

A Climbers guide to

# lompainn

by

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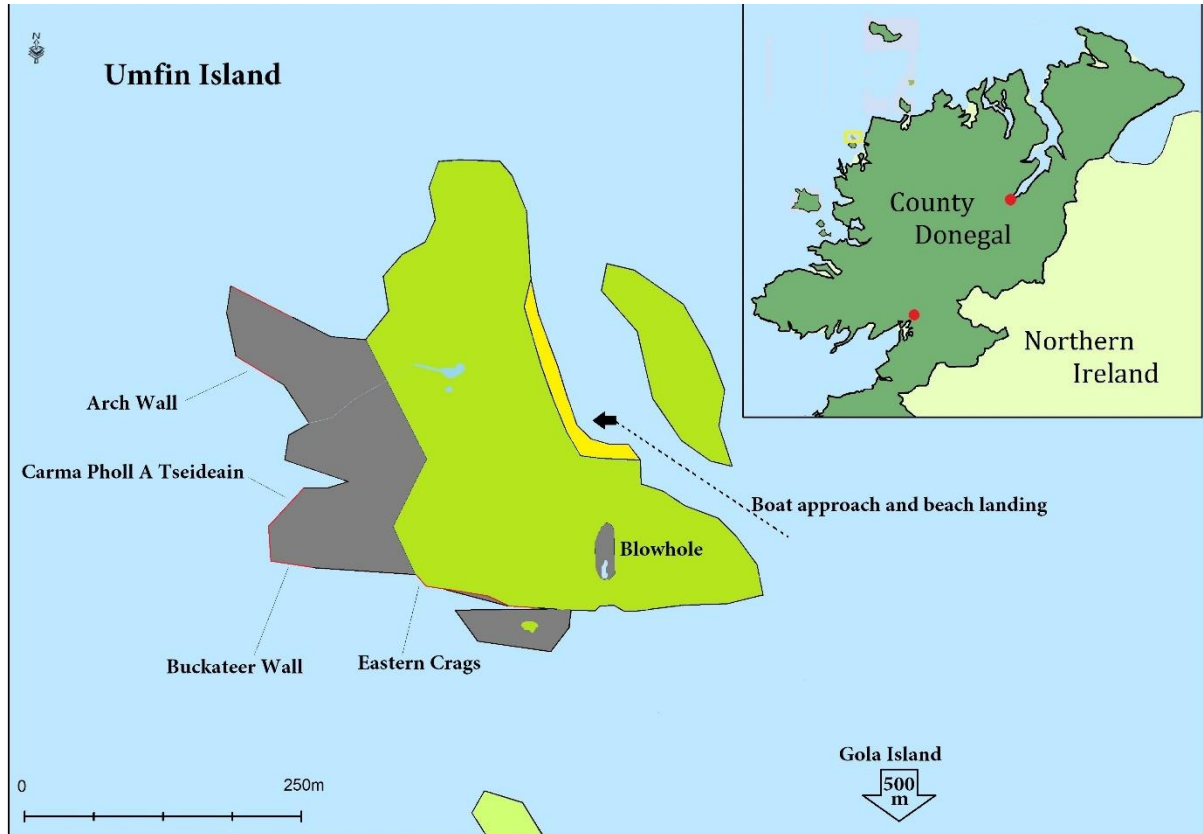
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## Oileán na lompainn

lompainn (Umfín or Umphín) is a small uninhabited island lying on the seaward side of Inis Meáin and just to the North of the much better known [Gola Island Guide](#). The island sits approximately 3 KM from mainland Donegal and is normally surrounded by mildly tetchy ocean.

lompainn is home to a ground nesting colony of several hundred sea birds and sees very few visitors of the human kind. Access to the island is by boat or if you are feeling Olympic by swim. There is no regular ferry service to the island and leisurely sea kayak paddle is an excellent way to approach and visit the island.



On the landward (Donegal mainland) side of lompainn there is a perfect natural harbour and shelved landing beach between mainland lompainn and the outlying Tornacolpagh Island. The channel between the islands provides a very sheltered landing spot which at low tide allows you to walk between the island as the sea retreats. The rest of lompainn coastline is very exposed to every ripple of oncoming sea motion from all directions southwest through to north and is effectively guarded by sea cliffs for much of its circumference.

The granite sea cliffs on lompainn provide excellent Gola type sea battered granite up to 25m in height and on Buckateer's Wall on the south face lives one of Ireland's most spectacular sea cliff roofs.

Map ref: B766284 [Google Maps Pin for lompainn](#)

### Sea Arch Area

The first four routes are found by walking across the island and continuing across the big square sea arch on the west of the island. Once across the arch descend westward on ledges to gain the big non-tidal ledge, leading into the square cut corner of "Applecross Cracks."

Cúinne Cos Madadh E2 5c \*\*

Climb the steep wide corner crack next to the arch, with excellent sustained climbing until you can fit

into the crack. Access by abseil or tricky traverse in from "Applecross Cracks" recess to right.  
*L. Murdiff, I. Miller 06/06/22*



Fernest the Foam VS 4b 15m \*

Left of "Applecross Cracks," climb onto the arete and surmount a couple of steps, before a fine exposed exit onto the top.

*A. Tees, V. Schafer 19/06/10*

Applecross Cracks 10m

There is a step on the ledge, and twin cracks directly above. Climb these to almost the top, step right and climb the crack in this higher section of wall on good holds and gear. Delightful, and easier than it looks.

*A. Tees, V. Schafer 19/06/10*

Trasna an Bhalla HS 4b \*

Climb the right trending diagonal crack, tricky at first leading to excellent flowing climbing above.

*I. Miller, F. Fionnlaoich 05/06/22*

On the south facing walls (looking towards Gola) on the seaward side of the arch.

Doimhneacht S 4a 10m

Across the arch and descend on huge tidal ledges until you arrive at the first place where a rope would be a good idea to continue. Climb the deep corner groove above to the summit.

*I. Miller, F. Fionnlaoich 05/06/22*

Navajo HVS 5a 10m

Climb the obvious crack teetering up the wall left of the sea arch. Ab approach to ledge

*D. Millar, M. Boner 06/10*

### Buckateer Wall

Buckateer E2 5b 20m

Climb the leftwards flying crack in overhanging wall. Start in the centre of the wall and then follow a prominent crack to where it veers leftwards on overhanging ground. Swing wildly on jams and buckets, reaching left to finish.

*A. Anderson, C. Bull, G. Huxter 27/07/97*

Harbinger E3 6a 20m

Takes the next crack left of 'Buckateer'. Boulder start and steep moves allow an overhanging groove to be reached more easily at 11 m. Finish up this directly in a good position.

*K. Pyke, G. Huxter 27/07/97*

Tierdrops E3 6a 20m

To the right of 'Buckateer' there is a three tier wall with crack systems. This route takes the central line. A powerful reach gains the first ledge. Painful jams the next. Continue steeply up the black cracks in the final tier.

*A. Anderson, K. Pyke, G. Huxter 28/07/97*

Splash Wall VS 4c 15m

Takes the east-facing wall forming the corner of the Buckateer area. Starts to the left corner chimney. Climb up and left to the centre of the wall. Move in fine positions and on good holds to finish up this directly.

*K. Pyke, A. Anderson, G. Huxter 28/07/97*

Curach Crack HVS 5a 25m \*\*

Climb the arete/crackline to the right of the arch (facing in). Start on the ledge beneath the arete. Follow the wide cracks in the arete until it moves onto the wall. Then directly up the wall on easier ground to finish.

*C. Bull, A. Anderson 29/07/97*

Diminishing Returns E1 5b 20m

Start at the right end of the face bordered by large ledges. Follow the first thin crack line directly, moving left on face holds at the top.

*K. Pyke, C. Bull, A. Anderson 29/07/97*

Hurricane Dan E2 5c 25m

Storm Wall (right of Buckateer- When facing in) "Hurricane Dan" Climbs the right fork of the bifurcating crack in the middle of the wall. Climb the steep crack for 6m to where it splits. Take the right fork up to the roof. Climb directly over the roof and ground above to finish.

*G. Kirk, G. Huxter 01/08/97*

Mungo Park's Missed Opportunity E4 6a 25m

Action Zawn (right of Storm Wall facing in) In the middle of the wall, there is a prominent crack/groove line. This route takes a crack and steep wall immediately left of this. Mungo Park's Missed Opportunity E4/6. 6a with rests. (Was not returned to for clean ascent due to bad weather). Climb easily up to a small overhang, pull through this and then continue strenuously up the crack. Leave this and continue directly up to steep wall via horizontal breaks to the top. Very steep and powerful climbing.

*G. Huxter 29/07/97*

Saved from the Gall VS 4c 12m

Climbs the leftward trending crackling on the seaward wall (left of 'Carlins Corner')

*F. McCloskey, S. Carlin 06/08/97*

Bridge over Troubled Waters V.Diff 10m

The most westerly 'V' groove before descents and ledges.

*F. McCloskey, S. Carlin 06/08/97*

Tooce Mwaih HS 4b 10m

Carma Pholl ATseideain The First inlet north of the main wall. Both routes here are described as short but good. Tooce Mwaih climbs the main crack and flakes on the north wall, opposite 'Spot'. Easier than it looks.

*F. McCloskey, P. Lemoine 05/09/98*

Arete Patrick VS 5a 10m

Climb the wall and arete left of 'Tooce Mwaith'.

*F. McCloskey, P. Lemoine 05/09/98*

Spot VS 4b 15m

This is on the South wall, opposite the two routes above. Start on ledge, on left end of this wall, well above the sea. Traverse right to wet crack. move right at overhang (crux) or climb the flared offwidth overhang. Exposed but safe. The lower half of this route could be added to, but would be a lot harder.

*F. McCloskey, P. Lemoine 05/09/98*

Cogadh na gCarad VS 4c 10m

First corner crack East of An Straighre Dubh (descent). Up corner to ledge. Avoid juggy overhang by moving slightly right (crux) or climb overhang direct at 5c?

*F. McCloskey, P. Lemoine 05/09/98*

Fold Mhona HS 4b 10m

Abseil down west face of walls south of Camas Pholl a tSeidean. Climb the stepped corner midway along. Crux at top.

*P. Lemoine. F. McCloskey 05/09/98*

## 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.