin

1b Back Street Gossip 15m F6a *

A pleasant grey wall starting from the lowest point of the crag left of Sunny Side Up, and finishing just right of the upper blunt nose.

17.12.08 Bob Larkin, Dave Musgrove

2 Sunnyside Up 13m F6a+ **

Start in a short corner to the left of a ledge at two metres. Gain the ledge then climb up from the left end of it until forced right on small holds that soon give access to good slots below the fault line. Cross this to gain the lower-off.

3 To Helwith It 13m F6b+ *

Gain the ledge from the right and climb the scooped wall above to a smaller ledge. The steep blank looking section above provides a short but quite intense technical sequence to an old staple of unknown origin. Move left from this to the lower-off on the previous route.

4 Lost World 12m F6a *

Climb the short slab above and right of the big ledge until the wall steepens. Progress continues via a couple of awkward moves up the flaky corner and a mantel up and right gain a lower-off.

5 Go With the Flow 10m F6b *

A shorter but steeper wall of solid rock starting at a higher level from a grassy ramp. The wall is well provided with hidden holds, pockets and slots. Find them all in the correct sequence and you will certainly 'flow'. Get wrong handed and you may not flow quite so smoothly!

The Quick-Fix Walls

Continuing rightwards towards the entrance again the walls loose height but provide low-level problem traverses. The next routes are on the cleanest sector about 70 metres right of the Back o' Beyond Wall. The short crozzly crack of Crack On Up provides a reference point.

1 Scoop of the Day 7m F6a+ *

The obvious scooped wall on the left of the sector.

2 One-Armed Bandit 7m F7a *

A squeezed in variant that uses Mugwub's bolts to climb side-pulls leftwards to the break. Rock left to the shallow groove and then a flaky finish.
17.06.07 Paul Clarke

3 Mugwub 7m F6c+ *

The short steep wall just to the left of the obvious crack is climbed direct on less-than positive holds. Strangely compelling and best climbed quickly!

4 Cracking On Up 6m F6a

The short crozzled crack leads to a couple of stiff pulls to gain the lower-off.

5 Get a Grip (On Yourself) 6m F6a+ *

The centre of the clean wall some 25metres away to the right.

6 A Bravura Breath of Bravado 6m E1

5b/c Climb the wall 1.5m right of Get a Grip direct then move across to the lower-off of that route.

29/4/07 Karl Lunt, Tony Madden

7 A Towering Tribute to Trad 6m HS

4c Start 4m right of Get a Grip. Bridge up between the wall and the big flake to finish up the short crack above the bulge.

The Creature Wall

A long way to the right, back near the quarry entrance. The smooth water-sculptured buttress is now home to four well-bolted micro-routes. They use single bolt lower-offs but you have the option to top out if you wish. The rock is superb.

1 X-Ray Specs 6m F6b *

A series of scoops in the groove on the left lead to a couple of steep pulls above the break to the lower-off. Good value.

2 Poly Styrene's Start 7m F7a/7a+ **

Imaginative moves (by far the hardest at Foredale) gain the central scoop direct. Move up leftwards to the belay.

3 The Day the World Turned Day-Glo 7m F6b+ *

A diagonal line from the tricky start of Creature to the top of X-Ray Specs. Once established, easier but pleasant moves lead leftwards across the central scoop.

4 Creature 6m F6c **

This little gem starts just to the left of the right-hand scoop. A difficult pull up the obvious rib gains a break. Climb the tricky upper wall with a move up to the left near the top.