



Directions Bay Area and Sacramento Outdoor Climbing Sites

Castle Rock - South Bay

This is a popular spot with numerous sandstone crags and boulders throughout the park. It's a classic California woodland area with some fabulous views. There's great bouldering and top-roping here, as well as some good sport climbs.

From 85, coming from either direction, take the De Anza Blvd (aka Sunnyvale-Saratoga Rd.) exit. Head south towards Saratoga on De Anza Blvd. Make a right at the Hwy 9 intersection. You will travel through downtown Saratoga, and continue up the hill via Hwy 9. At the top of the hill, you will reach the intersection of Hwy 9 and Hwy 35 (aka Skyline Blvd). Make a left at this stop sign. You will pass a Christmas tree farm on your right; shortly thereafter you will see the parking lot for Castle Rock State Park on the right. Use of the parking lot is \$5.00 for the day, or you can park outside the park at no charge. This roadside parking area is closed at sunset, however, after which tickets are handed out liberally.

Cragmont - East Bay

There are several superb top-rope routes at this popular 40' crag. Routes generally range from 5.6 to 5.10, but there are also more difficult overhanging problems to be found here.

From Hwy 580/80, get off at the Buchanan St. exit and travel east (toward the hills). Continue on this road for a few miles (it will turn into Marin Ave.). When you reach Marin Circle (fountain in the center) travel halfway around the circle and continue up the steep grade of Marin Ave. Turn right on Regal Rd. and continue past Euclid for 200 feet. Cragmont Park is on the right.

Cosumnes River Gorge - Sacramento Valley

These granite cliffs exposed by the North Fork of the Cosumnes River offer crack and face climbing covering the range from 5.6 to 5.12. Most climbs have bolt anchors for top roping. Closest access to classic Sierra granite!

Heading east on Highway 50, take the Missouri Flat Road-Diamond Springs exit before Placerville. Head south on Missouri Flat Road to Diamond Springs. Turn left (east) on Pleasant Valley Road. Just after Cedar Ravine Road on the left, at a Y intersection, turn up and right on Buck's Bar Road to continue southeast. Pull off on the right side in a dirt parking turnout just before a hairpin left turn. If you go over the bridge of the Cosumnes River, you've gone too far.

Snowcamping & Winter Skills Equipment List

Please try to pack light and compact. If you have any questions about equipment on this list please don't hesitate to call the M.A.S. office.

GEAR

SKIERS:

- Boots*: high-top waterproof leather or plastic Nordic boots; plastic randonee or light alpine boots
- Skis*: metal edged skis are recommended. Modern waxable telemark skis, alpine touring, or nordic backcountry skis with patterned bases.
- Bindings*: either 3-pin, cable, NNN BC, randonee or alpine bindings with touring adapters. Make sure bindings are secure and fit boots properly. Check your binding screws.
- Climbing skins*: close to the width of the skis' waist. Skis with an aggressive pattern may not require skins. Available for rent through the M.A.S. office for \$5/day by advanced reservation only.

SNOWSHOERS:

- Sturdy waterproof leather hiking boots or snowboard boots; "Moon boots" and Sorel's, although adequate, are a bit heavy and sloppy for snowshoeing.
- Snowshoes provided.

CLOTHING

Note: Cotton is inappropriate for winter backcountry use as it loses 80% of its insulation properties when wet.

- 1-2 pairs of synthetic liner socks
- 2 pairs of heavier synthetic or wool blend socks, hiking style.
- Gaiters are a great idea but depend on your boot and pant system. If in doubt, please ask.
- 1-2 pairs Long underwear top and bottom. Polypropylene or some other synthetic is most desirable
- Warm pants: tights or expedition polypropylene or similar weight
- Warm shirt: expedition polypropylene or light fleece type
- Fleece jacket or equivalent
- Light down or synthetic fill jacket (this item would replace above item)
- Good quality rain/wind waterproof/breathable jacket and pants. This is one of your most important pieces of gear. Don't compromise! Jacket should have a hood.
- Warm hat, sun hat, bandana
- Warm winter gloves: an extra pair is recommended during stormy weather
- Neck gaiter or balaclava are nice (optional)
- Camp booties (optional)

ETC...

- Sunglasses and goggles
- Tooth brush, personal medications and first aid supplies you know you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- Two 1-liter wide-mouth plastic water bottles (wide-mouth is important)
- Headlamp with extra batteries and bulb
- Camera and film (optional)
- Writing & light weight reading material (optional)
- Plastic spoon, bowl and insulated cup (MAS will provide if needed)
- Two lunches and trail snacks

Mountain Adventure Seminars provides:

- One night accommodation at the BaseCamp Lodge bunk-style. Private room upgrades available
- Four-season dome tents
- All cooking supplies
- Two breakfasts & Saturday's dinner
- Snow shovels and avalanche beacons as needed
- First aid kit, repair and contingency supplies
- Permits and fees
- Professional guiding and instruction

For more information:

Mountaineering, The Freedom of the Hills, Mountaineers.

* gear rentable at a mountaineering shop