# **Long Mountain Climbing Guide**

Long Mountain West Virginia



Edited by Michael Dannhardt

Revision Date: 10/13/2011

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### **Guide Revisions**

### Introduction

The area is extremely well suited for trad but could also be top roped. There appears to have been little if any climbing activity and there are lots of loose rocks and fragile holds. Like Seneca, helmets should be considered a must.

Walking along the top of the cliffs is difficult due to thick underbrush and mountain laurel while travel along the cliff bases is relatively clear, at least in the late fall through early spring, due to a fire. (The Forest Service reports that 76 acres burned in August 2006 from a lightening strike).

If the intent is to top rope, it might be easiest to pick an area, find an easy climb/scramble to the top and then setup TR anchors rather than traverse the cliff tops from the start. All references to climbs in this guide are from the cliff bases.

In regard to setting up top ropes anchors beware that large multi-directional features such as trees are rare so you may need to supplement slung small trees and scrubs with some rock pro.

The cliff is composed of the same Tuscarora quartzite like Seneca. The entire cliff range faces SSE and being on the top of the ridge is in full morning sunlight. Because of the sun exposure and breezes the cliffs get, the rock seems to dry out quickly even after days of heavy rain. This is an excellent location for winter climbing!

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### Getting There

#### Driving to the trailhead

Mile 0: Off I-81 take the Woodstock Exit #283 onto Route 42 South towards Columbia

Furnace. This is a right turn at the exit ramp's traffic light.

Mile 5.2: Right onto route 768, Union Church Rd.

Mile 5.5: Right onto route 675, Wolf Gap Rd.

Mile 8.4: Right onto route 675, Wolf Gap Rd.

Mile 10.0: Left onto route 789, Sam Clark Rd.

Mile 10.3: Bear right at fork on to route 691, Judge Rye Rd.

Mile **14.3**: Park at trailhead for Long Mountain Trail (2900 feet). There is parking and a primitive campsite on the right side of the road. The sign for the Long Mountain trailhead is not visible form the road but yellow "i" shaped blazes can be seen.

#### **Approach**

Other than the first 15 minutes there is no formal trail to the cliffs. Allocate around one hour for the hike to and from car to cliffs.

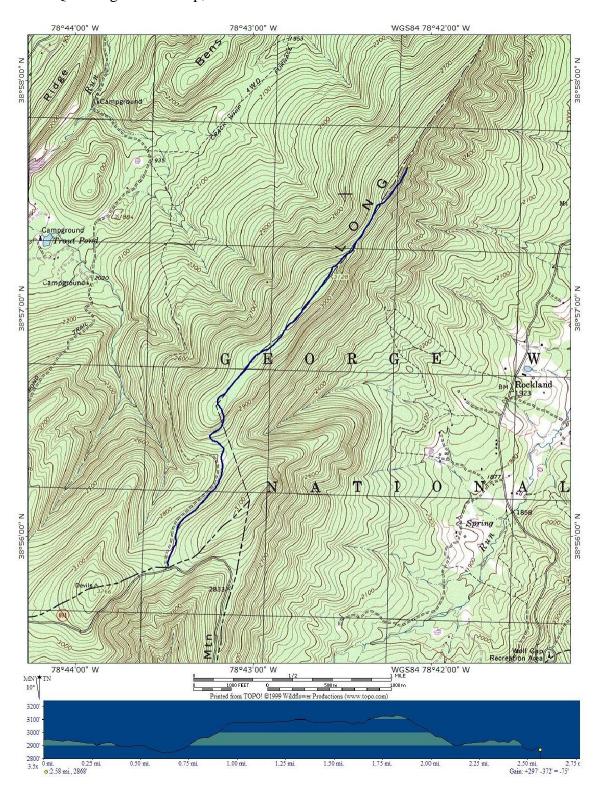
Hike Long Mountain Trial down about 0.6 miles (10 - 15 minutes) to 2800 feet and large clearing on right. Continue approximately another 100 yards and watch for an unmarked use trail heading up hill on the right. This trail leads steeply up and then through a small rocky area to the ridge of Long Mountain. Once at the top follow the ridge along use trails.

At one point the ridge descends and there will be rock outcroppings on the east side of the ridge. This is not the main Long Mountain formation, but the "Prelude Area". The Prelude Area is marked by two rock formations about 35'-40' tall and split between by a four foot wide chimney. The main Long Mountain formation is about 15 minutes north of here. This is Area A.

Because there are no trails other than use trails from hunters and animals, much of the travel is over very rocky ground. If you get off a game or hunter trail you can quickly find yourself doing the Mountain Laurel battle. Pay attention on your approach so you can find your way back in the dark, particularly take a moment to look over your shoulder at the saddle once you have gained Long Mountain summit.

Once at the south end of the cliffs (Area A) you can continue to hike about an hour before reaching the far north end. Most of the highest quality and tallest climbs are found within the first five to ten minutes.

USGS Quadrangle: Wolf Gap, W.VA. – VA.



### Camping

Campground camping with pit toilets and primitive tent sites with picnic tables and fire rings can be found at the Wolf Gap campground.

Nice car camping can be found at the trailhead. Short haul carry in camping can be found just minutes down Long Mountain trail on the right in a huge game clearing. Backpack camping can be found right at the southern end of the cliffs in a beautifully cleared field.

There is no water along the ridge but there is a small spring about 600feet down the east side of the ridge at the cliffs. Start down at the climb called Right Between the Eyes.

### **Emergency**

The cliffs have good cell phone coverage.

Closest hospital:

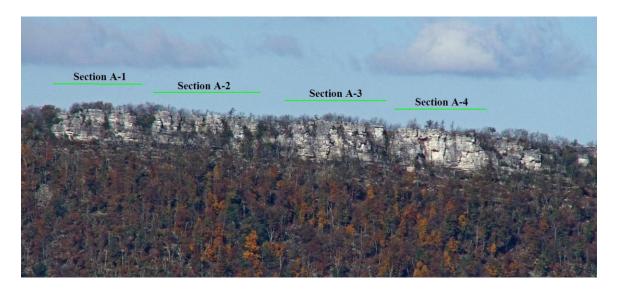
Shenandoah Memorial Hospital 759 S Main St, Woodstock, VA 22664 (540) 459-1100

### Overview of Areas and Sections

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This guide has all the climbs grouped into individual areas, sections within those areas and climbs within each section. All climbs are listed in order starting from the south.

Area A



### **Climbs**

#### Section Prelude Area

The Prelude Area is marked by two rock formations about 35'-40' tall and split between by a four foot wide chimney. The main Long Mountain formation is about 15 minutes north of here.

#### Orange Spark

5.3, 35 feet **GPS**: N 38 deg 57.208' W 78 deg 42.500'

**Route Description**: This climb is on the northern face and arête of the rock formation just to the north of the formation with the wide chimney. The climb is marked by a vertical crack that starts about 10' up and continues up for 10'. The climb goes up the face and then up the arête to the right of the crack. Then proceed up to a mossy ledge where two large blocks previously stood (they are now broken up on the ground below after trundling to make the climb safe). Proceed up horizontal flakes to the top. Cracks on the top can be used for an anchor.

**Descent**: Walk off the top.

**FA:** 10/23/2010 Mark Fletcher and Ron Hinckley

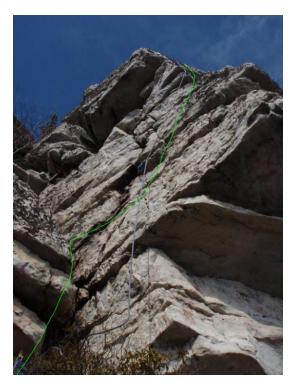
#### Section A-1

This is the first section of cliffs that has appeal for top roping or leading. Cliffs are 35 to 60 feet in height.



### Right Between the Eyes

[#12] 5.6, 45 feet **GPS**: N38°51.334 W094°47.941



Route Description: The route starts up the face to the right of a deep crack/left facing wall. Start from stance 15 feet up, move across crack and onto slightly overhanging wall facing south. Move up and out until gaining next stance another 15 feet higher. Move the last 15 up over easier ground to belay.

**Descent**: Walk down in gully just to the south.

**FA**: 02/24/2008 Bob Graver and Mike Dannhardt.

### **Under the Nose**

[#12] 5.6, 45 feet

**Route Description**: It ascends starting from under the large roof directly under Right Between the Eyes' finish and goes straight up to the anchor.

**Descent**: Same as Right Between the Eyes.

**FA**: TRed 02/24/2008

### **Attack Of The Ladybugs**

5.4, 55 feet

**GPS**: N 38 deg 57.518' W 78 deg 42.228'

This climb is between "Under The Nose" and "Holely No". The start is marked by a dead tree, which was probably a pine tree. The climb goes up a lichen-covered face to several ledges (be careful of huge loose blocks on these ledges). Then the climb goes up to the right edge of the lichen covered face. Pull through a notch on good holds to the top. A large tree at the edge of the flat rock top can be used as an anchor for belaying, but you have to extend your position to the edge of the cliff to hear your partner.

**Descent**: Walk off to the south to a gully that can be down climbed.

**FA:** 10/23/2010 Mark Fletcher and Ron Hinckley

### **Holely No**

[#13] 5.6, 55 feet



Route Description: At the north end of the section climb up through a slight overhang to ledge then continue up trying to keep on the arête. Pro is sparse. Moving left slightly off the arête (as was done in FA) allows getting a piece in before moving back onto the arête and on up to the finish.

**Descent**: Walk down gully to climber's left.

**FA**: 02/24/2008 Mike Dannhardt and Bob Graver

### Section A-2

This section is characterized by the prominent Mrs. Bobblehead, a free stand pyramid tower with a large 'head' on top located at the start of the southern end of the section.



### **Vain Extraction**

[#4] 5.6, 35 feet

Climbing on Mrs. Bobblehead is strongly discouraged. The head is very precariously perched and has actually been felt to move. There are numerous large loose blocks under and on the head.

It's a beautiful feature. It would be a shame to see it come down and of coarse it would be tragic for someone to get injured.

FA: 02/03/2008 by Mike Dannhardt and Pat Henner.



#### **Long Mountain Yeti**

[#21] 5.4, 70 feet GPS: N 38 deg 57.563' W 78 deg 42.187'

**Route Description**: Climb starts on the wall to the left of the large crack left of Redneck Waltz. Climb up crack to mantle and then to large ledge. Traverse ledge and climb up to the notch in the rock.

**Descent**: Go north along cliff top. Find the huge horizontal boulder at top with webbing and rap ring. This is the same decent as Redneck Waltz.

FA: 03/07/2009 Kip Comack and David Moysey.



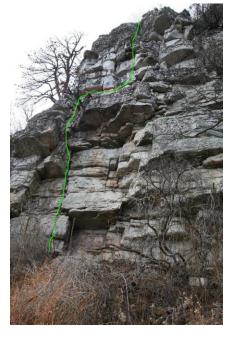
[] 5.6 G, 70 feet **GPS**:

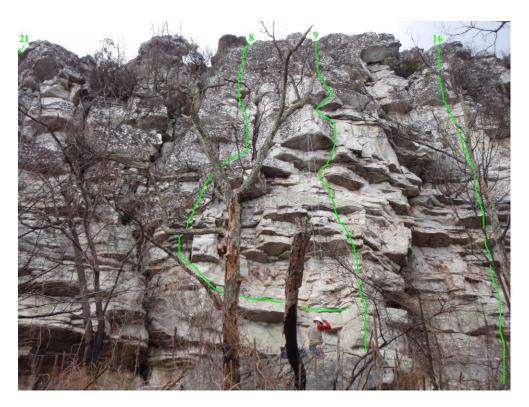
**Route Description**: Fifteen feet right of LMY at the base of a left-facing corner/staircase. Climb blocky

holds through bulges and overhangs. The rating is about 5.6 G. Some would call it 5.5, but I don't think anyone would find it to be 5.7.

**Descent**: Go north along cliff top. Find the huge horizontal boulder at top with webbing and rap ring.

FA: 04/09/2011 John Oster and Ana Gelabert.





### **Redneck Waltz**

[#8] 5.6, 70 feet **GPS**: N38°57.573 W78°42.194

Route Description: The route runs up on the right of a deep crack/chimney aiming for an off width crack at the midpoint. To get on the route you might have to traverse from way right. Starting from directly under the route will definitely increase the grade. Climbing this is discouraged because it is very loose, not just blocks but the entire route seems like a loose stack. Take a good hard look before committing!

**Descent**: Possible to sling huge horizontal flake at top with webbing and rap ring.

FA: 02/09/2008 Galen Westman and Mike Dannhardt.

### **Explanation Complete**

[#9] 5.9+, 75 feet

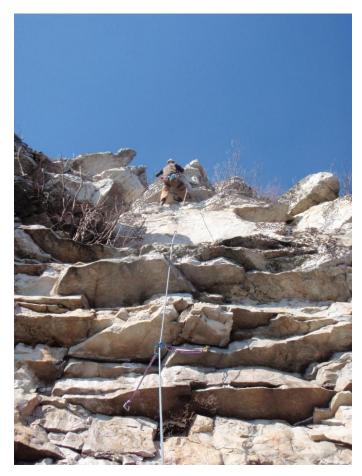
**Route Description**: Climb straight up the right side of the wall though several small overhangs and corners.

**Descent**: Possible to sling huge horizontal flake at top with webbing and rap ring.

FA: 02/09/2008 Mike Dannhardt and Galen Westman.

### On the Spot

[#16] 5.8, 65 feet



Route Description: Starts to the right from Explanation Complete past the break. The beginning consists of a small roof followed by a stance on a narrow shelf under a blank section. Go straight up the blank section toward a triangular looking small roof and continue straight up and over that.

**Descent**: Same as Explanation Complete. Walk climber's left along cliff top to the boulder that can be slung.

**FA**: 02/07/2009 Dan Beckmann.

#### Shoobie Doo, How Loose R U

[] 5.8 G, 75 feet

Route Description: Ten feet left of Fun N' Happy, move up through easy fifth class terrain (5.2), heading towards an overhang/roof about 40 feet up. No protection was placed in this section on the first ascent, but there is pro if needed. The overhang presents a strenuous challenge (5.8), but can be bypassed to the right. Continue up on steeper terrain to the base of the roof. Protection can be found under the roof on solid rock. Move right under the roof on decent handholds and pull through. A large handhold broke off on the first ascent. The rating is about 5.8 G. Some might call it 5.7, some might feel it's 5.9. Anchor from a large, wedged block 12 feet back. It is easy to extend the belay and maintain visual of your second.

**Descent**: Walk climber's left along cliff top to the boulder that can be slung. Same as Explanation Complete.

FA: 04/10/2011 John Oster and Ana Gelabert



# Fun N' Happy

[] 5.3 G, 70 feet

Route Description: Locate a large right facing block (looks like The Smiling Devil) that forms the outside of a wide chimney. Same start as Shoobie Do. This route goes straight up and into the chimney to the top.

**Descent**: Walk climber's left along cliff top to the boulder that can be slung. Same as Explanation Complete.

FA: 04/10/2011 Pat Henner and Mike Dannhardt

#### Fun N' Runnel

[] 5.6 PG, 70 feet

**Route Description**: Just right of Fun N' Happy's corner and chimney climb up a series of short steeps broken with good stances. Climbing is 5.3 with good pro until a small ledge a couple of feet wide. Here is a 5.6 move with no gear. Big holds and fun climbing to the top following a runnel that arches to the left.

**Descent**: Walk climber's left along cliff top to the boulder that can be slung. Same as Explanation Complete.

FA: 04/10/2011 Pat Henner and Mike Dannhardt

#### Pancake Platter

[] 5.4 PG, 60 feet

**Route Description**: Left of Fun N' Runnel. Climb straight up center to white face below roof, move right mid way up to a small laurel on right arête, continue up right to large balanced "pancake" rock. Belay from climber's right of pancake.

**Descent**: Walk climber's left along cliff top to the boulder that can be slung. Same as Explanation Complete.

FA: 04/10/2011 Brian Haugli and Andrew LaClair

### Section A-4

Section 4 contains the tallest climbs on the ridge ranging from about 60 to 90 feet. Climb bases on the center of this section are up on a shelf about fifteen feet above the ground slope. A belayer may wish to remain at the base of this shelf to avoid potential rock fall, improve viewing and keep out of the abundant sticker bushes that are really thick on the right side of the shelf.



### **Moose Horn/Moose Head**

[#16] 5.5, 45 feet



Route Description: Start at the small oak tree 30 feet to climber's left of Penthouse Bliss. Climb the arête adjacent to the tree to a point roughly midway up the rock to the right facing rounded horn that gives the route its name. Traverse diagonally left to two prominent right-facing flakes, them move up and left to a small ledge. The crux is near the top.

Moose Horn stops about 25ft from the top. Moose Head continues to the top.

**Descent**: Walk down the steep gully to climber's left (5.0).

FA: 03/07/2009 Owen Griffing and Marian Greenspan.

#### **Worth the Wait**

[] 5.4 R, 80 feet

Route Description: Around the corner climbers right of Moose Horn. Start from same ledge as Penthouse Bliss. Route goes straight up main wall, staying to the right of the lichened arête on lower half to a wet right sloping ledge. Continue straight up from there through small roof and big chockstone. Lower half is run out between pro. Further cleaning could make it safer.

**Descent**: Walk down the steep gully to climber's left (5.0) as Moose Horn.

FA: 04/10/2011 Brian Haugli and Andrew LaClair



#### Penthouse Bliss \*\*\*

[#2] 5.7, 90 feet

**Route Description**: Start on the wall under the left side of the huge triangular shaped roof.

Climb up the right facing corner formed by a 15 foot spire that is detached from the cliff and forms a nice fist size crack with it. Near top move to the outside of the spire and gain the top.

Continue slightly right and up until even with small tree on left. Climb diagonal up and right to small cramped ledge with medium sized loose boulder. Place good pro and then move straight up through the small roof with crack in it.

**Descent**: Rap from tree below the notch on top of Almost Severance.

**FA**: 01/06/2008 Mike Dannhardt and Pat Henner.



### **Upon Eviction \*\*\*\***

[#11] 5.9, 90 feet

**Route Description**: Climb the wall following the thin flake centered under the huge triangular shaped roof. At the roof and traverse right until you clear the roof and can continue up to the top.

**Descent**: Rap from tree below the notch on top of Almost Severance.

**FA**: 02/09/2008 Mike Dannhardt and Galen Westman.

#### **Enter Stage Right**

[#17] 5.6, 75 feet

**Route Description**: Start on the arête below and to the right of the big overhanging triangular roof. Climb till hitting a blank section then move right around the arête and into the chimney gully. Climb up to a small tree on the right and then move back onto the arête. Continue moving up and slightly left angling for a triangular shaped block with sharp point to the right. Climb around that and finish moving left and up.

**Descent**: Rap from tree below the notch on top of Almost Severance.

FA: 03/07/2009 Chris Lofstrom and Mike Dannhardt.

### **Attic Suspense**

[#??] 5.7, 75 feet

Route Description: Start in the gully to the right of the big overhanging triangular roof. Climb straight up the gully. Move through an awkward constriction near the top to finish.

**Descent**: Rap from tree below the notch on top of Almost Severance.

**FA**: 11/07/2009 Pat Henner and Mike Dannhardt.

#### **Stick Or Defeat**

[#18] 5.6, 75 feet

Route Description: Begin right of the big overhanging triangular roof and right of the gully. Go straight up through small overhang at the very top.



**Descent**: Rap from tree below the notch on top of Almost Severance.

FA: 03/07/2009 Mike Dannhardt and Chris Lofstrom

### Inside the Rubik's Cube \*\*\*\*

[#7] 5.9, 80 feet



**Route Description**: This has got to be a classic. The route is clean and solid.

Climb up to a small ledge under the blocky hole called the Cube. Climb into the Cube then right and up along a nice hand crack. Meet up with the Crispy Finish route for the finish.

**Descent**: Rap from tree below the notch on top of Almost Severance.

**FA**: 02/03/2008 by Mike Dannhardt and Pat Henner.

### **Smoke And Lightning\*\*\*\***

[#??] 5.9, 80 feet

Route Description: Begin right of the Inside the Rubik's Cube. Climb up to a bolt on a right facing bulge. Continue straight up through a notch in a small roof (same notch that Crispy Finish goes through). On easier ground move slightly right and climb out by going straight up over the large roof.

**Descent**: Rap from tree below the notch on top of Almost Severance.

**FA**: 11/07/2009 Mike Dannhardt and Pat Henner

### **Crispy Finish**

[#3] 5.7, 80 feet

**GPS**: N38°57.617 W78°42.171

**Route Description**: Begin 10 yard right of the

large blocky cave like hole in the cliff face (the Inside the Rubik's Cube route) on the rocky shelf, go straight up to a small right facing overhang. Climb around this to small ledge. Continue move up and left along a small smooth corner to gain a wide ledge with a nice horizontal crack for pro.

At the ledge move left into a corner then up through a slight overhang. Above the overhang move left out over thin air and then up to a wide ledge.

Continue to the left on the ledge out from under the large roof and then straight up the slightly overhung ledges. Last ledge to the top is crunchy with lichens!

**Descent**: Rap from tree below the notch on top of Almost Severance.

FA: 01/06/2008 Mike Dannhardt and Pat Henner.



#### **Almost Severance**

[#1] 5.7, 75 feet

Route Description: Same start as Crispy Finish. At the horizontal crack, traverse right to clear the overhang and start up again through the break. Be careful pulling over the small overhang not to pull hand holds off! Gain another stance above the overhang, note the large loose 'tooth' then continue up to the finish.

**Descent**: It is possible to setup a rappel from tree at back of finish.

**FA**: 01/06/2008 Mike Dannhardt and Pat Henner.



### Strechin-n-Sweatin\*\*\*\*

5.10, 80 feet

**Route Description**: Route starts between Almost Severance and Woody under a big, low juggy roof. Pull over the roof, cross a short brushy ledge and climb up to a hand width vertical crack. Head up the crack, over the bulge to another big roof. Pull over that to the top.

**Descent**: Same as Almost Severance.

**FA**: TRed 10/24/2010

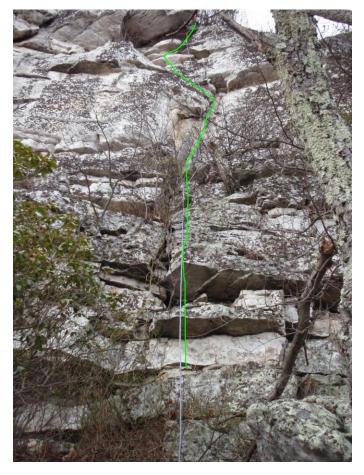
### **Woody**

[#6] 5.6, 45 feet

Route Description: Starting just North of Almost Severance, push through some brush to climb a shallow corner with an orange spot on the left. At top of corner move left and up towards a roof. Exit on right side of roof under the big tooth and find your way to the top through more woody brush.

**Descent**: Same as Almost Severance.

**FA**: 02/03/2008 by Pat Henner and Mike Dannhardt



### Section B-1

This starts about 50 feet past section A-4. Look for a large healthy pine tree with only a few large limbs as a land mark.



### **Hears Something**

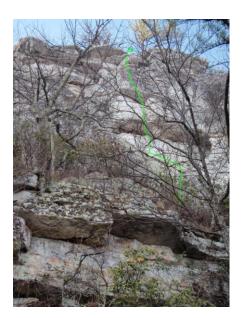
[#20] 5.8, 70 feet

**Route Description**: Route starts about 100 yards north of Woody. Look for a large flake with a small tight gully or large chimney behind it. The base is on a wide ledge 20 feet up a rock band. It is before reaching the landmark very large pine tree.

This climb starts just left of the tight gully or large chimney. Look for a diagonal finger sized crack going up and left. Follow this until it peters out under a small roof with a one foot tall crack under it. Move up through the roof. There is a nice vertical crack right above the roof. Continue straight up ending at a pair of pine trees on top.

**Descent**: Rap from one of the pine trees. (Right pine tree seems much more solid then the left one).





### **Lost Dog**

[#19] 5.7, 65 feet



**Route Description**: Route starts about 100 yards north of Woody. Look for a large flake with a small tight gully or large chimney behind it. The base is on a wide ledge 20 feet up a rock band. It is before reaching the landmark very large pine tree.

This climb starts just right of the tight gully or large chimney. Look for a diagonal finger sized crack going up and left. Follow this toward the edge where you would gain easy ground if you moved into the gully. Instead, move back right staying on the face and then straight up. You'll end up on top of the very large detached flake.

**Descent**: Get onto the top of the cliffs by walking over a large chock stone forming a bridge between the flake

and the cliff top. There is a large solid pine tree to the climber's left.

**FA**: 03/07/2009 Chris Lofstrom and Mike Dannhardt.

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### **Gravity's Left**

[#5] 5.8, 60 feet



Route Description: Route starts about 500 feet North of Woody. Look for a break and gully and then a very large pine tree. Climb starts and is belayed from on a wide ledge 20 feet up above and right of this tree.

Climb face up to a horizontal crack. Move left and up a vertical flake. Keep left toward the outside corner and continue to top.

**Descent**: Down climb gully immediately to the South.

**FA**: 02/03/2008 Mike Dannhardt and Pat Henner.

#### **Biscuit Bun**

[#] 5.7, 50 feet

**Route Description**: Route starts at just left of Fun Bags.

Follow the crack as it goes up and then starts to angle left. Aim for where the crack widens and moves under then right of a large thick block. From there continue straight up to the top.

**Descent**: Rap from tree.

**FA**: 03/21/2009 Mike Dannhardt and Pat Henner

### Fun Bags

[#10] 5.4, 50 feet

Route Description: Climb the wide and deep crack up tending left at top of crack onto big blocks. Finish by angling back right reaching a broad ledge with a tree.

**Descent**: Rap from tree.

FA: 02/09/2008 Galen Westman and Mike Dannhardt.

### Pat1

[#] 5.6, 50 feet

**Route Description**: Route starts just right of Fun Bags.

The route goes up toward the slight bulge at the top. It starts over horizontal ledges then continues to the right of a large block. On top of the block continue straight up.

**Descent**: Rap from tree.

FA: 03/21/2009 Pat Henner and Mike Dannhardt.



#### Section B-2

Continuing north pass a very big break in the wall to reach this section.

#### **Termini Joy**

[#14] 5.5, 50 feet

**Route Description**: Route starts at the very end of the section, right before the next break in the wall.

Nice corner, nice hand jam and a grand finale consisting of an easy and fun roof. After moving through the right facing corner and using the perfect left side hand jam crack you gain a broad ledge with a tree on the right.

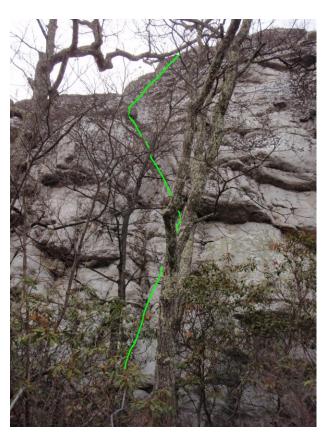
Move to the center of the short wall and go up to the next ledge under the roof at about 10 feet up. By standing on a big loose boulder you can reach the lip of the roof and start pulling over, finding big fat jugs all the way.

**Descent**: Easy walk down just to the north.

, s



FA: 02/24/2008 Mike Dannhardt and Bob Graver.



### **Vague Memories**

[#] 5.6, 50 feet

**Route Description**: Route starts at ...

Start up the concave section of the wall following the crack then move left and up onto a stance with a large loose boulder. Continue up angling slightly right.

#### **Descent**:

**FA**: 03/21/2009 Pat Henner and Mike Dannhardt.

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