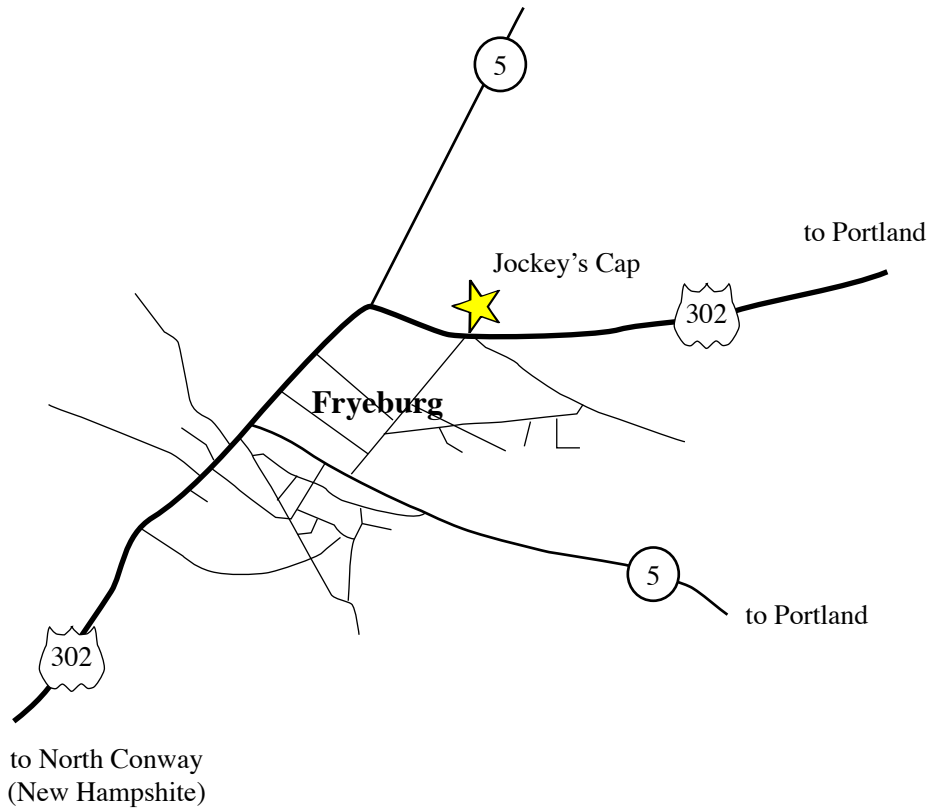


## Road Map



presents

a guide  
to

# Jockey's Cap

(Granite Bouldering in Western Maine)

## Jockey's Cap, Maine

Located just outside the New England climbing mecca of North Conway, NH, lies the sleepy town of Fryeburg, ME. Fryeburg is home to a 150 ft granite dome known as Jockey's Cap. Though not a destination itself, this outcrop and the boulders below offer high quality bouldering with easy access.

Climbing at Jockey's Cap is not a new thing. However, the information on the first ascent of many of the problems is not known, at least not by me. I named obvious problems based on features, experiences, and movements. This guide focuses on the bouldering opportunities at Jockey's Cap. Some of this information was first presented in a Rock Fax guide produced in the 90's, which also contains some details about the trad and sport routes found at Jockey's Cap. Copies of this guide can be obtained from IME in North Conway. Credit is due to Bob Parrott for producing the RockFax guide, as well as probably putting up most of the problems.



Whether you live in the surrounding area or just passing through, the bouldering at Jockey's Cap should not disappoint you. Remember to respect the area and clean up after yourself.

### Directions:

#### From Portland, ME

Follow Rt. 302 North from Portland for approx. 45 miles. Once you enter the town of Fryeburg, look for the Jockey's Cap General Store and Motel on your right and the Fryeburg Plaza on your left. Park in the Plaza lot or near the General Store and hike the up trail between the General Store and the Motel. Be sure to stop in the store for a drink or munchies. You should see the outcrop through the trees. The boulders are along the trail after a 2 minute walk.

#### From North Conway, NH

Follow Rt. 302 East from North Conway for 8 miles. Go straight through the stop light in Fryeburg, and follow the fork to the right. In approx. ½ mile you will see the Jockey Cap General Store on your left and the Fryeburg Plaza on your right. Park as explained above.

### When:

From April to November, with spring and fall being prime times. You may be able to sneak in some climbing during winter thaws, but I wouldn't count on it.

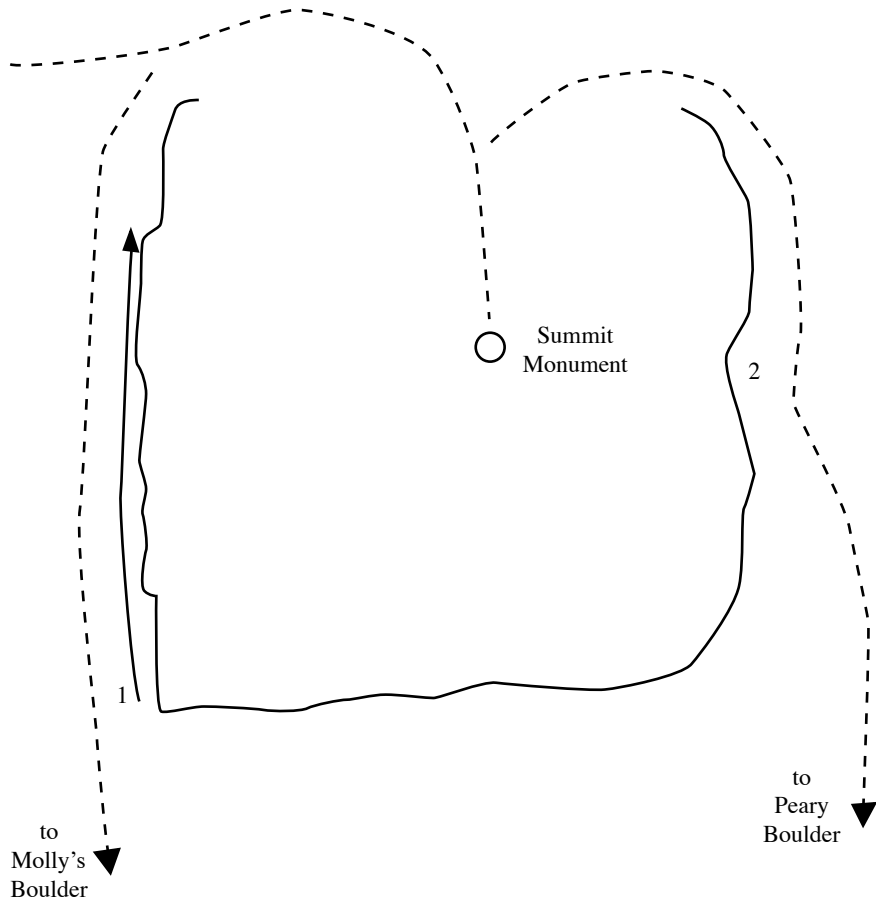
### Sleeps and Eats:

Camping can be found at numerous private and Forest Service campgrounds throughout the area. With North Conway being a tourist destination, there are more motels than you could imagine. Fryeburg has a pub, 3 pizza joints, and a Chinese restaurant. You can also find whatever you are looking for in North Conway

### Ratings:

The ratings in this guide are totally subjective and may be off. Some have been taken from the RockFax guide, while others were assigned by the author.

# Jockey's Cap



## 1. Pump Traverse

$\begin{matrix} F & R \\ \square & \square \end{matrix}$  V2

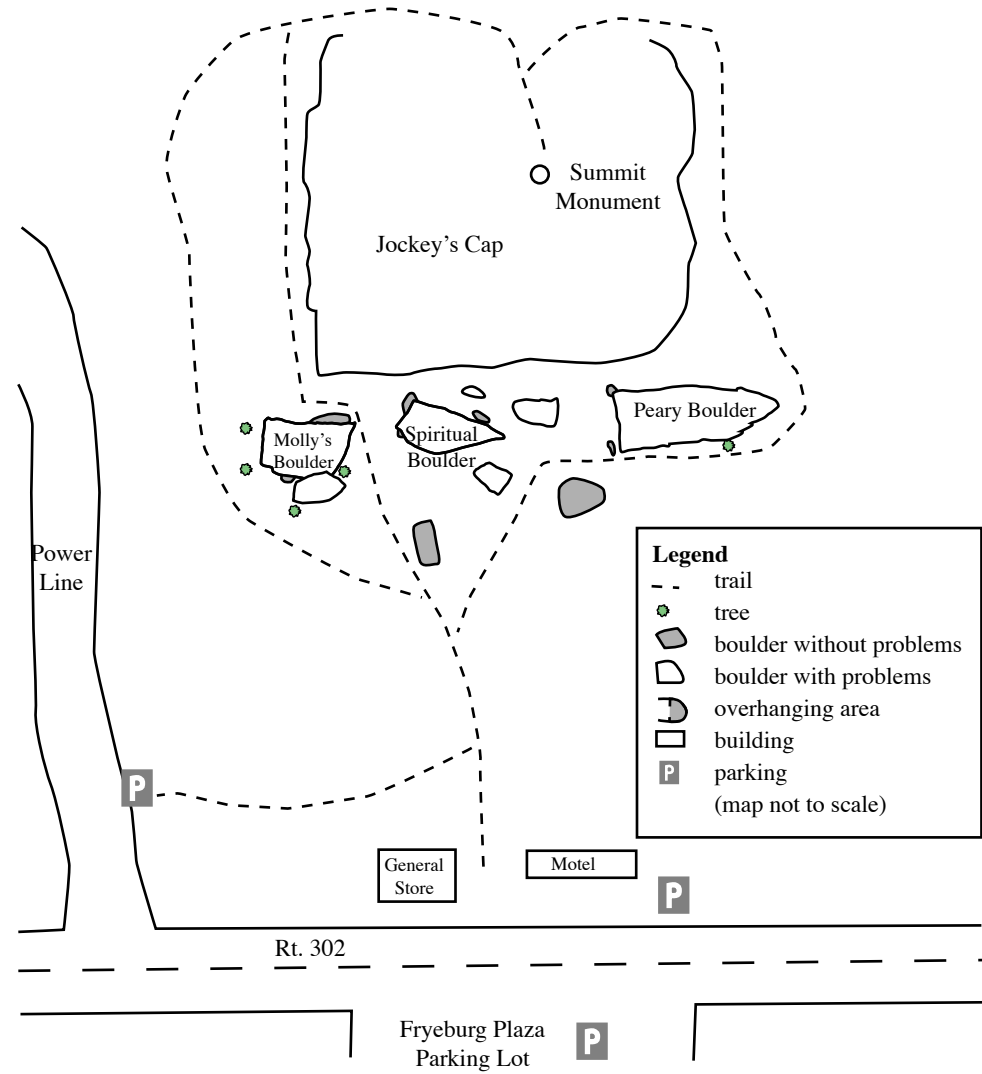
Start at base of cliff and traverse bottom of face at varying heights, past 2 cruxes for approx. 100ft until the climbing eases.....can continue all the way if you choose.

## 2. Gorilla Traverse

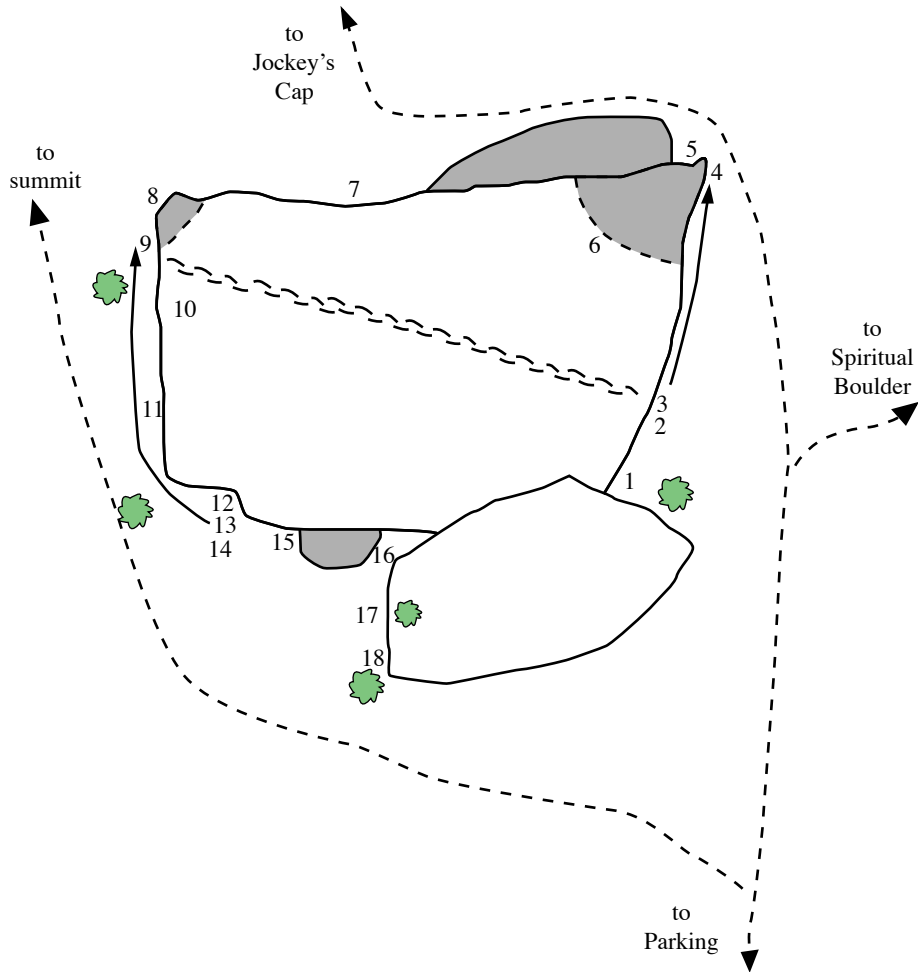
$\begin{matrix} F & R \\ \square & \square \end{matrix}$  V8/9

Start to the right of the small cave and move left until climbing eases, either direction. (FA: Bob Parrott)

# Jockey's Cap Overview



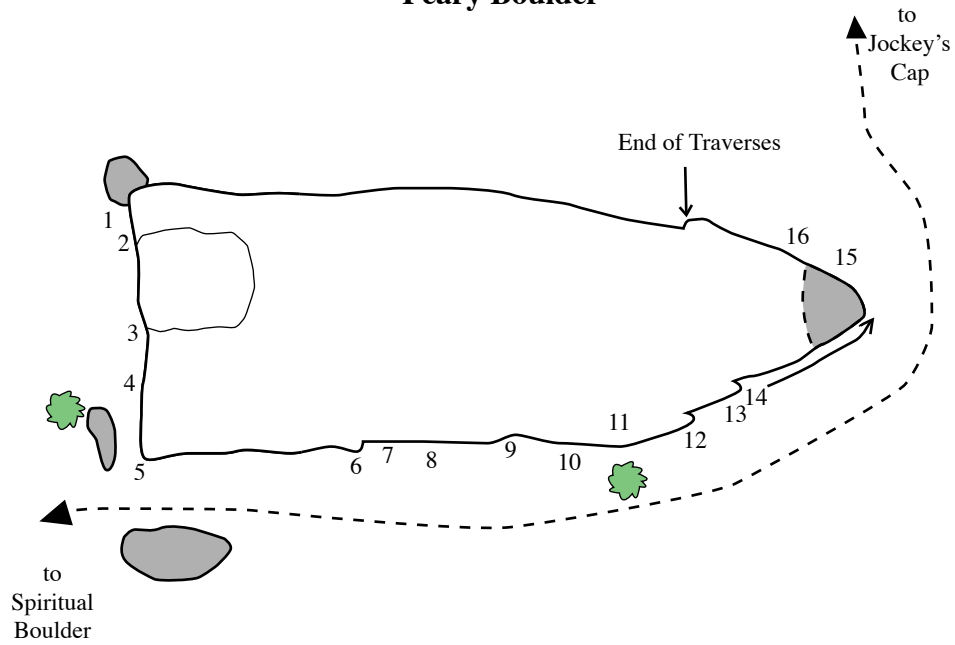
# Molly's Boulder



# Peary Boulder

- 1. Yellow Jacket** F R  
□ □ V2  
 SDS – Start on low break and climb up and slightly left through obvious breaks.....stand drops some grades.
  - 2. Block Head** F R  
□ □ V5  
 SDS – Start on low holds climb straight up through sloping shelf.....stand drops some grades.
  - 3. Project** F R  
□ □ V?  
 SDS – Start at end of flake and climb up and right through slopers.
  - 4. Standard Overhang** F R  
□ □ V1  
 SDS – Start at base of right trending flake climb right to obvious holds and follow line straight up.
  - 5. The Arête** F R  
□ □ V2  
 SDS – Start low and climb arête to the break, then follow arête and right face to top.
  - 6. The Flake** F R  
□ □ V1  
 Start on jug and climb up and left to top.....starting on SDS of #7 adds a bit.
  - 7. Just Right** F R  
□ □ V1  
 Start on two obvious pockets and climb up and slightly right.....SDS is much harder = V4.
  - 8. Unnamed** F R  
□ □ V1  
 Start on holds at 6 ft and climb straight up.
  - 9. Green Cove** F R  
□ □ V1  
 Start in small cove and climb straight up through knob to top.
  - 10. Unnamed** F R  
□ □ V1  
 Start low, long reach to flake then straight up.
  - 11. The Mantel** F R  
□ □ V2  
 Mantel the low shelf behind the tree.
  - 12. Unnamed** F R  
□ □ V1  
 SDS – Gain obvious flake and climb up and right.
  - 13. Laid Back** F R  
□ □ V1  
 SDS – Start in obvious low break climb up to layback and continue to top.
  - 14. Jaws** F R  
□ □ V3  
 Start same as Laid Back and climb right along obvious holds on low lip, finish up left side of arête.
  - 15. Peary Cave** F R  
□ □ V2  
 SDS – Start in back of cave and climb out and up right of arête.
  - 16. Unnamed** F R  
□ □ V0  
 Start to right of cave and climb straight up.
- Various Traverses**  
(probably put up by Bob Parrott)
- 17. Unknown** F R  
□ □ V6  
 Start at Standard Overhang and go up flake to mantel ledge on arête, keep at this level until #11 then drop low around cave to finish past #16.
  - 18. Unknown** F R  
□ □ V7  
 Start at Standard Overhang and go up flake but keep low around #5, at #6 go up to higher level and finish as for previous traverse.
  - 19. Unknown** F R  
□ □ V10  
 Start at Standard Overhang and go up flake but keep low until #9, then climb up slightly but keep low at #11 (no feet on The Mantel) finish as for the previous 2 traverses.

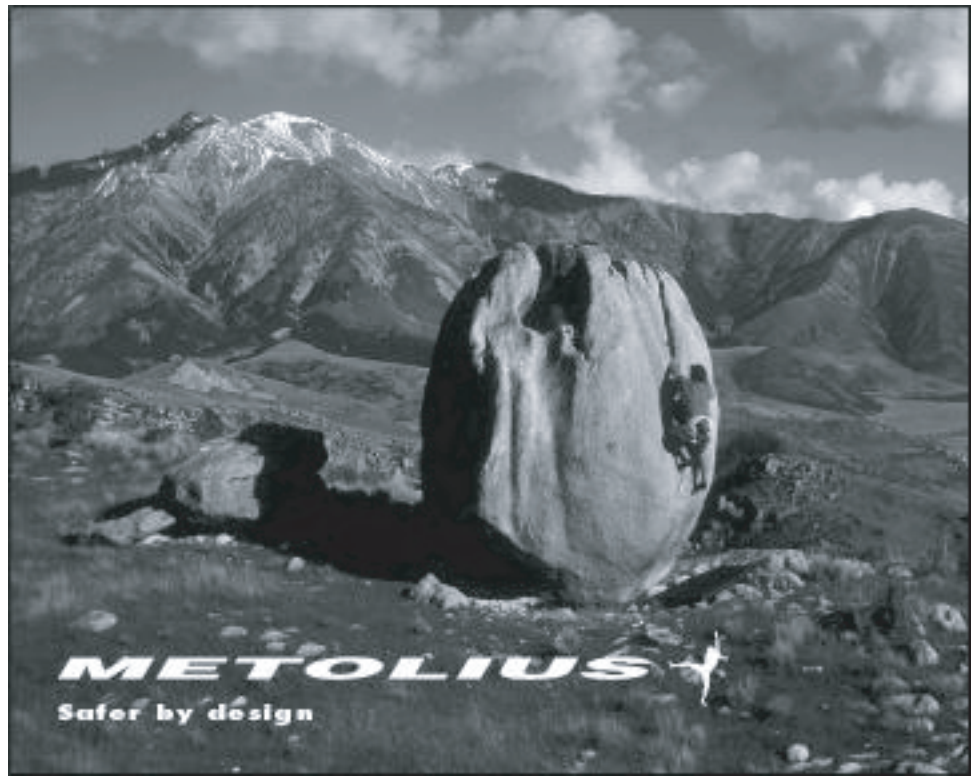
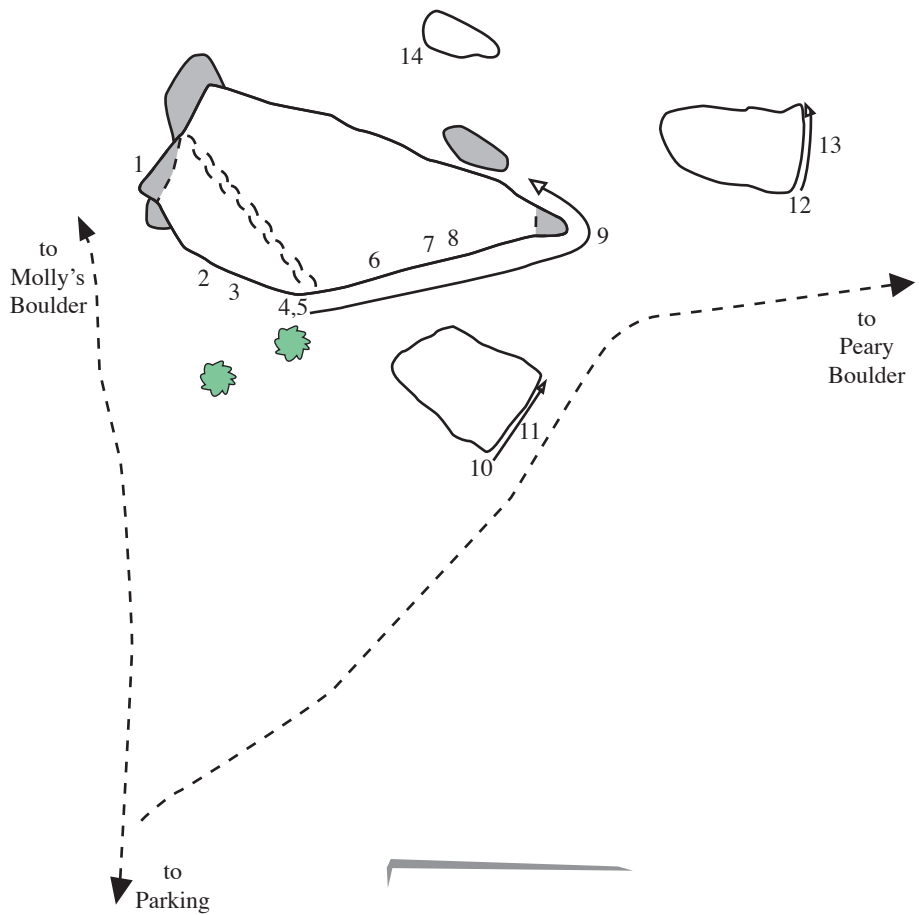
## Peary Boulder



## Molly's Boulder

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| <p><b>1. Left Arête</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>SDS – Climb left arête to topout at peak.</p> <p><b>2. Crystal Face</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>SDS – From two left angling holds, climb straight up face to peak.....w/arêtes = V0</p> <p><b>3. Unnamed</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start same as #2 and traverse low holds to mantel at #4.....using upper holds = V0</p> <p><b>4. Right Arête</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start at nose and traverse right arête to peak.....easier with feet starting on slab.</p> <p><b>5. The Nose</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start to right of #4 and mantel direct.....easier with feet starting on slab.</p> <p><b>6. Molly's Cave</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>Start in back of cave and climb out using roof crack to mantel at The Nose.</p> <p><b>7. Warm up Slabs</b> <span style="float: right;">F R<br/>□ □ VB</span><br/>Various warm up slab problems.....Can also be done no hands.</p> <p><b>8. Down Under</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>SDS – Start under roof climb out and up left arête to peak.</p> <p><b>9. Summit Assault</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Climb straight up face to peak.....w/arêtes = V0</p> | <p><b>10. Low Ball</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>SDS – Start matched on sloper, climb up and left to arête then to peak.</p> <p><b>11. Crystal Method</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start standing, climb to lip and mantel onto slab using quartz crystal then continue up slab.</p> <p><b>12. Unnamed</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>Start in notch and climb up slab.</p> <p><b>13. Lip Service</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>Start at #12 and traverse left to peak using lip. Do not use any holds below the lip.</p> <p><b>14. Low Traverse</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start at #12 and traverse left using low holds to finish up left arête.</p> <p><b>15. Warm up Slabs</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>Various warm up slab problems.....Can also be done no hands.</p> <p><b>16. Pocket Rocket</b> <span style="float: right;">F R<br/>□ □ V3</span><br/>Start on obvious flake holds and climb up using left hand quartz pocket.</p> <p><b>17. Cleavage</b> <span style="float: right;">F R<br/>□ □ V3</span><br/>SDS – Left hand on flake and right hand in crack, climb straight up to finish left of small tree.</p> <p><b>18. Betula</b> <span style="float: right;">F R<br/>□ □ V4</span><br/>SDS – Pinch right arête and climb up and left to finish same as Cleavage.</p> |
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# Spiritual Boulder



# Spiritual Boulder

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| <p><b>1. Dirt Bag</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>SDS - From flake in small cave mantel out direct.....continue and traverse whole boulder past Ship's Prow for a V4.</p> <p><b>2. The Warm up Face</b> <span style="float: right;">F R<br/>□ □ VB</span><br/>Various warm up slab problems.</p> <p><b>3. Red Pine Traverse</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>SDS - Start low on #2 and traverse right and up to finish at small peak.....continue on Heather's Traverse for a V2.</p> <p><b>4. Heather's Traverse</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Start on obvious hold and traverse right to finish past Ship's Prow.</p> <p><b>5. Low Rider</b> <span style="float: right;">F R<br/>□ □ V3</span><br/>Start same as #4 then go low on #6 and stay low and finish past Ship's Prow.</p> <p><b>6. Unnamed</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>SDS - Start low on angling rail and climb up and left to finish at small peak.</p> <p><b>7. Unnamed</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>SDS - From edge/incut climb straight up.</p> | <p><b>8. Unnamed</b> <span style="float: right;">F R<br/>□ □ V0</span><br/>SDS - Start same as #7 but climb up and right.</p> <p><b>9. Ship's Prow</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>SDS - Move LH to obvious hold and make long dyno to the top.</p> <p><b>10. The Dark Crystal</b> <span style="float: right;">F R<br/>□ □ V5</span><br/>Start on sloping arête climb right using crystal hold and traverse edges under lip.</p> <p><b>11. Jockey's Jump</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>SDS - Start on obvious edges, climb up and dyno out right but topout straight.</p> <p><b>12. Reach Around</b> <span style="float: right;">F R<br/>□ □ V1</span><br/>Traverse the lip all the way and finish around corner.</p> <p><b>13. Mini Me</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>SDS - Start matched in layback groove, then right hand to crack and up.</p> <p><b>14. The Egg</b> <span style="float: right;">F R<br/>□ □ V2</span><br/>SDS - Start with left hand on arête and right hand on lip, using heel hooks and small incuts, mantel over bulge.</p> |
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