

SPEEDCLIMB.com updated!

Hans's comments in *grey boxes*

For more info on the Nose

see: noseinaday.com

or see Falcon book

"Speed Climbing"

Alternate hand jam and 2" cam for 100 ft, have 3 and 4 pieces for wide section - 15' net below bolt and pin. great crack pitch!

Leave no runners on first few placements for rope drag AND ease of follower swing over.

Taking the free climbing variation (A, C), can be the fastest way for the leader, but B tends to be faster for the follower depending on their skill level.

ONE TENTH mark on the route. this goes for all time between 3 hours and 18 hours, too fast at time. If you take more than two hours and 20 minutes to climb to Sickle ledge it is unlikely you will make NIAD. Write me if you do, I love hearing about beating the odds.

The 20 ft before the production is one of the scariest free climbing sections on the route with limited gear placements. Hybrid Alens or other trick devices recommended.

I pack my eters or aid ladders away for the first 15 pitches, as it seems everything is far easier to French free than aid, FOR ME. Use your judgement on that, most important is to be quick about transitioning from aid, to free, to french free and back. If you bring two 4" or larger cams, you might have the follower carry the weight until you need them at P8.

As you climb the 1st pitch keep eye out for holds on the face to your right.

4" piece for anchor. We start the clock for records here.

Use this belay if you are hauling, last nice stand, before four hauling belays

Combining P5 and P6 requires 62 meter rope. Just have your partner simulate climb with you for ten feet.

Important to have your "free climbing hat" on after these bolts.

Pitches 1-4 require delicate moves or decisions. 5.7-5.9 free climbing. Wear free climbing shoes. If climbing entirely on a 2" menloing rock, don't need offset nuts and offset cams.

Approach From El Cap Bridge: walk west 1/8 mile to trail then scale to the Southeast Buttress of El Cap. From here either follow A, the recommended route or B, the fast but crossed route.

platform 16' above top of buttress (belay here for free pink)



Special thanks to :



For keeping notes and updates.