

The Shrine

Bouldering Guide

February 06, 2010

**Jason Allemann
Kristal Dubois**

TOPOUT

www.topout.org

The Shrine contains the largest concentration of developed boulders in the Ottawa/Gatineau region. Most of the boulders aren't very high, so sit down starts abound, but the rock is of good quality and the landings are nice for the most part.

This isn't a destination on its own, but if you are in the region there are a few problems worth checking out. The Meditation area is the most popular and has the largest concentration of problems.

Seasons

The best conditions can be had in the early spring and fall. The blackflies can be unbearable in late spring and the mosquitoes will persist throughout the summer. Once the humidity of summer passes conditions are usually good until winter arrives.

Access

Gatineau Park is administered by the National Capital Commission (canadascapital.gc.ca) and climbers are represented by the Ottawa-Gatineau Climber's Access Coalition (gatineauclimbingaccess.ca). There is currently an agreement in place which outlines the restrictions for rock climbing in the park. Climbing is currently allowed at The Shrine. Please remember to respect the park to ensure that we continue to have access to climb here. More information can be found on either of the above websites.

Geology

The boulders are primarily Granodiorite and are talus from the Eardley Escarpment above. Approximately 450 million years ago, the Ottawa River Valley was a tectonically active rift valley where the earth's crust moved slowly downwards between two faults. While this process eventually stopped, the steep cliffs of the Eardley Escarpment remain on the northeastern side of this failed rift valley and are the focus of the majority of the climbing and bouldering in the Ottawa-Gatineau area. The Eardley Escarpment consists of igneous and metamorphic rocks that are Precambrian in age (older than 540 million years).

Food

There is nothing conveniently located, but Ottawa and Gatineau are large cities that provide many dining options.

Accommodations

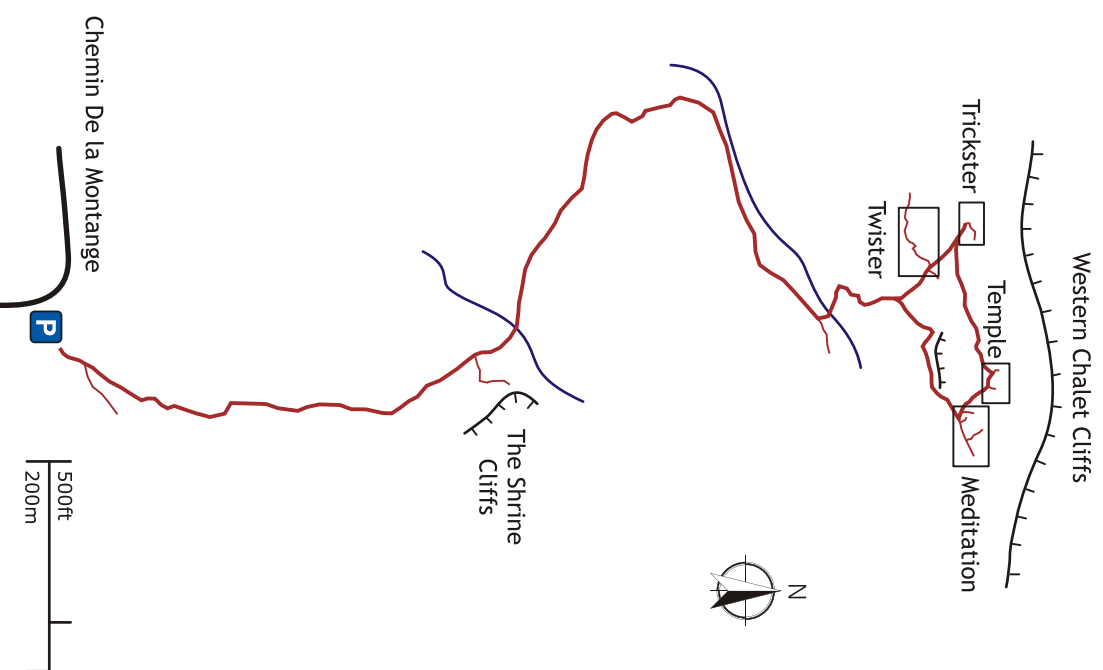
Back country camping is not allowed in the park.

Location

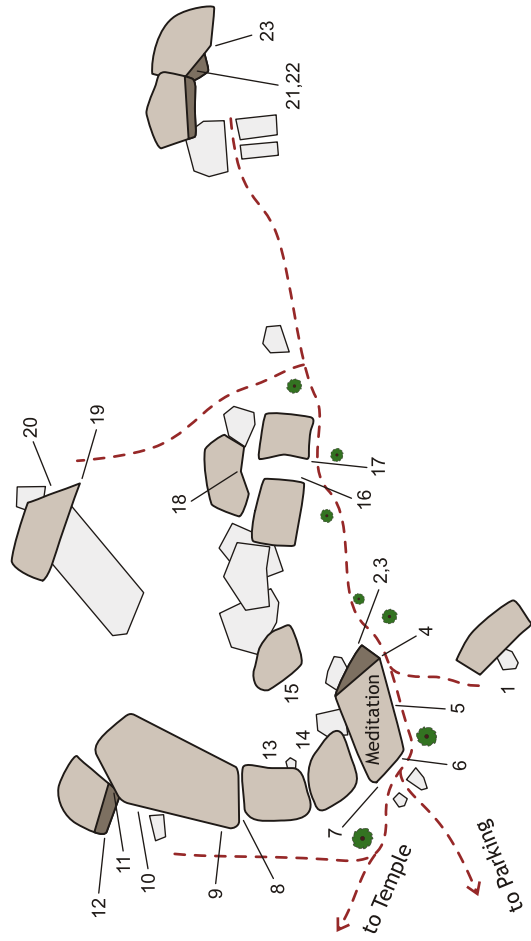
The Shrine is located on the western edge of Gatineau Park, about a 20 minute drive from downtown Ottawa. Make your way to Chemin De la Montange and follow it for approximately 14 km until it takes a sharp left turn and cuts away from the hillside. The parking lot is at this turn on the right hand side.

Approach

To the Meditation area it is a 1.5km hike, with 100m gain in elevation. From the parking lot follow the main trail and stay left at the first split. After a few hundred meters of gradual climbing the trail will veer left and gradually descend a few hundred meters before approaching the second stream. Here the trail will cut right and you will start climbing in earnest. After a few hundred meters the trail will flatten out and start to approach the stream again. Keep your eyes open for the logs crossing the stream, they are at water level and the trail down can be easy to miss. Cross the stream and head up the switchback. In another 15 meters there will be a split in the trail. Follow it left for the Twister and Trickster areas, or right for the Meditation and Temple areas.



Meditation



1. **Mamma Sita V3**
SDS ?? 5ft
2. **meditation project**
Start on Meditation, but move right and up the overhang on crimps. 12ft
3. **Meditation V6 *****
Start on low crimps, move up through the ledge and arête to the peak. 12ft
4. **La Vie d'un Chien V1**
Start on arête using undercutting at chest height, gain the face and go straight up. 12ft
5. **slab V0-**
Follow the crystal seam or choose your own adventure. Easier on the left. 12ft
6. **xx V3 *****
SDS Start on the large sloper at waist level, move up to the lip and follow it left to the peak. 9ft
7. **Bozo V4 *****
SDS Start squeezing the prow with a left heel hook. Straight up. 9ft
8. **All Shook Up V5**
NTO Traverse right up the lip. 12ft
9. **Papa Hard Ass V5 *****
SDS Traverse left up the lip. 12ft
10. **Ahimsa V3**
Start on ledges at face level. Big move up. 12ft
11. **Gypsy Boy V4**
Start on good jug under roof, exit up and left. 8ft
12. **Red Code V3**
?? 8ft
13. **Cowgirl V1**
SDS Start over small rock on the left, traverse right and up. 6ft
14. **I Feel Dirty V1**
Start on low undercutting. Up and out. 7ft
15. **Quartzite V1 ***
SDS Start in crystal pockets, move up to lip and left. 7ft
16. **Fungaloid V0**
SDS Start in low slot, move left around corner and up, or go straight up. 8ft
17. **seam V0-**
Start on slope at waist level. Traverse left along the seam. Lip is out until the end. 6ft
18. **crack V0**
Climb the obvious crack. 9ft
19. **super project**
NTO Climb the obvious proud arête. 20ft
20. **Louis' Secret V4**
NTO Climb up the pegmatite intrusion (the red streak). Exit onto the lower boulder. 8ft
21. **Mr. Something Something V2 ****
Start on small holds under roof, move left and out to boulder on the left. 8ft
22. **It's Ms. Annie to You V2 ****
Start on small holds under roof, big move straight out to jugs. 9ft
23. **Mr. Bobblehead Goes Bouldering V4**
SDS Start on blocky hold at waist level. Go up. 8ft

Problems by Grade

V0-

Meditation 5. slab
Meditation 17. seam
Temple 5. Baby Hard Ass
Trickster 1. Zoulou
Trickster 4. Food
Trickster 11. Gollum Yoissi
Twister 3. slab
Twister 8. One Foot Wonder

V0

Meditation 16. Fungaloid
Meditation 18. crack
Trickster 9. Junk Yard
Twister 4. Lip Service *
Twister 12. Death to Leonardo
Twister 14. 3FP
Twister 15. Orangeman
Twister 17. Close Quarters *
Twister 19. Bermuda Triangle **

V1

Meditation 4. La Vie d'un Chien
Meditation 13. Cowgirl
Meditation 14. I Feel Dirty
Meditation 15. Quartzite *
Temple 6. Levathan
Trickster 10. Catch Up
Twister 5. Underbite
Twister 7. Richard's Right Forearm **
Twister 11. Infidelity *
Twister 16. Nazca Lines ***
Twister 18. Mysteries of the Deep *
Twister 20. Crash Landing

V2

Meditation 21. Mr. Something Something **
Meditation 22. It's Ms. Annie to You **
Temple 1. In the Garden
Temple 4. Ken's Problem
Trickster 2. Trickster
Trickster 5. Partridge Poop
Twister 6. Richard's Left Forearm **
Twister 9. Mica-angelo
Twister 10. I'm Lichen It **
Twister 13. Titanic

V3

Meditation 1. Mamma Sita
Meditation 6. xxx***
Meditation 10. Ahinsa
Meditation 12. Red Code
Temple 9. Quatros Hombres
Temple 10. The Supervisor
Trickster 12. Shiny Penny
Twister 1. Twister

V4

Meditation 7. Bozo ***
Meditation 11. Gypsy Boy
Meditation 20. Louis' Secret
Meditation 23. Mr. Bobblehead Goes Boulderfing
Temple 2. Peace and Justice
Trickster 12. Shiny Penny Variation

V5

Meditation 8. All Shook Up
Meditation 9. Papa Hard Ass ***
Trickster 7. Balance
Trickster 8. Early Bird
Twister 2. Les fesses de Miss Sushi

V6

Meditation 3. Meditation ***
Temple 3. Bohemian Path

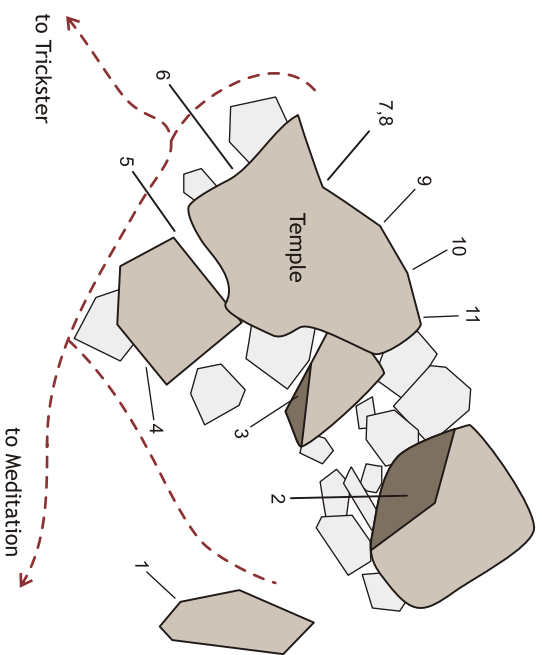
V8

Temple 7. Finish What You've Started ****
Temple 8. H1N1

Projects

Meditation 2. meditation project
Meditation 19. super project
Temple 11. dyno project
Trickster 3. trickster project
Trickster 6. project

Temple



1. In the Garden V2

NTO Start on high ledge and traverse left along the lip.
15ft

2. Peace and Justice V4

BL Start under the roof and follow the seam straight
out. 10ft

3. Bohemian Path V6

?? 10ft

4. Ken's Problem V2

BL Climb the tall face. 15ft

5. Baby Hard Ass V0-

SDS Traverse left along the lip. 6ft

6. Levathan V1

Start on the horizontal ledge at face level and go up.
10ft

7. Finish What You've Started V8 ****

BL Start low in the pit and climb into the vertical seam.
15ft

8. H1N1 V8

BL Start as **Finish What You've Started** and traverse
left to finish on **Quatros Hombres**. 12ft

9. Quatros Hombres V3

BL Start in vertical seam at face level and go up. 12ft

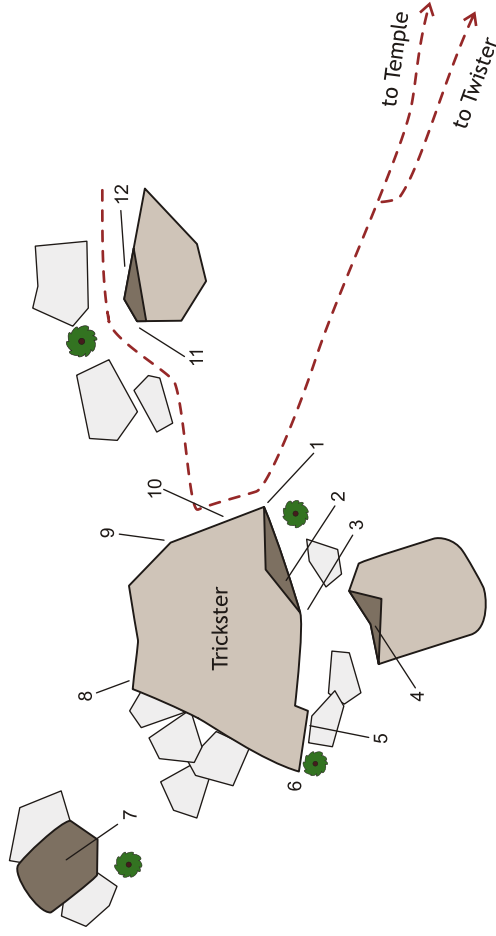
10. The Supervisor V3

BL Start on blocky hold at chest level and go up. 15ft

11. dyno project

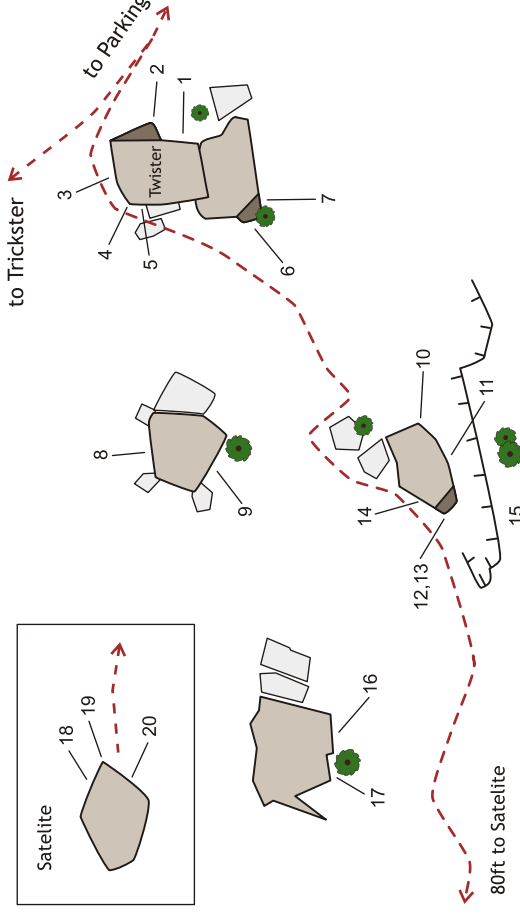
BL Start on the jugs at face level and (huge) dyno to
the jugs at the top. 12ft

Trickster



1. **Zoulou V0-**
SDS Climb up the arête. 12ft
2. **Trickster V2**
Start in the large right rising seam and move up and out to the right. 12ft
3. **trickster project**
Start on the arête and traverse right into **Trickster**. 12ft
4. **Frodo V0-**
SDS Start on the large jug under the roof and move out left to finish on the face. 7ft
5. **Partridge Poop V2**
Start on the undercut at waist level and go up. 12ft
6. **project**
??
7. **Balance V5**
Start deep under the roof, squeezing the boulder with a left hand sidepull and right hand crimp. Move straight out and up. 9ft
8. **Early Bird V5**
SDS Start in the low slot on the left rising seam and go up. 9ft
9. **Junk Yard V0**
SDS Start on the low jugs and go up right. 7ft
10. **Catch Up V1**
Start in the horizontal slot at face level and go up. 12ft
11. **Gollum Voissi V0-**
SDS Climb the arête. 8ft
12. **Shiny Penny V3**
SDS Squeeze the feature with right hand on block and left hand on sloper. Go straight up.
- 12v. **Shiny Penny Variation V4**
SDS Start as **Shiny Penny** and traverse right to the arête. 7ft

Twister



1. **Twister V3**
Climb the face.
2. **Les fesses de Miss Sushi V5**
SDS Start on low undercut and climb up the prow.
3. **slab V0-**
Climb the slab. 15ft
4. **Lip Service V0 ***
Start on the high ledge and traverse right up the arête. 15ft
5. **Underbite V1**
Start on the large undercut at chest height. Climb straight up through crimps to finish as **Lip Service**. 15ft
6. **Richard's Left Forearm V2 ****
Start with your left hand on the small blocky crimp under the roof and your right hand on the triangle on the right side of the roof. Climb straight up left of the tree. 12ft
7. **Richard's Right Forearm V1 ****
Start with both hands on the triangular block to the right of the tree. Go straight up. 12ft
8. **One Foot Wonder V0-**
Climb the slabby face. Many variations. 10ft
9. **Mica-angelo V2**
Climb the face. 10ft
10. **I'm Lichen It V2 ****
Start on the ledge at chest height and traverse left along the lip to the peak. 10ft
11. **Infidelity V1 ***
SDS Start on the blocky sidepull at chest level and climb up to the peak. 10ft
12. **Death to Leonardo V0**
Start on the ledge at head height and topout. 5ft
13. **Titanic V2**
Start as **Death to Leonardo** but traverse left along the lip to top out as **3FP**. 7ft
14. **3FP V0**
Climb the face. 7ft
15. **Orangeman V0**
Climb the small cliff. Many variations, make them as hard as you want. 15ft
16. **Nazca Lines V1 *****
SDS Start with your right hand in the pocket where the seams meet and left hand in the slot (both at waist height). Go up. 15ft
17. **Close Quarters V0 ***
Start on the ledge at chest height. Go up. 15ft
18. **Mysteries of the Deep V1 ***
SDS Start with your left hand on the crimp at waist height and your right hand on the slopy ledge. Go up. 10ft
19. **Bermuda Triangle V0 ****
Climb the arête, starting on the seam that crosses it at chest height. 10ft
20. **Crash Landing V1**
Climb up the face. 10ft