

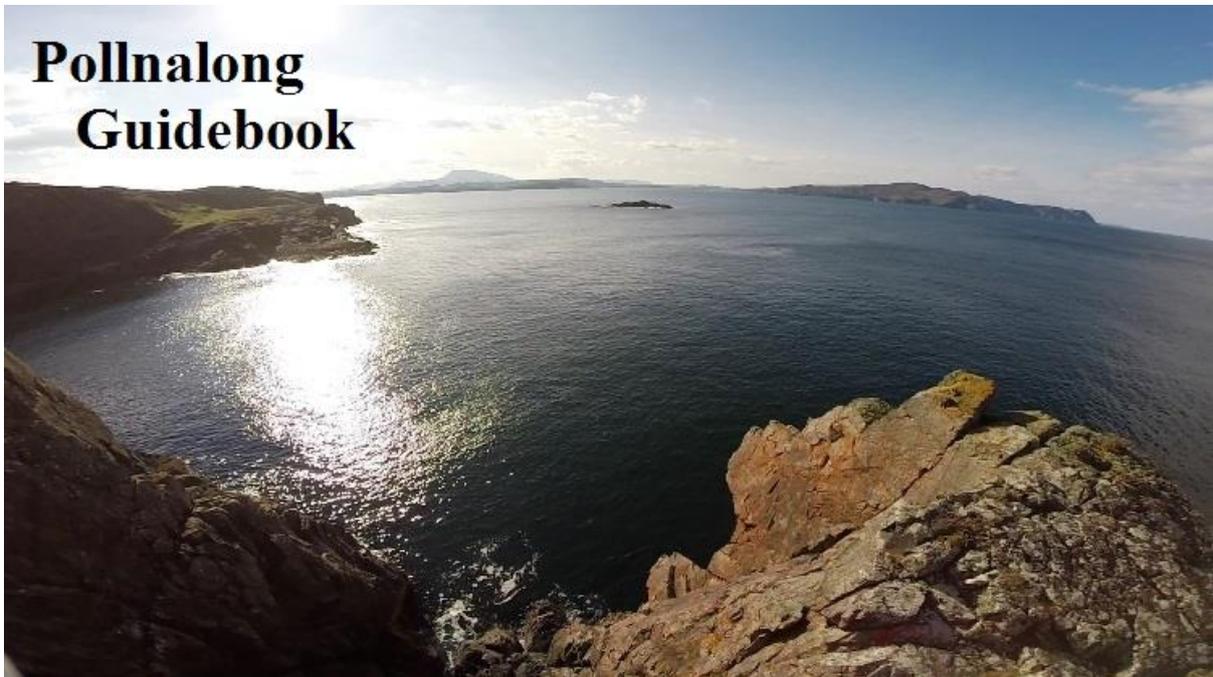
A Climbers Guide to

Downings

By

Iain Miller

**Pollnalong
Guidebook**



Pollnalong

This dolerite sea cliff on the western coast of the Rosguill Peninsula provides a goods day's worth of climbing on reasonably sheltered sea cliffs.

From Downings follow the only road out of the village west and then north until you pass Croaghaturr Hill on your left. Continue for approx. 500m from the Y junction and take the first road left towards the sea. Follow this L road for 500 ish metres to a small parking place.

From here on foot, follow a rough track south, cross a stream and continue south down the coast along the cliff tops. Pass two main inlets to reach a long wall facing south west across to excellent views across Sheep Haven Bay to Horn Head and Tory island beyond.

The climbs are in five shallow bays described from North to South, i.e. from right to left when looking out to sea. Abseil access and a calm sea are required to reach the sea level ledges just above the high water mark.

Map ref: C083405

Bay 1

1: Slippery Kipper HS 4a 15m

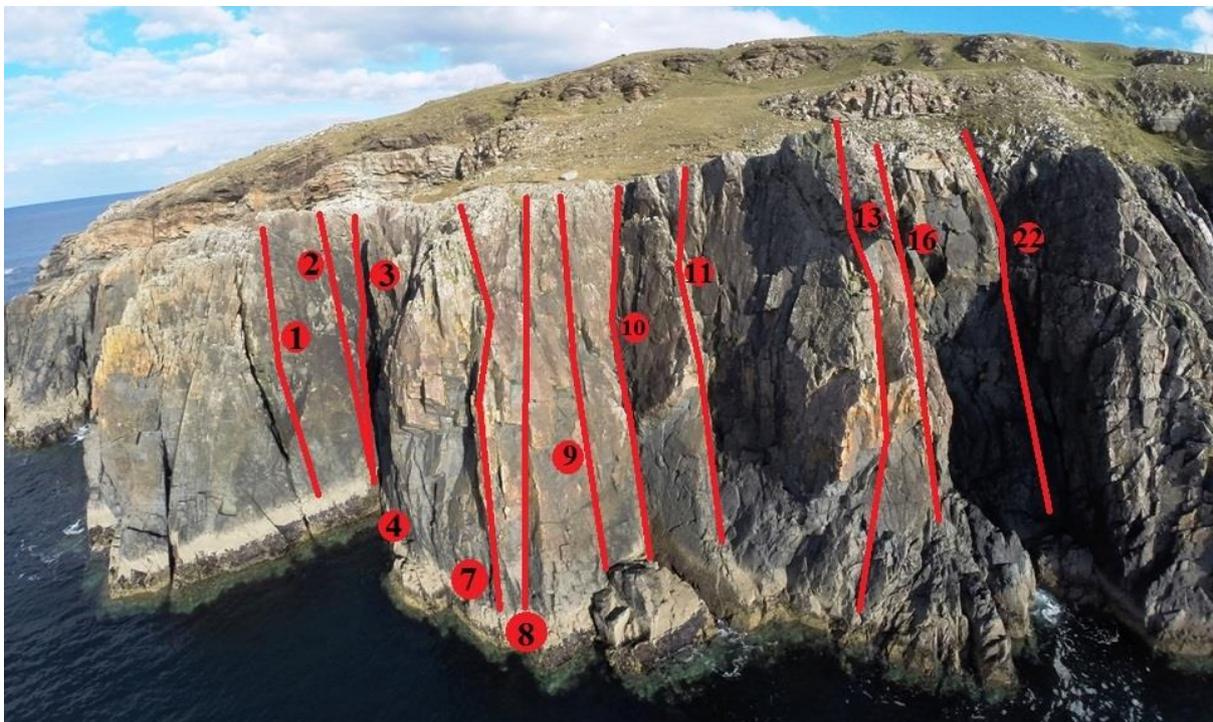
Start at the left-hand edge of the ledge. Climb the arête on the left of the slab. Loose rock at the top.
M. Aughey, C. Adams, P. Williamson 03/10/85

2: Salty Kipper S 4a 15m

Start as for Tight Kipper. Climb the slab, but more left to avoid the bulge near the top.
C. Adams, M. Aughey, P. Williamson 03/10/85

3: Tight Kipper V. Diff 15m

Start on the right-hand side of the ledge. Climb the crack at the right-hand edge of the slab.
P. Williamson, C. Adams, M. Aughey 03/10/85



Bay 2

4: Stations of the Cross S 60m

A sea level traverse starting north of Bay 2 and continuing fairly easily to Bay 4. On the south side of this a spike was lassoed and a pendulum made to gain easier ground beyond. Traverse continues to

a stream which discharges over the crag.

R. Dean, A. Latham 31/01/82

5: Luca Brazzi (sleeps with fishes) E1 5b 25m

Line starts at bottom left of right hand wall in Bay 2, head to the centre of the wall and follow leftward rising line. Eventually reach horizontal left traverse, use this to gain left arête and finish airily above.

P. Cooper, B. McGowan 18/10/03

6: King in Nyelam HS 4b 20m

Left of "Peters Pillar" are some overhangs, left again climb a left trending line of weakness to a nick in a line of overhangs on the upper part of the face. Dynamic climbing through the small overhang on good holds & gear leads to a groove and easier ground above.

B. McGowan, A. Tees, P. Cooper 18/10/03

7: Peter's Pillar VS 4c 20m

Use the left face of the pillar at the mid-point between the bays, as it peeters out step left across the gap, to finish up left side of the steep face.

P. Cooper, B. McGowan, A. Tees 18/10/03

Bay 3

8: AJAR HS 4b 20m

Climb the corner just right of Peter's Pillar, crux is getting on to the arête above.

A. Miller, Julie

9: Bendigo V. Diff 3c 20m

Goes more or less up the middle of the slab on the northern side of the Bay into a broad scoop. Move delicately left, and up to finish.

A. Tees, B. Magowan 18/10/03

10: Not my Fault V. Diff 20m

Climb the huge corner at the back of the bay.

A. Tees, M. McGuigan Feb 2001

11: Maggies Bloomers S 4a 20m

Takes the large Deidre, crux is the direct finish up the steep corner to the top.

M. McGuigan, A. Tees Feb 2001

12: Stardust E1 5a 20m

Climbs the right side of the fine wall between Maggies Bloomers and Craos. Start in the corner at the base of Maggies Bloomers. Climb steeply up and rightwards to meet the arête just below where the angle eases. Continue up diagonally back left on the slab above, finishing up the leftwards slanting groove.

S. Paling, S. Connelly, V. Gillet May 2003

13: Craos VS 4c 25m

From a stance below the overhangs move up and left to an obvious crack splitting the wall. Continue on through the bulge and onto easier ground above.

D. Somers, I. Ryan 31/01/82

14: Mixed Bathing Diff 20m

Takes the huge crack splitting the overhang at its right hand end.

D. Stelfox, U. MacPherson 31/01/82

15: Free Fall HS 4b 20m

The arête at the left end of the bay.

M. Smith, I. Rea, D. Stelfox 30/01/82

16: Jammy Dodger HS 4b 20m

The left-hand end of the slabby wall is bounded by a deep V-shaped groove and an arête. This route

climbs the V groove.

I. Rea, D. Stelfox, M. Smith 30/01/82

17: Egg Banjo S 3c 20m

Climb a line up the slabby wall on the northern side of the inlet. Various variations.

I. Rea, M. Smith, D. Stelfox 30/01/82

18: Barney Rubble V. Diff 22m

The corner crack in the back of the inlet.

I. Rea, M. Smith, D. Stelfox 31/01/82

19: Dino S 4a 20m *

Takes the obvious sloping ramp steepening into a corner on the south side of the inlet.

M. Smith, I. Rea 31/01/82

20: Wacky Wall HVS 5a 20m

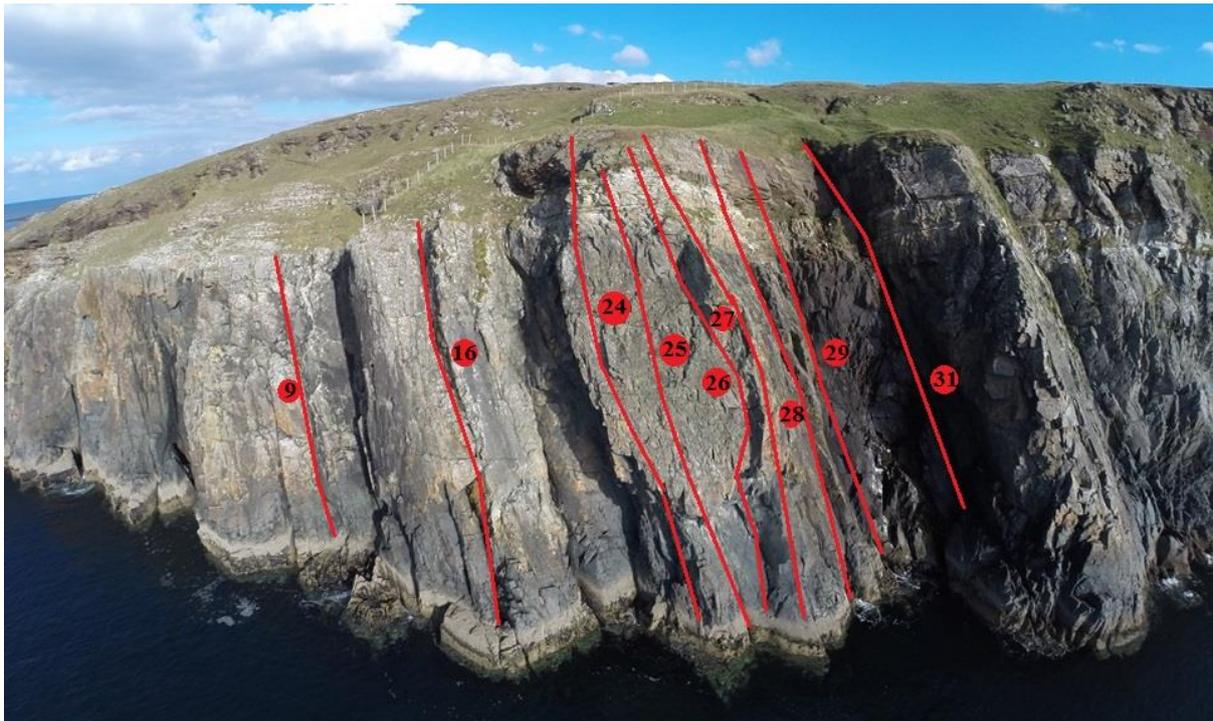
Starting at the bottom of Dino, move up and right across the wall to gain better holds beneath small overhang. Move back left by delicate climbing around the overhang to gain easier ground above.

M. Smith, I. Rea 31/01/82

21: Spirit HVS 5a 20m

Approx 3m of "Dino" right is an obvious steep crack line, start 1.5M to left to gain crack. Once in crack continue up to nose/overhang move left onto slabby face.

P. Cooper, P. Smith 13/09/03



Bay 4

22: Spiser VS 4c 20m

Start on the southern side of the Bay, climb easily just left of the crack/cleft. Where the crack closes at half height, move up using flakes and flat holds and finish up a corner.

T. McQueen, P. McClenaghan Aug 85

23: Last Call For Donegal S 4a 28m

Start as for "Second Hand Dream" avoiding the overhang on the left and continue up the corner to follow a ramp on small holds on the edge finish on the arête.

A. Tees, M. McGuigan Feb 2001

24: Second Hand Dream VS 4c 28m

Start just left of Wafer. Up to first overhang which is passed on the right until the main overhang. Step left into deep crack and continue up onto the arête between bay 2 and bay 3. Follow the obvious diagonal traverse line (delicate) on the Left side of the arête to the top.

D. Stelfox, U. MacPherson 31/01/82

Bay 5**25: Wafer HS 4b 22m**

Start just left of Ulster Fry. Follow a crack up the wall finishing on the obvious arête.

E. Cooper, M. Manson 30/01/82

26: Ulster Fry S 4a 20m

The deep corner crack in the left-hand side of the bay wall.

D. Stelfox, I. Rea 30/01/82

27: Bubble and Squeak S 4a 20m

Takes the arête left of the two previous routes and right of Ulster Fry, starting from right-hand side.

D. Stelfox, U. MacPherson 31/01/82

28: Stroll S 3c 20m

The left-hand of the two deep cracks.

E. Cooper, M. Manson, M. Smith 30/01/82

29: Runaway S 4a 20m

From the platform on the northern side of the inlet, follow the right-hand (from bottom) of the two obvious cracks.

M. Manson, E. Cooper 30/01/82

30: Nearly New S 4a 20m

On the southern side of the inlet. Follow the obvious crack leading into the corner back of the bay.

E. Goulding, M. O'Brien 31/01/82

31: Cream Cracker Diff 20m

The deep corner cleft in the back of the bay.

O. Jacob, K. Higgs 31/01/82

32: Side Alley HVS 5a 25m

Takes the obvious deep crack in the left wall of the bay. Rock doubtful near top.

K. Higgs, O Jacob 31/01/82

Disclaimer

This guidebook is intended for information purposes only, it is not an instruction manual. This free guidebook is for the use of experienced outdoor climbers to make their own judgement calls as to what is and where is safe to climb on any given day.

Whilst every effort has been made to ensure the accuracy of the information contained within this guidebook at the time of writing, it alas cannot be guaranteed to be completely accurate. Many of the routes, locations and even some of the islands in these guidebooks are seldom visited, with a considerable amount of the routes having only ever been climbed once before.

The west coast and islands of Donegal are very exposed to the Atlantic Ocean swells brought by the ever present trade winds. A good working knowledge of such nautical matters is essential to ensure safe practice whilst visiting and climbing on remote and very exposed sea cliffs and stacks.

Rock climbing is an activity with a very real danger of personal injury or death. Participants in these activities must employ appropriate levels of mountaineering / rock climbing guile and common sense. Participants must take personal responsibilities for their actions and involvement in these activities at all times.

In Ireland all land is owned by someone, the inclusion of a location in this book does not mean we have the right of access or the right to climb there. Please respect the rights of the landowner and we can continue to visit these beautiful places.