



GYM TO CRAG

PRESENTED BY

Briana Mazzolini-Blanchard
Secretary
RRGCC

Colin Howell
Director of Communications
RRGCC

GYM TO CRAG PRESENTATION LEGAL DISCLAIMER

This presentation brought to you by Red River Gorge Climbers' Coalition is offered to the public for information and entertainment purposes only.

Red River Gorge Climbers' Coalition does not make any representations or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this presentation.

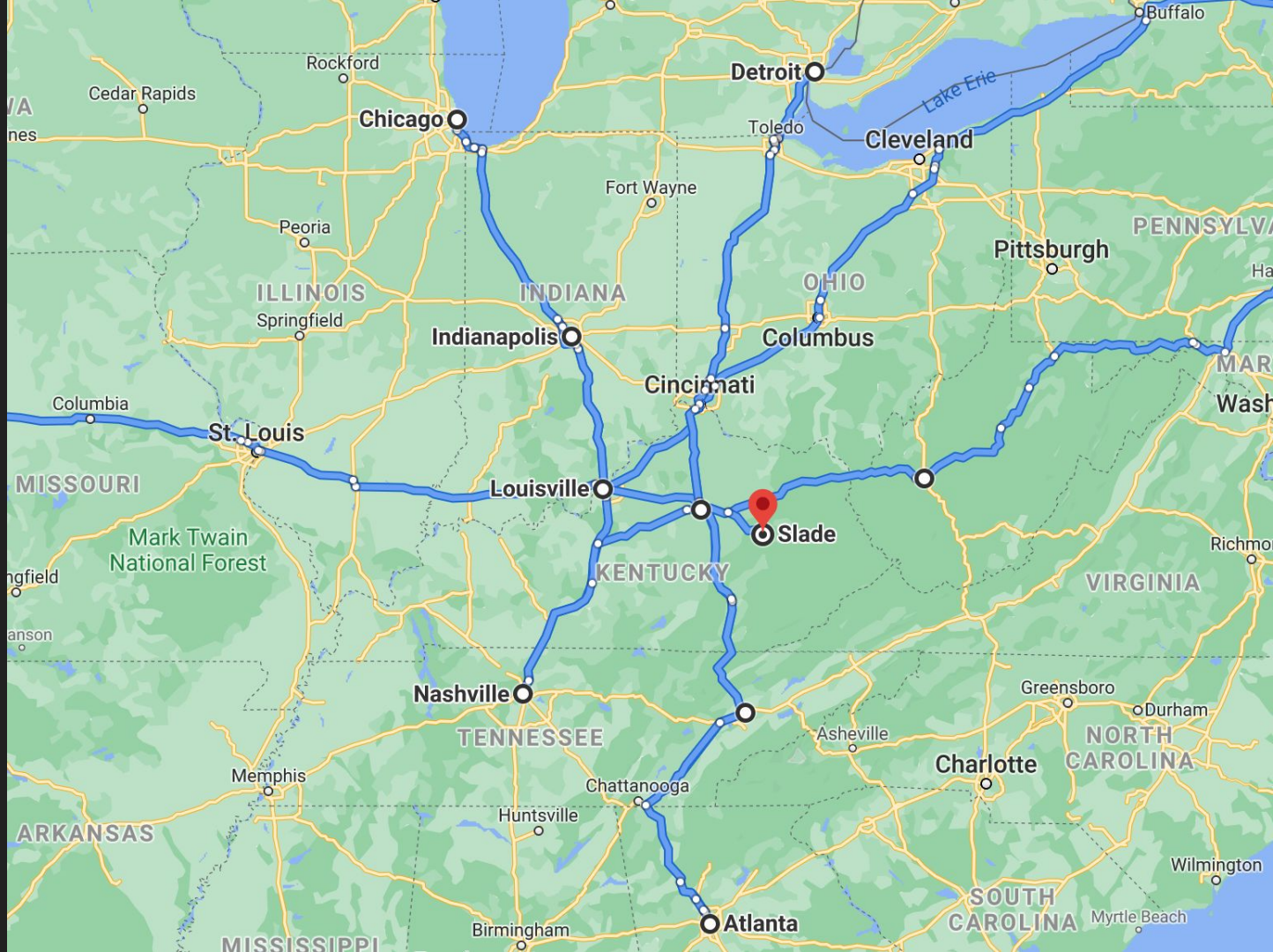
Neither Red River Gorge Climbers' Coalition nor any person(s) who promote, distribute, disseminate, or present this presentation or any contents herein shall in any event be held liable to any party for any direct, indirect, implied, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this presentation or any of the contents herein.

Rock climbing is an inherently dangerous activity with the potential for serious bodily injury and death. This presentation is not intended to provide instruction or education on safety or proper climbing techniques. Any person who engages in the activity of rock climbing is personally responsible for learning the proper techniques and good judgment and it is strongly recommended that every climber seek instruction by a qualified professional.

**GRAB YOUR GEAR,
WE'RE GOING TO
THE RED**

Packing List:

- Rope
- Harness
- Quickdraws
- Shoes
- Chalk Bag
- Brush
- Helmet
- ATC
- GriGri
- Food
- Water
- Tent
- Sleeping Bag
- Toiletries
- BoomBox
- Drone
- Hammock





*Welcome to the
world-famous
Red River Gorge!*

Exit 22 - Stanton, KY

Groceries
Fast Food
Gas

Exit 33 - Slade, KY

Red River Gorge
Gas

Exit 40 - Beattyville, KY

Red River Gorge
Gas

Exit 43 - Campton, KY

Groceries
Gas

***LEFT
TURN***



Northern Gorge



***RIGHT
TURN***



**Natural Bridge Region
Muir Valley
Southern Region**

Northern Gorge

← LEFT TURN



CLOSURES

Help protect archaeological sites and habitat for threatened and endangered species. DON'T CAMP OR BUILD FIRES IN ROCKSHELTERS OR ALONG THE CLIFFS.

Clifty Wilderness
Closed to all motorized vehicles and mountain bikers.

Natural Bridge State Resort Park
Natural Bridge State Resort Park, adjacent to Red River Gorge Geological Area, is administered by Kentucky Dept. of Parks. It offers lodge rooms, cabins, dining facilities, and two developed campgrounds. For more information, call the park at (606) 663-2214, or (800) 255-PARK (1275).

226	Buck Trail	1.50
227	Rush Ridge Trail	1.00
228	Wildcat Trail	1.76
229	Tower Rock Trail	0.48
233	Princess Arch Trail	0.28
234	Whistling Arch Trail	0.20
235	Chimney Top Trail	0.30
239	Lost Branch Trail	1.60
240	Osborne Bend Trail	6.65

WARNING The cliffs of the Red River Gorge are beautiful, but they are also dangerous. Please be careful.

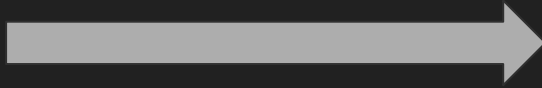
DANGEROUS CLIFFS

A pass is required for parking overnight in the Gorge and Indian Creek Area (between the hours of 10 p.m. and 6 a.m.). Passes are available in local stores and at the District Office in Stanton.

DAY PASS

Legend:
 - Trail
 - Road
 - Closed Gate
 - State Hwy
 - State Parkway
 - River
 - Scenic Byway
 - City Wilderness
 - National Forest
 - State Park
 - Amphitheatre
 - Parking Area
 - Picnic Tables
 - Dev. Camping
 - Restroom
 - Scenic View
 - Point of Interest
 - Cause by Out
 - Disabled Acc.
 - Lodge
 - Dining
 - Amphitheatre

RIGHT TURN



Natural Bridge Region

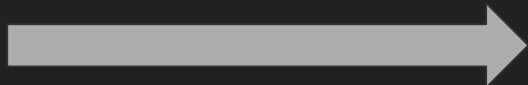
KENTUCKY STATE PARKS
“the nation’s finest”

→ Climbing and rappelling
is illegal on Natural
Bridge State Park lands



- Lady Slipper Region
 - ◆ Emerald City
 - ◆ Global Village
- Friction Slab Boulder

RIGHT TURN



Natural Bridge Region

GRAINING FORK NATURE PRESERVE

◆ aka Roadside

→ **CURRENTLY CLOSED**

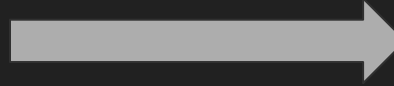
- First ascents began in 1984
- Originally closed in May 2011 due to irresponsible use
- Re-opened in 2015 with guidelines:
 - ◆ No Dogs
 - ◆ No Smoking or Alcohol
 - ◆ No Music
 - ◆ Group Size >4 discouraged
- Closed again in 2019
- **WAIVER** -- grainingfork.org

**PRIVATE
PROPERTY**





**RIGHT
TURN**

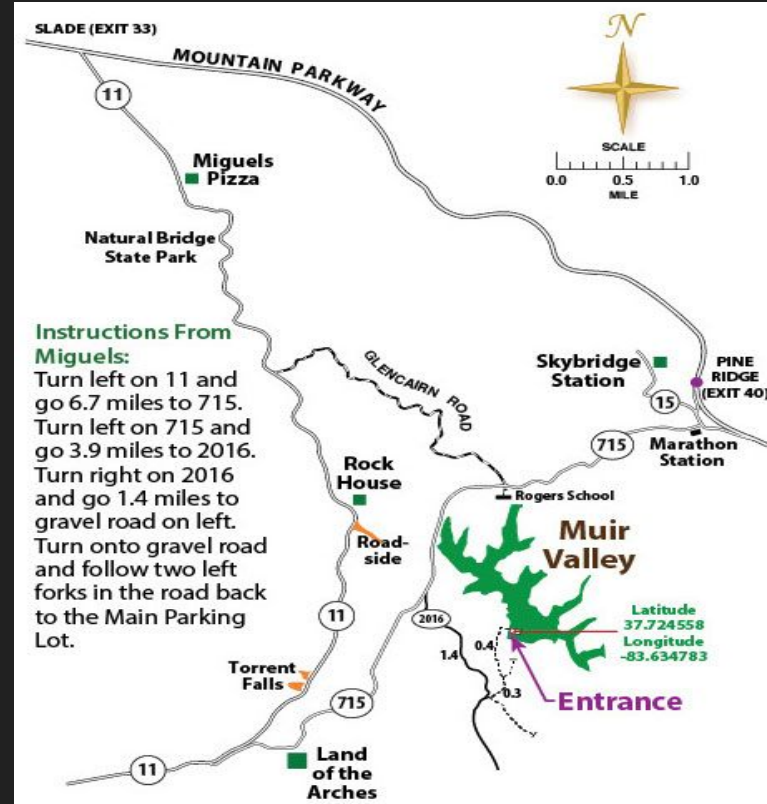


Muir Valley

- Originally cleaned up, opened, and developed by Rick and Liz Weber
- Currently managed by the non-profit entity of Muir Valley

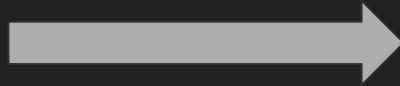
ACCESS

- Parking costs \$10/car
- **WAIVER** -- muirvalley.org/waiver/





**RIGHT
TURN**



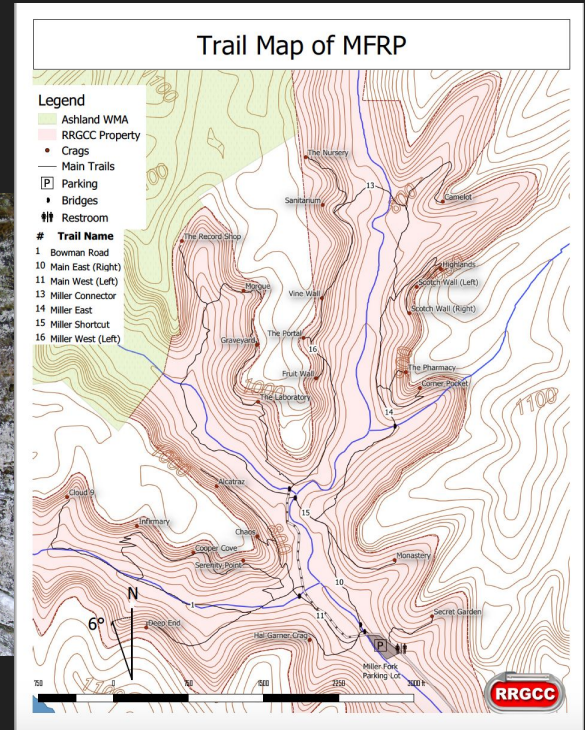
Southern Region

MILLER FORK RECREATIONAL PRESERVE

- Purchased by the RRGCC in 2013
- 25 crags, 600+ routes

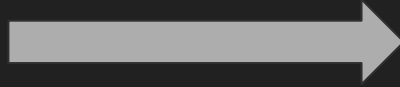
ACCESS

- Hell Creek road
 - ◆ County-maintained
- Miller Fork Road
 - ◆ RRGCC-maintained
- **WAIVER** -- All RRGCC properties
 - ◆ rrgcc.org





**RIGHT
TURN**



Southern Region

BALD ROCK RECREATIONAL PRESERVE

- Purchased by the RRGCC in 2017
- 8 crags, 300+ routes

ACCESS

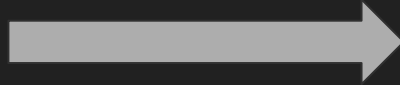
- Bald Rock Fork road
 - ◆ County-maintained
- The Lode Hill
 - ◆ No 2WD, please engage 4x4
- Parking lot on top of the hill costs \$8/car

→ **WAIVER** -- [All RRGCC Properties](#)





**RIGHT
TURN**



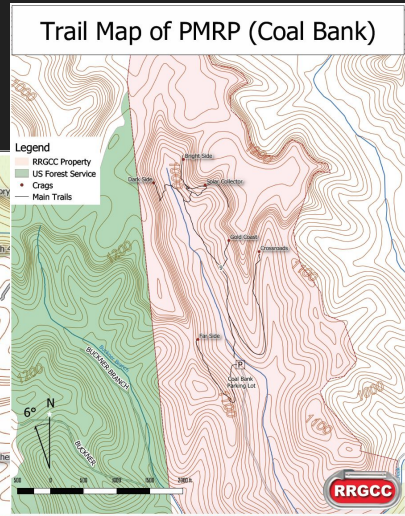
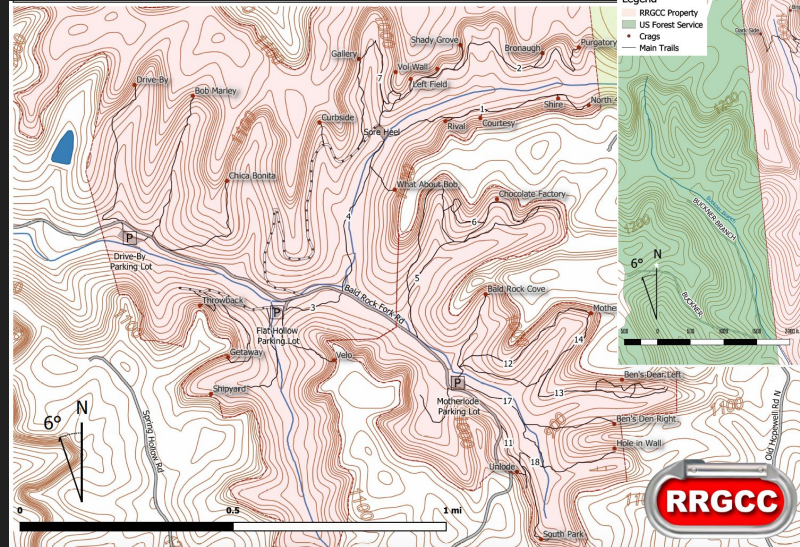
Southern Region

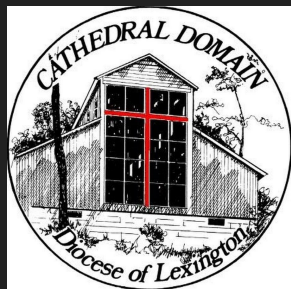
PENDERGRASS-MURRAY RECREATIONAL PRESERVE

- Purchased by the RRGCC in 2004
- 28 crags, 800+ routes

ACCESS

- Bald Rock Fork road
 - ◆ County-maintained
- Sore Heel Hill
 - ◆ 4x4 & high clearance only
 - ◆ Parking at the top -- right side only





**RIGHT
TURN**



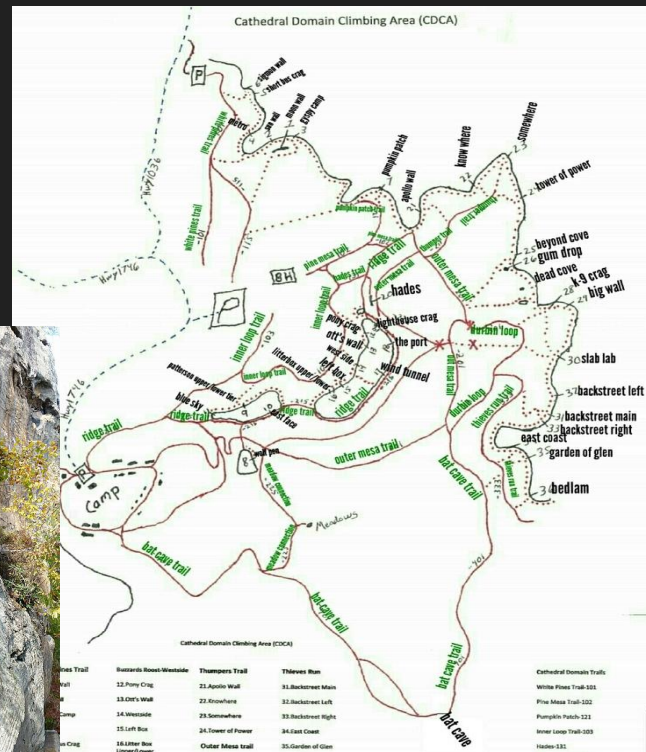
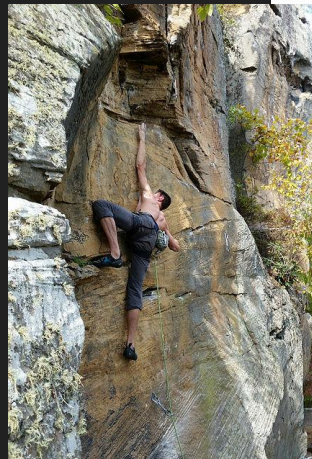
Southern Region

CATHEDRAL DOMAIN CLIMBING AREA

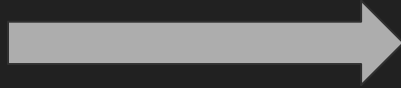
- Located in Lee County, past Lago Linda's
- Owned & operated by the Episcopal Diocese of Lexington
- 37 crags, 300+ routes

ACCESS

- 830 Highway 1746
Irvine, KY 40336
- Parking costs \$5/car
- **WAIVER** -- cathedraldomain.org/rock-domain



Southern Region

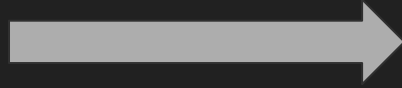


Oil Companies



- While the RRGCC owns the surface rights of its three properties, various oil and natural gas companies own the mineral rights
- Please respect oil company workers & equipment
- Always stay on authorized roads
 - ◆ Numerous roads exist for oil company access to pumps and equipment only
- Never park where your car may be obstructing oil equipment or access roads

At the Crag



Minimize Your Impact



- Follow established trails
- Do not create shortcuts
- Disperse your group from others
- Pack out all trash
 - ◆ Used tape
 - ◆ Food wrappers
 - ◆ Fruit peels & rinds
 - ◆ Cigarette butts
 - ◆ Beer cans
 - ◆ Toilet paper



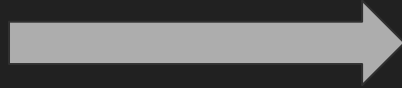
At the Crag

Conservation

Preservation



At the Crag



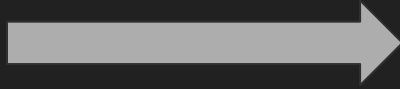
Considerate Crag Etiquette

- Maintain a low profile
- Brush your tick marks
- Remove your rope when finished climbing a route
- Be courteous of others

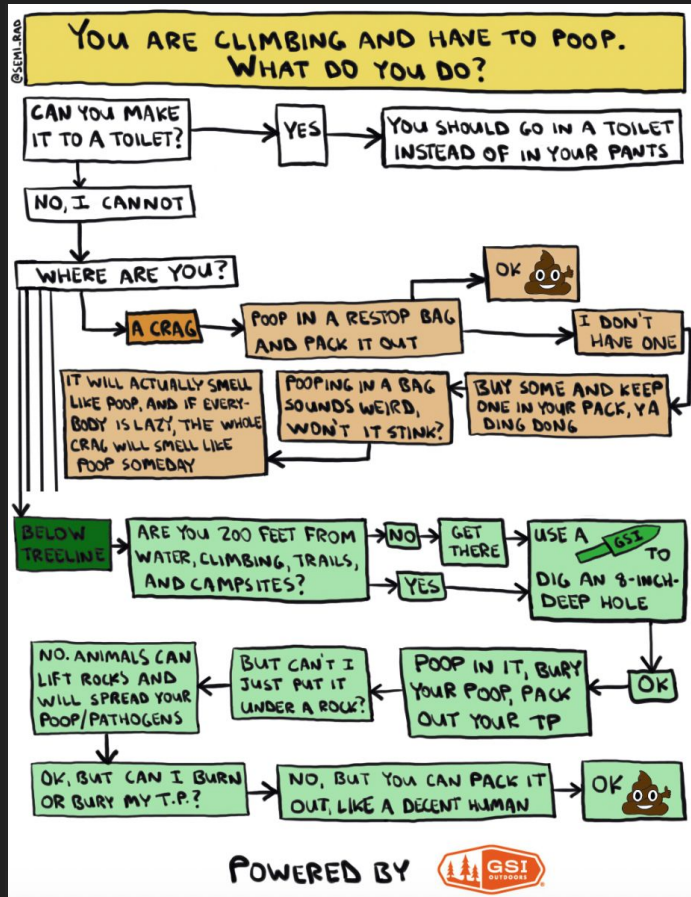
- Hammocks
 - ◆ May damage trees and cause unnecessary erosion
 - ◆ Prohibited in Muir Valley
- Crag dogs
 - ◆ Prohibited in Muir Valley & GFNP (Roadside)



At the Crag

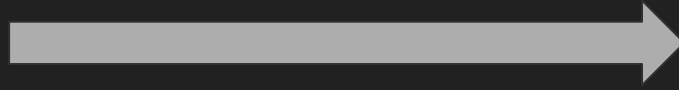


Going to the Bathroom



- **Option 1:** Use a toilet
 - ◆ MFRP and Motherlode parking lots
 - ◆ Numerous scattered throughout Muir Valley
 - ◆ Rock Domain parking lot
 - ◆ Various popular North gorge parking areas
- **Option 2:** Use a WAG Bag & pack it out
- **Option 3:** Dig a hole 8" deep & 4" wide
 - ◆ Only in appropriate, remote forested areas
 - ◆ Pack out your toilet paper
- **ALWAYS MOVE AT LEAST 200 YARDS AWAY FROM TRAILS, CRAGS, AND WATER SOURCES**

At the Crag



Safety

- Copperheads
- Poison Ivy
- Ticks

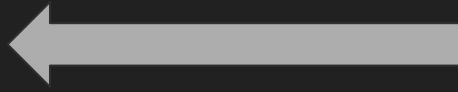


- What to do in case of emergency



- Check out RRGCC.org for more information

Safety Checks



On the Rock

→ Have a system, repeat it, don't get complacent

→ CLIMBER:

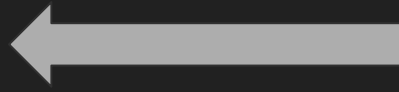
- ◆ Harness double-backed
- ◆ Rope through both tie-in points
- ◆ Knot tied properly, with backup

→ BELAYER:

- ◆ Harness double-backed
- ◆ Carabiner locked
- ◆ Belay device loaded properly
- ◆ Knots tied at rope end



Communication



On the Rock

→ Error in communication is a major cause of accidents in climbing

ON THE GROUND:

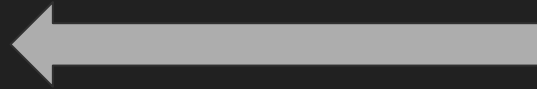
→ Discuss cleaning & other information before leaving the ground



WHILE CLIMBING:

- Focus on the climber
 - ◆ Limit distractions
 - ◆ Avoid side conversations
- Announce dangers
 - ◆ Rope behind leg
 - ◆ Z-clip, back-clip, etc.
- Address climber by name
- Confirm instructions, if unsure
- When in doubt, stay on belay

Fixed Gear



On the Rock

- Bolts and fixed gear are viewed as abandoned gear
- Always inspect before use
 - ◆ Spinning bolts
 - ◆ Loose bolts
 - ◆ Heavy corrosion
 - ◆ Cracked rock near bolt
- Report any of the above issues to BadBolts.com
- Bring a wrench! (9/16")

- Never top-rope through fixed gear
 - ◆ Always hang your own draws
 - ◆ Carabiners on the anchors to be used for cleaning only



BAD BOLTS.COM

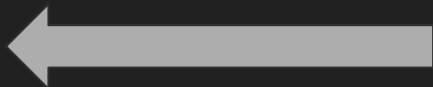
where worn and rusty nuts go



THE BAD BOLTS



Cleaning the Anchor



On the Rock



- Practice on the ground with mock-anchor setups
 - ◆ Several crags in Muir Valley
 - ◆ Pavillion at Miguel's
 - ◆ Miller Fork parking lot
 - ◆ Local gyms (BEST OPTION)
- Always secure the rope before untying to clean
- Never attempt cleaning a steeply overhung route on rappel

-- How to Become More Involved --

→ RRGCC Events

- ◆ Rocktoberfest (October)
- ◆ Johnny & Alex Trail Day (June)
- ◆ Red River Reunion (April)

→ Trail Days and Reports

- ◆ Reach out to billy@rrgcc.org



→ Follow us on social media (@rrgcc)

- ◆ Instagram
- ◆ Facebook
- ◆ Twitter
- ◆ TikTok

Questions?

→ More information from the following resources:

- ◆ RRGCC.org
- ◆ AccessFund.org
- ◆ AmericanAlpineClub.org



Protect America's Climbing