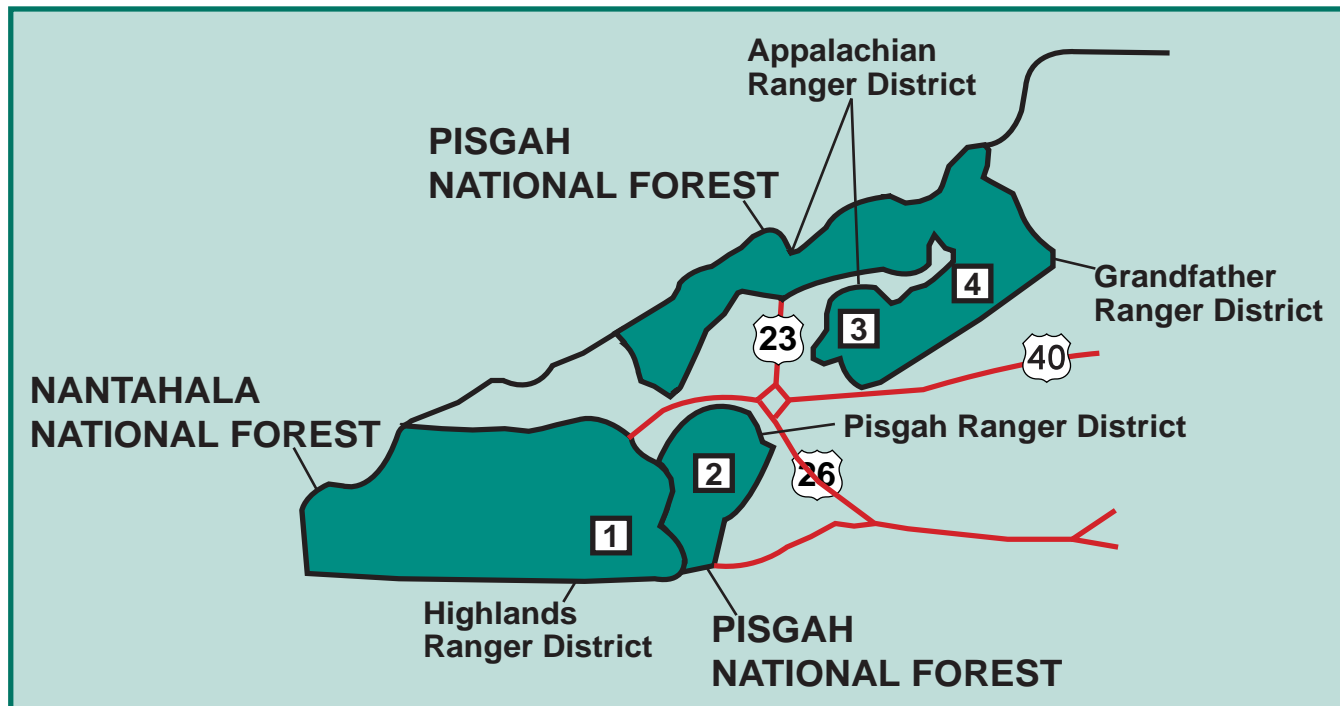


ROCK CLIMBING



Rock climbing areas shown above.

- 1.** Whiteside Mountain & Big Green **2.** Looking Glass Rock & Cedar Rock
3. Snake Den **4.** Linville Gorge

RANGER DISTRICTS THAT OFFER ROCK CLIMBING:

Appalachian Ranger District • 828-682-6146

Grandfather Ranger District 828-652-2144

Highlands Ranger District • 828-526-3765

Pisgah Ranger District • 828-877-3350

ROCK-CLIMBING MISTAKES CAN BE FATAL: Rock climbing is a sport not to be taken lightly. Mistakes in judgment, technique, or equipment are unforgiving and can be fatal. Only truly qualified climbers should attempt these challenging climbing routes. Safety must be a prime concern at all times.

ETHICS: To protect nature's handiwork and help other visitors enjoy the outdoors, we suggest the following rock-climbing ethics:

- Do not deface the rock or destroy a route for others by adding bolts or pitons to establish climbs.
- Rock cliffs are often home to rare plants sensitive to trampling. Stay on main trails and keep out of closed areas to help preserve the fragile ecosystem.
- Volunteer to help reconstruct or maintain these access routes.
- Leave no litter; pack out what you pack in.
- Maintain a low-noise level so other climbers or forest visitors aren't distracted.

ROCK CLIMBING OPPORTUNITIES

RANGER DISTRICTS	CLIMBING AREA	# OF ROUTES	DIFFICULTY RATINGS*
Appalachian	Snake Den	16	5.2-5.10
Grandfather	Linville Gorge/Sitting Bear	5	5.8-5.9
Grandfather	Linville Gorge/Hawksbill	43	5.9-5.11+
Grandfather	Linville Gorge/Table Rock	54	5.4-5.11
Grandfather	Linville Gorge/Little Table Rock... ..	11	5.7-5.11/A2**
Grandfather	Linville Gorge/Devils Cellar	9	5.4-5.10+
Grandfather	Linville Gorge/NC Wall	33	5.7-5.12/A2**
Grandfather	Linville Gorge/The Amphitheater .	38	5.4-5.12
Grandfather	Linville Gorge/Reggae Wall	9	5.9-5.12
Grandfather	Linville Gorge/Shortoff Mountain .	57	5.6-5.11
Grandfather	Linville Gorge/Big Lost Cove	# unavailable	rating unavailable
Grandfather	Linville Gorge/Little Lost cove	# unavailable	rating unavailable
Pisgah	Looking Glass Rock	138	5.5-5.11/+A0-A5**
Pisgah	Cedar Rock	36	5.5-5.12
Highlands	Whiteside Mountain	23	5.8-5.12/+A0-A-4**
Highlands	Big Green	47	5.8-5.12/A1-A3**

*Ratings from the *Climber's Guide to North Carolina* by Thomas Kelley.

RATINGS: The difficulty ratings for free climbs are based on the Yosemite Decimal System. A free climb is one in which the climber uses ropes and equipment for safety purposes only. The rock supports the climber's weight and all progress is made by contact with the rock and not with the assistance of equipment. The ratings:

Easy: 5.0-5.4

Moderate: 5.5-5.8

Difficult: 5.9-5.10

Extremely Difficult: 5.11-5.14

**Aid climbs are rated on the American scale from A0 to A5. The climber uses ropes and equipment to support his or her weight and aid climbing progress. A0 climbs are generally easy and protection is solid. A5 climbs are extremely difficult and have a high potential for deadly falls of 60 feet or more.

PEREGRINE FALCONS: Peregrine falcons, the world's fastest bird, were close to extinction a few years ago. Through reintroductions, peregrines now nest on several rock cliffs in Pisgah and Nantahala National Forests. To protect falcon nest sites, all climbing routes listed are CLOSED JANUARY 15 TO AUGUST 15 each year, except Snake Den, Little Lost Cove, Cedar Rock, and Big Green. Some routes may reopen once the current year's nest sites are located. The routes may reopen before August 15 if the peregrine chicks leave the nest earlier. Check with the district for current information.

CAMPING: The national forests are generally open to dispersed camping. However, certain sites may be closed for different reasons. Check with the appropriate ranger district for information about the camping policy near the climbing area you plan to visit. A permit is required for overnight camping in the Linville Gorge Wilderness on weekends and holidays, May 1 to October 31.