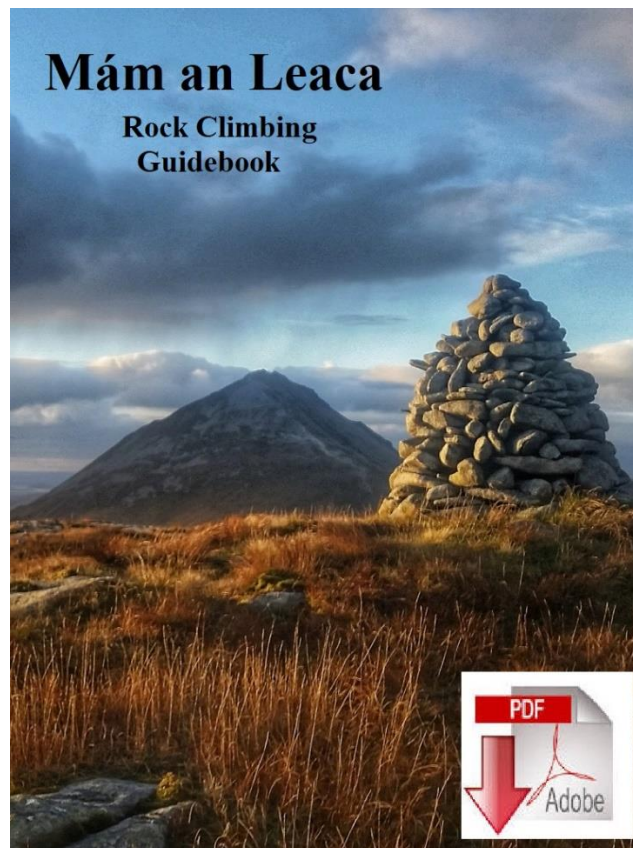


A Climbers Guide to

Mám an Leaca

By
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Mám an Leaca

These remote NW facing slabs are situated below the summit cairn (484m or 502m) and above as well as east of Loch Croloughan. They are immediately above a small rocky corrie. GR: B963194

The routes are described from left to right:--

At the left end of the crag at the bottom of the slabs is an obvious groove:--

First Time Groove V.Diff 25m

Climb steeply into the groove and continue directly up the slabs via various cracks.

Yorky, 04/12/16

Final Push S 25m

Starts approx. 3m right up a stepped crack onto a shallow slab. Climb direct up the narrow slab to the right of a clean blunt arete.

Yorky, 04/12/16

Scope Sweep S 25m

Starts approx. 3m right where the slabs reach their lowest point. Climb easily following the slabs left into a scoop. Move out right and climb the good clean blunt arete.

Yorky, 04/12/16

To the right of a dirty vegetated area are a series of cracks:--

Left of Quartz S 25m

Starts at the left end of a small overlap. Climb the crack which joins the quartz crack until able to move left to follow another crack.

Yorky, 04/12/16

Quartz Crack S 25m

Starts to the right of the quartz line by pulling through the overlap. Join and follow the quartz crack line finishing up the right side of a mossy crack.

Yorky, 04/12/16

The next 4 routes all start by pulling through the overlap as for Quartz Crack and then climb a series of straight crack lines:-

First of Four S 25m

Climb the left hand straight crack trending left at the top.

Yorky, 04/12/16

Next One Crack S 25m

Climb the crack a metre to the right with delicate moves to reach a small ledge.

Yorky, 04/12/16

Hollow Flake Crack S 25m

Climbs the crack a metre to the right via a hollow square-shaped flake.

Yorky, 04/12/16

Last of Four S 25m

Climbs the final long crack line a metre to the right.

Yorky, 04/12/16

Smooth Flakes V. Diff 10m

Climbs the short series of small flakes up the smooth grey slabs at the far right hand end of the slabs.

Yorky, 04/12/16

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.