

BOLFA 2023



**South
Australia's
Best Climb**

**Taken for
Granite**

**Rock climbing
and injury
prevention: a
Practitioner's
Guide**

A Greek Odyssey

**Crag Care: get
ready to make a
difference!**

**Onkaparinga
then and now**



Welcome to BOLFA 2023

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Presented by the Climbing Club of South Australia and supported by the UniSA Rock Climbing Club.

On the cover: Peak hour traffic on Easter Island Wall. Kelly belays Akira as he works out the crux on the second ascent of Chase the Devil, Jason and Frew investigate another possible new route and Matt prepares for a lap on Pericles. Photo by Peter Hamnett.

Rock climbing is dangerous. It is your responsibility as a climber or boulderer to have received adequate training and to know and accept the risks involved.

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Hello all, I'd like to acknowledge the Kaurna people, the Traditional Custodians of the lands where I am writing today and where I climbed this weekend. I acknowledge their continued connection to these lands, and pay my respects to their Elders past, present and emerging. A special mention goes to Ngannu, the ancestral body of the Adelaide Hills, and that I feel grateful to be amongst our beautiful natural landscapes.

I'm happy to be BOLFA editor again and to help celebrate our passion for climbing through great stories. Over these pages you'll find out about the climbing development at Cape Willoughby by Peter Hamnett and his fellow climbers, along with South Australia's favourite climb six years on from our last visit. Then we have a guide to climbing injury prevention, a Greek Odyssey, Crag Care making a difference, and a glimpse at Onkaparinga then and now.

A big thank you to all the contributors of articles and photos this year, much appreciated. Also thanks to sub editor Emma Adams, webmaster Joel Williams, and the CCSA Committee for their part in putting BOLFA together. And thank you for reading BOLFA! I hope you enjoy it.

Kylie Jarrett
BOLFA Editor



South Australia's favourite climb

Written by Emma Adams

In 2017, the climbers of South Australia were asked to name their favourite SA climb.

A large portion of you agreed that Muesli (16) was the perfect mix of everything you love about climbing.

It's a classic in every sense of the word and even if it's below your grade limit, it is just a guaranteed fun time.

Six years later, it is time to see whether the events of the last few years have changed our climbing habits.

And in summary, it does appear that there has been a change in where the best climbs are located.

Whilst Morialta climbs definitely are still favoured by many of you, there is a lot of love thrown in the direction of Moonarie.

It is not surprising that Moonarie would have seen a lot more traction in recent years with interstate lock downs.

Those of you who frequent Arapiles for adventure climbing would have no doubt descended on Moonarie to scratch your multi-pitch itch when a border crossing was not an option.

SA's favourite climb voted by the climbers was indeed found at Moonarie this year.

This climb rated high in the previous survey, winning the favourite climb at Moonarie but not overall.

I am sure it is no surprise to some of you that SA's favourite climb is **Downwind of Angels** (19), a three-star route located in the Great Wall Area.

The John Smart and Mark Paramor classic, put up in 1978 is described as "compelling" and "one of the best routes at Moonarie at any grade" in the most recent guidebook by Rob Baker and Josef Goding. Climber Frewin said it was in a location "out of this world" and enjoyed the "consistency of the grade".

Jason Baltrop also marvelled at its location and also enjoyed the length of the pitches and Sally calls it a "stellar day out".

Caleb Skirrow says it is "amazing rock with protection all the way up" and "sustained and long".

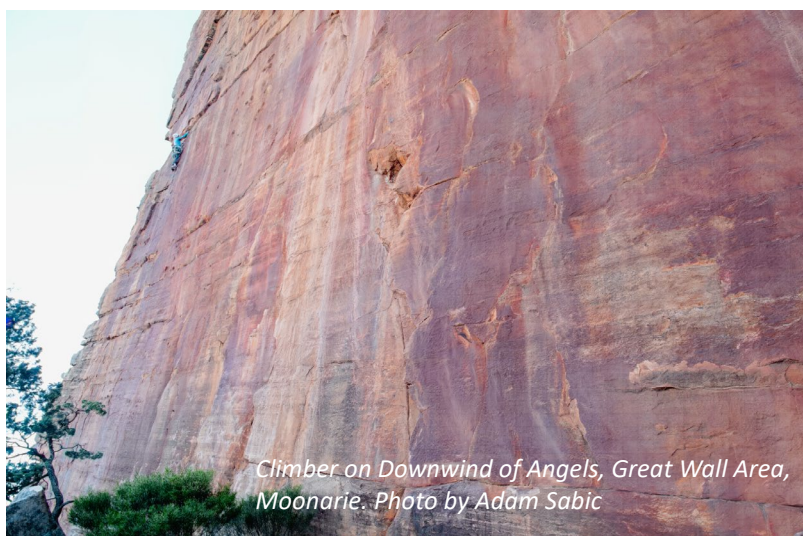
While Russ says it has "rad AF exposure".

Sandy Hancock also comments on the "incredible position and great protection" while Marinko Soldic says "the name describes the climb".

There you have it SA climbers, it seems if you haven't got Downwind of Angels on your tick list, I am going to bet you might have it now.

Other Moonarie routes worthy of a mention are Tim Tam (16), Hangover Layback (15), Moondance (15), Expiry Date (22), Perhaps (19), Durban Poison (25), Garden Refuse Removed Cheaply (13), Trouble and Strife (27) and Pine Crack (19).

Muesli came in second favourite in this year's survey in a three-way tie with another Morialta classic Barad Dur and Summit classic Anzac. Whilst only receiving two individual votes each,



Climber on Downwind of Angels, Great Wall Area, Moonarie. Photo by Adam Sabic

Connor Mulligan likes introducing people to climbing by way of Muesli so "they can fall in love with the beauty of climbing in nature" and he says, "it flows perfectly as if it was man made." Whereas Sally says Barad Dur has "a bit of everything".

Simon says Anzac "has it all" and calls it "inspiring and exciting" with endless beta options.

The largest concentration of favourite climbs outside of Moonarie were found at Morialta and



*Climber on Downwind of Angels.
Photo by Adam Sabic.*

Norton Summit (almost a tie but Morialta won by one vote).

The other best climbs at Morialta as rated by you were Triad (19), Asgard (16), Extra G (21) and Terra Incognito (22).

Top rated climbs at the Summit (after Anzac) include Trundle Down Rundle (25), North Terrace Stroll (25) and The Natives are Restless (21).

Other crags with favourite climbs are The Bluff (Waddle of the Duck, Hopes in Slopes), Onkaparinga (Lust, Stiletto), Raetjen's Gap (Paradigm), Devils Peak (Chilli Tickle), the Bachelor Pad and Blackwood (Black Hole Sun).

If anyone needs some inspiration for a new project, I hope you have been able to find it here, amongst the list of favourite climbs by those who participated.

Whilst Moonarie did rate quite high in the 2017 survey, it does appear that it has a greater presence in the 2023 survey.

It appears that the circumstances over the last few years have really had an impact on South Australian climbers and it's great to see more people headed out North to Moonarie for adventure climbing.

A vertical advertisement for Adventure Systems. The background is a close-up of a rock face with a climber's shadow. The text is overlaid on the image.

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Taken for Granite

By Peter Hamnett

The Promise

Despite the abundance of quality granite at Cape Willoughby, climbing development has been sporadic. The risks of inclement weather and costly ferry tickets have posed significant barriers, and (un)surprisingly Badenoch and Adams' 2020 guidebook, *Rockclimbing around Adelaide*, records only 23 new routes since the 1970s.

In recent years a rapid expansion has occurred as climbers have explored the Easter Island area further down the headland.

TheCrag.com now lists 61 trad routes and 15 boulder problems, with many lines in this area awaiting a first ascent.

The Trip

After the wet weather of 2022 washed away several planned trips to Arapiles, Frew Ries suggested we try our luck with a summer trip to Cape

Willoughby. As the instigator of an exploratory trip in 2015, with Andy Keum and Mark Shelton, which established the first routes on Easter Island Wall, he'd been dreaming of bagging some more of the unclimbed lines. The idea grew and other keen climbers jumped onboard, including Matt Sheppard, who'd been busy developing the Seafaring Fools Wall in 2022. Before long a plan emerged for a weekend trip in late January 2023. Frew, Jason Barltrop and I

planned to head over first thing on the Friday, with others to follow.

Travelling down the night before to save on a few hours of sleep, we woke to watch the sun rise from our roadside camp in the hills above Cape Jervis - the spectre of Cape Willoughby just out of sight across Backstairs Passage. We

packed up our camp and before long we were in a booth on the ferry with coffee and breakfast, when we were joined by Matt, who'd decided to head over a day earlier to join the gold rush.

We spent the crossing pouring over photos of the Seafaring Fools Wall, wondering if the prominent diagonal crack would go, speculating on the route length and questioning if it was possible to stay dry, let alone stand, on the tiny sloping belay ledge just metres above sea level. Frew, Jason and Matt all had designs on the first ascent and it was clear someone was going to miss out.



Jason chips away at the first ascent of Cracking Up as Matt wonders if he'll stay dry.

Landing in Penneshaw, we made a quick stop for supplies before setting off to the beautiful Chapman River campsite in Lashmar Conservation Park. Pitching camp in the dappled light amongst the trees on the riverbank, the tranquil ambience promised to be the perfect counterpoint to what lay in store: the intense exposure of Cape Willoughby; where the sun, wind, sea-spray and surf are all encompassing.

And so, with our camp set up and our minds fixated on first ascents, there was nothing left to do but head to the Cape!

At the crag we eyeball some of Matt's recent developments; including the intimidating *Walk the Plank* (19) which starts with a precarious traverse across a ledge about 30 m above open water and the gaping mouth of a giant sea cave at the base of the Seafaring Fools Wall. Down right from WTP we get the best look at the prized diagonal on the far side of the inlet (Mermaid's Pool). Having learned as much as we can from this vantage point we head to the top of the cliff, and, before we know it, Jason has built an anchor, fixed a static line and is over the edge having a closer look.

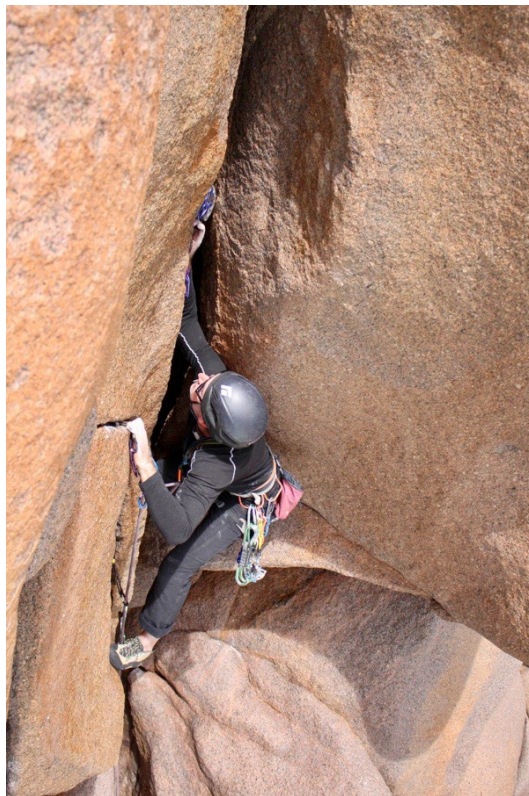
The swell surges and, with a stiff breeze blowing, it would have been impossible to hear anything from below, but for Frew's foresight to bring his son's toy 2-way radios. A few moments later Jason's voice crackles over the radio saying it looks like the line will go. It's a toss-up



Pondering the delicate traverse onto the headwall of Cracking Up.

between Matt and Frew as to who'll join Jason

on the belay ledge, but Frew graciously gives Matt the nod, having another virgin line up his sleeve. Together; we watch from the wings, as Jason methodically puzzles his way up the start, Matt perches precariously on the tiny sloping



Frew on the first free ascent of Chase the Devil

ledge and miraculously stays dry while the surf crashes against the base of the cliff below.

Breezing up the first 20 metres, it looks like Jason is going to cruise home, but his momentum slows as he reaches the top of the main diagonal. A series of delicate moves are required to pass a small roof before he steps left and up onto the headwall. Keeping a cool head though the sustained finale, Jason slowly nuts it out to emerge beaming at the top of the cliff after an epic 45 minutes of climbing. Jason would eventually call the route *Cracking Up* (19).

The sheer stoke of witnessing the first ascent of an SA mega classic has us pumped, and after a quick round of congratulatory fist bumps, Frew and I leave Jason to belay Matt to the top. We head off to check out Frew's plan B: an awkward, flaring corner-crack on the left-hand end of the Easter Island Wall. While not as

dramatic; this route turned out to be quite a doozy, the crux being a combination of off-width hands, smearing and bridging, to pass the widest part of its flaring corner... it refused to be freed on the day.

The following morning our crew swelled with the arrival of Mieka, Kelly, Akira and James. Frew returned to free *Chase the Devil* (19) - sailing up it this time - and we spent the rest of the day exploring routes on the Easter Island Wall. These included the awesome hand jam offerings of *Pericles* (16) and *Party Sub* (18) and a repeat of *Chase the Devil* by Akira. Frew and Jason investigated another new line further right, but abandoned the attempt due to loose rock. James and I snapped up a first ascent on *Easter Egg* (14) - a curving layback crack that was short but fun, hidden at the far end of a small west-facing wall to the right of the Easter Island Wall.

By this point, it seemed we may have bagged out on new routes for the trip, but there was one more to go.

Sunday we were joined by KI locals, Simon and Steve, who'd heard on the grapevine that other climbers were on the island and were stoked to join us. Akira and Jason led *Walk the Plank* followed by few others on top-rope. More top-ropes were set for routes in the Rasta Rocks area, which nestles between Seafaring Fools and Easter Island. The dominant line on the wall is *The Kraken*: a monster, which starts with a beautiful sequence of hand jams and flake before morphing into a technical off-width, which morphs again into a featureless expanding chimney. The crew took turns, but none were successful, until Akira cruised into the off-width section, then slowly up, testing his

way, to eventually emerge at the top, where he declared he thought he could lead it...!! If anyone had large enough cams? Fives and sixes were quickly produced and so, adequately armed, it was time to battle the beast!



Akira progressing steadily into The Kraken's bottomless chimney.

A natural viewing platform is located to the left of the wall and we gathered there to watch as Akira worked his way through the first two sections. He looked solid: but his progress ground to a halt as he entered the belly of the beast. The flaring off-width section has no features so upward progress can only be achieved through the most awkward of movements.

Sliding a #6 incrementally higher Akira inched his way up, until, after about 20 minutes, he reached the only positive feature; a rail on the right-hand face about 1.5m below the lip.

Wriggling back and forth he worked out the sequence and finally freed the line, to the roaring applause of the audience. Kelly followed Akira up, to escape the sea spray and the encroaching tide, but despite her best efforts, she was unable to get past the peapod above the flake. But *The Kraken* was defeated, graded a tentative 24.

And so, on a high note, we wrapped up our trip, feeling sunburnt and desiccated, but stoked to have been on the first ascents of some of S.A.'s emerging classics. On the ferry; we poured over photos, weighed up the unclimbed lines and pencilled our next visits in.

Jason has returned to the Cape with Shane Mitchell and Rob Carlin. They repeated *Cracking Up* and snagged some new lines on the *Wild West Wall*; where more unclaimed lines await the next wave of climbers.

But will access for climbing continue?

The Future

Parks SA has recently announced plans to revamp the Cape Willoughby precinct. It aims to draw more tourists to the Cape and includes plans for a cantilevered viewing platform above the Devil's Cauldron, opposite Schweppes Wall. There is also speculation that park boundaries will be expanded, with unknown implications for climbing access.



As it stands, climbing is not a permitted activity within the park, so climbing at Lighthouse Wall, the only wall within the park, is technically illegal. However; climbing here appears to be tolerated, much as it was at Red Cliff and Waitpinga before they were formally approved. By comparison; the crags from Schweppes to the Wild West walls are on Crown Land, which is akin to climbing at Car Crash Quarry or the Bluff. Climbing is legal, but the principals of good

conduct and minimal impact should be followed to avoid giving council any cause to withdraw access in the future.

Although Parks SA's plan doesn't mention incorporation of the adjacent Crown Land; the prospect was discussed at a public meeting held in Kingscote in June and in subsequent correspondence with Parks SA. If the park's footprint is expanded; the newly developed crags could lie within its boundaries, changing the legal status of climbing on these walls.

Increased attention brought by this proposal is likely to bring the status of climbing into the spotlight. While government attitudes to climbing at Cape Willoughby aren't clear, consultation creates an opportunity for the climbing community to communicate our values and participate in a discussion to secure ongoing access. It is important that climbers make our opinions heard at this critical time. The frequency of climbing visits is likely to remain low and limited to experienced climbers. With this in mind, I think it would be a shame to see any significant infrastructure installed e.g., signs, fences, industrial anchors, or for climbing access to be revoked. Preferably Cape Willoughby can remain as a wild and adventurous trad climbing location in the tradition of Moonarie.

Watch out for public consultation on the proposal which will commence soon via:

www.YourSay.sa.gov.au

Run-out but wedged in; Akira seeing the lighter side of his epic battle with The Kraken.

Peter would like to thank Mark Shelton for proofreading and Paul Badenoch for sharing his insights on the legality of climbing access at various places in SA.

Rock Climbing and Injury Prevention: A Practitioner's Guide

Welcome to our blog on rock climbing and injury prevention, brought to you by our team of experienced physiotherapists and chiropractors at Smart Health Training and Services.

Rock climbing is an exhilarating and challenging sport that demands strength, balance, and mental focus. However, like any sport, it comes with its fair share of potential injuries. In this article, we'll explore some of the common injuries associated with rock climbing and introduce effective strategies for prevention, including strength and conditioning exercises, soft tissue release techniques, and stretching routines.



*A wonderful day out with Harry and Alysha at Raetjen's Gap in 2016.
Photo by Ashby Hilton*

1. Understanding Common Rock-Climbing Injuries:

Before delving into prevention strategies, it's essential to familiarise ourselves with the common injuries that climbers may encounter. Some of the most prevalent injuries include:

a. **Tendinopathies:** Climbers often experience issues with the tendons in the fingers, elbows, and shoulders due to repetitive stress on these areas. In fact, in our collective experience, the biggest issue with climbing relating to tendinopathy, is how long it takes for tendons to adapt to training load. This is a cool study (<https://link.springer.com/article/10.1007/s00421-011-2248-x>) suggesting it takes two months of steady training to see improvements in tendon stiffness. We think people feel their muscular strength improving as they start progressing their climbing and subsequently increase load (both quantity and difficulty/intensity), not realising that tendon adaptation lags muscular adaptation by something like 6-8 weeks.

b. **Pulley Injuries:** The pulleys in the fingers can become strained or torn, especially during dynamic movements like crimping.

c. **Rotator Cuff Strains:** Shoulder injuries can occur from excessive reaching and overuse during climbing.

d. Climber's Elbow (Medial Epicondylitis): An overuse injury affecting the tendons on the inner side of the elbow.

e. A2 Pulley Tears: These injuries occur when the A2 pulley of the finger becomes overloaded, often from repeated crimping.

2. Preventative Strategies for Rock Climbing Injuries:

Now, let's dive into some effective preventative strategies that can reduce the risk of injuries and keep climbers performing at their best:

a. Strength and Conditioning Exercises:

To support the demands of rock climbing, climbers should focus on a well-rounded strength and conditioning program that targets the specific muscle groups involved in climbing. Some key exercises include:

- Fingerboard training: Strengthen finger flexors and extensors to improve grip strength.
- Core exercises: Enhance core stability for better body control during climbs.
- Shoulder exercises: Work on rotator cuff strength to prevent shoulder injuries.
- Leg exercises: Strengthen leg muscles to aid in pushing and balancing during climbs.

b. Soft Tissue Release:

Regular self-myofascial release using foam rollers or massage balls can help prevent muscle imbalances and reduce tension in overused areas. Focus on the forearms, shoulders, and upper back to release tightness and improve flexibility.

c. Stretching Routine:

Incorporate dynamic stretching before climbing sessions (we would highly recommend bear crawls which provide eccentric load through the wrist and finger flexors) to increase blood flow and prepare muscles for activity. After climbing, perform static stretches to improve flexibility and reduce muscle tightness. Focus on stretching the fingers, wrists, shoulders, and hips.

d. Graduate Your Load:

In the same way that we'd advise a newbie to running to graduate their load (time and distance) by no more than 10% per week, ensure that your training load is graduated to allow for those all-important tendons to strengthen.

3. Listening to Your Body:

While prevention strategies are vital, it's equally essential for climbers to listen to their bodies and recognise early signs of discomfort or pain. Ignoring warning signs can lead to more severe injuries. If you experience persistent pain, inflammation, or discomfort, consult with a practitioner in your health care team promptly to address the issue and prevent further damage.

In conclusion rock climbing is a thrilling sport that can be enjoyed for a lifetime when approached with caution and attention to injury prevention. As health care professionals, we encourage climbers to adopt a proactive approach to their health and well-being. By incorporating strength and conditioning exercises, soft tissue release, stretching routines and graduating their training

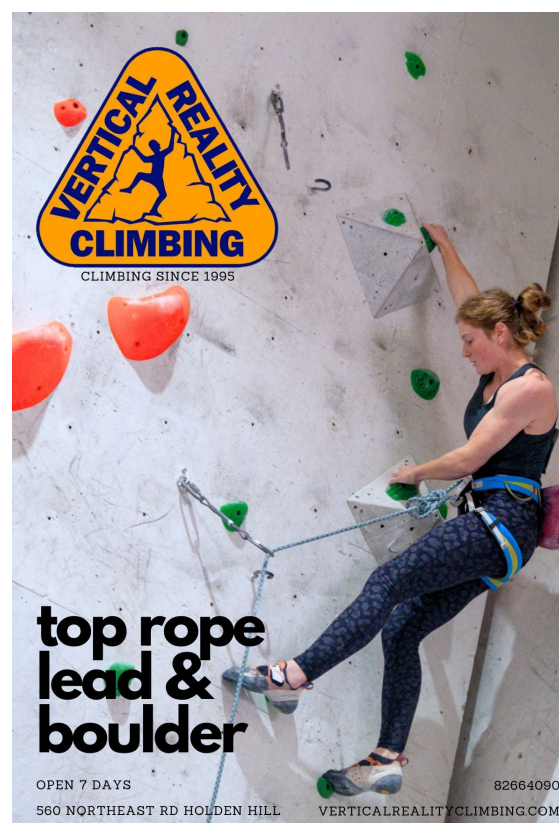
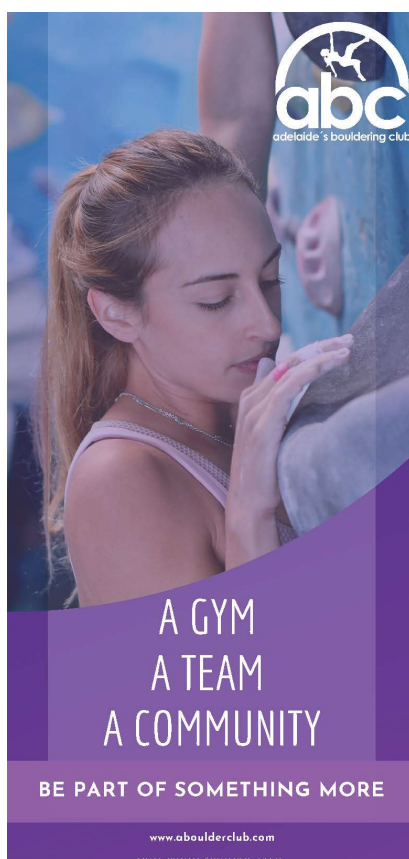
loads climbers can reduce the risk of common injuries and continue pursuing their passion for climbing with confidence.



*Paul Gray on Sauterne
Direct Start, Top Cliff,
Onkaparinga. Photo by
Paul Badenoch.*

Remember, a well-balanced training program, paired with proper technique and attentive self-care, is the key to a long and successful climbing journey. Happy climbing!

PS. If you'd like to find out more about the team at Smart Health we can be found online here ... www.smarthealthtraining.com.au.



A Greek Odyssey

By Mieka Webb

If you've ever been climbing on Kalymnos, it's likely that you've developed a slight addiction to Greek limestone, the smell of thyme and the sound of goats meandering past the crag. But you probably also feel a little bit guilty for just heading back to the same island year after year.

I headed back to Kalymnos in April this year for my fifth visit to the town of Massouri. And it didn't disappoint – the tufa, the scooters, the climbing-village vibe, the amazing food and picture-perfect sunsets day after day. Everything was just as amazing as I remembered.

To help offset my addiction, each visit back I try and tack on another European climbing destination or two (Verdun Gorge, the Calanques, Rodellar, Riglos de Mallos, Leonidio to name a few). This trip I explored a bit further afield in Greece.



Dimi and the Spindle

I climbed at a local crag called Ladiko on the island of Rhodes (worth a visit on the way to/from Kalymnos as an alternative to catching the ferry from Kos).

I met up with my friend Dimi (she's well connected with travelling Adelaide climbers)

and we went on an adventure in her van to Meteora. Unfortunately, poor weather got in the way of our original plans for some conglomerate multi-pitching (although we did manage to scale the phallic Spindle/Adrachti). So we opted for a plan B and set off for the island of Evia and the relatively virgin climbing area of Manikia.



Finding climbs in Meteora out of the rain

Manikia has recently been supported as a climbing area by the local municipality and was the location of the 2022 Petzl Rock Trip. So the rock is definitely not polished and finding information on the area is still a little bit of a challenge. We

only visited one area – Vrysi – in the few

days that we were there, but we were greeted by the landowner, offered some fresh feta and welcomed to camp on his property.

We climbed at the amazing Dragonera cave (fantastic 30-40m enduro routes in the 6c-8a range) as well as the Pehnidia wall (mostly in the 5c-6c range). There are a number of waterfalls and swimming pools in the area, which is definitely refreshing when you're camping out at the crag. It was only a little taste but I'd definitely be keen to get back to explore the area more to see what else Manikia/Kymi have to offer.

Check out the Petzl Rock trip video from 2022 or Evia on the Crag for more information*



*Left and above:
Dragonera cave with Mieka.*



*Above: Welcoming Greek farmer
Right: Crag side camping*

[*https://www.thecrag.com/en/climbing/greece/area/1655027658](https://www.thecrag.com/en/climbing/greece/area/1655027658)



Crag Care: get ready to make a difference!

Dear Fellow Climbers,

As we gear up for another exciting season of scaling cliffs, navigating routes, and conquering challenges, it's important to take a moment to reflect on the connection we share with the outdoor spaces that make our adventures possible. The rock faces we climb, the trails we follow, and the natural beauty that surrounds us deserve not only our respect but also our active care and preservation. That's where our Crag Care program comes into play.



Upcoming Dates for Crag Care:

Our Crag Care days are an opportunity for us to give back to the environments that provide us with endless thrills and breathtaking vistas. Mark your calendars with this essential date:

- Sunday, 12 November 2023, 9:30 AM - 12:00 PM: Meeting at Morialta Climbers Track, Gate 15 on Norton Summit Road.

For updates and more information about our Crag Care events, please refer to our Facebook group and page, or for email updates register your interest by emailing the Crag Care coordinator via our [website](#).

What is the Crag Care Program All About?

Rock climbing allows us to access some of the most pristine and challenging environments on Earth, and with that privilege comes responsibility. The Crag Care program embodies this responsibility by focusing on three essential pillars:

- 1. Leaving No Trace:** As climbers, we are committed to cleaning up not only our own trash but also any debris left behind by others. It's a small gesture that collectively has a significant impact on preserving our climbing crags.
- 2. Environmental Stewardship:** We actively participate in environmental conservation efforts, from removing invasive species to planting native flora.

3. Community Engagement: We are proud members of the Friends of Black Hill and Morialta (FOBHM), who underscores our dedication to the well-being of our crags. Join us in attending project sites, and actively engaging with the local community.

In conjunction with FOBHM, Crag Care helps by fighting off invasive weed species such as olives and allow the natural bush to regenerate. Sometimes the bush requires some extra help by planting or removing rubbish or graffiti.



Join Us in Preserving Our Climbing Crags!

Our efforts are not solitary; they are the result of a collective commitment to safeguarding the places we hold dear. Joining our cause is easy:

1. Register Your Interest: Email our CCSA Crag Care Coordinator via our [website](#) to express your interest in becoming part of the Crag Care team. We welcome climbers of all skill levels and backgrounds.

2. Participate in Crag Care Days: Generally held on the 2nd Sunday of every odd month (weather permitting), these

events kick off at 9:30 AM at Gate 15 on Norton Summit Road. After a productive morning of preservation work, we often enjoy an afternoon of climbing. Don't forget to bring your gear and some lunch!

As climbers, we cherish the freedom, adventure, and connection to nature that our sport provides. Let's make sure we're giving back to the environments that make our journeys possible. Together, we can continue to enjoy the wonders of rock climbing while ensuring that future generations can do the same.

See you on the crags, and let's make every climb count!

Warm regards,

Ross Christian and Robert Brooks



*Drilling and filling olives.
Photos by Robert Brooks*

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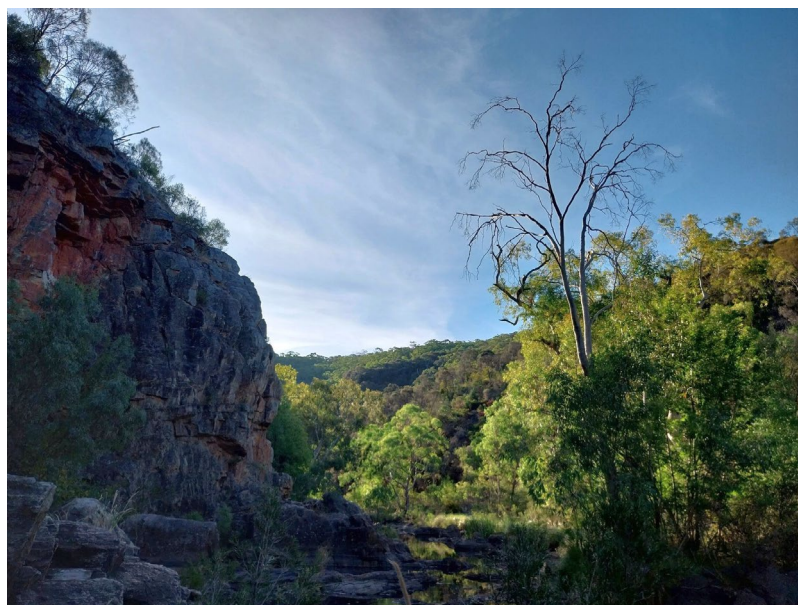
Onkaparinga then and now

As a long-time Onkas climber, imagine my delight when I came across 'Clarendon' in Flinders University Library's Special Collections a few years ago. It is from ['Album containing 8 original pen and ink/watercolour paintings of South Australian scenes'](#) and is estimated to be from the 1870s.



*'Clarendon', Borrow Collection, Special Collections, Flinders University Library.
BORR/HV-M/Minchin, Richard Ernest/1.*

As for Onkaparinga now...



*Red Cliff on a summer evening, 2023.
Photo by Kylie Jarrett*

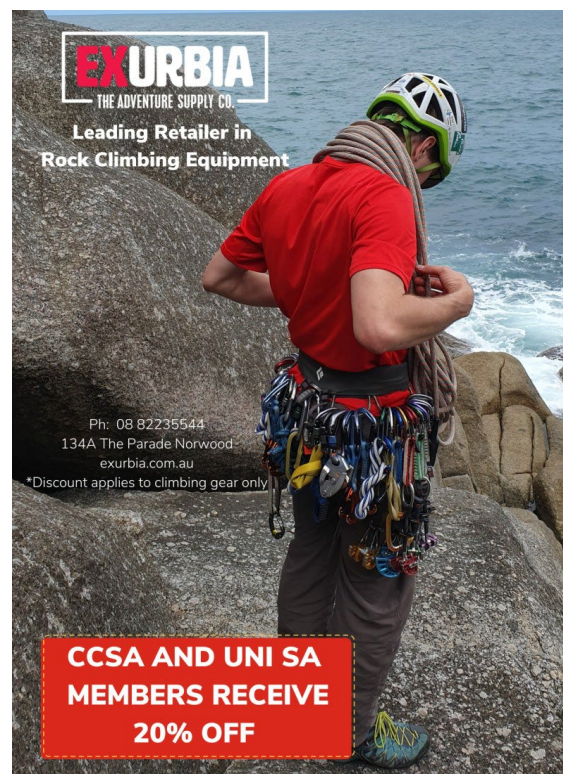
Humans of Onkaparinga



Daniel Toone moving from Lust to Greed, The Red Cliff, Onkaparinga, 2023. Photo by Paul Badenoch

Happy climbing,

Kylie 😊





VERTICAL LIFE

Subscribe and get a **FREE** Mountain Designs Daybreaker Duffel!

We've teamed up with Mountain Designs on this issue to kit out our subscribers ready for winter training and travel. The Daybreaker Duffel sports a generous 35-litre packing capacity with an internal zippered pocket to secure your valuables (or snacks), making it the perfect gym bag or carry-on companion. With two external end pockets perfect for stuffing quick-grab items, and its durable 100% cotton canvas construction, the Daybreaker Duffel is ready to get you on your way.


There are plenty of great reasons to subscribe to VL. You'll never miss an issue, **FREE delivery** to your door, always get the best rates by saving against the cover price, and thanks to our mates at Mountain Designs—this issue we'll even throw in a **FREE Daybreaker 35L Duffel valued at \$79.99**. Most importantly though, **subscribing to VL supports the climbing creatives** on our pages to keep sharing their stories of triumph and tales of woe alike, amongst images that keep you inspired, and articles that make you think and climb a little differently. Our mag is proudly created by climbers, for climbers, and we print locally on quality paper from right here on Gadigal Land/Sydney. It's not just a subscription, it's a statement that you value the community as much as we do.



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