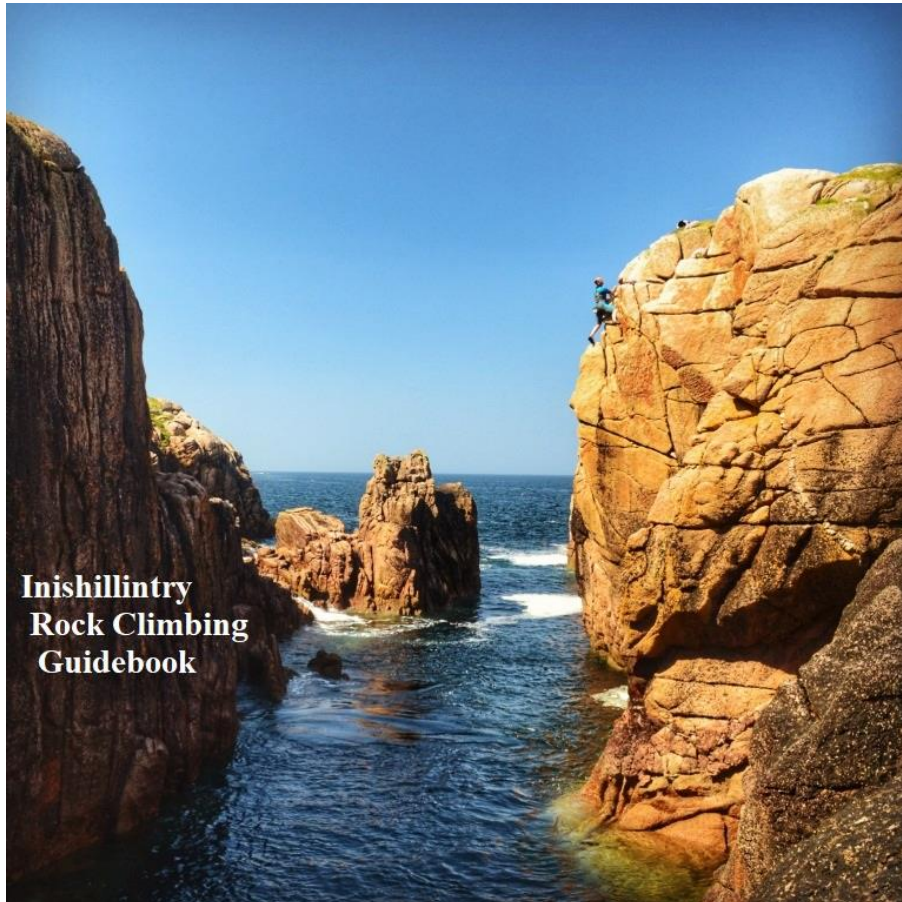


A Climbers Guide to
Inishlintry

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Inishillintry

Inishillintry is a small uninhabited island that lives in the middle of Cruit Sound to the East of Cruit Island. The island comprises two small heather covered granite islands joined by a wide sand bar. This sandbar joining the islands creates an excellent tidal zawn on the north coast between the two islands.

There are two climbing locations on Inishillintry both are suitable deep-water solo venues. The first and most obvious cliff faces west across the sound directly opposite the Farmhouse Buttress on Cruit. The deep zawn between the two islands provides the second location and is an excellent deep water solo venue at high tide and a calm sea from the north.

All but one of the routes on this island (so far) has been deep water solo'd as the first ascent. Deep water soloing is simply freesoloing above deep water. I snorkelled below the two crags to check water depth and for submerged boulders prior to climbing the routes. The waters below these two crags is strong and extremely violent during any north gales. Boulders on the sea bed can and do move about, it is always essential to check you potential landings before climbing.

Access to Inishillintry is by kayak from any of several public slipways on Cruit Island or Kinnasslagh. Between the islands at the southern end is the perfect landing beach of golden sand and southern aspect. It is from this landing that directions to the two climbing locations on the island are given.

Directions to the island: From Crolla Village on the main Dungloe/Letterkenny road N56. Follow the sign post for The Airport and continue on the R259 to the Viking House Hotel, turn down the wee road opposite the hotel and take the left fork after 100m. Follow this road over the bridge onto Cruit Island. Once on Cruit Island continue for a further 2km passing a grave yard on your left and a huge area of flat ground on your right. At the end of the flat area the road bends to the right and goes up hill to the thatched cottages, beyond this, on the right take the wee road for approx. 100m to a small public slipway. Map ref. B734212 Alternatively, you can just as easily start your sea passage out to the island from the public slipway at the golf course as for Owey Island.

[Inishillintry Google Maps pin](#) Map ref: B725223

The nearest alternative climbing locations are [Cruit Island](#), [Owey Island](#) and [Gola Island](#).



Inishillintry Map

Sea Wall

From the sandy beach scramble through the thick heather towards Cruit Island. This takes you to the top of the sea wall, descent by abseil or traverse in from West as for Grace Jones.

Grace Jones 5c 60m

Descend a grassy ledge system at the very western edge of the wall. Traverse rightwards just above the high tide mark. Take a rising line up the smooth wall right of Island Life then make a step down a crack to small square cut hollow. Continue right then up a foot ramp to a shallow right facing groove. Climb this to some perched blocks then up and right to finish just below the cliff top directly above the square cut cave.

D. Turnbull Aug 2013

Island Life VS 5a 18m

At the far left end of the crag, Abseil from the cleaned thread 10m back from the cliff top to a superb stance just above the high water mark. Climb the right trending fist jamming crack until forced to make a very committing step up left. (Elvis may enter the building) Continue direct to the summit up several small edges and a worrying layback.

I. Miller, Nepal Paul 12/05/10



Inishillintry Sea Wall

The Zawn Wall

From the sandy beach walk inland until facing out into the narrow north facing zawn. For the first time visitor, scramble up left to the clifftops overlooking the zawn. This is the best place to familiarise yourself with the location and access to the base of the wall. The routes are described from left to right looking at the crag from across the tidal channel separating the islands.

1: Numb S 8m

Descend the gentle slabs at the seaward end of the crag to sea level traverse to the second wee vertical groove. Climb on good rounded jugs to the top

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Main Wall left hand side

2: Jaws HS 8m

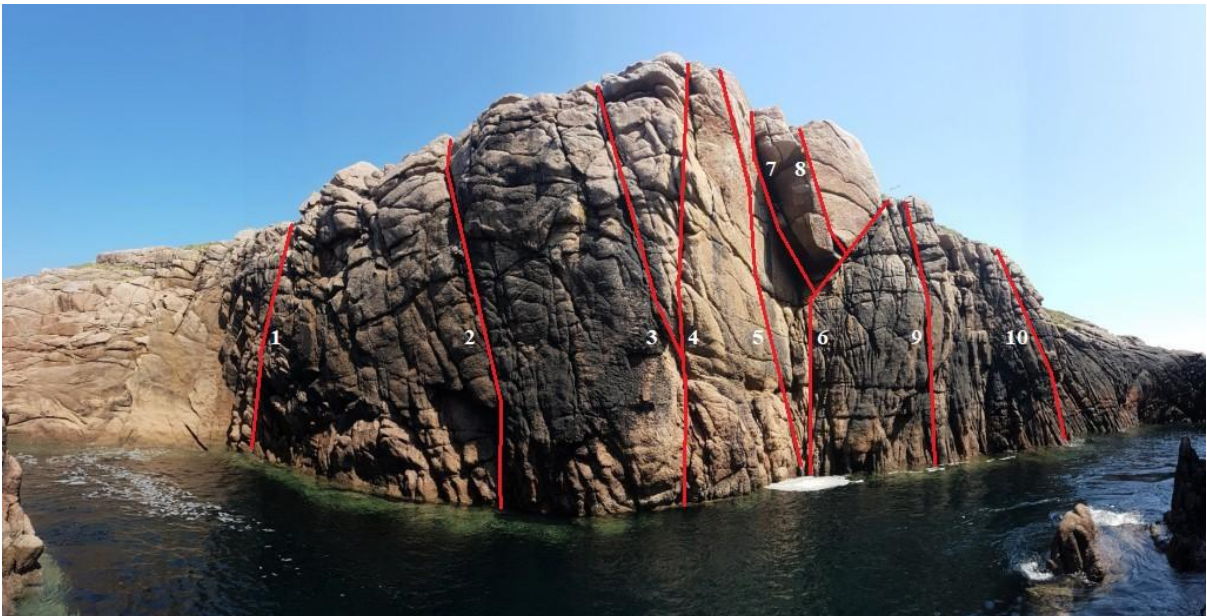
Descend as for Numb and traverse at sea level for approx. 10m to a deep recess at the high water mark. Climb up and out of the recess and follow the left trending groove/crack to the top.

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3: The Nose (left groove) HVS 5a 8m

Start as for the Nose and pull left into the left trending groove from the little recess on the prow. Follow the left trending groove to the top.

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Main Wall

4: The Nose HVS 5a 8m

In the center of the crag there lives a prominent prow which provides excellent steep climbing on jugs and a lot of air around you.

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5:

6: Damocles V.Diff 8m

Start at the foot of the slabby wall, capped by an overhang, to the right of Wino. Climb the wall moving right under the roof to finish up a ramp on the right of the roof.

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7:

8: Damocles Roof exit V. Diff 10m

Climb Damocles until out past the ominous huge roof. Step left and follow the hand crack to the summit

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9: Edge of Reason V.Diff 8m

Starting 4 meters right of the Damocles Corner, climb the right hand side of the slab.

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10: Ghost Walker V.Diff 8m

Climb the right-hand edge of the right most crag.

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Main Wall right Hand Side

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.