

CAM'S VALLEY



A Bouldering Guide



Introduction

Welcome to the Cam's Valley bouldering area! We are really excited about this newly developed stash of boulder problems. They are located in the heart of Seattle, at 5516 37th Avenue NE. We think they are some of the best problems the Pacific Northwest has to offer, and we hope you will too. There are currently 22 established problems, with numerous variations, with grades ranging from V0- to Vproject. In short, there is something for everyone here, although you will have the most fun if you are 6'2" and boulder V7, since most of the problems were set with this type of climber in mind. Well, enough talking, lets go climbing!



Conventions

Here are a few things to keep in mind to get the most out of your time spent in Cam's Valley. The problems have been set with the tracking + jibs approach. In otherwords, your feet can touch anything that is taped for your hands (although this will likely never happen since the wall is only 8 feet tall) as well as the standard footholds. Unless otherwise mentioned in the problem description, the standard footholds include the screw on foot jibs, the purple Tekniks runner holds (bolt-ons), and all the other bolt on holds below the three foot mark, with the exception of the white and orange Nicros holds. These can be used in two cases: one, if you are exceptionally short, or two, if you are exceptionally weak. Har har har, just kidding, don't feel bad about using these too, but keep in mind that unless otherwise specified, the problem was intended to be climbed without them. They were added at a later date than most of the holds, in an unsuccessful attempt to get my girlfriend to spend more time climbing on the wall.



The Problems

1.  V0- ☼☼☼ **Girlfriend Problem:** Start left, head right. All feet are in.
V0 Variation: Climb there and back
2. V0- ☼ **Jug Traverse:** Start left, traverse right on finishing jugs. All feet are in.
V0 Variation: Climb there and back
3.  V1 ☼☼☼☼ **Standard Warmup:** Start left, head right, then back left on the inverse coloured tape
V0 Variation: Only do the first half
V2 Variation: There and back (traverse the wall 4 times total) Pumpy!
4.  V1 ☼☼☼ **Girlfriend Project:** Start left, head right.
5.  V2 ☼☼☼☼ **Green Machine:** Start left, head right. The benchmark V2 for the area. Classic!
V3 Variation: There and back.
V3 Variation: Jibs only for feet
6.  V2 ☼ **Beluga:** Start left, head right
7. V3 ☼☼☼☼ **Fat Pinches:** Start on the leftmost fat pinch, and head right using only the two-tone Tekniks fat pinches, finishing on the left of the two finishing jugs at the right end. Some claim this is the best problem in Cam's Valley.
8.  V2 ☼☼☼ **Nonsense:** Start left and head right.
9.  V4 ☼☼☼☼ **Friction Addiction:** Start low and left, move up and right on slopers to an exciting finish. Save this one for the cooler days, you'll need all the friction you can get!
V6 Variation: Jibs only for feet. Hard!
10.  V3 ☼☼☼☼ **Bust it:** Start left, and use big moves to progress rightwards. Fun!
11. V4 ☼☼☼ **Sloper Traverse:** Start left, head right, then back again following the reverse colours. Watch out for the sting in the tail! Fight the pump!
12.  V3 ☼☼☼ **Double Take:** Start low and right, and head left. Reachy, not so good for the short folk!
13.  V5 ☼☼☼ **Sunny Side Up:** Start left, head right, with the crux coming at the end.
14.  V4 ☼☼☼ **The Priest:** Short and powerful, start on the left and head straight up!
15. V6 ☼☼☼ **Font Freak:** Short, slopey, and powerful! Start on the left, match on the heinous font sloper, and desperately throw for the top!

16. V4 ☀☀☀ **Ishi Tibs:** Start on the left most double-handed blue screw on, and move right across the wall to finish on the right-most finishing jug. Fun!
- V6 Variation: Jibs only for feet
17. V5 ☀☀☀ **Grasshopper:** Start low and right on the rightmost Tekniks grasshopper hold, and move left to finish, using all the grasshopper holds except the red one. Fun dynamic cross through move will have you coming back for more!
18.  V5 ☀☀☀ **The Catch:** Start left, head right. Be ready for the crux on the mid-angle wall!
19.  V5 ☀ **Crap:** This one move wonder starts on the right, and heads left to a very difficult crux involving a shallow 2 finger pocket.
20. V6 ☀☀☀ **Muscles:** Start on the far left, head right and finish on the left of the two right-most finishing jugs, using only the striated muscle holds. You better grow some wings for the last move on this one!
21. V5 ☀☀ **Granite:** Start left and head right, using only the yellow granite screw-ons.
22. V? ☀☀☀ **Limestone:** Start left and head right, using only the limestone screw-ons. This has never been sent, although Fraser Charles did all the moves in the summer of 2004, failing only to link them for the complete send! This is your chance to make history!
23. V6 ☀☀☀ **Smarties:** Start right on the biggest low jug, head left using the blue globe friction holds, with the crux coming right off the bat as you try to keep a grip on the blue smartie. Sloping madness!