Lac Long Climbing

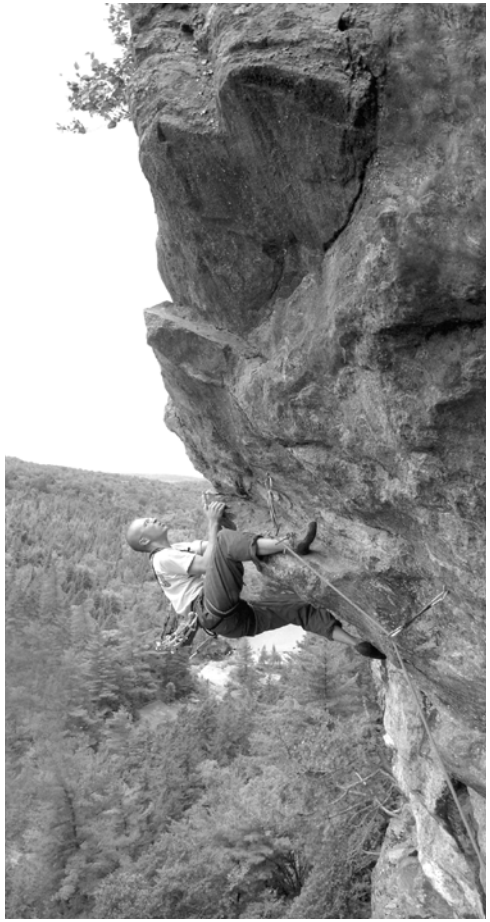
summer 2019

Fred Desgranges making it look easy
Le monstre du loch Long, 5.11a

Table of Contents

- Getting there 1
- Site description 2
- Emergency information 3
- The climbing sectors, left to right. . . . . 4 to 12
- Additional route info. . . . . 13 to 15
- Summarized list of routes 15

"My climbing area is great, because I take care of it!"



"Access to climbing sites is fragile and for that reason, very precious."

Since its founding in 2001, the lac Long climbing area has been developed by volunteer climbers like you and me. Our work directly contributes to the beauty of this area.

In 2008, an initiative uniting climbers, outdoor organizations and the Municipality of St-Alban made possible the purchase of the land, ensuring its conservation and permanent public access for rock climbing.

Lac Long is a first and foremost a site for nature conservancy, where we have the privilege of being able to climb. . Please respect the Park's access rules and conditions so that we can maintain our climbing access and help preserve this beautiful, natural area.

Hope to see you there!

Parc naturel régional de Portneuf

Saint Alban
Une harmonie à explorer

Rock climbing is dangerous.

You are climbing on a natural cliff, far from emergency services. Evaluate the risk at all times and act accordingly. Be aware of your limits. Act responsibly when accidents occur. Your actions might have consequences for everyone. **Please climb in a responsible manner so that we can keep our access to this beautiful area.**

The first version of this guidebook was produced in the Fall of 2001
It is ipdated annually & available for free online at
http://www.escaladequebec.com/
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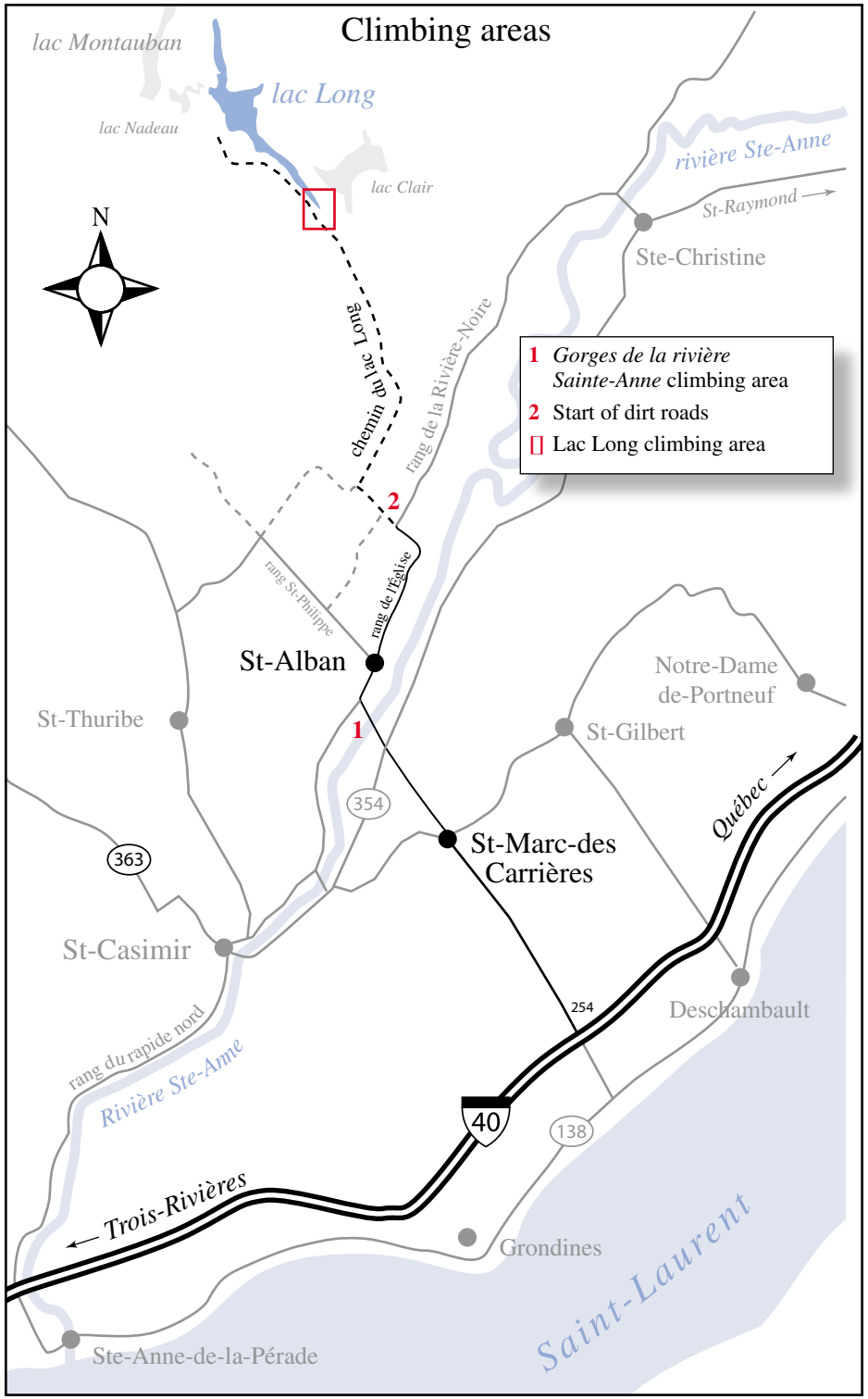
This climbing area is insured by the FQME.
For information on how to become a member, visit: http://www.fqme.qc.ca



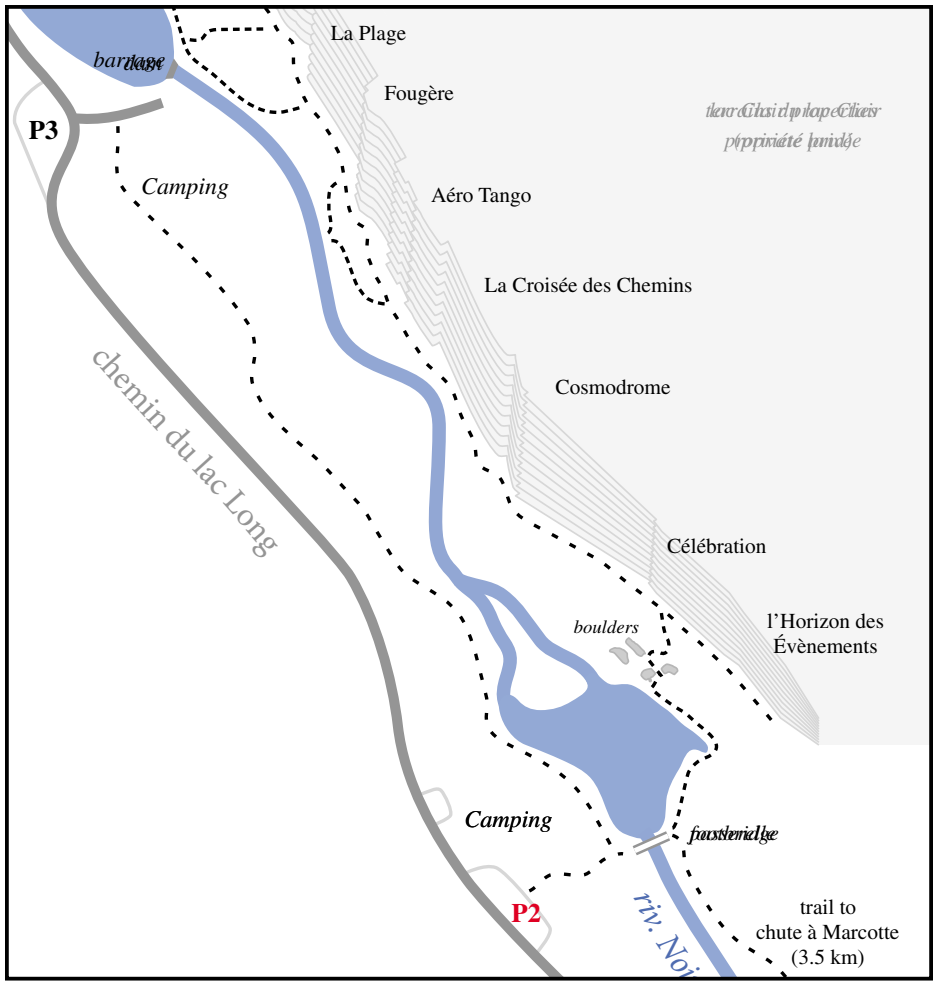
Getting there

When you arrive at the town of Saint-Alban, you'll see a wide dam on your right as you cross the Sainte-Anne River. You are passing by the Sainte-Anne Gorges climbing area, it's downstream to your left. **(1)**

Go straight through the town of St-Alban and continue some 4 kilometers until you reach a strong curve right. **(2)** Turn left here, onto a dirt road that heads north. Follow this road to a big sign indicating *Parc Regional Naturel de Portneuf*. Here you turn right, this marks the start of the *chemin du lac Long*. After some 7 kilometers you will reach the parking lot marked **P2**, it's only a short distance before the lake. From the parking lot you'll be able to see the footbridge. There is a $ 6.00 fee per day per auto for parking, the annual pass is $25.

To reach the cliff, once you've crossed the footbridge go straight and then left. The trail follows the edge of the pond until reaching some big boulders. It climbs between the boulders to arrive at the foot of the cliff directly below the routes *Lilou* and *Anticipation* in the Célébration sector.

To reach popular sectors such as l'Arène and Fougère, just follow the foot of the cliff to the left (i.e. to the north). The trail is rough and requires patience.



The rock

The cliff at lac Long is composed of **gneiss**, an igneous rock typical of the Canadian Shield, that was once buried deeply and heated to high temperatures. The rocks of the Shield were once the deep roots of an ancient mountains range, similar to the Himalayas of today, that followed the eastern edge of North America about a billion years ago. Time and the repeated passage of glaciers eroded the mountains, leaving only their roots. A fault line oriented NNW along the lake's axis is at the source of the steep cliff. The east side of the fault raised up around fifty meters, possibly in a sudden event, exposing the cliff face.

The gneiss here is dense, compact and brittle, more brittle than granite for example. The rock is probably of sedimentary origin, so the surface can be grainy in places. The rock holds protection very well but small protection such as RP's and very small cams can break it.

Climbing season

The cliff faces southwest and is a warm place early in the spring and late in autumn. In the middle of summer it can get very hot so it's usually best to climb early in the morning or late afternoon.

In spring or after a rainfall, some routes will dry quickly, while others dry out only later in the summer. There are at least two weeks in June where the blackflies are intolerable. Wasps and spiders will appear at the end of July, but they are harmless unless disturbed.

Climbing here is mostly done on lead

Having a lead climber in your group is pretty much essential at this site as there are practically no routes where topropes can be installed from above.

A quarter of the routes are bolted (i.e. sport). The remaining majority require removable protection (i.e. trad or mixed).

The cliff measures an average of 30 meters high. A 60-meter rope works well, however a 70-meter rope provides more flexibility.

For routes with natural protection, a complete and versatile rack is recommended. Small camming devices are very useful, as well as large sizes (up to Camalot 4 and sometimes 5). Being creative is important, as in places where cracks close, it is often possible to look at the rock differently and place a different, much larger piece of protection. Extendable quickdraws are useful for routes that wander, sometimes even for bolted routes.

Dogs

Dogs are allowed in the park but must remain on leash at all times. This is also for their safety, as porcupines and skunks are regularly seen in the forest at the base of the cliff.

Please stay on the front side of the cliff

The land behing the cliff belongs to our neighbors at lac Clair. Please respect their privacy by staying close to the cliff. Hiking in the forest above the cliff is prohibited, except of course for extraordinary situations such as accidents where a top-down rescue may be necessary. In return for our good behaviour and our volunteer maintenance of the area, the park and the city of Saint-Alban grant us the right to climb here freely. By working together, we ensure our long-term access!

Site ethics

Climbing at lac Long is developed with a strong emphasis on traditional climbing, with the goal of preserving the natural beauty of the area as well as encouraging a spirit of adventure and a personal assumption of risk.

Important points :

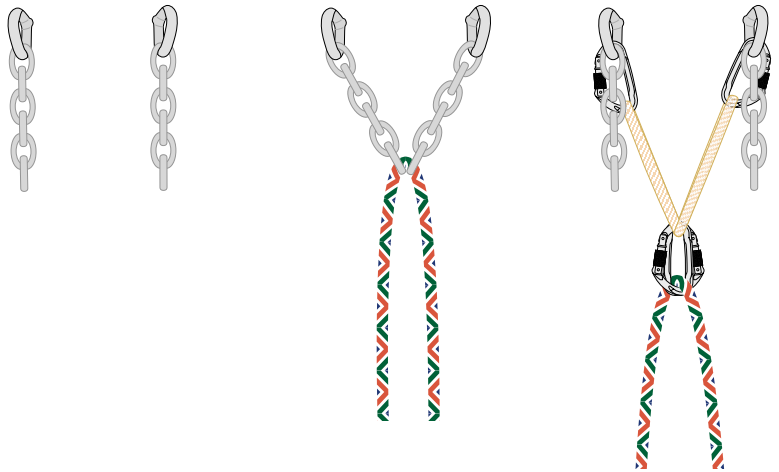
- Each year, new routes are opened here. If you see flags or other signs on the rock, this probably indicates an ongoing project. **Avoid climbing other people's projects.** It takes a long time to prepare a route and it's demoralizing to learn that someone else has climbed it in your absence.
- The opening of routes with natural protection is to be favored. The placement of a minimum quantity of fixed anchors is encouraged. The placement of fixed anchors in places where traditional gear placements exist will not be tolerated (i.e. placing bolts next to good cracks), except at belay stations. Another exception might be a route which requires fixed pro everywhere, except in one spot. Find the right balance, but place the accent on preserving the rock in its natural state.
- Adding fixed anchors (i.e. bolts or pitons) to an existing route without the permission of the first ascensionist is strictly forbidden.
- Specifications for fixed anchors:
  - Glue-in anchors encouraged
  - All stainless steel materials
  - The use of hangers that are uniform in color is encouraged

Belay stations

Each station provides two fixed anchors with rings or chains for the rappel. In order to maximise the life of fixed equipment, please follow these guidelines :

To rappel or to be lowered off, feel free to use the rings or chains.

For toproping, **use your own equipment**.



EMERGENCY INFORMATION

Last updated 2017-08-12

FÉDÉRATION QUÉBECOISE DE LA MONTAGNE ET DE L'ESCALADE

Name of site or sector (popular name) : Lac Long	**Official name of site :** Lac Long, Parc naturel régional de Portneuf

Cell phone reception : generally weak, but better from the start ledge of the Aéro-Tango route

Closest telephone : homes on the Rivière Noire road

Distance to phones : 10 km

Contacts Emergencies 911	**CLSC Health Center St-Marc-des-Carrières** (418) 268-3571	**Search and Rescue** 1-800-463-4393
Parc naturel régional de Portneuf (418) 284-4232 or (418) 284-4756	**Portneuf regional Hospital St-Raymond** (418) 337-6711	**Poison Emergency Center** 1-800-463-5060

GPS coordinates for parking lot next to footbridge : **46.81032 , -72.09833**

GPS coordinates for parking lot with boat ramp : **46.815641 , -72.102863**

Directions : From highway 354, go straight through the town of Saint-Alban on Rang de l'Église Nord. Turn left on route Montambault (dirt road) and continue north, then turn right on Chemin du lac Long. After approximately 7 kilometers you will arrive at the parking lot for the footbridge.

GPS coordinates for the cliff (rescue basket) : **46.81298 , -72.09837**

Classification of the area : Sport, traditional and bouldering rock climbing. Visited spring, summer and fall - rarely in the winter. The cliff is up to 45 meters high.

Access by foot to top of cliff : Yes, but very difficult. Walk around the right end of cliff.

Distance from footbridge to cliff : approx. 400 meters of **rough trail**.

Approach time : approximately 15 to 20 minutes walking time.

Two possibilities for evacuation of a seriously injured climber, depending on the location. If the injured climber is located north of the rescue basket, carry them to the lake edge. If they are south of the rescue basket or in the bouldering area, carry them to the footbridge.

- **By the footbridge -** *if the injured climber is located south of the rescue basket* - Distance from rescue basket to parking lot is 400 meters.
- **By the lake -** *if the injured climber is located north of the rescue basket* - Distance from rescue basket to lake edge is 300 meters. When calling 911, mention the evacuation by lake, as rescue services visit the lake regularly and will bring the correct equipment. There are often other boats on the lake as well, and the park also has a small boat that can be made available.

Approach trail (same as evacuation path, via the footbridge)

Distance from parking lot to cliff : 400 meters	**Estimated walking time :** 10 to 20 minutes

Indications : After crossing footbridge, take the trail that goes straight then left.

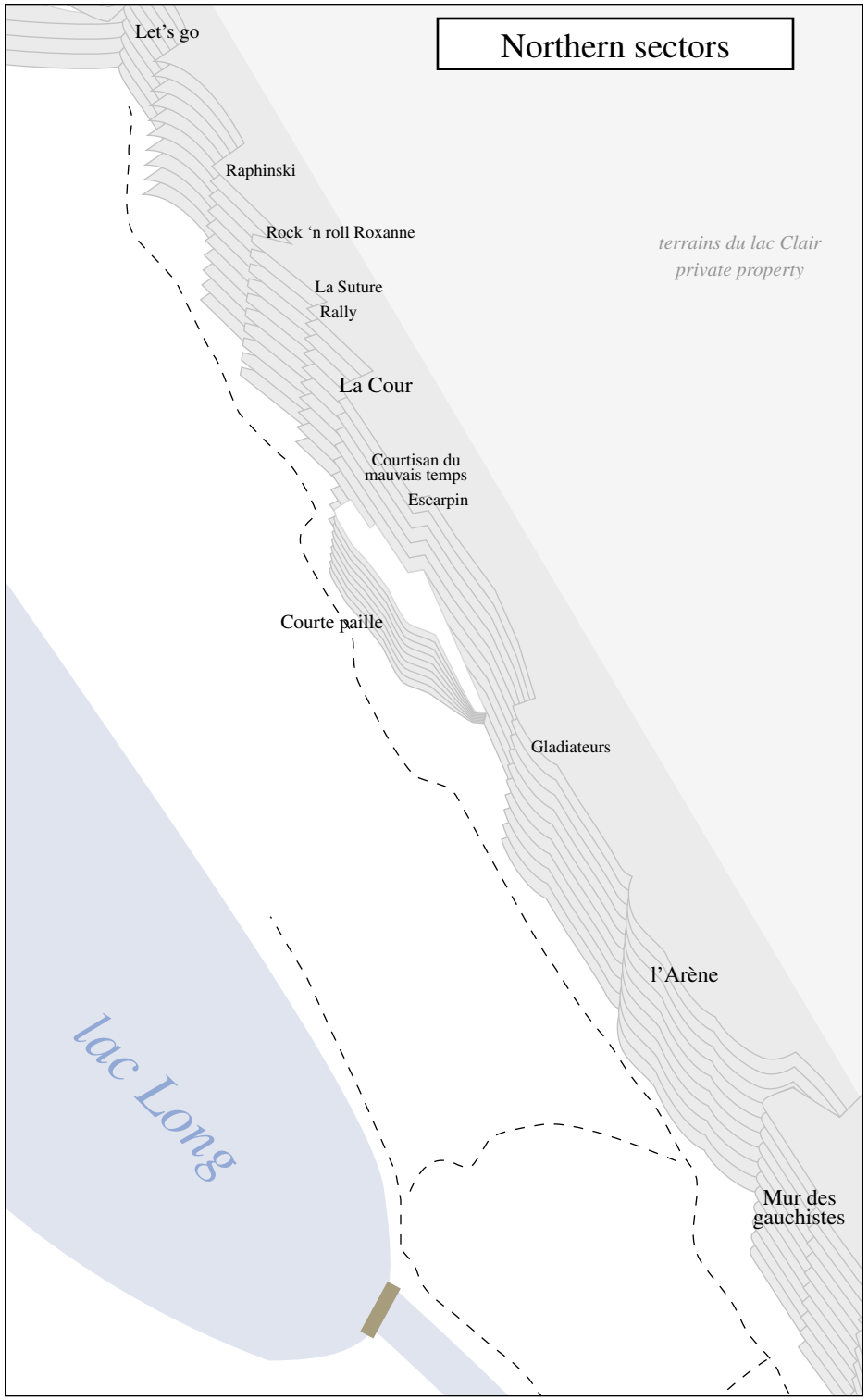
First aid materials on site: Rescue basket, backboard and Ferno head immobilizer	**Where they are located:** Inside grotto (marked with red cross) in the Croisée des Chemins sector. **GPS 46.81298, -72.09837**

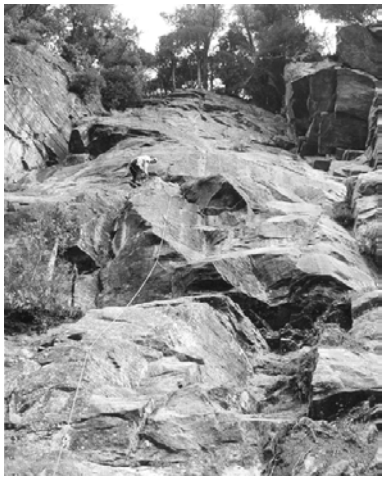
Closest hospital : Centre hospitalier de l'Université Laval (CHUL)

Address : 2705 Boulevard Luarier, Ville de Québec, QC, G1V 4G2

Distance : 1h10 - 80km

4545 avenue Pierre-de-Coubertin, Montreal QC, H1V 0B2
Tel : (514) 252-3004 Fax (514) 252-3201 Toll free 1 800 204-FQME (3763)
www.fqme.qc.ca





Arian in the FA of Let's Go

Let's go

Let's go 5.8, 42m, sport
A. Manchego, Isabel Richard, 2003

The route climbs the slabs that are in front of (and a bit to the right) of the boat ramp. The route can be done in one pitch or two. Nice ambiance. Good routefinding will let you pass at 5.8 or less.

At the start of the season, bring along a brush as the route may be sandy. When the route is wet, the friction climbing gets spicy!

Descent: one 40m rappel or two short rappels (30m and 15m).

** Avoid climbing the big roofs to the right of the slabs, they are very unstable. **

Raphinski

To reach these routes, traverse left on a narrow ledge from the foot of *Chateau de cartes* & *Rally*

Raphinski 5.11b, 30m, mixed
F. Desgranges, 2011

This spectacular route starts in a short chimney that's at the very end of the starting ledge (after turning the corner.) Continue via an arete (4 bolts) to reach a horizontal crack. Step right, then continue in a vertical crack to reach the roof. Traverse left under the roof to reach the summit dihedral.

Dance Mix '95 5.10b, 35m mixed
P-A Paquet and Simon Asselin, 2014

Start in the crack left of *RnR Roxanne*, go past five glue-ins, turn the big roof on its right edge then finish straight. A big hit!

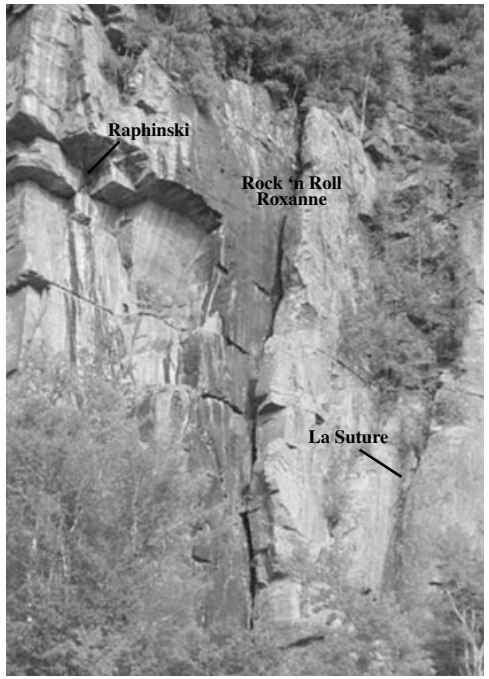
Rock 'n roll Roxanne 35m
5.9+ trad start or 5.10+ OW sport (direct start)

This fantastic chimney was cleaned and bolted recently. Easier start via *Dance Mix* (8m of trad), then diagonal right to the chimney (bolts). Or try the harder and bolted direct start.

The chimney fills with ice in winter to form *Crazy on You*, WI5.

La Suture 5.10, 15m, trad
Maxime Latulippe and P-A Paquet, 2011

The first big dihedral to the left of Rally. Bring along a good set of nuts and only a few cams (Camalot 3 and 4 are useful).



Arête de boire 5.12a, 15m, sport
Éric Laflamme, 2013

Follows the arête just to the right of *La Suture*.

La Cour

Rally 5.11b, 30m, mixed
Martin Lajoie, 2001
Start on a corner, traverse left on the face, finish up the orange arete. Great climbing!

Catacombes 5.10d, 30m, trad
Louis-Pierre Tessier, 2010
Same start as *Chateau de Cartes*. After the first meters of the *Chateau*, follew a big quartz intrusion left under a roof, then continue in the left dihedral to the belay.

Chateau de cartes 5.10d, 30m, trad
Frédéric Branch, Geneviève Tanguay, 2006
Surprising testpiece located between *Rallye* and *Belle de loin*. Start in the crack 2m to the right of *Rallye* (or in the corner under the roof, the difficulty is about the same.) At the ledge, pass the old bolt and keep heading straight. After the first mini-overhang, head slightly left and continue straight up towards the parallel final cracks. Wow.

Project Belle des Coins 5.11?
Start in the crack to the right of *Chateau de cartes*, then resolve the dihedrals to the top. Needs cleaning and a few bolts, is anyone willing?

The following routes are numbered on the drawing to the right.

1 - project 5.13?, open bolted project

2 - La Cour 5.13a, 30m mixed
Jeff Beaulieu, 2007
Thin seam start, finish via *Le Donjon*.

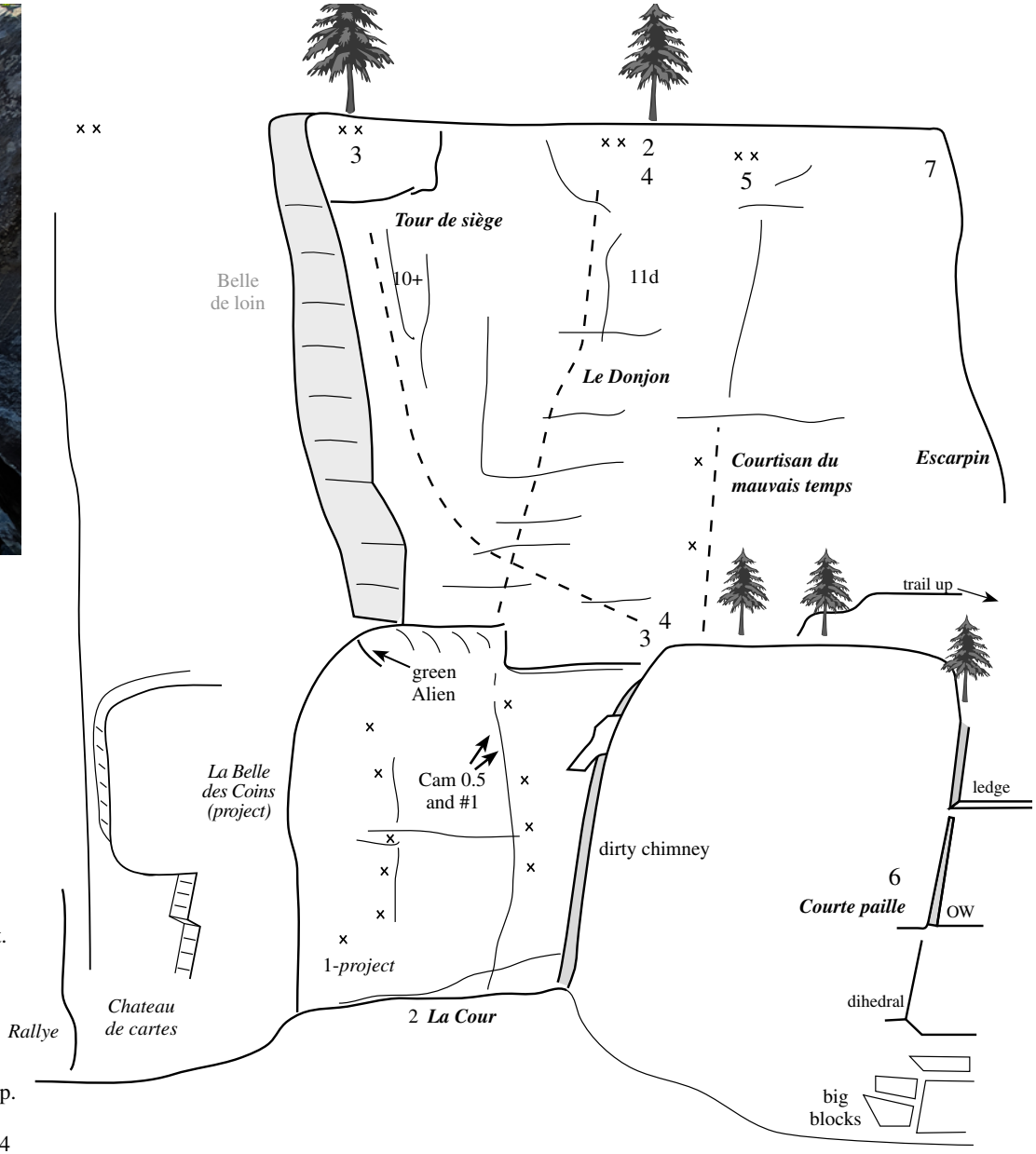
3 - Tour de siège 5.10+, 20m trad
Yannick Girard, 2001
Start on the big ledge, climb diagonally left.

4 - Le Donjon 5.11d, 15m trad
Jeff Beaulieu, 2007. Start on the big ledge and finish on the right belay.

5 - Courtisan du mauvais temps 5.11 d, 20m, mixed Miguel Puerto, 2008,
Same start point as *Tour de siège*.) Stick clip.

6 - Courte paille 5.9+, 30m, trad
Phil Sauvageau, Mylène Fiset & V. Filion, 2004
Start between big slabby blocks, then follow the big crack in the corner to the final ledges. Much nicer than it looks.

7 - Escarpin 5.10a, 15m, trad
Miguel Puerto, Fanny Bordage, 2009
The "second pitch" to *Courte Paille*, it's a short and sweet crack that passes through an obvious roof.



The following routes start to the right of *Courte Paille*, higher up on the trail.

C'est pas parce qu'est grosse qu'est facile 5.10, 14m, trad
Eric Laflamme, François Yvon, 2009
The offwidth 15 to 20 mètres to the right of *Courte paille*. Start in the overhanging offwidth and push through to a chimney.

Chesk Sop Cherze 5.10b, 14 mètres, sport
E Laflamme, N Michel, 2010
Sport line on glue-ins immediately to the right of *C'est pas parce qu'est Grosse qu'est facile*.

l'Arène

Sector where the first routes were opened. At its rightmost edge, *Batman* and *Robine* are easily identifiable. In the middle are the sport routes *Pirates de l'air* and *Wet Dream*. To the left is the classic crack of *Apollon*, just to its left the *Piercing d'Aphrodite* and farther to the left, the mixed-protection route *Gladiateurs*.

Gladiateurs 5.11a, 30m, mixed
Éric Laflamme, 2012
Found at the far left of the Arène sector, maybe 15 meters to the left of the start to *Aphrodite*. A glue-in marks the start, next to a small crack. Climb onto the block to reach a zigzagging crack that leads to a small roof.

Vénus Callipyge 5.10b/c 25m, mixed
É. Laflamme, F. Yvon, 2015
Same start as *Piercing d'Aphrodite* but stay in the chimney. Go up to the roof and traverse left (glue-in). Reach a second chimney which will direct you to a ledge. Finish up a crack to the belay.

Le Piercing d'Aphrodite 5.8 25m, mixed
É. Laflamme, N. Michel, 2010
Start to the left of *Apollon*, on the big raised block. Clip Aphrodite's *piercing*, climb into the dihedral to the right and clamber onto the big ledge. Go right to another dihedral, then up a face that will lead you to a final overhang. A fun adventure.

Apollon 5.11, 30m, trad
Jean-Martin Vallières, 2004
Climb the beautiful angling fist crack up to a ledge under a roof. Pass the roof on its left and angle rightwards, finishing on an arete with a crack. Old-school thrills.

project - Arès 25m, sport
Bolted by Jeff Beaulieu in 2008, it's an open project. This one is up for grabs!

Pegasus 5.11+/12-, 30m, mixed
Martin Theriault, Gabrielle Briggs 2016
Left of *Goliath*, start through the V-shaped crack. Note that placing the second pro is very committing. After the ledge and bolts, follow left under the roofs to a tree. Finish direct on the face (one bolt).

Goliath 5.10a/b, 25m, trad
Éric Laflamme, François Yvon, 2009
An intimidating offwidth start yields quickly to mixed ground and great rests. Continue past a superb slanting crack to finish on finger cracks.

Achille 5.10d, 25m, trad
Jean-François Girard, 2006
The thin crack bordering the right side of *Goliath* opens to finger size but stays technical. Joins *Goliath* at the slanting fist crack.

Fou lard de Hip Stairs 5.11+, 25m, mixed
F. Yvon, E. Laflamme, 2015
Start directly under two glue-ins that are 4m to the left of *Get to work M.F's* (or traverse the horizontal crack, harder.) Navigate through a series of upside-down stairs and then a dihedral. Micro cams are important.

Get to work motherfuckers 5.10b, 25m sport
E. Tremblay, A. Manchego, 2011
Sport route just left of the dihedral for *Aguirre*.

Aguirre colère de Dieu 5.9, 25m, mixed
L-P Tessier, Sophie Beaulieu, Jacques Charbonneau, 2010-2011
The wide corner to the left of *Pirates de l'air*. Start in the corner protected by two glue-ins, then climb to the main dihedral. A glue-in protects the upper crux, before the Bible (big square block).

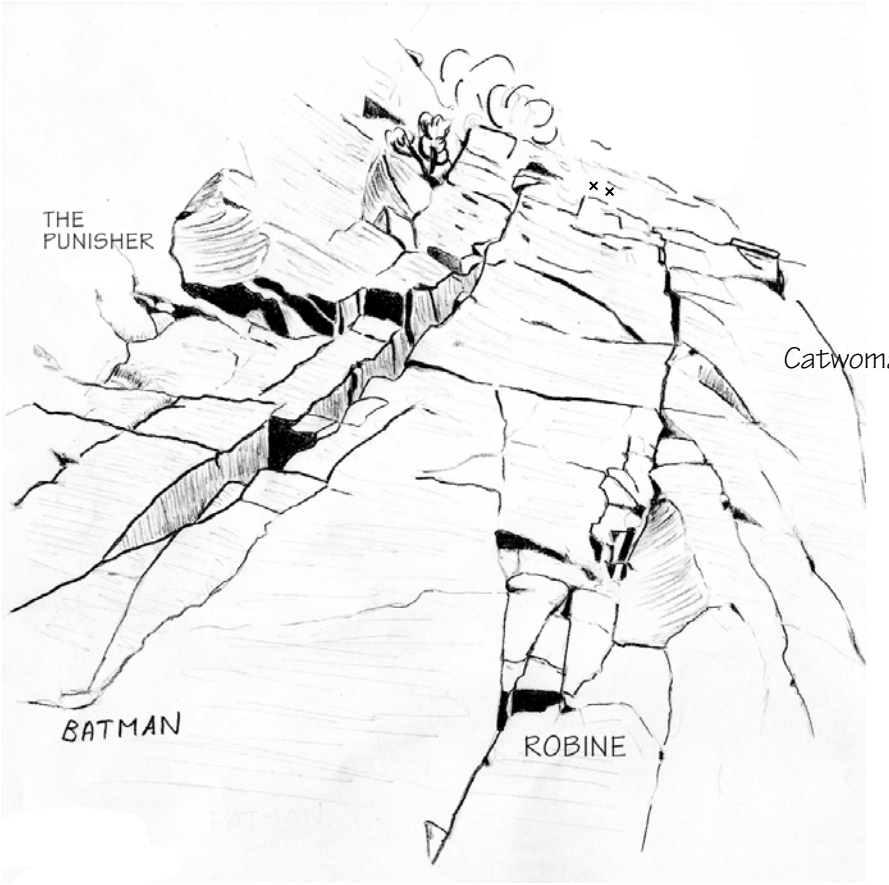
Pirates de l'air 5.10c, 23m, sport
Arian Manchego, September 11, 2001
The name corresponds to the day's events

Wet dream 5.9, 23m, sport
Philippe Sauvageau, 2001
One of the first lines opened, a real gem.

variant **Left dream** 5.10a : after the crux at the roof, continue up and left. A bolt will appear when you're in this second crux.

Epilogue 5.8+, 26m, mixed
Éric Laflamme, 2012
Start 3 meters to the left of *Maquistador*, where two glue-in bolts are visible. Follow the line to the roof. Once you've clipped the bolt above the roof, traverse left, then follow the series of dihedrals to the belay.

Maquistador 5.9+, 25m, mixed
1re : Jean-Martin Vallières, 2006
Start in a big corner, aim for the dihedral where a bolt is visible. At a horizontal crack, traverse left. Continue up to a roof crack which passes at 5.9+.



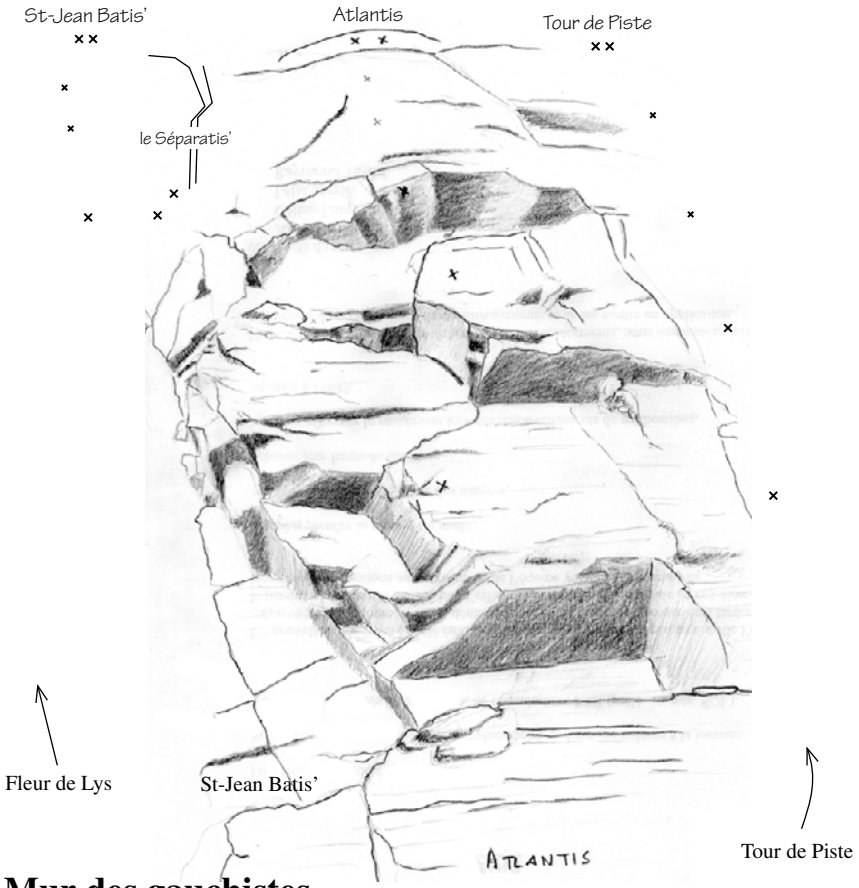
Nacho Libre 5.8, 30m, mixed
A.Manchego, Conrad Fournier, 2008
Start in *Maquistador*. Pass the bolt, reach the horizontal crack, then traverse hard right and continue traversing until you reach the end of *The Punisher*. Oh! now you can toprope the Punisher.

The Punisher 5.10+, 25m, mixed
Nic Bourgoin, Simon Adam, Valérie Côté, 2008
Start on the slab to the left of Batman (glue-ins). Contour the roof, follow the arch leftwards and reach the foot of the crack, which is the technical crux. Continue upwards to finish via an obvious large crack.

Batman 5.7, 25m, trad
Philippe Sauvageau, 2001
The second route opened at LL. Follow the big corner for 25m to reach a station to the right. The route is always sandy but it's still a nice challenge.

Robine 5.8+, 25m, trad
Frédéric Mauger, 2006
The obvious crack in the slabby face to the right of *Batman*. Delicate start that requires good technique.

Catwoman 5.10a, 25m, trad
Audrey Julien, P-A Paquet 2011
The last crack in the slabby face. The crack is wide at the start, then narrows and becomes technical.



Mur des gauchistes

This steep wall is immediately to the right of a big gully that separates it from *Batman* and *Robine*. Sweet routes that are sustained, elegant and technical.

Le Bloquiste 5.11d, 15m, mixed
P-A Paquet 2011
Starts left of the *Fleur de Lys* dihedral. Two bolts protect the overhanging start, then follow the thin crack to the belay.

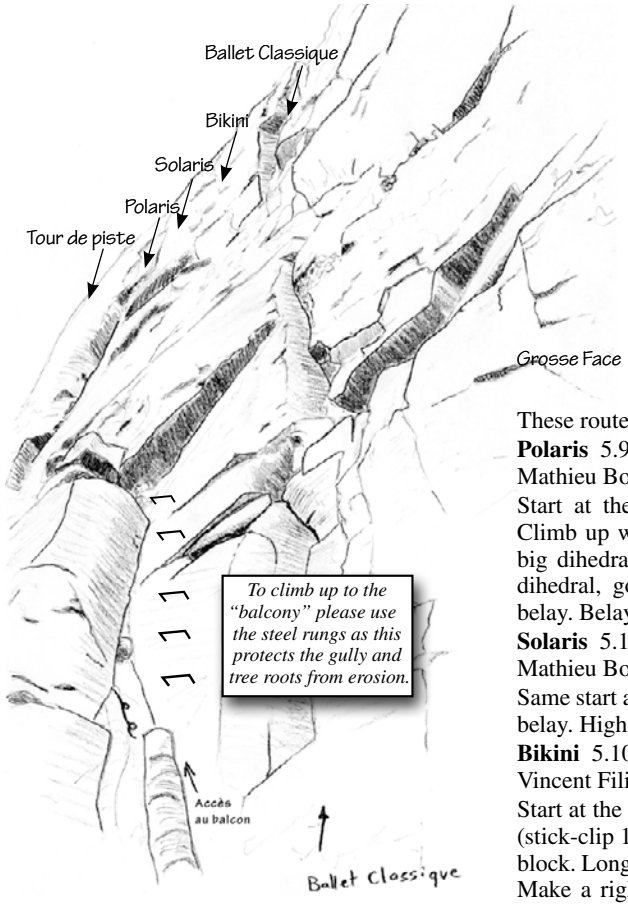
Fleur de Lys 5.10c PG, 18m, trad
Maxime Latulippe, 2011
The steep right-facing dihedral requires a Camalot no.6 at its top, or you risk a ground fall. Then step left to enter a second dihedral. At the horizontal crack, traverse left to the *Bloquiste* belay.

St-Jean Batis' 5.11a, 30m, sport
Miguel Puerto, 2006
The big left-facing dihedral to the left of *Atlantis* (5.10b/c). At the big ledge, continue straight up, following unpainted glue-ins (11a).

Le Séparatis' 5.10b, 30m, mixed
1re : Arian Manchego, 2006
Same start as *St-Jean Batis'* (5.10b/c). At the big ledge, two gray glue-ins lead off to the right towards a crack (5.9). At the top of the crack, go left to rejoin the *St-Jean Batis'* belay.

Atlantis 5.10+, 30m mixed
Jean-Martin Vallières, 2005
Starts with a very high glue-in (stick-clip). Link the small dihedrals (cams and glue-ins) to a biggish roof, then continue straight on the face to the belay (glue-ins).

Tour de piste 5.11a 30m, mixed
Vincent Filion, J-M Vallières, 2007
Start in the dihedral about 4 meters right of *Atlantis*. Pass two small roofs and continue in an open dihedral on the arete. Superb. Keep a Cam #4 or 5 handy for a big horizontal crack.



La Plage

Popular sector with fun, classy lines.

These routes start from the "balcony":

Polaris 5.9+, 25m, mixed
Mathieu Bouchard, 2004
Start at the left edge of the balcony (2 bolts). Climb up while traversing leftwards to reach the big dihedral, which is classic. At the end of the dihedral, go left for the finishing moves to the belay. Belay from the top. Rap station to the right.

Solaris 5.10b, 25m, sport
Mathieu Bouchard, 2004
Same start as *Polaris*. Follow the bolted line to the belay. High quality climbing.

Bikini 5.10a, 25m, sport
Vincent Filion, 2007
Start at the center of the balcony in a big dihedral (stick-clip 1st bolt.) Up and left to a mantle onto a block. Long quickdraw important for the next clip. Make a rightward friction traverse under a roof, then up the big dihedral to finish.

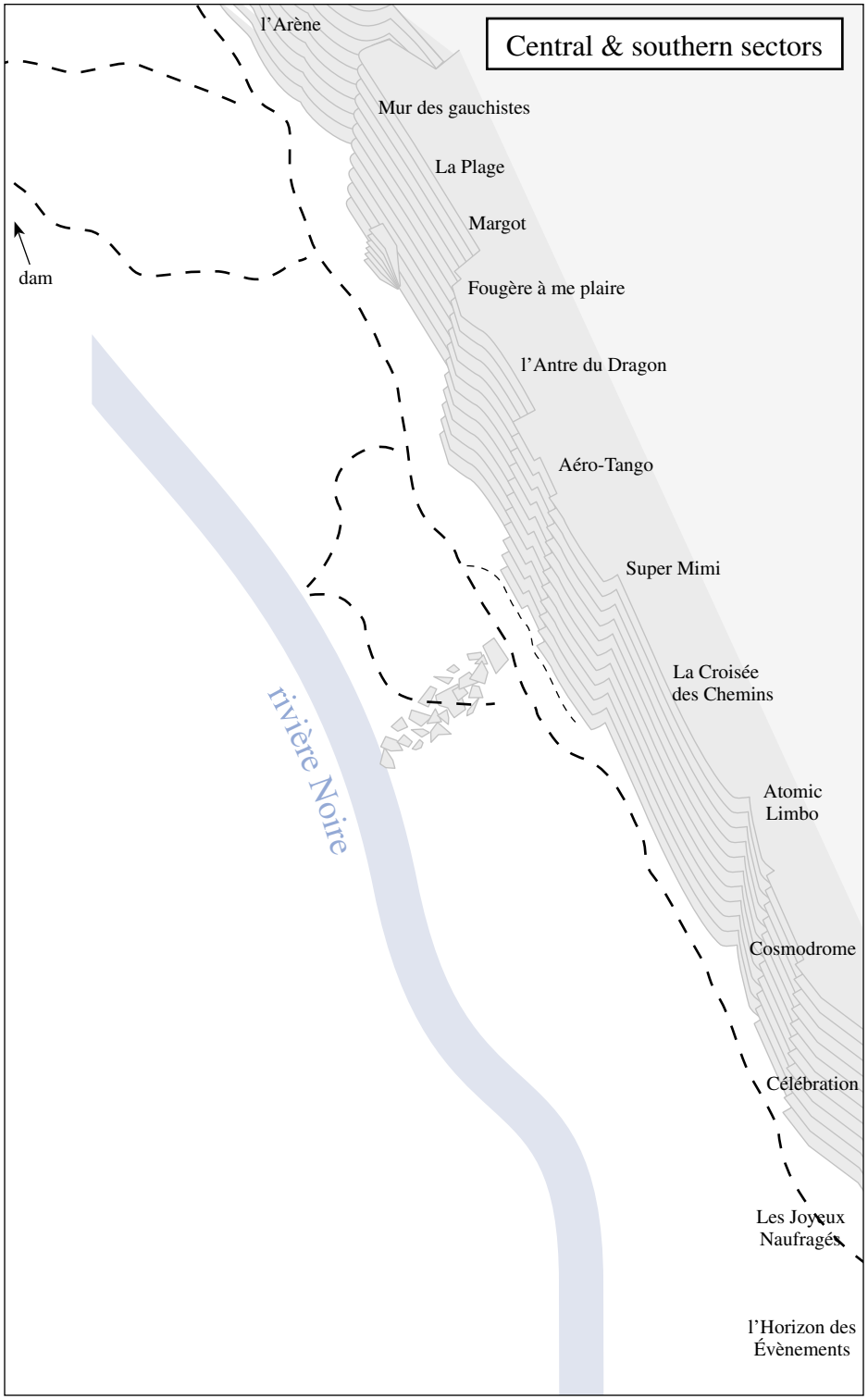
These routes start at the foot of the cliff:

Ballet Classique 5.10b, 30m, mixed
Vincent Filion, 2004
Start at the foot of the stairs to the balcony. Climb the crack and pass the bolt. Continue in the corner and traverse left when you reach an obvious horizontal crack. The roof is the last crux.

Grosse Face 5.10c, 25m, sport
Mathieu Bouchard, 2006
Start in the middle of the platform. The bolts lead directly to the *Salope* belay.

Face à claques 5.11a, 25m, sport
P-A Paquet, 2017
Direct line just to the right of *Grosse Face*. The bolts lead directly to the *Salope* belay. The upper section is easier and more run out. You may want to sling a small tree.

Salope 5.9, 30m, natural protection
Vincent Filion, 2005
Start to the right of the platform, in a dihedral. Climb the dihedral, then traverse hard left, under a small roof. Continue up and left to reach the belay, which is under a banana-shaped cedar.



Margot

Small sector high above the trail. It's to the left and behind the *Fougère à me plaire* sector.

Violation de Domicile 5.11, 25m, sport
Vincent Légaré, Jeff Beaulieu, 2005
Sport climb that starts on the left edge of the ledge and climbs up and right (crossing *Taille de Guèpes*.)

Taille de guèpe 5.10a, 25m, mixed
Lisa Lajoie, Michelle Carrier, 2006
A beautiful crack climbs up to the roof. Then traverse left and finish via a second crack.

Margot 5.10b, 20m, mixed
Jean-François Beaulieu, 2001
Two bolts protect the crux at the start of this beautiful line. Continue on the face, staying to the left of the big corner. Finish straight, then traverse left to reach the belay.

Fougère à me plaire

A series of dihedrals and small faces, right next to the trail.

Mireille, 5.7, 15m, trad
Sophie Beaulieu, Jacques Charbonneau, 2015
The leftmost dihedral. Belay from top is best, anchors are far back from cliff edge.

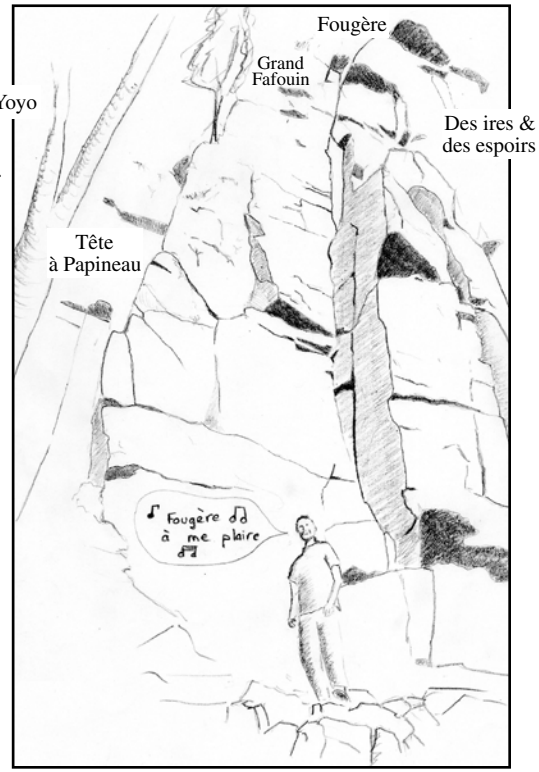
Yoyo, 5.8, 18m, sport
Isabel Richard, 2008
Start in the *Papineau* dihedral, then left and follow the glue-ins straight to the belay.
Yo-bloc start (V0) : start on the left arete
Yo-semite start : the corner to the left offers a nice crack start.

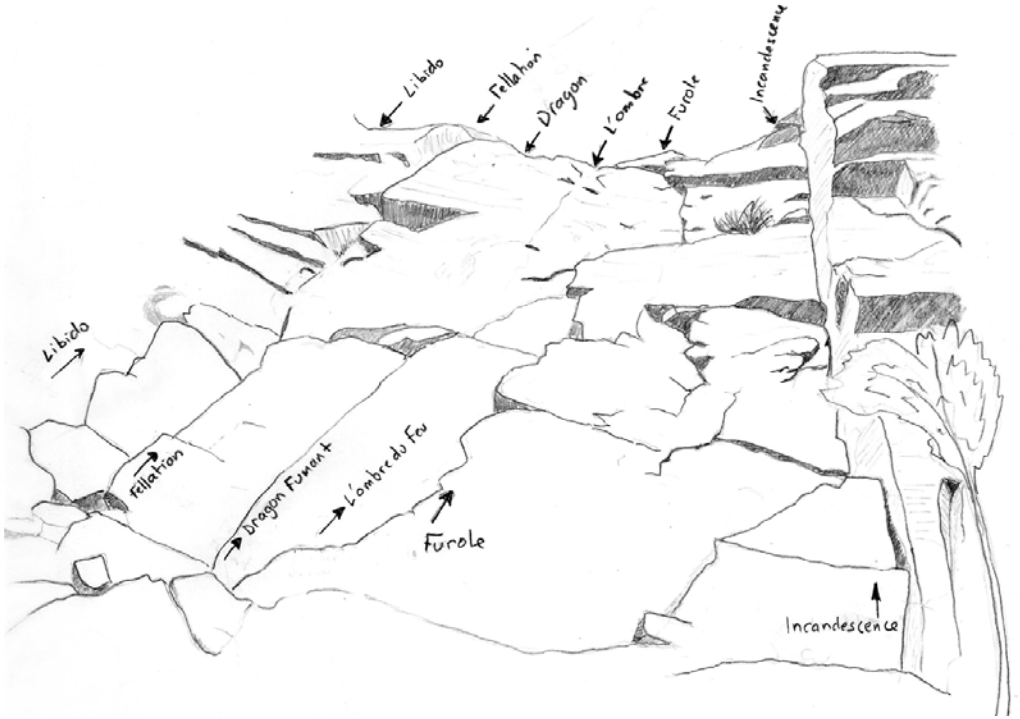
Tête à Papineau, 5.8-, 22m, trad
A. Manchego, I. Richard, 2008
The dihedral between *Yoyo* and *Fougère*. Not hard, but some passages will require thought. Good protection and a beautiful "eagle's nest" position at the belay.

Grand Fafouin 5.11, 25m, mixed
Claude Gélinas, Charles Lacroix, 2015
Direct line on the face left of *Fougère*. Micro cams are important.

Fougère à me plaire 5.8+, 25m
Arian Manchego, 2006
Big Gunks-style dihedral with lots of natural protection. Very popular.

Des ires et des espoirs 5.11b, 30m, mixed
Éric Tremblay, 2014
A dihedral (5.10) about 8 meters to the right of Fougère leads to a wide ledge. The dihedral continues (Camalot #1 important) and leads to an imposing roof, for a photo finish on a technical arete (bolts).





Nic Simard making the danse moves, on the first ascent of *Aéro-Tango*

l'Antre du Dragon

The first big amphitheatre you reach when going right. The middle of the wall is stained black.

Lesbiennes d'acide 5.11b, 25m, mixed
Éric Laflamme, 2017

Starts three or four meters left of Libido. A series of three overhangs with a bolt at the start and obvious pro after. Pass a few more bolts to reach a dihedral in the middle, then follow crack to the finish. A rack of small cams necessary, to 0.75.

Libido 5.12a, 25m, sport
Jean-François Beaulieu, 2001

First line on the left, on the orange face.

Fellation 5.10d, 25m, mixed
Lisa Lajoie, 2002

The obvious crack between the big blocks, to the right of *Libido*. A lac Long classic.

Dragon fumant 5.13b, 25m, mixed
Jean-François Beaulieu, 2005

Start in the crack to the right of *Fellation*, then continue straight on bolts.

L'Ombre du feu 5.11c, 25m, sport
Jean-François Beaulieu, 2001

Follows the big black streak. Start on the left of the *Furole* arete and pass just left of the big ledge.

Furole 5.10d, 25m, trad
Jean-François Beaulieu, 2005

Climb the obvious arete (5.8) to reach the big ledge. Then make a couple of steps right and continue by the crack at the middle of the big ledge (5.10c/d).

variant 5.8 : climb the first part of *Furole* to the ledge, then traverse right and finish by *Incandescence*. Careful, it's hard to make a belay station on the big ledge.

Incandescence 5.9 or 5.10a, 25m trad
Jean-François Beaulieu, 2005

Start in the dihedral to the right (5.9). When you arrive at the big ledge, continue via the beautiful crack on the right face (5.10a) or by the dihedral at the back (5.8). The last roof goes straight, it's very cool! Or you can chicken off to the right.

Aéro-Tango

From the Antre du Dragon, traverse right at the foot of the cliff to reach the exposed area, where the big detached pillar (*menhir*) fell in autumn 2010.

Swing Galactique 5.11 b/c, 20m, mixed
Jeff Beaulieu, Lisa Lajoie, 2007

Start well to the left of *Aéro-Tango*. A broken line leads to the left edge of *Aero Tango*'s belay ledge. Very nice climbing with imposed technical moves.

Aéro-Tango 5.9+, 40m in two pitches, trad
Nicolas Simard, 2003

1st pitch, 5.9+ 20m. Start in the beautiful crack in the right-facing corner and reach the belay station on the ledge, under the big roof.

2nd pitch, 5.9 20m: Pass the big roof on its left. Once past the roof, follow the diagonal crack up and right. 30 meter rappel to the ground. Superb!

Cosmic Boogie 5.11, trad
Mathieu Bouchard, 2003

Same first pitch as *Aéro-Tango*. Then take the impressive horizontal crack through the roof, up and right.

La vengeance de MC Dermott 5.13a sport
Yann Gauthier 2014

Thin face climbing up the center of the blank wall that used to be behind the *menhir*. Hard sequences and long reaches.

La cha-cha d'Obélix 5.10c/d, 30 mètres, mixed
Éric Laflamme, 2011

The clean dihedral exposed by the fall of the *menhir* has become a new testpiece, a sustained and technical route with good protection. When you are finished with the dihedral, continue straight up the broken face and dihedrals to finish. A shallow Camalot #2 placement is very important for protecting before the last bolt.

Super Mimi 5.9, 30m, natural protection
Philippe Sauvageau, Mylène Fiset, 2001

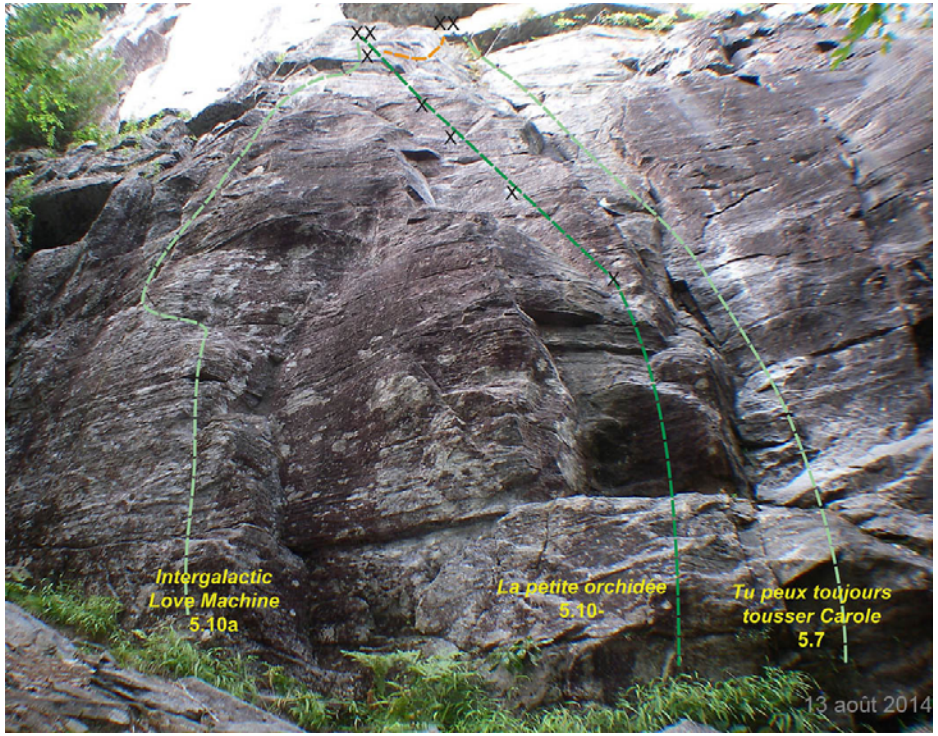
Start in a big right-facing dihedral.* The dihedral reaches a crack which eventually transforms into a magnificent, airy chimney. Belay from up top, as the rappel is on the other side of the big arete. Tons of lac Long ambiance!

* To reach this dihedral, walk past Aéro-Tango along the base of the wall until the trail ends at an arete. This is a good spot to leave your stuff as you'll be returning here on rappel. Contour the arete on the easy exposed ledge (5.0) to reach the start of *Super Mimi*. There's a glue-in anchor for the belayer.

Super Mimi direct 5.10, 30m, trad
Start on the left side of the arete. Requires a Camalot 5 and 6, as well as a standard rack doubled to #3.

La Croisée des Chemins

Sector that has the longest routes in the area. Because of a ledge at 15 meters, short routes have been opened to make best use of the rock's morphology. *In this sector, the descent from the top of the cliff is a 40-meter rappel or a 25-meter rappel followed by a 15-meter rappel.*



Intergalactic Love Machine 5.10a, 15 m, sport
Jean-Daniel Dubois, A. Manchego, 2009

"*Je grimpe*", she says eagerly, a teasing smile at the corner of her mouth. I watch her fluid motions, her golden arms pulling through the moves, her breasts rising through her thin white top, her thighs so round and firm...

Party de brosse 5.10b, 20m, trad
L-P Tessier, P-A Paquet, 2009

The dihedral above and a little to the left of *Intergalactic Love Machine*. Start at the foot of *I.G.L.M.* for a cool 30m pitch. That makes you an Intergalactic Party Machine!

Petite orchidée, 5.10-, 15 m, sport
Maxime Hallé, 2014

Follow the mini dihedral just to the left of *Tu peux toujours tousser Carole*. Shares the final glue-in and belay anchor with I.G.L.M.

Tu peux toujours tousser Carole 5.7, 15 m, sport. F. Yvon, A. Manchego 2009

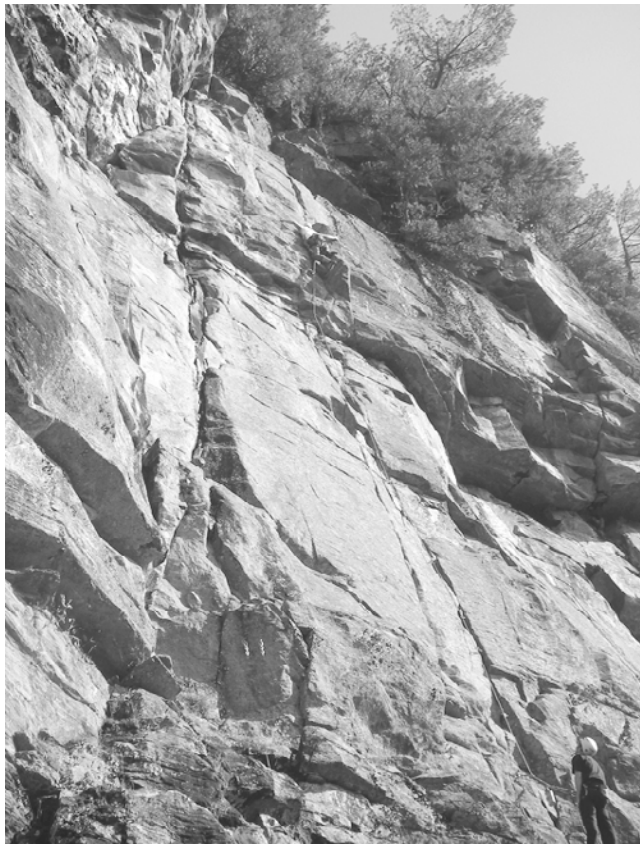
A dihedral climbs up and left to reach the big ledge under the roof. Bolted in 2014 because often wet.

Saint-Taliban 5.8+, 15m, sport
Frédéric Desgranges, 2001

Beautiful face climb that requires elegant technique. Is also the start to *Épiphanie* and *Méphisto*.

Anthrax 5.12a/b, 25m, sport
Frédéric Desgranges, 2011

Bolted line that starts from the *Saint-Taliban* belay and passes left of *Épiphanie*. Bring a long sling for the bolt before traversing through the overhang.



Miguel Puerto in the technical crux of *La Croisée des Chemins*, Nic Bourgoin belaying him 15 meters from the ground.
The black-streaked crack to the left is *Méphisto*. On the far right, the crack that goes through a series of roofs is *La Cité des Ombres.*

Épiphanie 5.10a/b, 30m, trad
Miguel Puerto, 2005

From the *Saint-Taliban* belay, it's the dihedral to the left. Climb a couple of meters to reach a ledge, the pass a short offwidth section. Under the big roof, traverse right on good holds to join the end of *Méphisto*.

Méphisto 5.10c, 30m, trad
Miguel Puerto, Arian Manchego, 2005

The black-streaked crack directly above the *Saint-Taliban* belay. Superb natural line, one of the beautiful challenges of the area.

Au royaume des cieux 5.11a/b mixed
Miguel Puerto, 2007

Finish variant for *Méphisto*. At the big overhang, head left on the big holds (2 glue-ins) out towards the end of the world. Airy. Invigorating! The 11a rating reflects the entire pitch linked from the *Saint-Taliban* belay.

La Croisée des chemins 5.11b/c, 45m mixed
Jeff Beaulieu, 2004

Two gray glue-ins mark the start of the route. A belay station at 15m serves mostly for the rappel. Follow the twin cracks and pass the overhang, staying to the left of the arete. Beautiful *testpiece*.

From Portneuf with Love 5.11+, 45m, sport
Maxime Hallé and friends, 2015

Big beautiful sport route that begins directly above the grotto where emergency equipment is stored. Long quickdraws are useful.

La Cité des ombres 5.12, 30m, natural pro.
Jeff Beaulieu, 2005

Extraordinary crack that passes through a series of roofs. Start at a belay that is hidden behind a big old cedar, 15 meters from the ground. The easiest access is from the right, from the foot of *Atomic Limbo*.

Atomic Limbo

Fission atomique 5.12a, 30m mixed
Miguel Puerto, 2011
Same start as *Atomic*. Break left towards the roofs in the first orange dihedral, then follow the right edge of the sequential roofs. Check end of guidebook for which cams to bring.

Atomic Limbo 5.10, 40m trad
Jean-Martin Vallières, 2003
The big orange dihedral. Sustained climbing between great rests, excellent protection and a pumpy finish. One of the big classics here. Bring a big cam (Camalot 4) to protect the horizontal crack 8 meters off the deck. *Careful* : 35m rappel

Cerfconcis 5.10d, 35 meters, mixed
Damien Coté, 2009
Line directly below the *Atomic Limbo* belay. The slabby start leads to a crux through an overhang (bolts). Pass left of a roof and enter the left-facing arch. This arch reaches the right side of a big ledge (under *Atomic Limbo*'s crux). Here you move up a corner and it's important to protect on the left (bomber Cam.#1 or 2 + long sling) before heading right. Turn the roof on its right edge (second crux). Finish straight on the broken, ledgy face.

Jean-Martin on the first ascent of *Atomic Limbo*

Codéinomane 5.10b/c 35m, mixed
J-M Vallières, 2009
Start on the rocky fin to the right of *Cerfconcis*. Continue through a series of covered, bottoming dihedrals with occasional nat. pro and glue-ins. Lots of variety, lots of fun.

Long Lake Premium 5.11a, 25m, mixed
Louis-Pierre Tessier and friends, 2010
Immediately to the right of *Codéinomane*. This line resolves the main dihedrals and overhangs of the buttress. To reach the start, go onto the ledge at the foot of *Cosmonaute SS* and traverse left under the roofs to the big ledge. Start in a small dihedral to the right, then traverse left under a roof and pass it to the left to reach the main dihedral. Delicate stemming on slabs is followed by an airy, technical crux. A great onsight challenge.

La Solitude du jardinier, 5.8+, 25m, trad
P-A Paquet and his Soloist, 2009
This crack marks the face to the left of *Douce Nébuleuse*. Start under the roof of the "nose", an athletic move reaches a rest and the start of the crack. Or you can also start off left and traverse right. Follow the crack through some chimney sections to the belay (shared with *Douce Nébuleuse*) or continue past the belay into a second pitch :

Le Jardin Secret 15m, 5.9, follow the ramp under the belay leftwards, then go straight to a big flake and finish via a thin crack. Be careful, it's a 40-meter rappel.

Le Cosmodrome

Sector containing the big sport lines of the area, *Cosmonaute SS* and *Atmosphéria*

Douce Nébuleuse 5.11c, 30m, natural pro.
Jeff Beaulieu, Lisa Lajoie, July 2008
The big dihedral to the left of *Cosmonaute SS*, which varies from chimney to offwidth and passes an intimidating overhang. Expect humidity, the route is often wet.

Cosmonaute SS 5.13a, 30m, 12 bolts
Jeff Beaulieu, July 2005
The overhanging face offers a powerful technical line.

Astéroïde 5.12c, 15m, 4 or 5 bolts
Immediately to the right of *Cosmonaute SS*.

Perséide 5.10, 15m, natural pro (PG)
Second pitch of *Astéroïde*. 30m rappel.

Astroblème 5.11d, 4 bolts

La Valse des Dykiries 5.12a
4 or 5 bolts, follow the quartz vein

Atmosphéria 5.12a, 30m, nat. pro and bolts
Jeff Beaulieu, July 2005
Big line on an overhanging prow. The first 8 meters are in a dihedral (nat. pro.), then pass a small roof (beta : corkscrew move). The adventure continues on the prow, there are numerous ambushes and you'll need to stay alert to the very end.

To the right of *Atmosphéria*, there is a section of undeveloped rock. Then there are a few big dihedrals, just before the top of the return trail and the *Célébration* sector. The routes here measure 35 meters from the ground, be careful when lowering the climber.

Kelpie 35m, 5.12b, mixed D'Zaô Plamondon 2017
Burly start (stick-clip) on the prow left of the *Monstre*. After the first two bolts things get easier. Follow the cracks (tending leftward) to the summit.

Le Monstre du loch Long 35m, 5.11a, nat. pro.
Frédéric Desgranges, L-P Tessier, 2010
The dark and intimidating dihedral to the left of *Cassiopée*. Complex and technical moves to start, try not to force too much. Once you've escaped the monster's jaws you'll still need to stay on guard. Be careful, the rappel is barely do-able with a 60-meter rope (place the rope into the dihedral immediately left of the belay) and much safer if you have a 70-meter rope.

Cassiopée 30m, 5.11c, mixed
François Bédard,
Damien Coté, 2009
Start in a little dihedral (bolts) 5 meters to the left of the arch. A series of cruxes lead to a good rest and the start of some trad. Up higher, the cracks end and the tough climbing resumes.

Cosmic Messenger 5.11d, 30m, sport
Yannick Jean, Damien Coté, François Bédard, 2007
Resolve the start in the arch, then follow the left-hand line (bolts). The crux is in the final meters, on the overhanging arete.

Premier Contact 5.10b, 30m, sport
Louis-Pierre Tessier, A. Manchego, July 2007
Resolve the start in the arch, then tend right at the glue-ins. Towards the end, you can shorten a runout if you bring along a piece of pro for a one-inch crack.

Danse Contact 5.9+ 30 m, trad
P-A Paquet, Louis-Pierre Tessier
The big OW in the corner. You're going to have to borrow two #5 and #6 Camalots!

Célébration

The trail from the footbridge arrives at this sector, directly underneath the first routes on the big arete.

Trip à trois 5.10b, 30 meters, mixed
Marc-André Dussault and Father Morin, 2016

At the arete, start in the small, inset dihedral (most easily reached from the right, there's a bolt for the belayer.) The twin cracks provide for intense preliminaries before the ledge. Continue either up the crack or to the right on the face (bolts).

Lilou 5.11c, 30m sport
Antoine Maranda Arian Manchego, 2018

Lovely sport route just left of *Anticipation.* Stick clip for the start. At the upper ledge, stay on the right face for a safe 11c, or follow the easier but dangerous arete (ledge-fall potential.)

Anticipation 5.11c, 30 meters, trad
Gino Bouchard, Yannick Jean

A small crack starts in the middle of the left face and continues to the top of the cliff, widening on the way. Beautiful, technical and sustained. All crack techniques will come in handy.

Confrontation 5.12a, 20 mètres, trad
François Perreault, Jean-François Girard 2005

Start in the roofy corner to the left of *Célébration*. The hardest crux is the last few meters before the belay.

Célébration 5.10b, 15m, trad
François Perreault, 2004

Beautiful clean crack that leads to a big birch tree. A fixed rope helps you reach the start. Glue-in belay. Too bad it's not longer!

Les Joyeux naufragés

New sector that starts about 40 meters to the right of *Célébration*

L'île de Gilligan 5.10a, 25m, trad and 1 bolt
Patricia Lauzé, L-P Tessier, 2009

Start in a big crack that widens to offwidth after a couple of meters. A glue-in protects the final crux.

Le Professeur 5.10c, 25m, trad
Pierre-Alexandre Paquet, 2018

Start up the easy pink quartz, then traverse right on the slab under the roof. Pass the roof by the obvious crack and follow cracks to the top.

Les millionaires 5.11d, 25m, mixed
Louis-Pierre Tessier, 2008

Resolve the improbable face at the start (4 glue-in bolts), pass the roof on good holds and head straight towards the thin crack that cuts through the final overhang.

Le Capitaine 5.12-, 25 meters, sport
Louis-Pierre Tessier, 2009

Start from the big rocky ledge, a couple of meters to the right of *Les millionnaires*. Climb the face and traverse under the roof, passing it with a big airy move (dyno for some).

Jolie Star 5.10c, 25 meters, trad
Patricia Lauzé, September 2009

Start at the end of the rocky ledge, in the dihedral. Climb the dihedral, reach a ledge and traverse right a couple of meters before starting up again. At the big flake, go left and around.

more sustained variant : instead of going left at the big flake, climb the crack straight up to reach the *Ginger* belay.

Ginger 5.10c, 25 meters, trad
Patricia Lauzé, L-P Tessier 2011

Some 10 meters right of the rocky ledge, a set of steps help you reach the start of the route. Small dihedrals and easy face before a crux, to enter the main dihedral. Follow this and pass a ledge which is a couple of meters before the belay.

L'Horizon des évènements

The last set of bigger walls

Substratum 5.8, 25m, trad
François Perreault, 2005

The big obvious corner. Bolt belay on ledge.

Onde de Choc 5.11, 25m, trad and 1 bolt
Nicolas Gauthier, 2005

Start in the corner, at the bolt transfer to the crack to the right.

Nic au Gabon 5.12 -, 25m, mixed
Pierre-Alexandre Paquet, 2010

Start in *Sub-stratum*. Fist jams (big cams) under the big block to traverse to the glue-in. Follow the right arete for two bolts. Finish via cracks on the left face (small cams).

Certifiée UIAA, 5.8 R, 25 m, trad
PA Paquet, 2009

Big chimney to the right of the preceding routes. Protect by slinging the wedged blocks. The route is committing.

The narrows

Some 2.5 km farther up the lake. Requires a boat. From the dam it's about 45 minutes by canoe. One rock route has been reported in this sector, others are occasionally worked on.

Please note that falcons have been spotted nesting here and that there will probably be climbing closures every year, until the end of summer. Please respect park directives.

La craque à Yann 5.10, 20m
One bolt at start, then natural protection
Yannick Girard, Arian Manchego, 2001
On the left-hand cliff, the one that rises straight from the water. Superb crack in the middle of the face.

Main cliff
project 5.13, 30m, bolts, Jeff Beaulieu
Project in the overhanging face of the main cliff.

A climber's French–English lexicon

assuré	on belay	bonjour mademoiselle	hello miss
je grimpe	climbing	j'aime votre bikini	I like your bikini
du mou	slack	c'est votre chum?	is that your boyfriend
à sec	up rope (when toproping)	ah ok	cool
chute!	falling!	la voie à l'air dure	that route looks hard
prends-moi à sec	take, I need a rest	je peux vous assurer	I can belay, if you'd like
ok j'y vais	watch me, here I go	ça va bien	it's going good
allez!	come on! go for it	allez, allez!	come on, come on!
relais/auto-assuré	off belay	campez-vous ici à soir?	camping here tonight?
corde libre	belay off	j'ai du whisky	I have some whisky
rappel libre/corde libre	off rappel	ok, à plus tard	ok, see you later

Additional route info

Lac Long is a climbing area where on-sight climbing is popular (in other words, heading up routes with little advance information). That's why this extra information is found here, at the end of the guide. Suggestions that include ideas on the rack to bring along or hints about the line to follow. These comments are often provided by those who opened the route. If a special type of protection isn't mentioned, a standard rack will do the job. Climb on!

Sectors to the north	
Let's Go	Keep your eyes open, sometimes the climbing passes to the side of the line of bolts.
Raphinski	Keep two no.3 Camalots and a no.2 Camalot for the roof section.
Dance Mix '95	Watch the protection at the start. Step right after the first glue-in and don't climb directly above the ledge. A long sling at the roof will save your rope in the case of a fall.
R'nR Roxanne	For the easier trad start, these pieces will work : first a Camalot 4 in a big slot, then a couple of small cams and/or some medium-small nuts.
La Suture	A good set of nuts and only a few cams (Camalots 3 and 4 are useful.)
Arête de boire	
La Cour	
Rally	Several small cams (up to Camalot .75) for the horizontal cracks up high.
Catacombes	The start is the crux, the rest is 5.10-, this route is easier than *Chateau de cartes*.
Chateau de cartes	Keep a big cam handy for the end.
Belle de loin	In 1995, J-P Ferron and Francis Descoteaux started up *Chateau de Cartes*, then traversed to the right and followed the big corner to the top. Not recommended, just interesting from a historical point of view.
Tour de siège	The cracks at the top accept a variety of protection : stoppers and cams from .3 to 3 Camalot.
Le Donjon	Same thing : stoppers and cams from .3 to 3 Camalot.
C. du M. Temps	A single set of stoppers, small to medium cams (Camalot .4 to 2)
Courte Paille	You'll be surprised, it's much more fun than it looks. At the large crack, it's easier if you transfer onto the right-hand face under the small roof, before getting into the crack.
Escarpin	Some will feel more comfortable with a no. 5 Camalot for the end move.
C'est pas parce qu'est grosse qu'est facile	Morphological route, easier or harder according to your physical size and your technique. It's a difficult climb to rate. Recommended pro: a couple of small and medium cams, double #3, double #4 plus a Camalot #5. The #4's can be replaced with big hexes.
Chesk Sop Cherze	
l'Arène	
Gladiateurs	Complet rack of singles and a Camalot #4 to reduce the chance of a ledge fall onto the block.
Venus Callipyge	You can almost protect at will. Two #3 Camalots advisable. Watch the ledge!
le Piercing d'Aphrodite	Having two Camalots #2 adds a measure of confidence at the start, when you traverse into the dihedral and clamber onto the ledge. And guess what? You can toprope the start of *Apollon* when you're done.
Apollon	5.11 old-school
Pegasus	0.3 Camalot just after the big V crack at the start. Two meters higher and to the right you can place a small nut before the move at the small roof.
Goliath	Standard rack, big cams are pleasant for the start and Camalot #2's very pleasant for the fist crack. Great rests. All crack techniques will be useful in this classic.
Achille	Small pro at the start, then rejoins Goliath at the fist crack. Nothing bigger than Camalot #3.
Fou lard de H.S.	Technical route. Two sets of micro cams 00 and 000 for fluidity and a single set of cams to #3
Get to work m.f.	There's no holds at the crux, so get your technical stem on.
Aguirre	A big variety of protection can be used, even big hexes and cams. Protect when you can or it will quickly get scary. A couple of small cams for the finish.
Pirates de l'Air	The left finishing variant is really worthwhile.
Wet Dream	A preferred route for those who'd like "My first fall on a sport route".
Épilogue	After the second glue-in and before the roof, you can find an excellent pro
Maquistador	Standard rack
Nacho Libre	A nice adventure. Rappel down *The Punisher*, perfect for toprope fun.
The Punisher	Single, light set of cams. Small cams and stoppers in the crack. At the end of the crack, if go hard left it's 5.10 (reach way out leftwards), but if you go straight or right it's easily 5.11+.

Batman	The original version of this route finished up a loose stack of blocks on the left, to a tree (30m rappel). This adds some atmosphere but little else.
Robine	Elegance at the start will be well compensated. A big cam (Camalot 4) to protect the finish.
Catwoman	One or two very large cams (such as Camalot 5 and 6) simplify protection at the start.
Mur des gauchistes	
Le Bloquiste	Very light rack up to Camalot no.2.
Fleur de Lys	The no.6 Camalot is essential for avoiding a ground fall.
St-Jean Batis'	Bring a long quickdraw for a glue-in at the big ledge, it's deep under a roof.
Le Séparatis'	A half-dozen cams of various sizes (small to Cam 2).
Atlantis	Bring the same half-dozen cams, they'll be useful at the start of the route. After the roof, there's one last horizontal crack and after that, it's all glue-ins. Bring lots of quickdraws.
Tour de piste	Like *Atlantis*, a mix of pro at the start, then glue-ins. Single set of cams up to Camalot 4. You can even skip the 4 and bring a 5 instead, it's useful at an obvious large horizontal crack.
La Plage	
Polaris	When you reach the roof above the dihedral, step right, towards the bolt.
Solaris	Impeccable bolting makes you pass each crux on lead. *Magnifique*!
Bikini	Several long quickdraws will come in handy.
Ballet classique	Protect when you see opportunities to, otherwise you might soil your tutu. When you reach the final roof, turn the arete to the left, you'll see a horizontal crack where you can protect for the final crux.
Grosse Face	The first crux is easiest when done from right to left. Go for the onsight!
Face à claques	The top section is a little runout, bring along one or two small cams (Cam 0.3) and a long sling.
Salope	The crux is the traverse after the start, be careful here. Higher up, the route takes lots of little pro.
Margot	
Viol. de domicile	There are sometimes wasps here at the end of summer.
Taille de guèpes	Wasps seem to like the upper crack.
Margot	The crux at the start is well protected by the bolts. At the end, avoid going left early, go straight. It's not hard and it's well-protected.
Fougère à me plaire	
Mireille	
Yoyo	*Yo-semite* start: the crux of this little variant is at the end of the dihedral, but still close to the ground. Make sure to place good protection.
Tête à Papineau	Louis-Joseph Papineau was known for his smarts.
Grand Fafouin	Camalot X4 size .1 and .2, or TCU grey and purple
Foug. à me plaire	Keep your big cams for the crux at the middle of the route.
D. ires & espoirs	Keep the .3 or .4 (or both) for protection under the roof. Avoid protecting in the unstable block at the intersection of dihedral and roof. It's unstable but we were unable to remove it.
l'Antre du Dragon	
Lesbiennes d'acide	In memory of Denis Vanier, Small cams necessary, including blue TCU after first bolt.
Libido	The route was re-equiped to protect from a ledge fall at the midpoint of the route.
Fellation	Are you ready to ROCK
Dragon Fumant	Obvious protection in the crack at the start. After the third bolt, a horizontal slot accepts a Camalot #1. The rest is bolts.
L'Ombre du feu	Start between the arete and the glue-ins. Don't be hypnotized by the fire's shadow or you might end up climbing *Furole*.
Furole	If the upper part is wet you can always finish via *Incandescence* to the right.
Incandescence	Don't let the final roof intimidate you, the holds are all super-positive. *Allez*! Go for the photo op, where you hang your whole body off one arm and chalk up calmly.
Aéro-Tango	
Swing Galactique	Light rack: stoppers and a single set of cams, nothing bigger than Camalot 2.
Aéro-tango	At the final anchor, belay your second with a setup that allows you to feed out slack under tension. If your second doesn't succeed the traverse under the roof, he or she will swing out, away from the wall. If this happens, the best option is to lower them down to the ledge so they can try again.
Cosmic boogie	The pro in the roof is excellent and the fall, totally clean. A cool show for those who are camped out on the other side of the river.
La vengeance de MC Dermott	Long reaches on small holds. Working out the sequences is a nice puzzle. The bigger you are, the easier it will be.
Cha-cha d'Obélix	Don't forget the no.2 Camalot for the upper part of the route, it protects from a ledge fall.
Super Mimi	The crux is at the middle of the route, at a big block. Rather than forcing your way straight, grab the block in a bear-hug and look behind you, to the right.
La Croisée des Chemins	
Party de brosse	Don't panic at the end of the chimney, looks behind you (to the right), there's a ledge. Keep a big cam handy (#4) for the finish.
Tu peux toujours tousser Carole	Route named for our friend François Yvon, who inspires us with his energy and his appetite. Cough all you want, Carole.
Saint-Taliban	When it's done correctly, it's simple! Allah will punish the clumsy.
Épiphanie	For a maximum of pleasure, the protection in the OW is a Cam #3 followed by a Cam #4. Bigger cams will only increase the pleasure. Less difficult route than *Méphisto* but a good challenge all the same.
Méphisto	Showtime. Sustained climbing between good rests. If you've made a deal with the Devil at the crossroads, you may be able to link *St-Taliban+Méphisto* in one pitch.
Royaume des cieux	Do the entire traverse and turn the corner before pulling the overhang. A fine crack awaits you and offers good pro for the final moves. To lower off: if your belayer is at the *Saint-Taliban* station and you have a 60m rope, you can lower off safely. Once you get down to the right height, the belayer can grab you by the foot and bring you to the belay.
La Croisée des chemins	Bouldery start, then easy stuff to the ledge at 15 meters. Follow the twin cracks and protect when you have the chance (sustained 5.10). Great rest under the overhang. The route's crux (11b/c) is protected by two glue-ins. Stay to the left of the arete.
From P. w. love	Very nice, technical climbing.
La Cité des ombres	From the old cedar, an excellent Camalot #3 (with a long draw) and a green Alien (or blue Metolius) will allow the bold climber to place him or herself at the edge of the roof, so that a small stopper can be placed in the thin crack on the face above. The technical crux of the route can then be climbed safely.
Atomic Limbo	
Fission Atomique	Before 1st bolt Camalot #3 or 4 (to be safe), Camalot 0.5 after first bolt, yellow X4 (ou purple Metolius), red #1 Camalot before reaching 2nd bolt, gray X4 (or orange Metolius)
Atomic Limbo	The first opportunity to protect (before the bolt) is in a big crack next to the cedar (Cam.#4 but other possibilities exist.) The orange corner offers a lot of opportunities for small protection. Before trying the black-and-white face above the ledge, go up one of the sides and protect high, so as to avoid a ledge fall. When you reach the end of the big corner, protect under the big roof and traverse off right to the belay. Congratulations!
Cerfconcis	Regular rack, keep that medium-sized Cam handy for the traverse under the roof.
Codéinomane	Standard rack. Small pro can be useful in the final section.
Long Lake Premium	Single rack of cams, nothing bigger than a number 2 Camalot. The route is similar to *Fellation* in that its technical crux is bolted. So warm up in *Codéinomane* and go for it!
Sol. du Jardinier	The roof start is committing, protect the move carefully.
Cosmodrome	
Douce Nébuleuse	Big cams are useful, a Camalot #4 is pleasant to have. The route is hard to clean on rappel, it's preferable to have a second clean it.
Cosmonaute SS	It's when the fourth bolt is passed, that the aspiring cosmonaut can hope to reach orbit.
Astéroïde	Short and touching crux
Perséide	Satisfactory protection : "Keep your eyes open for the spots." Very nice climbing.
Astroblème & Valse des dykiries	
Atmosphéria	There is a bolt for the belayer. Two or three small cams required for the start (up to Camalot .75) then it's bolts the rest of the way. Before giving up at the roof, look behind you and... assume the horizontal and twist like a corkscrew.
Kelpie	Standard single rack to Camalot 3
Le Monstre du loch Long	Standard rack, double set of cams. The start can be well protected by a very small cam (gray Métolius 00) immediately followed by a bomber no. 4 Camalot. A second big pro (Camalot 3.5 or 4) is useful further up the route.
Cassiopée	A single set of cams (up to Camalot #2) and a single set of stoppers. The trad goes at 5.9. A good horizontal crack (Cam #2) marks the end of the trad.

Cosmic messenger	
Premier contact	The crux solutions are sometimes off to either side of the anchors. A Camalot .5 fits well in the little crack up high. At the very end, a big sidepull hidden on the face to the right lets you do the final crux safely (i.e. avoiding a ledge-fall).
Danse Contact	Other than the double set of big cams, a single set of regular size cams.
Célébration	
Trip à trois	Standard rack up to 3" and a few long quickdraws. A 60-meter rope is a minimum, 70m is better.
Lilou	13 quickdraws will help you enjoy the unforgettable company of Lilou.
Anticipation	Lots of small pro at the start (including small stoppers). After the first big rest, keep a Camalot #1 handy to protect above the slightly overhanging crux move. You'll use every crack technique in this classic.
Confrontation	Superb start, superbe middle, difficult finish. If you can climb 5.10+, it's still worth a try, the last few meters are easy to aid.
Célébration	Small cams at the start, increasing gradually with the crack.
Les Joyeux naufragés	
Le Professeur	
L'Île de Gilligan	Two big pros are recommended for the start of the route (for example, a Camalot 3.5 and a 4, or bigger.) Standard light rack for the rest.
Les millionaires	Small cams and/or stoppers to protect the upper half of the route (up to Camalot #2). The final crack can be well protected with a yellow Metolius or green Alien. A long sling is necessary if you want to toprope this route.
Le Capitaine	A long draw under the roof will lower the rope drag in the second half. Superb climbing.
Jolie Star	The 10c rating is "after practice"; the challenge might be higher onsight. Small purple Métolius mauve (or black Alien) useful for the crux. A run-out in the middle of the route can be reduced by slinging the big flakes or with a Camalot 4 or 5.
Ginger	
l'Horizon des Évènements	
Substratum	
Onde de Choc	
Nic au Gabon	
Certifié UIAA	
L'ÉTROIT	
La craque à Yann	The bolt at the start should be stick-clipped so as to avoid falling into the boat. The first crux is hard, don't get discouraged! Then it's small cams in cracks on the slab. Reach the main crack and head up the beautiful line. The belay is on bolts, off to the right.

Complete route list, from left to right

Northern sectors

- ☐ Let's Go 5.8 sport
- ☐ Raphinski 5.11b mix
- ☐ Dance Mix '95 5.10b mix
- ☐ R'nRoll Roxanne 5.9+ mix or 5.10+OW sport
- ☐ La Suture 5.10 trad
- ☐ Arête de boire 5.12a sport

La Cour

- ☐ Rally 5.11b bolts, then trad
- ☐ Catacombes 5.10d trad
- ☐ Chateau de Cartes 5.10d trad
- ☐ La Cour 5.13a mix
- ☐ Tour de siège 5.10+ trad
- ☐ Le Donjon 5.11d trad
- ☐ Courtisan du M.temps 5.11d mix
- ☐ Courte Paille 5.9+ trad
- ☐ Escarpin 5.10a trad
- ☐ C.p.p.est Grosse... 5.10 trad
- ☐ Chesk Sop Cherze 5.10b sport

l'Arène

- ☐ Gladiateurs 5.11a trad
- ☐ Vénus Callipyge 5.10b/c trad
- ☐ Piercing d'Aphrodite 5.8 trad
- ☐ Apollon 5.11 trad
- ☐ Pegasus 5.11+/12- mix
- ☐ Goliath 5.10a/b trad
- ☐ Achille 5.10d trad
- ☐ Fou Lard de Hip Stairs 5.11+ mix
- ☐ Get to work M.F's 5.10b sport
- ☐ Aguirre colère de D. 5.9 trad
- ☐ Pirates de l'Air 5.10c sport
- ☐ Wet Dream 5.9 sport
- ☐ Épilogue 5.8+ trad
- ☐ Maquistador 5.9+ trad
- ☐ Nacho Libre 5.8 trad
- ☐ The Punisher 5.10+ mix
- ☐ Batman 5.7 trad
- ☐ Robine 5.8+ trad
- ☐ Catwoman 5.10 trad

Mur des gauchistes

- ☐ Le Bloquiste 5.11d mix
- ☐ Fleur de Lys 5.10c trad
- ☐ St-Jean Batis' 5.11a sport
- ☐ Le Séparatis' 5.10b mix
- ☐ Atlantis 5.10+ mix
- ☐ Tour de piste 5.11a mix

La Plage

- ☐ Polaris 5.9+ trad
- ☐ Solaris 5.10b sport
- ☐ Bikini 5.10a sport
- ☐ Ballet classique 5.10b trad
- ☐ Grosse Face 5.10c sport
- ☐ Face à claques 5.11a sport
- ☐ Salope 5.9 trad

Margot

- ☐ Viol. de domicile 5.11 sport
- ☐ Taille de guèpes 5.10.a mix
- ☐ Margot 5.10b mix

Fougère à me plaire

- ☐ Mireille 5.7 trad
- ☐ Yoyo 5.8 sport
- ☐ Tête à Papineau 5.8- trad
- ☐ Grand Fafouin 5.11 mix
- ☐ Fougère à me plaire 5.8+ trad
- ☐ Des ires et des espoirs 5.11b mix

l'Antre du Dragon

- ☐ Lesbiennes d'acide 5.11b mix
- ☐ Libido 5.12a sport
- ☐ Fellation 5.10d mix
- ☐ Dragon fumant 5.13b mix
- ☐ L'Ombre du feu 5.11c sport
- ☐ Furole 5.10d trad
- ☐ Incandescence 5.9 or 5.10a trad

Aéro-tango

- ☐ Swing Galactique 5.11b/c mix
- ☐ Aéro-tango 5.9+ trad
- ☐ Cosmic boogie 5.11 trad
- ☐ La vengeance de MC D. 5.13a sport
- ☐ La cha-cha d'Obélix 5.10c/d trad
- ☐ Super Mimi 5.9 trad

La Croisée des Chemins

- ☐ Intergal. Love Mach. 5.10a sport
- ☐ Party de brosse 5.10b trad
- ☐ Petite orchidée 5.10+ sport
- ☐ T.p.tjrs tousser Carole 5.7 sport
- ☐ Saint-Taliban 5.8+ sport
- ☐ Épiphanie 5.10a/b trad
- ☐ Méphisto 5.10c trad
- ☐ Royaume des cieux 5.11a/b mix
- ☐ Croisée des chemins 5.11b/c mix
- ☐ From Portneuf w Love 5.11 sport
- ☐ La Cité des ombres 5.12 trad

Atomic Limbo

- ☐ Fission Atomique 5.12a mix
- ☐ Atomic Limbo 5.10 trad
- ☐ Cerfconcis 5.10d mix
- ☐ Codéinomane 5.10b/c mix
- ☐ Long Lake Premium 5.11a mix
- ☐ Solitude du Jardinier 5.8+ trad

Cosmodrome

- ☐ Douce Nébuleuse 5.11c trad
- ☐ Cosmonaute SS 5.13a sport
- ☐ Astéroïde 5.12c sport
- ☐ Perséide 5.10 trad
- ☐ Astroblème 5.11d sport
- ☐ Valse des dykiries 5.12a sport
- ☐ Atmosphéria 5.12a, 2 cams then sport
- ☐ Kelpie 5.12b mix
- ☐ Monstre du loch Long 5.11a trad
- ☐ Cassiopée 5.11c mix
- ☐ Cosmic messenger 5.11d sport
- ☐ Premier contact 5.10b sport
- ☐ Danse contact 5.9+ trad

Célébration

- ☐ Trip à trois 5.10b mix
- ☐ Lilou 5.11c sport
- ☐ Anticipation 5.11c trad
- ☐ Confrontation 5.12a trad
- ☐ Célébration 5.10b trad

Les Joyeux naufragés

- ☐ Le Professeur 5.10 trad
- ☐ L'Île de Gilligan 5.10a trad
- ☐ Les Millionaires 5.11d mix
- ☐ Le Capitaine 5.12- sport
- ☐ Jolie Star 5.10c trad
- ☐ Ginger 5.10c trad

l'Horizon des Évènements

- ☐ Substratum 5.8 trad
- ☐ Onde de Choc 5.11 mix
- ☐ Nic au Gabon 5.12- mix
- ☐ Certifiée UIAA 5.8 R trad

l'Étroit

- ☐ La craque à Yann 5.10 trad