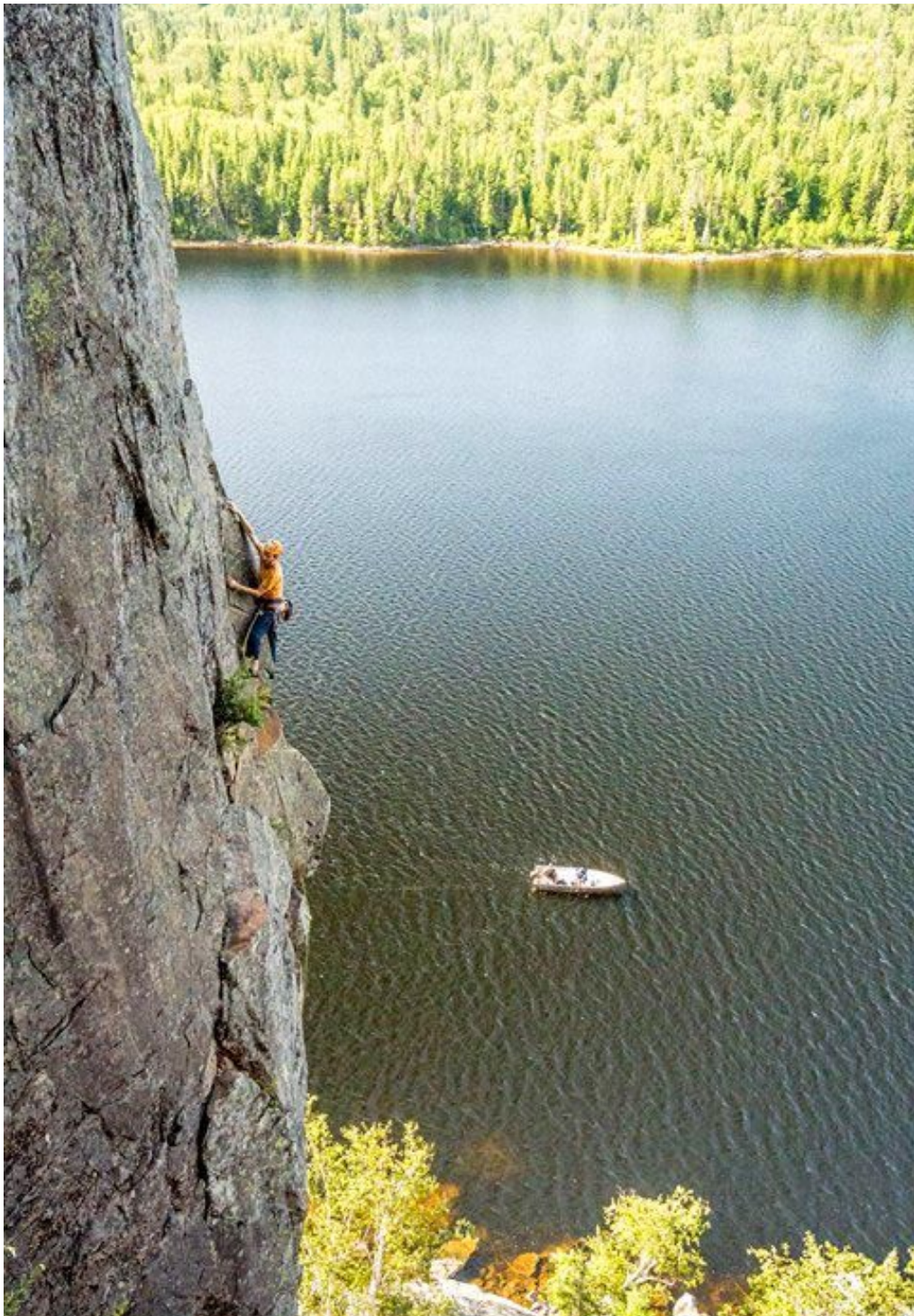


# **Climbing Guide:**

## **Lac du Cap and La Banlieue**

### **2018**



*Benoît Lavallée on the splendid arête of Farewell Angel*



# Welcome to Lac du Cap and La Banlieue!

2017 was another excellent year for the Cap. Lots of new lines were opened and the landscape is changing. Note that there is now a beaver dam 200 m before you get to the camping area and 100 m before the main trail to the cliff. You can easily get across it on foot, but it's another story on four wheels. The managers of the Reserve have been informed. Watch for more news!

There are a number of new routes on a new wall nearby, La Banlieue. It's located a few kilometres before you reach the Cap, and its topo has been included with this one.

There are now 63 climbable pitches and another 10 or so pitches as projects. But there's still plenty to do! If you'd like to get involved in some way, contact one of the setters. And please respect the unfinished projects!

Note that during moose-hunting season (September 8 to October 5, 2018), hunting is the only activity allowed. No climbing!

This version is still incomplete and probably contains some errors. Consider yourself warned. The people who helped put this topo together cannot be held responsible for an accident resulting from an error or your climbing. When you are climbing at Lac du Cap, keep in mind that it is not an easily accessible place, and any rescue operation would be difficult. **In an emergency, nevertheless, you can get cellphone reception at the top of the wall.**

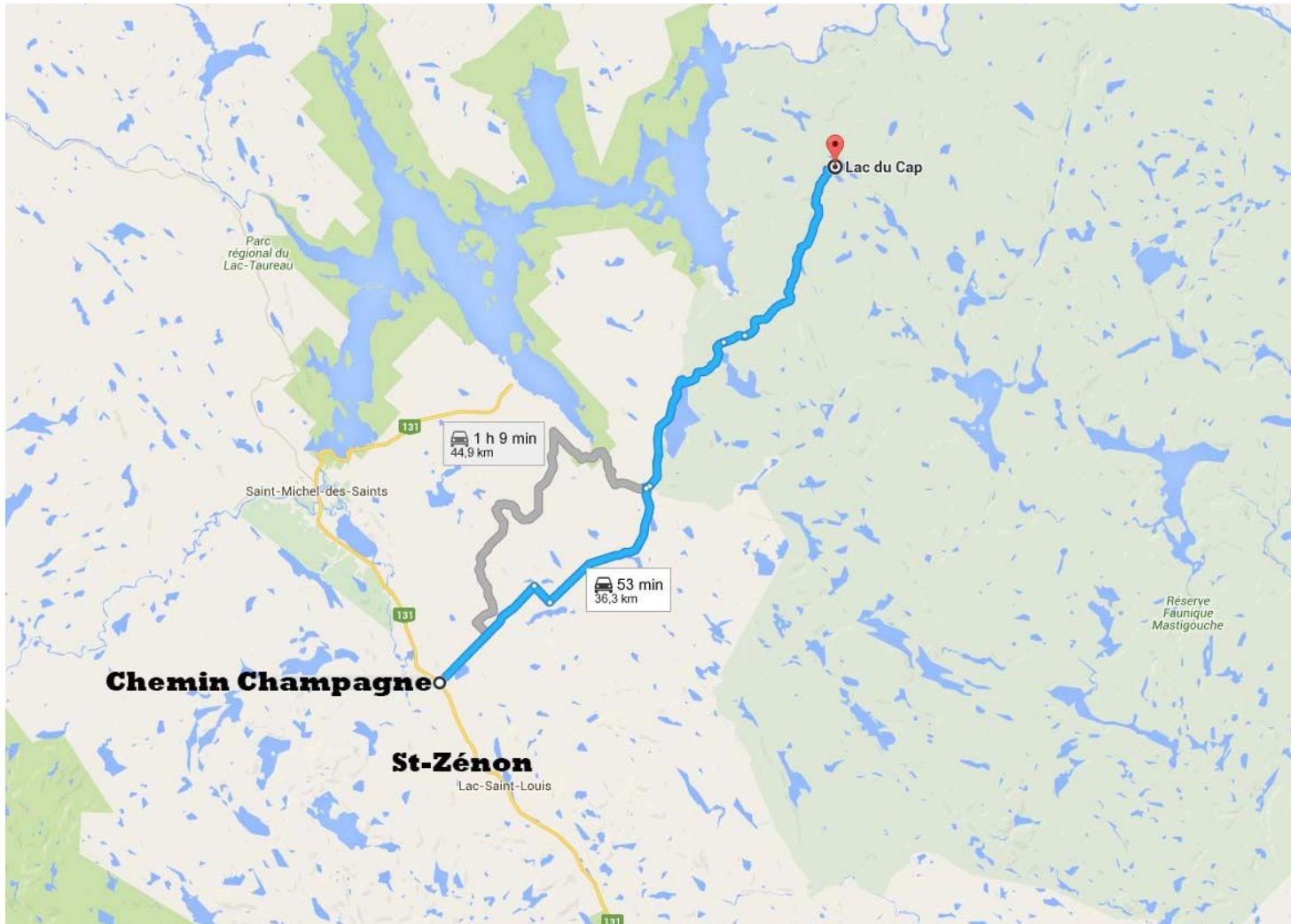
The following people contributed in one way or another to this topo: Serge-Alexandre Giroux Demers, Bruno Giroux Demers, Bénédict Morin, Julie Brown, Pierre Cornellier, Martine Lavallée, Simon Vigneault, Benoit Tremblay, Patrick Prénovost, Eric Laflamme and Terry Knowles.



Left to right: Pat Prénovost scratching for a hold on the FA of Under pressure, Eric Laf not optimally positioned on the FA of Capteur de rêve, Isabelle Courcy enjoying the view at the 1st belay station on Capteur sensoriel.

# How to get there

- Wherever you start from, get to route 131 and take it to St-Zénon.
- From the centre of St-Zénon, continue about 4 km on route 131 to Chemin Champagne.
- Turn right and follow the signs for Réserve Mastigouche.
- When you get to the entrance of the Reserve, you can pay your access fee and get a receipt (see below for more details on registration).



- Continue on route 3 for 14.8 km and then turn left onto route 32 for 1.7 km.
- Watch for the climbing sign on your right. There is a narrow road through the woods, with lots of branches, for 1.5 km.
- The campground is at the top of a small hill where the road widens out. But you can also camp at other spots provided that the road is wide enough to park.

## REGISTERING WITH SEPAQ

It is best to register ahead of time, by calling the Bouteille entrance station (819-668-4471). If there is no answer there, try the central office at St Alexis (819 265-2085 x 221). There are 8 sites and it costs \$24 per site. Maximum of 2 vehicles per site, or 6 people (it depends on whom you ask).

You will be given a confirmation number. **BRING THIS NUMBER WITH YOU TO THE ENTRANCE STATION. Very important.**

Use the map on the next page. The distances are measured from the entrance station.



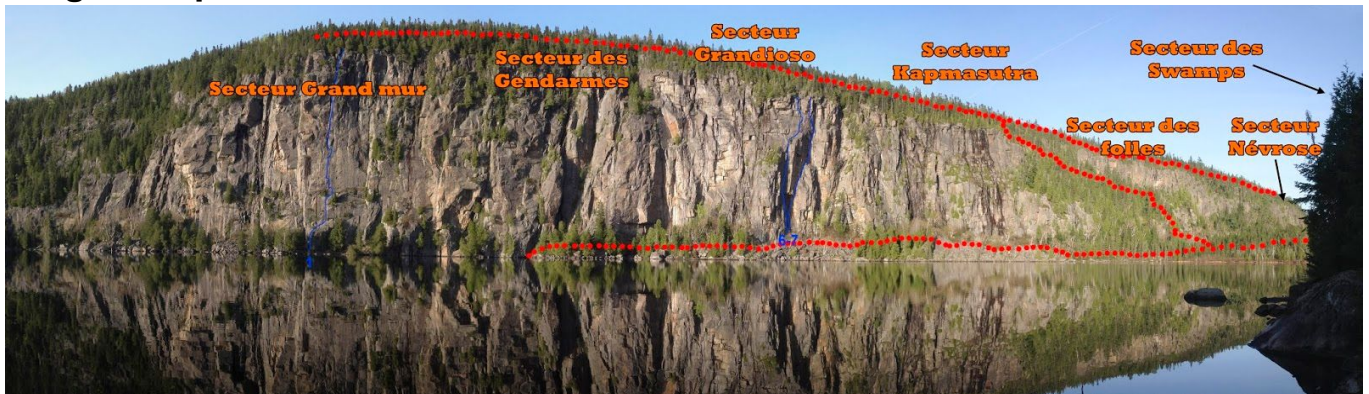




## PLEASE NOTE:

- The last 1.5 km has been cleared and widened and is **usually** passable with any vehicle.
- The lake is for the **EXCLUSIVE** use of fishers and it is essential that we preserve its peace and quiet if we want to keep climbing here for years to come. I repeat: The lake is for the **EXCLUSIVE** use of fishers and it is essential that we preserve its peace and quiet if we want to keep climbing here for years to come. The people who are here to fish have paid a great deal for the privilege, and SEPAQ would quickly come down on their side if there were any complaints.
- The wall is just beginning to be developed. About 90% of the site is still made up of UNSTABLE BLOCKS, moss, dirt, trees, and poison ivy. For people who lack experience climbing in remote areas, it must be remembered that any help is far, far away.
- Be careful! Most of the blocks on the existing routes have been tested, but the freeze-thaw cycle can change things.
- The campground is starting to be developed, but there is still work to be done. You'll be sleeping on a road through the woods, either at the end of the road or at the top of the hill, where the road is widening every year. You can also camp at the junction where the road turns off toward the lake.
- For the outhouse, take the path to the right of the road when you get to the campground.
- NO climbing is allowed during hunting season. In fact, the whole reserve will be off-limits to everyone but hunters during that period (September 8 to October 5, 2018).

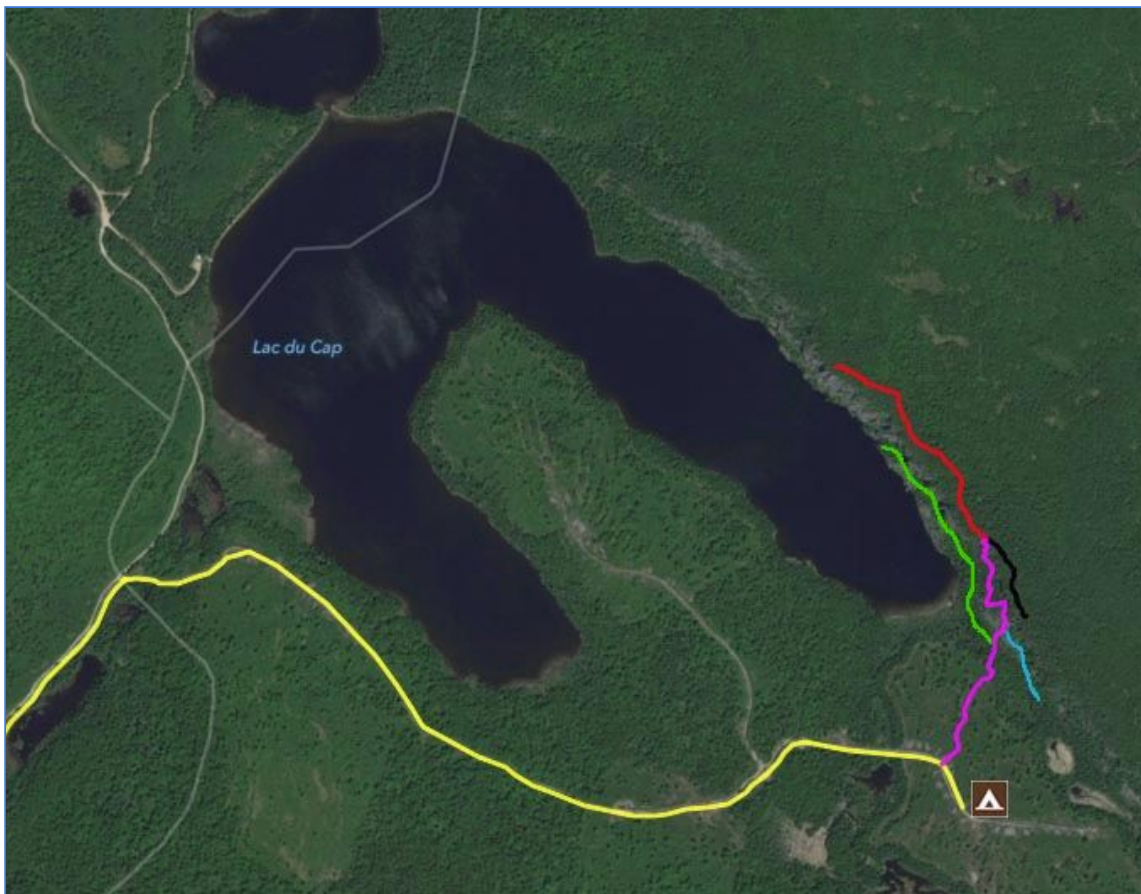
## Crags and paths



(Paths shown are approximate)

The main path starts about 100 metres before the campground. Follow the flags. Cross the stream (and leave your beer there to cool for when you come back). About 100 metres farther on (pink and black flag), on the right, you'll see the beginning of the path climbing toward the scree slope of the Folles and Névrose crags. This path also leads to the top of the wall. If you continue straight on without turning off, you'll get to the crags near the lake.





Yellow: Forest road

Pink: path to the Folles crag

Green: path to the Gendarmes, Grandioso and Kapmasutra crags

Blue: path to the Névrose crag

Red: path along the top of the wall and rappel access to the Grand Mur crag

Black: path along the top of the Folles crag

**There is poison ivy. Not a whole lot, but just the same...**

## HOW TO IDENTIFY POISON IVY



"If butterflies land there, don't put your hand there."

Some butterflies land on poison ivy, since they are not affected, which provides them protection as their predators avoid eating the plant.



"Leaves of three, let it be."

This old rhyme refers to the grouping of three leaves that are most commonly associated with poison ivy. Though there are many other plants with three predominate leaves, this can be a good starting point for identification.



"Berries white, run in fright" & "Berries white, danger in sight."

The berry-like fruit, a drupe, mature by August to November with a grayish-white colour. Fruits are a favorite winter food of some birds and other animals. Seeds are spread mainly by animals and remain viable after passing through the digestive tract.



"Red leaflets in the spring, it's a dangerous thing."

Sometimes in the spring new leaflets have a red appearance. (Note that later, in the summer, the leaflets are green, making them more difficult to distinguish from other plants, while in autumn they can be reddish-orange.)



"Hairy vine, no friend of mine." & "Raggy rope, don't be a dopel!"

Poison ivy vines on trees have a furry "raggy" appearance. These rhymes warn tree climbers to be wary. Old, mature vines on tree trunks can be quite large and long, with the recognizable leaves obscured among the higher foliage of the tree.



"Longer middle stem, stay away from them."

This refers to the middle leaflet having a notably longer stem than the two side leaflets and is a key to differentiating it from the similar-looking *Rhus aromatica* - Fragrant sumac.



"Side leaflets like mittens, will itch like the dickens."

This refers to the appearance of some, but not all, poison ivy leaves, where each of the two side leaflets has a small notch that makes the leaflet look like a mitten with a "thumb."



## La Banlieue crag

This crag, outside the Lac du Cap area, is sure to charm you with its New River Gorge feeling. The rock is different from the Cap rock: compact, with lots of holds and a wide choice of possible routes. It faces south, with a short approach, and from its summit you get a view of part of the Taureau Reservoir. Both trad and sport routes are going up there, and there's room for about 50 lines. Average height 25 metres, width 250 metres.

You get there by taking a side road 400 metres on the left after leaving route 3 to take route 32 (1.3 km before the forest road leading to Lac du Cap) (**46.797850,-73.607331**)

Take this forest road (50 m) to the signs on the right for the path leading to the cliff about 8-10 minutes away. Make sure your vehicle doesn't block the access (the road). You'll reach the wall from the right near route #6.

(left to right)

### 1- **Camnivre 5.8**, Trad, bolted anchor, 21 m

Continue past the Amphitheatre and then the crag with anthracite rock, looking for an orange flag. The route has a small chimney at the bottom. The start is a bit spicy, then you get into the crack.

Exposed finish.

FA François Gosselin / Vicky Amyot August 2017



### 2- **Do not leave it to beaver 5.9+**, Trad, bolted anchor, 20 m

To the left of the amphitheatre. A varied crack from start to finish. Basic rack up to #4.

FA Eric Laflamme November 2017



Camnivre

### 3- **Pat's project: Wicapi omani**, Sport, 9 bolts, 1 perma draw, bolted anchor, 20 m

Starts just to the right of Do not leave it to beaver, about 30 m to the left of Ganja for breakfast. Perfect jugs to begin with. The crux calls for a strong core, followed by flakes and delicate moves.

FA

Red: Do not leave Blue: Wicapi

### 4- **Ganja for breakfast 5.11a**, Sport, 6 bolts + bolted anchor, 20 m

Starts 3 m to the left of La renarde in the part of the wall (centre) with dark anthracite rock. The route includes a "rockstar move" -- whee! Crescendo all the way up to the roof!

FA Pat Prenovost / Pierre Cornellier August 2017



Ganja for breakfast

### 5- **La renarde 5.10c**, Sport, 9 bolts + bolted anchor, 21 m

In the centre part of the wall. The rock is very dark. Crux in the middle, and a tense ending.

FA Pat Prenovost / Bénédicte Morin / Pierre Cornellier August 2017



La renarde





### **6- Double jeu 5.11b**, Sport, 8 bolts + bolted anchor, 21 m

In the nice amphitheatre. Start on the left from a large flat block at the base of the wall. Intense to begin, then continuing on good holds. Interesting recovery after a tricky bit. Stick clip recommended.

*FA Pierre Cornellier August 2017*

## **Nouveau monde crag**

Accessible by rappelling from the top of the wall, from the slings marked by a pale yellow flag, or by following the path at the base of the wall and swimming about 50 metres. There will eventually be an access via a crossing there for easier access.

*(left to right)*

### **1- Cap Chèche 5.10**, Mixed, ? bolts, ? m

P1 (5.8) The route starts on the rounded corner, which you can protect in horizontal cracks. Then climb the slab to reach the dihedral. Climb the dihedral (5.8 move) to reach the ledge (belay station, two bolts).

P2 (5.9) Follow the bolts (2 bolts) up the face to reach a horizontal crack (5.9). Then cross the ledge to the left to reach a finger crack (5.6-5.7). When the crack ends, traverse right to reach a flake and then come back left (2 bolts).

Variation 1 (5.9 R): After the finger crack, climb directly to the belay station.

P3 (5.10-): Head left to reach the dihedral. Climb the dihedral to a series of solid and slightly overhanging blocks. Pass a cut-off cedar tree (it was pretty much impossible to remove; use it as a jug, or not, depending on your ethics) and then continue slightly to the left to a second dihedral. Climb this line to reach the third belay station (two bolts).

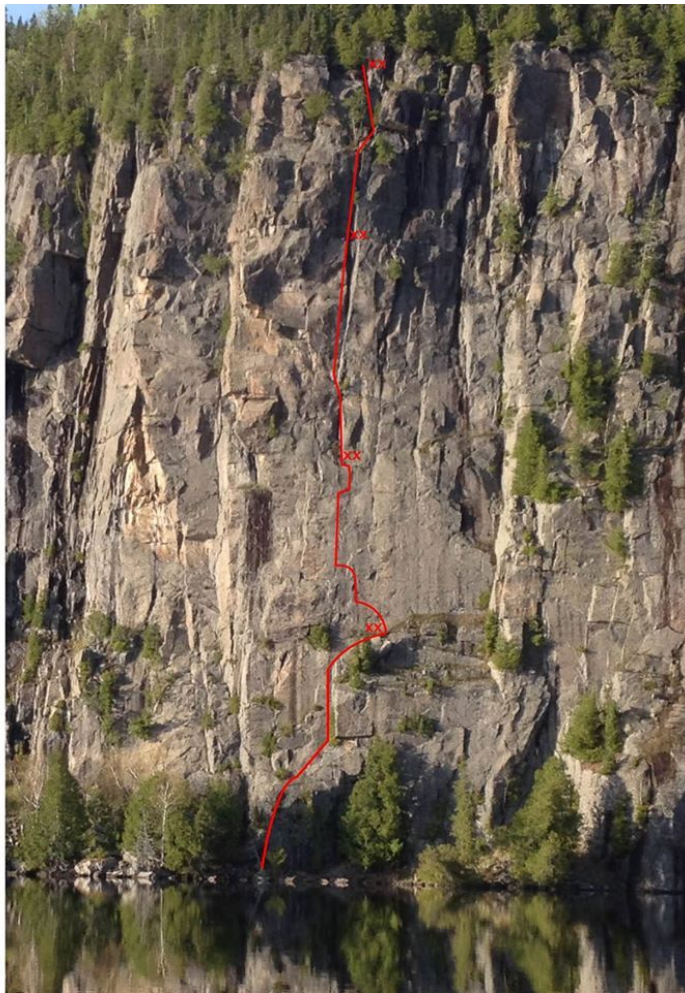
P4 (5.8): Continue along the crack to a slabby ledge, then move slightly right to climb a dihedral of large blocks.

Descent: Rappel from the belay stations (two rappels with double ropes).

Or continue past the last belay station and belay off a tree. Walk up to reach a marked trail that will take you to the Folles crag.

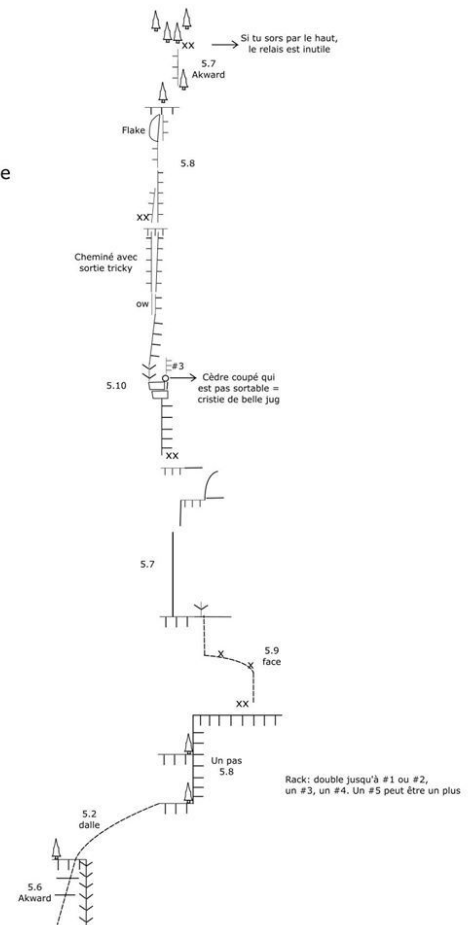
*FA Bruno / Véro / François / Serge (Dick)*





## Cap Chèche

5.10 G



## 2- Les françaises du cap 5.10d, Mixed, ? bolts, ? m

Start: You have two choices to get to the start of the route: swim or take the path along the top of the cliff and rappel down Cap chèche. Take the path of least resistance in the right-hand crack.

P1 and P2 are the same as for Cap chèche.

P3 5.10d Take the path of least resistance to the right. A series of three progressive cruxes, each followed by a good rest. Finish in the upside-down cedar. Bolted anchor. Money pitch with incredible ambiance and exposure. All this and excellent protection, too!

P4 5.10a Follow the crack in the obvious black dihedral and pass a roof. There are several options for exiting left or right. Anchor on the slings you rapped down on.

Basic rack + 1 #4 optional

FA Bruno / Serge



## Fin du monde crag

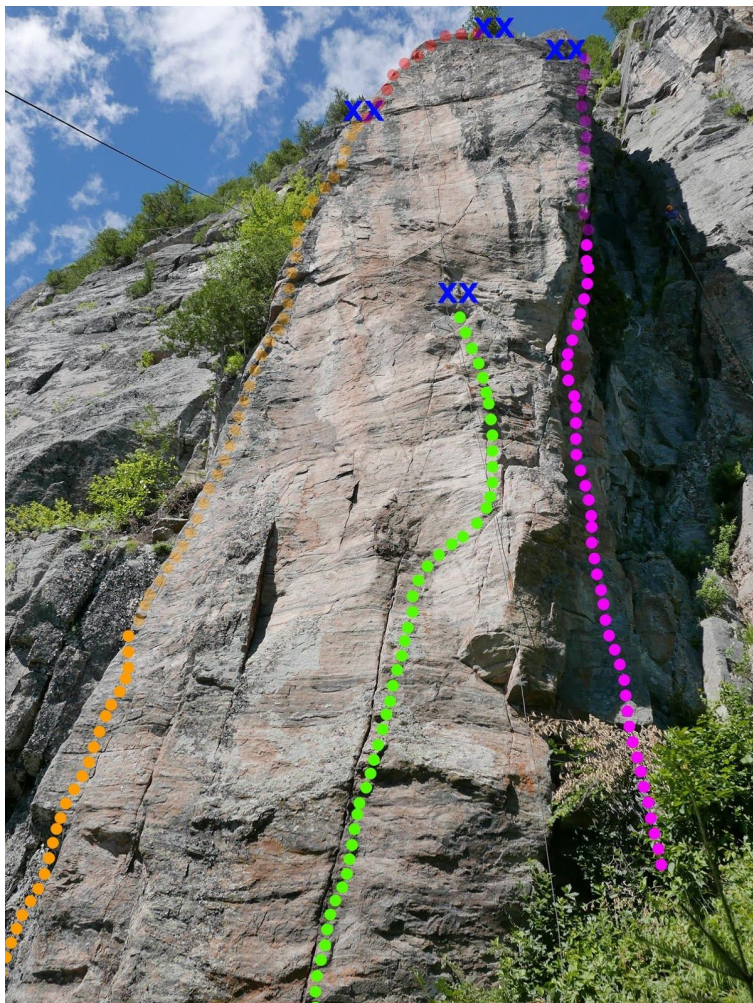
From the campsite, backtrack a hundred metres or so and follow the flags toward the wall. About a hundred metres after the stream (pink and black flag), continue straight on along the base of the wall to the end. This is the leftmost crag and the farthest you can go along the base of the wall without getting wet. The routes are under development at the moment, but these amazing lines should be open soon. 20-25 min

**1- Pat's project**

**2- Access to the top of the pillar**

**3- Éric's project**

**4- Pierre's project**



Orange - Pat's project / Red - Access to the top of the pillar  
Green - Éric's project / Purple - Pierre's project

## Gendarmes crag

From the campsite, backtrack a hundred metres or so and follow the flags to the wall. About a hundred metres after the stream (pink and black flag), continue straight on along the loose rock (scree) to reach the base of the wall, when you pass the Grandioso crag. 20 min

*(left to right)*

**1- La fissure du yiable 5.10-**, Trad, 1st belay station bolted

P1- 5.10- Climb the offwidth chimney to the belay station 35 m

P2- Project

Double rack to #3, optional 1x #4 and 1x #5

*by Bruno / François Armstrong*

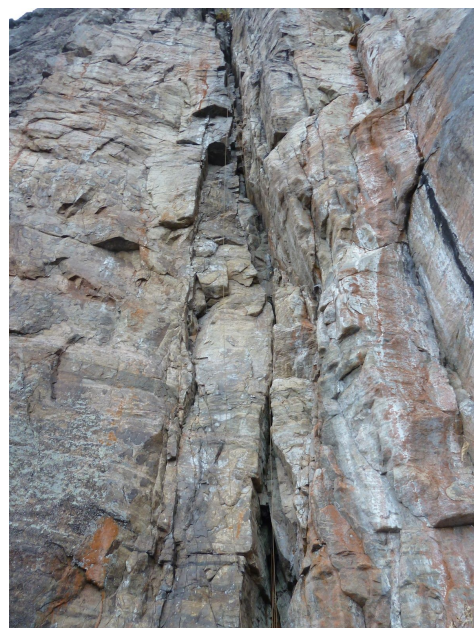
**2- Continuum 5.10 (var 5.7)**, Mixed G, 2 bolts+bolted anchor, 35 m

Make your way up to the top of the flake, move back to the left of the pillar and then climb over it (2 bolts). Continue along a crack to the roof and exit the roof elegantly. An esthetic route with lots of nice passages. Definitely worth a try!

Rack to BD#3, 2 x BD#2

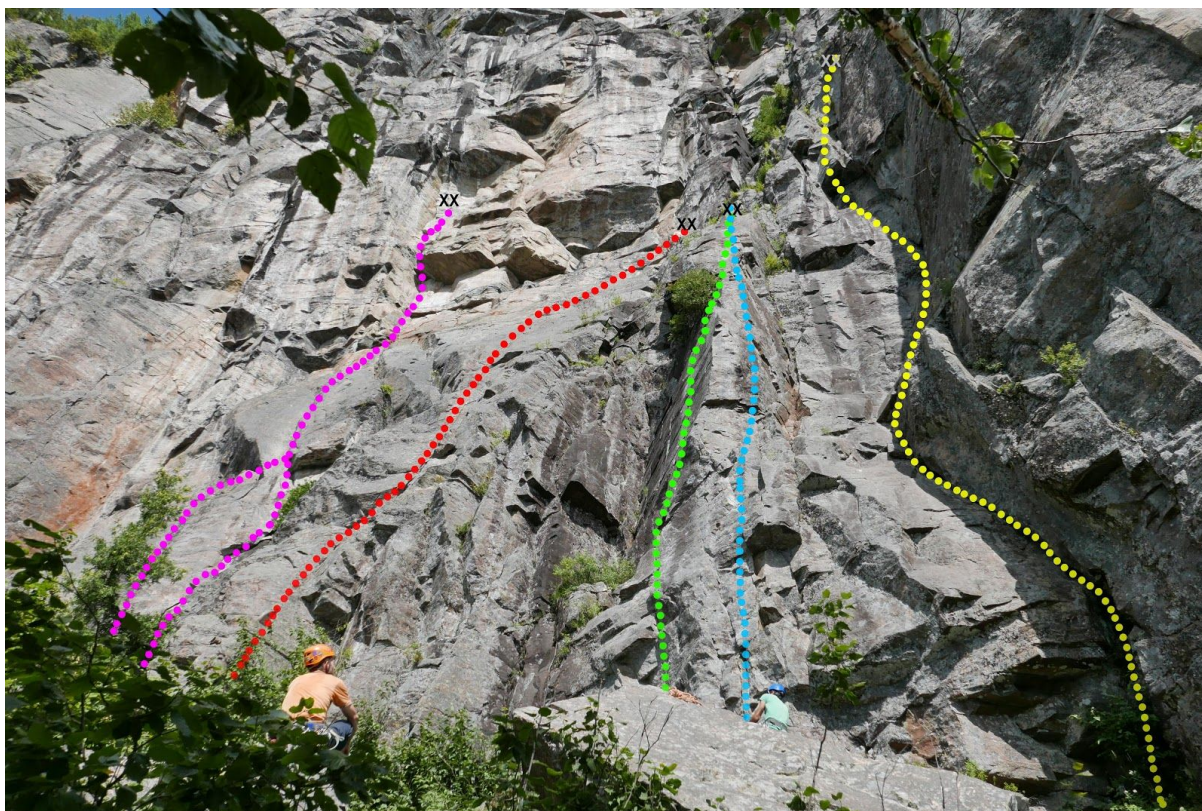
Variation: easier start to the left, 5.7 PG

*FA Patrick / Pascal B. 25-06-15*



La fissure du yiable





Purple: 2-Continuum    Red: 3-Pour qu'Arian vienne    Green: 4-project    Blue: 5-Inat tendu  
Yellow: 6-Le petit oiseau

### 3- Pour qu'Arian vienne 5.8-, Trad G, bolted anchor, 30 m

High-quality esthetic route with plenty of protection. Start 5 metres to the right of Continuum, in an inviting crack dihedral, for about 15 metres and then through the upper part of the route with reassuring holds and placements.

Perfect for its difficulty! The anchor will be moved soon.

FA Bruno Demers-Giroux / Serge-Alexandre Demers-Giroux / Pat Prénovost  
August 2017

### 4- Ines Pérée's project, Sport, 25 m, project

### 5- Inat tendu 5.10b, Sport, 10 bolts + bolted anchor, 25 m

Start just to the right of the arête. Climb toward the arête, around a small roof. Detour to the right toward the crux, but remember to come back to the arête!

FA Benoît Lavallée August 2017

### 6- Le Petit Oiseau 5.8, Trad G, bolted anchor, 30 m

Nice large obvious dihedral. Basic rack, double up on the middle sizes.

FA Pascal B / Marie Ève 28-08-15

### 7- Pat's two-pitch project, +/-50 m

Bolted belay stations

Variation 2/3 up Farewell Angel

### 8- Farewell Angel 5.10c, Sport, 14 bolts, bolted anchor, 35 m

Start from the spur 15 metres to the right of Le Petit Oiseau. Semi-slabby with slopers and crimps followed by a very short section of poorer-quality rock. Stem your way through the dihedral. Straddle the arête and continue into a finger crack section. Some face moves, and then on to the slopy corner on the right. Somewhat exposed exit. An esthetic route that flows nicely.

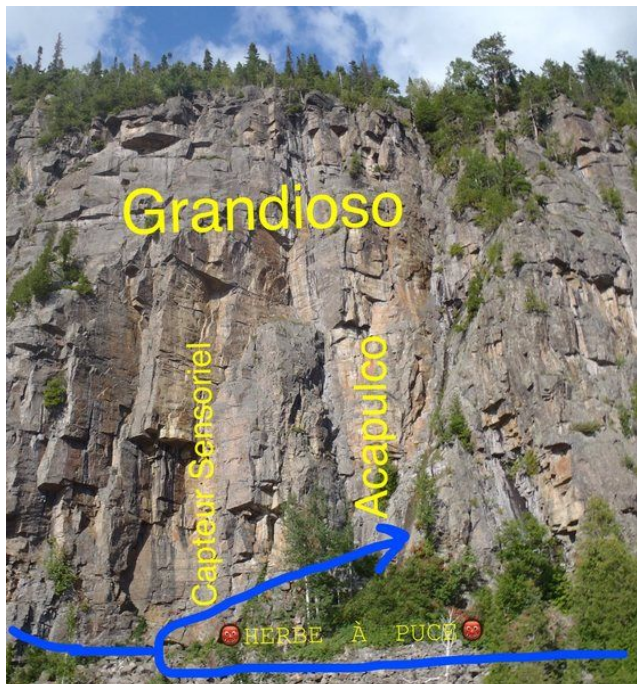
FA Pat Prénovost 07-06-17



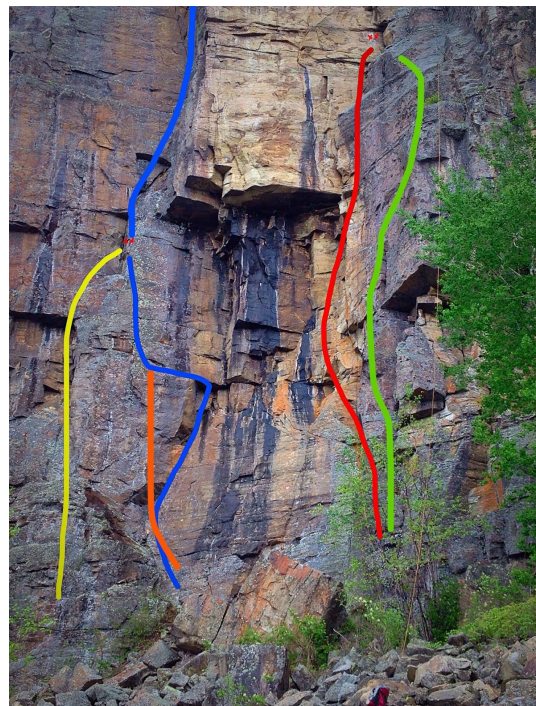


## Grandioso crag

From the campsite, backtrack a hundred metres or so and follow the flags to the wall. About a hundred metres after the stream (pink and black flag), continue straight on along the base of the wall to the huge roof about 20 metres high, marking the middle of the crag (who's the lucky person who will open this roof?). The rock is sort of yellowish, with black water streaks. 15-20 min Watch for poison ivy near the base of the wall!!



Poison ivy and path to avoid it



Yellow: 1-Arête au Cap  
Orange: 2-C'est ta fête  
Blue: 3-Sumac grim pant (1st and long 2nd)  
Red: 4-Capteur sensoriel (1st long)  
Green: 5-De cape et d'épée

### 1- Arête au Cap 5.9+, Sport, 9 bolts, bolted anchor, 20 m

Same anchor as for routes 2 and 3.

The fully bolted moderate route on this crag! Some slopy holds to start with but the moves through the dihedral and on the arête toward the end should make you smile... or not!

FA Patrick / Bénédic 30-05-15

### 2- C'est ta fête 5.11a, Mixed, 3 bolts, bolted anchor, 25 m

Same anchor as routes 1 and 3.

Variation of the first pitch of Sumac.

FA Bruno Demers Giroux / Pierre Cornellier / Bénédic Morin 30-05-15

### 3- Sumac grim pant 5.10, Trad, 4 bolted belay stations, 100 m

The all-trad classic of the Grandioso crag. Don't miss it!

FA Ground-up 4 pitch Bénédic/Patrick 30-05-15

FFA Bénédic/Patrick 30-05-15 except 3rd pitch Éric Tremblay

**P1- 5.9**, 25 m. Follow the crack in the corner to the little roof, shift left and follow the horizontal crack. Protect it well before moving onto the left wall, because protection may be harder to place on that wall. Then continue up the vertical crack to the belay station.

**P2- 5.9**, 25 m. Follow the diagonal crack system that heads slightly right to the belay station.

**P3- 5.10**, 20 m. Nice technical offwidth crack that becomes a bit overhanging.

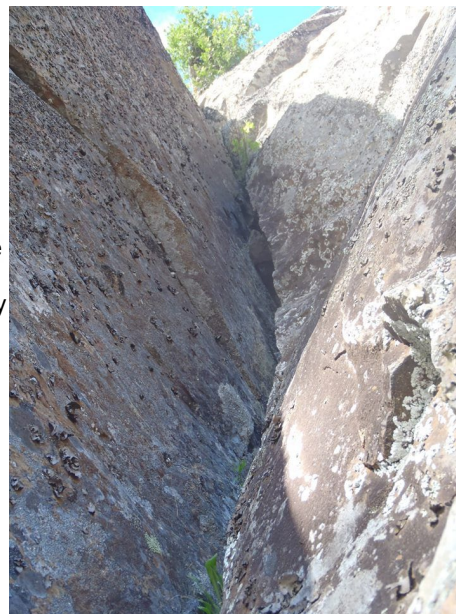
**Photo of the 3rd pitch ->**

FFA Eric Tremblay May 2016

**P4- 5.9+**, 30 m. Follow the obvious crack system rightward. After the grassy ledge, delicately step up the slab using tiny crimps - you'll want small pro. Belay from one of the trees to the left of the finish.

Basic rack to #3 (pitches 1, 2 and 4), up to #6 for pitch 3. 0 and 00 for pitch 4.

Rappel from the bolted anchor on the right, staying right to rappel down Capteur sensoriel. **Minimum 70-metre rope!!** Remember to TIE KNOTS in the ends.





#### 4-Capteur sensoriel 5.11a, Mixed, 4 bolted belay stations, 100 m

Superb classic calling for the full range of climbing techniques.

Basic rack, 2 x #2, 1 x BD #5 optional for 1st pitch, otherwise 5.7R

**P1- 5.10b** Mixed, PG, 3 bolts, 35 m

Make your way up the dihedral with a wide crack on the left of De Cape et D'Épée, solve the sections before and at the bolts, move onto the uncomfortable ledge and then steel yourself for the hand crack.

You can link the first two pitches to make a single 50 m pitch.

FA Pat P./Bénédict Morin May 31, 2015

**P2- 5.5** Trad, PG/R, 15 m

Continue in the dihedral/crack to the wobbly rock (sketchy protection) all the way to the belay station on the "chilling ledge."

FA Pat P./François Gosselin October 11, 2015

**P3- 5.11a** Sport, 9 bolts, 15 m

Bid comfort goodbye and follow the bolts leftward and then through a slightly overhanging section to the belay station on a small ledge.

FA Pat P./Marie-Ève Généreux/François Gosselin October 11, 2015

**P4- 5.10+** Mixed, 5 bolts, 35 m

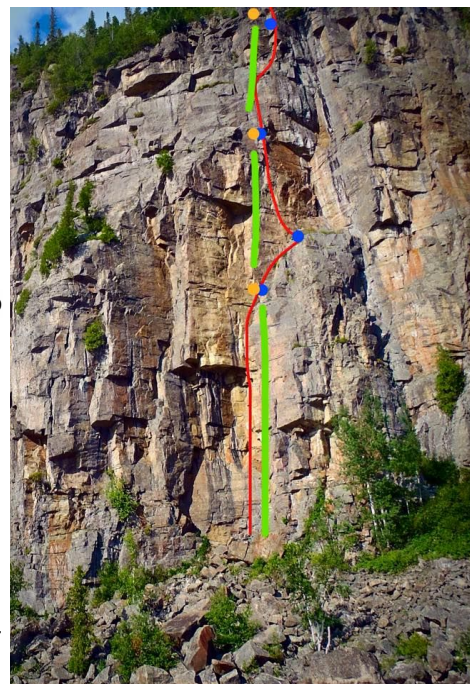
Follow the crack systems, traverse right below the flakes and use jugs and hand jams to make it through the airy dihedral.

Exit through another small dihedral and belay from one of the trees.

Enjoy the ride!

It's best to belay your second using the trees at the top of the small dihedral, rather than from the rappel bolts/rings on the wall a few metres to the left. It makes for better communication and minimizes rope drag.

FA Patrick P./Isabelle Courcy June 17, 2016 - FFA Éric Tremblay June 17, 2016



Red: Capteur sensoriel  
Green: rappel route

#### Descent

1st rappel, 35 m

From the anchor at the summit (bolts/rings), let yourself down naturally to the belay station at the start of the last pitch and NOT through the little dihedral you climbed to reach the summit. Don't rappel from the tree - it's too difficult (swing) and dangerous to reach the next rappel station.

2nd rappel, 20 m

In mid-air to a block across from the first belay station of the first pitch.

3rd rappel, 35 m

\*\*\*CAUTION\*\*\* MAKE SURE your rope is **AT LEAST 70 METRES** and please TIE KNOTS in both ends, especially for the first rappel (from the summit), which is pretty close!

#### 5- De cape et d'épée 5.11, Mixed, 14 bolts, bolted anchor, 35 m

Start on the arête to the right of the dihedral of Capteur sensoriel.

Rack of finger-size cams

Same anchor as the first pitch of Capteur.

FA Pierre C. / Pascal B. 26-06-15

#### 6- CapOral 5.9, Mixed, 2 bolted anchors, 45 m

A nice warm-up route to get ready for the real action! Can be climbed in one pitch, using same anchor as Cap dans face. 2 rappel stations.

FA Charles-David Bellemare, Patrick Prénovost and Benoit Tremblay 2015

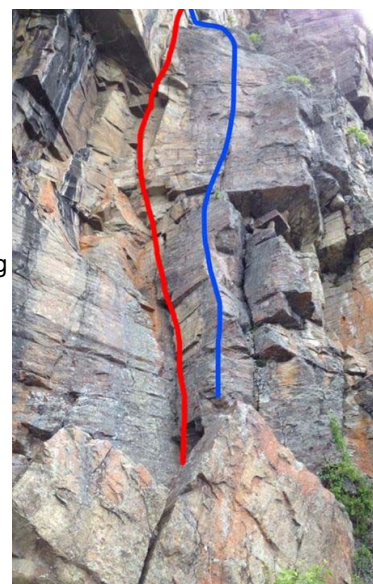
10R variation at the top by Pat Prénovost (to be confirmed)

#### 7- Cap dans face 5.10d, Trad, bolted anchor, 45 m

As beautiful as it looks. First section pretty sustained. Same rappel station as CapOral.

2 rappels via CapOral.

FA Charles-David Bellemare, Benedict Morin and Benoit Tremblay October 2016



Red: 4-Capteur sensoriel  
Blue: 5-De cape et d'épée



### **8-aCAPulco 5.10**, Mixed, 90 m

P1: 5.6, P2 and P3: 5.10, P4: 5.9+

Beautiful view, especially from the roofs up top. Can be climbed with one rope. Have fun!

FA: Charles-David Bellemare, Benoit Tremblay, Frederick Daigle  
August 2016



Yellow: 6-CapOral Blue: 7-Cap dans face  
Red: 8-aCAPulco

## **Kapmasutra crag**

From the campsite, backtrack a hundred metres or so and follow the flags to the wall. About a hundred metres after the stream (pink and black flag), continue straight on along the bottom of the wall to where you come out of the woods. Much of the crag is wet, and it's an ice-climbing crag in winter. It hasn't been explored much yet, and some blocks have fallen recently. 10 min

(left to right)

### **1- Karma sous draps 5.10-**, Mixed, 6 bolts + anchor, 25 m

Same start as Kapmasutra, in a small dihedral/chimney.

Easy chimney start, continuing in a left-facing dihedral. Cross under the little overhang and come out onto the face with cracks. Nice mixed route a few metres off the main path.

Basic rack to #1

FA Patrick P. June 2017

### **2- Kapmasutra 5.10a**, Trad, 2 trad anchors, 50 m

"Ground up" trad route, definitely needs a bit of cleaning. Try it with care! More info to come.

Basic rack. Last belay off a large pine tree. From there you can traverse left to reach a slab with a belay station at the bottom, and a roof. Feel free to install bolts and an anchor if you like.

FA Serge/Pierre O 2015



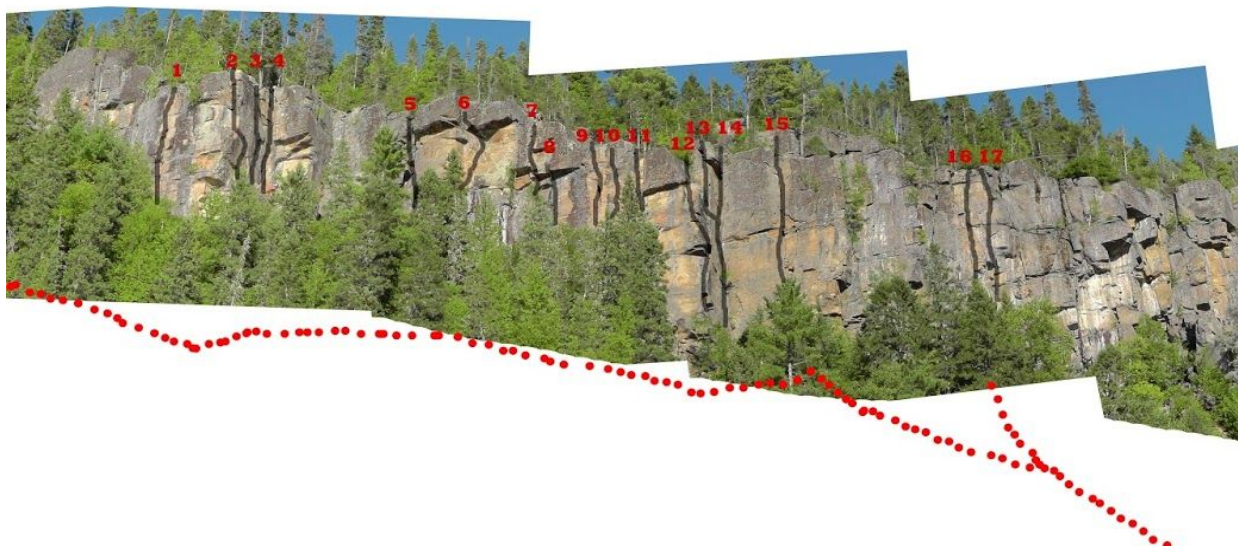
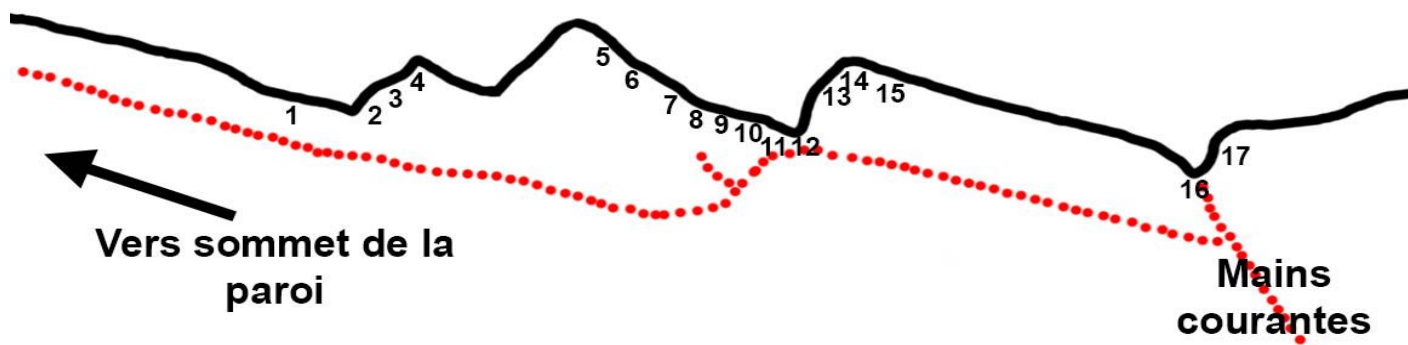
Red: Karma sous draps Blue: Kapmasutra

## Les Folles crag

All kinds of quality routes in one place!!!

From the campsite, backtrack a hundred metres or so and follow the flags to the wall. About a hundred metres after the stream (pink and black flag), turn right toward the scree slope. From the other side of the scree at the bottom of the first wall, follow the very steep path heading off to the left. Follow the fixed lines and watch carefully: one of them will lead you to the bottom of Cape elfique and Grâce de l'elfe. Keep heading left for the other routes. This is the most developed crag, a real must!

10 min



View from the beach

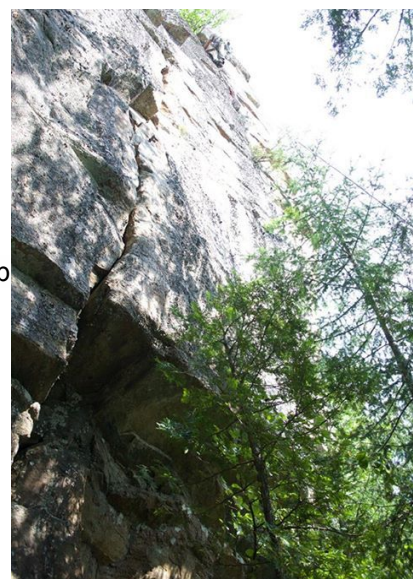
(left to right)

**1- Chacun son trésor 5.10d**, Trad G, bolted anchor, 25 m

Start: This is the leftmost route of the Folles crag, about 60 m to the left of the last fixed line. Belay from a small ledge you can reach from a cedar tree. Climb through the small roof and continue up the crack.

Basic rack to #2, 2x #1 and 2x #2

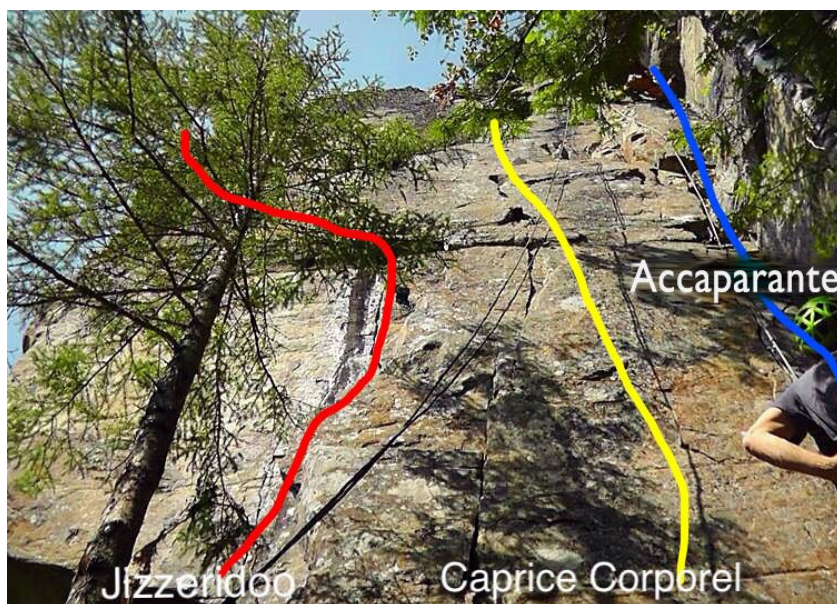
FA Eric Laflamme May 2016



1-Chacun son trésor



The next three routes are about 40 metres to the left of Feu sacré and Capteur de rêves, on the left face of a dihedral. The face looks east. Use the same fixed line to reach Bloc Léo.



**2- Jizzeridoo 5.10-**, Mixed G, 2 bolts + bolted anchor, 25 m

You can start from the path at the bottom or from the ledge to the left of Caprice corporel. Follow the steep crack that turns into a huge flake. At the top of the flake, you'll have to search around for placements and your route, to traverse left and reach the finger cracks, and then a comfortable anchor on the arête.

Basic rack to #3

FA Patrick Prénovost August 2017

**3- Caprice corporel 5.11-**, Mixed G, 1

bolt + anchor on a tree with a static rope covered with green tubular webbing, 25 m  
Small splitter up the centre of the wall.

Basic rack to #2

FA Benedict Morin, Julie Brown June 2016

**4- L'AccAParante 5.9+**, Mixed G, 2 bolts + bolted anchor, 20 m

Start in the dihedral on a block. When you leave the small crack, head left onto the face and two bolts. The crux is getting out of the roof.

Basic rack.

FA Julie Brown June 2017

### 5- Open project

Crack in a dihedral with an offwidth section and lots of blocks that need a serious purge. Caution: large, unstable blocks!!

**6- Capozoïde 5.11c**, Sport, 10 bolts + bolted anchor, 25 m

"Mental state of a person obsessed with opening routes at the Cap but who refuses to admit it." Start on a block in a small dihedral. Technical, winding face with a small technical roof in the middle. The anchor will be moved soon to avoid the awkward final clip.

FA Eric Laflamme July 2017

**7- Bloc Léo 5.10-**, Trad G, bolted anchor, 25 m

Nice crack system with large blocks in a little overhang at the end...

Basic rack up to #3, #4 optional

FA Benedict Morin June 2016

**8- Steep and delicious 5.11a**, Sport, 8 bolts, bolted anchor, 20 m

A few metres to the left of Capteur de rêves.

As its name says! Steep vertical face.

FA Benedict Morin June 2017

**9- Capteur de rêves 5.10c**, Mixed G, bolted anchor, 23 m

Start in a small overhang with 3 bolts.

Make it through the overhang and the face to reach the crack.

Basic rack up to #1, 2x #1

FA Eric Laflamme / Isabelle Courcy / Pat Prénovost May 2016

**10- Feu sacré 5.10b/c**, Mixed, 5 bolts + bolted anchor, 20 m

Nice vertical face between the two cracks alongside that will run next to Égo.

Rack with #0.3 to #1 cams

FA Patrick Prénovost / Benedict Morin June 2016

**11- Égo 5.8+**, Trad G, bolted anchor, 25 m

Start from the loose blocks, in a large overhanging crack. Head up the blocks and follow the crack to the chimney. Start is a bit exposed.

Basic rack to BD#3

FA Jérôme St-Michel / Patrick Prénovost August 29 2015



Bloc Léo





Red: Capteur de rêves

Orange: Feu sacré

Green: Égo

Blue: Le soleil, le vent

**12- Le soleil, le vent 5.11+/5.12-**, Sport, 10 bolts, bolted anchor, 20 m

Start left of the arête. Superb esthetic arête with delicate cruxes.

FA Pierre Cornellier July 2017

**13- Zone de turbulence 5.10-**, Mixed G, 1 bolt, anchor using the tree, 25 m

Same start as for 'Récompense moi le Cap and then under the cedar tree, cross using the bolt to reach the crack on the left. Rap down using the anchor for Récompense moi le Cap, a few metres to the right.

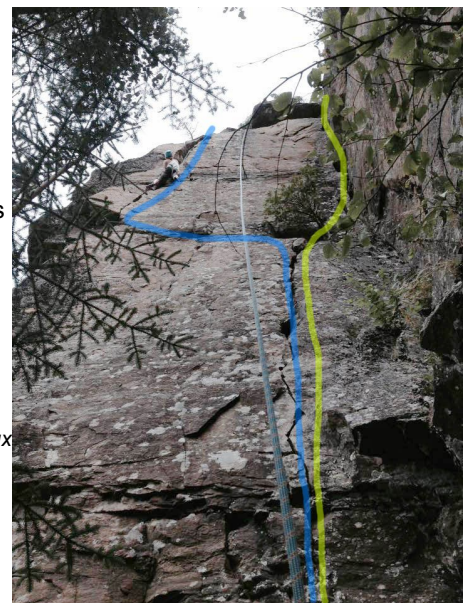
Basic rack

FA Patrick / Marie Ève / DG Bros August 29, 2015

**14- Récompense moi le Cap 5.10-**, Trad G, bolted anchor, 25 m

Basic rack to #4 + 1x #5 or #6 optional

FA Bruno Demers Giroux / Serge-Alexandre Demers Giroux / Pierre-Olivier Demers Giroux May 16, 2015



Blue: Zone de turbulence  
Yellow: Récompense moi le Cap

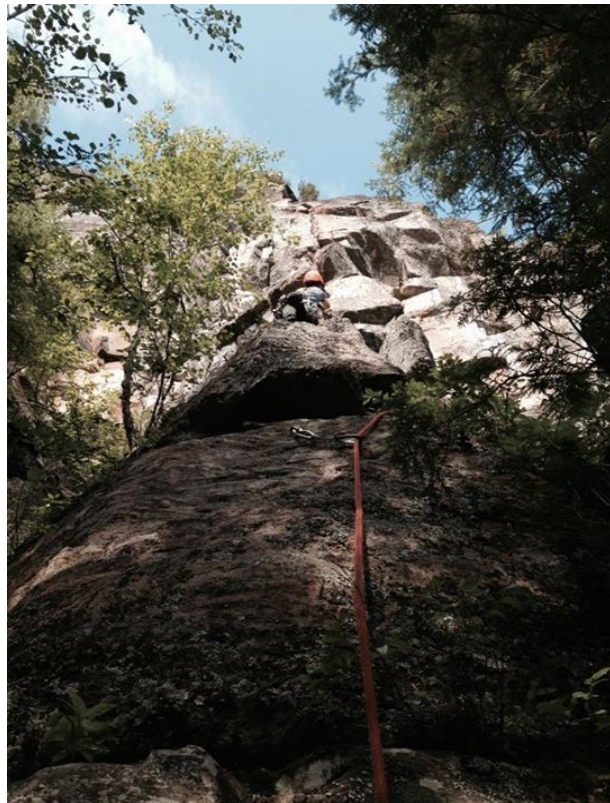


**15- Under pressure 5.10-**, Trad G, bolted anchor, 25 m

A superb splitter up the face. The first route onsighted by the setter, who had to scrape down to rotten rock in the last two metres to avoid being spit off on a long and terrifying whipper. The route was named accordingly, but it's all clean now!

Basic rack

FA Patrick Prénovost/ Bruno Demers Giroux May 17, 2015



**16- Cape elfique 5.9**, Mixed PG, 1 bolt, bolted anchor, 30 m

Very interesting crack route at the end of the first fixed line (blue rope with knots). Note that the bolt has been added to keep the climber and belayer from tumbling down into the scree 30 m below.

Same anchor as Grâce de l'elfe.

Basic rack 2 x BD#1

FA Patrick Prénovost/ Jérôme St-Michel July 25, 2015

**17- Grâce de l'elfe 5.10-**, Mixed, 8 bolts, bolted anchor, 30 m

Start 10 m right of Cape elfique. You'll get to the bolt and the obvious crack on the left after a short vegetated passage. Heel hook your way past the bulge and continue on the face. Nice route with a variety of moves.

Basic rack to #1

Same anchor as Cape elfique

FA François Gosselin / Patrick Prénovost



## Névroses crag

Follow the directions for the Folles crag. After the scree, don't take the steep path that heads off to the left, but turn right and follow the wall. 8 min.

*(left to right)*

### 1- Orange atomique 5.9, Trad, bolted anchor, 28 m

On the far left of the Névroses crag, before the sign showing the path up to the Folles and the summit. The closest route to the campground! Follow the obvious crack that starts on a ledge 2 metres off the ground, through overhangs with big jugs. Opened from the ground up.

*FA Simon and Mélissa August 20, 2017*

### 2- Change de face 5.10, Sport, 12 bolts + bolted anchor, 28 m

Start 5 metres to the right before the slope that leads to the Folles crag.

*FA Emmanuelle Paradis August 2017*

### 3- Closed project - François Brien





## Swamps crag

Continue along the forest road to the end, past the campground. Split off toward the wall. Cross straight through the dried-up swamp and head up to the wall after going 100 m toward the lake.

(left to right)

### **1- Rescue bulge 5.10-**, Mixed, 2 bolted anchors

Superb dihedral, finishing with a traverse in the roof. Very difficult to read, makes it hard to flash. 2 bolted anchors and 2 bolts to protect the roof section.

P1- 5.7

Variation: 5.9 start in the crack on the right

P2- 5.10-

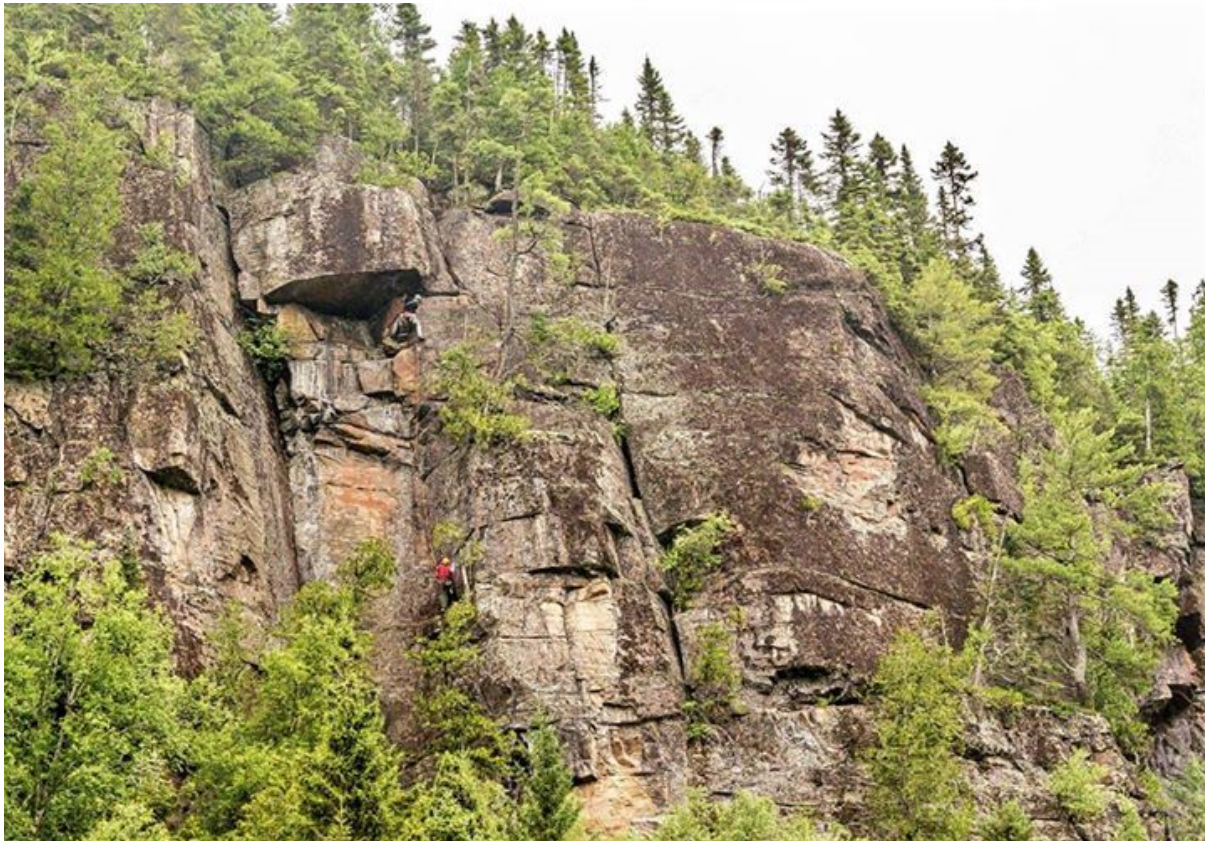
FA *Serge-Alexandre Demers Giroux and Olivier Dessureault*

### **2- Alva jinsal 5.7 (5.4X)**, Trad, 40 m

Climb the dirty crack and cross to the left on the big horizontal crack, to reach a jug ladder (5.4 X). Then head through a series of small dihedrals and make a safe face move on a brick-shaped rock protruding from the wall (very pretty). Get back into the dihedral above, by climbing either the dihedral or the crack on the face to the right. Finish up in the hand crack.

Rappel down from the trees (two ropes).

FA *Bruno Demers Giroux and Pierre-Olivier Demers Giroux*



## List of Routes

*Left to right*

### La Banlieue crag

- 01-Carnivore 5.8 T, 1 pitch
- 02-La renarde 5.10c S, 1 pitch
- 03-Ganja for breakfast 5.11a S, 1 pitch
- 04-Double jeu 5.11b S, 1 pitch

### Grand Mur crag

- 01-Cap Chèche 5.10 T, 4 pitches
- 02-Les françaises du cap 5.10+ T, 4 pitches

### Fin du monde crag

- 01-Pat's project
- 02-Access to top of pillar
- 03-Eric's project
- 04-Pierre's project

### Gendarmes crag

- 01-La fissure du yiable p1: 5.10-, p2: project
- 02-Continuum 5.10 M (var 5.7), 1 pitch
- 03-Pour qu'Arian vienne 5.8- T, 1 pitch
- 04-Ines Pérée's project, 1 pitch
- 05-Inat tendu 5.10b S, 1 pitch
- 06-Le petit oiseau 5.8T, 1 pitch
- 07-Pat's project, 2 pitches
- 08-Farewell angel 5.10c S, 1 pitch

### Grandioso crag

- 01-Arête au Cap 5.9 S, 1 pitch
- 02-C'est ta fête 5.11a M, 1 pitch
- 03-Sumac au Cap 5.10 T, 4 pitches
- 04-Capteur sensoriel 5.11a M, 4 pitches
- 05-De cape et d'épée 5.11 M, 1 pitch
- 06-Caporal 5.9 M, 1 pitch
- 07-Cap dans face 5.10d T, 1 pitch
- 08-aCAPulco 5.10 M, 4 pitches

### Kapmasutra crag

- 01-Karma sous draps 5.10- M, 1 pitch
- 02- Kapmasutra, 5.10a T, 2 pitches

### Les Folles crag

- 01-Chacun son trésor 5.10d T, 1 pitch
- 02-Jjizzeridoo project, 1 pitch
- 03-Caprice corporel 5.11- M, 1 pitch
- 04-L'AcCAParante 5.9+ M, 1 pitch
- 05-Open project, offwidth chimney, 1 pitch
- 06-Capoçoïde 5.11c S, 1 pitch
- 07-Bloc Légo 5.10- T, 1 pitch
- 08-Steep and delicious 5.11a S, 1 pitch
- 09-Capteur de rêves 5.10c M, 1 pitch
- 10-Feu sacré 5.10b/c M, 1 pitch

11-Égo 5.9 T, 1 pitch

12-Le soleil, le vent 5.11+/5.12- S, 1 pitch

13-Zone de Turbulence 5.10- M, 1 pitch

14-Récompense moi le Cap 5.10- T, 1 pitch

15-Under pressure 5.10- T, 1 pitch

16-Cape elfique 5.9 M, 1 pitch

17-Grâce de l'elfe 5.10- M, 1 pitch

### Névroses crag

- 01-Orange atomique, 5.9 T, 1 pitch
- 02-Change de face 5.10 S, 1 pitch
- 03-François Brien's project

### Swamps crag

- 01-Rescue bulge 5.10- M, 2 pitches
- 02-Alva jinsal 5.7 (5.4X), 1 pitch