

TOUR OF NORTH CAROLINA

Area Description: North Carolina is renowned in the eastern United States for its slab and crack climbing, but its diversity of rock types and countless five star destinations enhance the state's world class reputation. Laurel Knob is a 1200ft granite wall, Linville Gorge is a 13 mile long 3 mile deep wilderness with more adventure climbing than one could do in a lifetime, and the NC Hi-Country is home of the most dense meta-sandstone in the world: a sport climbing and bouldering paradise. After a career climbing in NC, local guides and instructors haven't even scratched the surface of the offerings in this Appalachian stronghold.

Your local guides in North Carolina are trained and certified by the American Mountain Guides Association, first ascensionists, and representatives of North Carolina's unique climbing culture: the perfect blend of experience and training to make your visit as productive as you'd like it to be. Look for their help to find non-climbing activities too, like hiking, white-water rafting, mountain biking, sightseeing, and recommendations for local cuisine (some uniquely North Carolinian fare).

The North Carolina holiday is suitable for climbers of all experience levels. One might comfortably do one's first climb here, one's first lead, one's first E6; there is something for everyone! Student to Instructor ratios do not exceed 3:1, enabling parties to experience a range of climbing activities: multipitch to instruction.

North Carolina is probably one of the best kept secrets in the climbing world. If you want a unique, action-packed, inspiring, and world class trip, without all the fuss and bustle of the greater ranges, North Carolina is the holiday you have been waiting for.

Trip Highlights include:

- A different climbing destination each day of the trip
- A wilderness bivouac in the remote Linville Gorge
- Climb the enormous face of Laurel Knob, 1200 feet
- World Class bouldering

What's included:

- Capacious van transports guests from Charlotte-Douglas International Airport to all destinations.
- All inclusive lodging with all meals prepared
- All safety equipment
- A Seven Day Itinerary instructed by Local certified instructors at a 1:3 ratio



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Itinerary

Rock and Sun America "Tour of NC" Schedule:

Day Zero

- 12 noon onwards Meet at Charlotte Douglas International Airport (CLT) where guests will be picked up
- All flights should arrive as close to 12 noon as possible
- 2 hrs transport to Pisgah Forest
- Organize campsite, settle in
- 6.30pm Dinner
- Evening briefing, equipment check, early night to bed

Day One – Intro, Single Pitch, and Bouldering at Rumbling Bald, Hickory Nut Gorge

- Single Pitch Climbs at Rumbling Bald. Crack climbing (5.5-5.11) and bouldering. *Last of the Mohicans* and *Dirt Dancing* were filmed in the Hickory Nut Gorge area.
- 6.30pm Dinner
- 8pm Evening Session/ Presentation: "Puritans, LNT, and Rebellion: How American Climbing Culture May Differ from European: "
- 845pm Day Two Briefing and Prep

Day Two- Climbing at Looking Glass Rock

- 7am Breakfast
- 8am Lunch and Equipment Prep
- 9am Multi Pitch Climbing I: Ground School
- 10am Multi Pitch Climbing II: Two Pitches
- Midday Session: Eyebrows, Slabs, and Slackbrows: Climbing on the Granite Plutons of NC
- 1230pm Lunch
- 130pm Multipitch Climbs, *'The Nose'* 5.8 (VS), 4pitch, *'Sundial Cracks'* 5.8 (VS), 4pitch
- 600pm Dinner
- 700pm Evening Session: "Wilderness and the American Mind: An Introduction to American Conceptions of Wilderness"
- 745pm Day 3 and 4 Briefing

Day Three- Linville Gorge, Table Rock Multi-Pitch

- 7am Breakfast
- Excursion Prep
- Drive to the Linville Gorge
- Various shorter 2 pitch routes on the East Face
- 12pm Lunch - On a ledge
- 1pm Multi Pitch III: Table Rock East Face, 5-6 pitches
- 5pm Make Camp
- 630pm Dinner
- 745pm Brief Day 4
- 815pm Campfire

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Day Four- Linville Gorge, Amphitheater, Wilderness Multipitch Climbing

- 8am Breakfast
- 8.45am Lunch and Equipment prep
- 9am Approach hike to the Amphitheater of Linville Gorge
- 10am Climb **'The Mummy'** 5.5 (VD), 4 pitches or **'The Daddy'** 5.6 (S), 6 pitches
- 1230pm Lunch on a Ledge
- 1pm Climb 'The Prow' 5.4 (D), 4 pitches to exit the Amphitheater
- 430pm Depart Table Rock
- 6pm Dinner on the Road
- 8pm Back to Pisgah Forest Campsite

Day Five- Looking Glass Rock, Nose Area

- 8am Breakfast
- 9am Lunch and Equipment Prep
- 930am Morning Session: "Climbing Grade IV: Commitment, Efficiency, and Planning"
- 10am Travel to Looking Glass Rock, Sun Wall: Practice for Grade IV routes
- 12pm Lunch
- 1230pm Bouldering Session
- 230pm Depart Campsite
- 330pm Free Time
- 630pm Dinner
- 8pm Evening Session: "Laurel Knob: The Biggest Rock East of the Mississippi"
- 830pm Equipment and Lunch Prep

Day Six- Laurel Knob

- 6am Breakfast
- 7am Drive to Lonesome Valley
- 830am Approach hike
- Climb either of the area classics, **'Groover'** 5.9 (HVS,5a), 9 pitches or **'Fathom'** 5.10a (E1,5c), 8 pitches
- 530pm Depart Campsite
- 630pm Closing Dinner
- 8pm Evening Session: Tour of NC Greatest Hits Slideshow

Day Seven – Departures

- 8am Breakfast
- Collect Equipment
- 930am Closing Circle
- 10am Leave for Airport
- All airport flights should be scheduled after 12pm