

Guangzhou Dragon Head Mountain Bouldering Guide

广州龙头山攀石指南

Version: 2024.7.6

开发者 Developers: 泽龙 等 / 路书作者 Author: OC Chung

General

After the development of Guangzhou's first bouldering site Dragon Cave Bouldering area in early 2024, 泽龙 and his wife discovered a forest part in the eastern area of the city - Guangzhou Dragon Head Mountain Forest Park in Huangpu Dist., with many big rocks some of which are very good for bouldering. With the development from March 2024 by the outdoor bouldering team in Guangzhou including 泽龙, OC Chung, Amor and other members, the second bouldering site (also the largest yet) in Guangzhou City has been developed - Gaungzhou Dragon Head Mountain Bouldering area. The blocs are located alone the four walking paths in the Forest Park. Bouldering season will be all around the year except for some raining days and wet weather. Watch out for snake, it is suggested to bring a hiking pole with you to beat the grass or leaves on the ground before bouldering on a bloc (建议携带登山杖每处抱石前打草惊蛇). Mosquito prevention and sun protection are also recommended (注意防蚊防晒). The only convenient store and toilet are located before entering into any of the path lines. (山上没有小卖部或洗手间,上山之前准备好).



Approach

Location: Please tell the taxi driver to go to the Front Plaza of Dragon Head Mountain Forest Park, Huangpu Dist., Guangzhou, China (打车定位: 广州市 黄浦区 龙头山森林公园 - 前广场)。可以从[庙头]地铁站 C 出口向北步行约 1.2 公里到达。You can walk for 1.2km from MTR MiaoTou Station Exit C north to the Park. The Forest Park is opened to public with free of charge. Open hour from 6:00am to 6:00pm. Free car parking. 森林公园免费对公众开放, 开放时间 06:00-18:00。停车免费。

Credits 鸣谢:

开发/试线团队: 泽龙、OC 鍾、Amor、偉健、婷婷、Jesse Ridolfo、梓铭、Shimin、Jessica、宋孜、阿亮、Nana&阿亮夫妇、小鱼、Amy 等

Ground rules

Disclaimer: Rock climbing and mountaineering in general is a dangerous pastime that can lead to serious injury or worse. You should not undertake these without proper training or equipment. By using this guidebook, you acknowledge that the information therein may be out of date or inaccurate and you agree that anyone mentioned in this guidebook cannot be held liable for any damage that may be caused by use of this guidebook. This guidebook is free of charge. Please stop the use of this guidebook if you disagree with this disclaimer.

【免责条款】 攀岩抱石及登山本身是一项危险的极限运动，随着时间推移这可导致严重受伤甚至死亡。您不应该在没有接受恰当的培训并配备恰当的器材的情况下进行此类活动。在使用本指南前，您必须知悉本指南中的内容可能并不是最更新的或准确的，您必须同意本指南中提及的任何人均不对可能产生的任何损害负有任何义务或任何赔偿责任。使用本指南不收取任何费用。**如果您不同意本免责条款请立即停止使用本指南。**

V grading: We use V grading system to assess the difficulty of boulder problems, same as most bouldering gym here in Mainland China. We do not separate the difficulty below V0, ie no VB grade presented. The lowest grade in this guidebook is V0.

与中国内地绝大多数攀岩馆一样我们使用 V 数字标注抱石难度，V0 以下的线路难度不再细分 VB 而统一标注 V0，本路书中的线路最低难度为 V0。

sds: Sit down start. When you start, both hands and feet should be on the holds on wall and your butt must be the last thing to leave the floor/pad, if you fail to do so, you did not complete the route with “sds”.

坐式起步，简称“sds”或“坐起”，规则是起步必须双手双脚已经上墙而攀爬者的臀部为身体最后一处离开地面或垫子的部位，**如果一条线路标注“坐起”/“sds”而您未能做到上述要求，则不算完成起步。**

Start holds: Start handholds and end of the route are mark with the route number on a ○ (ie. two “○” means the two start handholds for route). If there's only one start handhold sign, you should start with matched hands. We do not specify start footholds but should not use the floor/pad as start footholds.

我们以标注圆圈及数字来标注起步手点及线路结束方向，如果只有一个起步手点标志则您应该并手起步。没有规定起步脚点，但您不应该使用地面/垫子作为起步脚点。

Respect: There are many visitors in the Park, blocs are alone the path, try not to block the road or draw unnecessary attention. Please respect the management of the Park Authority. Any fire are strictly prohibited in the Park. Leave No Trace.

森林公园游客很多，石头都在小路的沿线上，请勿挡路，也避免引起不必要的关注。请尊重森林公园管理处的管理。**严禁任何火种带进公园(包括蚊香)。**请遵循 LNT 原则。

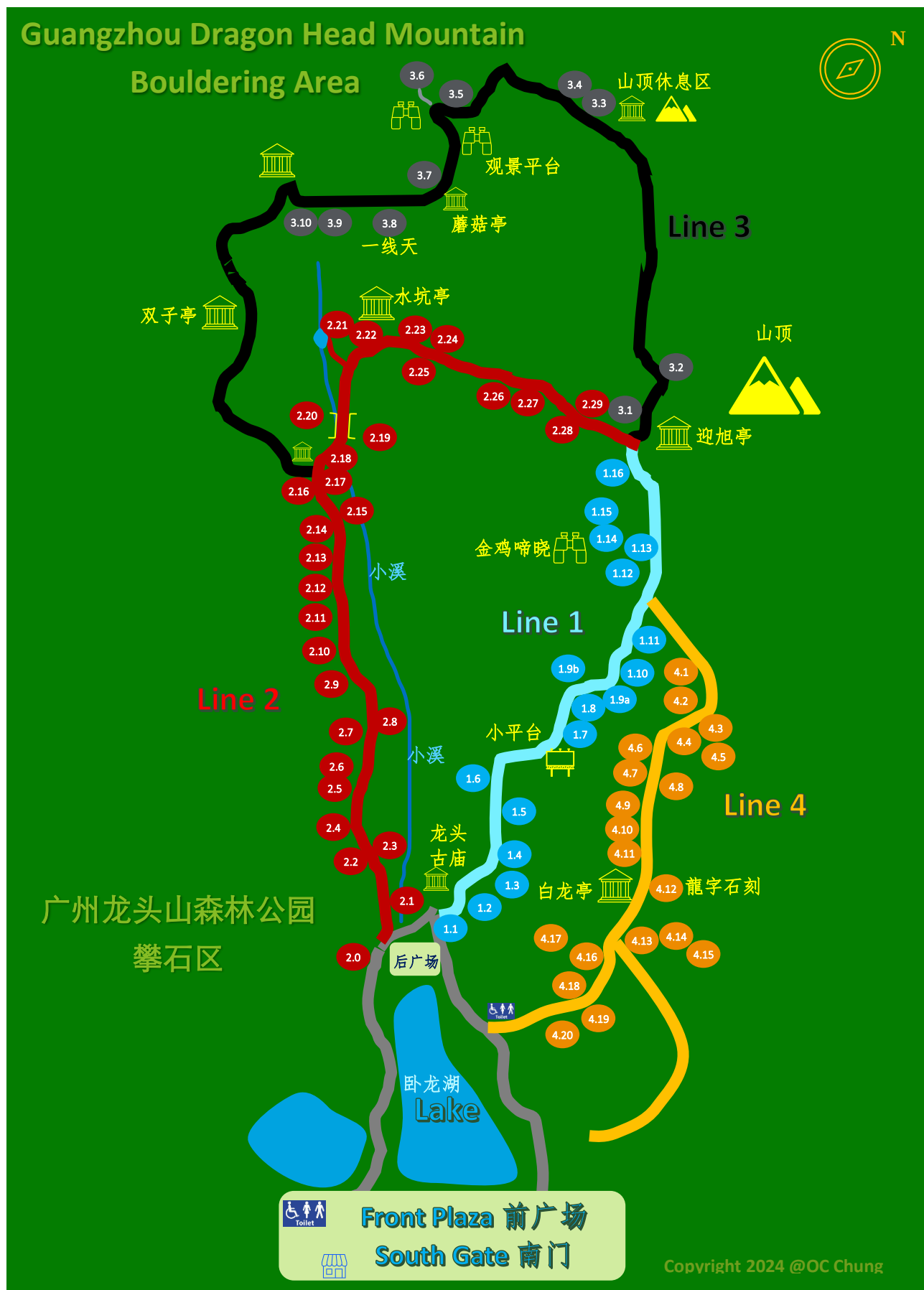
Crash Pads: Please come with your spotter. Usually you need two bouldering pads for bouldering here. You will need to be very careful if you use only one pad to avoid any injury. You can also rent bounding pad in Guangzhou from Xianyu APP. 请与你的保护员一起来。在本岩场你通常需要两张抱石垫。如果你只用一张抱石垫你需要非常小心避免崴脚。你也可以从某小黄鱼 APP 搜索“广州抱石垫出租”租到抱石垫。

The latest of this PDF guidebook can be download at: 本路书最新版网页发布地址

https://chungtszching.github.io/Guangzhouboulder/Guangzhou_Dragon_Head_Bouldering_Guide.pdf

The Blocs

The blocs are located along the four walking paths in the Forest Park: Line 1 (Blue), 2 (Red), 3 (Black) and 4 (Yellow). 石头分布在四条登山线路上，分别是 1 号蓝线、2 号红线、3 号黑线和 4 号黄线。



Routes

Zone	Bloc	石头	Route	线路	Grade	Rating
Line 1	1.1	门	0	N/A		
Blue	1.2	贝	1	Beta the Kitten / 大尾巴贝塔	V0	★
蓝线	1.3			[To develop 待开发]		
	1.4	凰	1	Grandma's Bridge / 外婆桥	V2	★★★★
	1.5	蒲	1	[蒲涛与杜鹃]	V3?	★
	1.6	打	1	Beat the Leaves/ 记得打蛇	V1	★
	1.7	脑	1	Tofu Pudding / 豆腐脑	V3?	★
	1.8	影	1	[To develop 待开发] [日落墙?]		
	1.9a	牛	1	Brittle Beginning (sds) / 脆弱开端 (坐起)	V2	★★
	1.9b	[]	1	[To develop 待开发]		
	1.10	画	1	Dazzling / 光彩照人	V2	★★★★
			2	Beloved One / 意中人	V4	★★★★★
			3	Little Chilli / 小辣椒	V2	★★
	1.11	杜	1	Elaeocarpus (sds) / 山杜英 (坐起)	V2	★
	1.12			[To develop 待开发]		
	1.13	猬	1	Little Hedgehog (sds) / 小刺猬 (坐起)	V0	★
	1.14	晋	1	Gift / 礼物	V2	★★★★
	1.15	衍	1	Hanuman / 齐天大圣	V4	★★★★
	1.16	下	1	Cannot sit / 坐不下	V1	★
			2	[To develop 待开发]		
Line 2	2.0	童	1	Children's Playground / 儿童乐园	V2	★★
Red	2.1		1			
红线	2.2		1			
			2			
	2.3	丝	1	Wire-walking/走钢丝	V2	★★
			2			
	2.4		1			
			2			
	2.5		1			
	2.6		1			
			2			
	2.7		1			
	2.8		1			
			2			
			3			
	2.9		1			
			2			
	2.10		1			
	2.11	鲨	1	Great White Shark / 大白鲨	V3	★★★★★
			2			
	2.12		1			
	2.13		1			
			2			
	2.14		1			
			2			
	2.15		1			
			2			
			3			
	2.16		1			

Zone	Bloc	石头	Route 线路		Grade	Rating
Line 2	2.17		1			
Red 红	2.18		1			
(续)	2.19		1			
Continued			2			
	2.20		1			
	2.21	城	1	Foot Spa (sds)/ 沐足(坐起)	V3	★★
	2.22		1			
	2.23	履	1	On the Ice / 如履薄冰	V3	★★★★
	2.24	浪	1	Roll Wave/ 卷浪	V4	★★★★
			2	[Project]		
	2.25	立	1	Stand on One Foot / 金鸡独立	V3	★★
			2	Sit on One Foot (sds) / 金鸡坐立(坐起)	V3	★
	2.26		1			
	2.27	蚌	1	Electric Clam (sds) / 闪电贝(坐起)	V1	★★
			2	Electric Clam Ext. (sds) / 闪电贝延长线 (坐起)	V2	★★
	2.28		1			
	2.29		1			
Line 3	3.1		1			
Black	3.2		1			
黑线			2			
	3.3		1			
	3.4		1			
	3.5		1			
			2			
	3.6		1			
	3.7		1			
	3.8		1			
			2			
			3			
	3.9		1			
	3.10		1			
Line 4	4.1	缝	1	Little Dragon Crack / 小龙缝	V3	★★★★
Yellow			2	[Project]		
黄线			3	Top Out Practice (sds) / 翻顶练习 (坐起)	V0	★
	4.2		1			
	4.3		1			
	4.4		1			
	4.5		1			
	4.6		1			
	4.7		1			
	4.8		1			
	4.9		1			
	4.10		1			
	4.11		1			
	4.12	龍	1	Loong's Heartsteel / 龙心之钢	V4	★★★★★
			2	Hill of Loong / 龙之山	V1	★★
	4.13		1			
	4.14		1			
	4.15		1			
	4.16		1			
	4.17		1			

Line 1 - Blue Line 蓝线

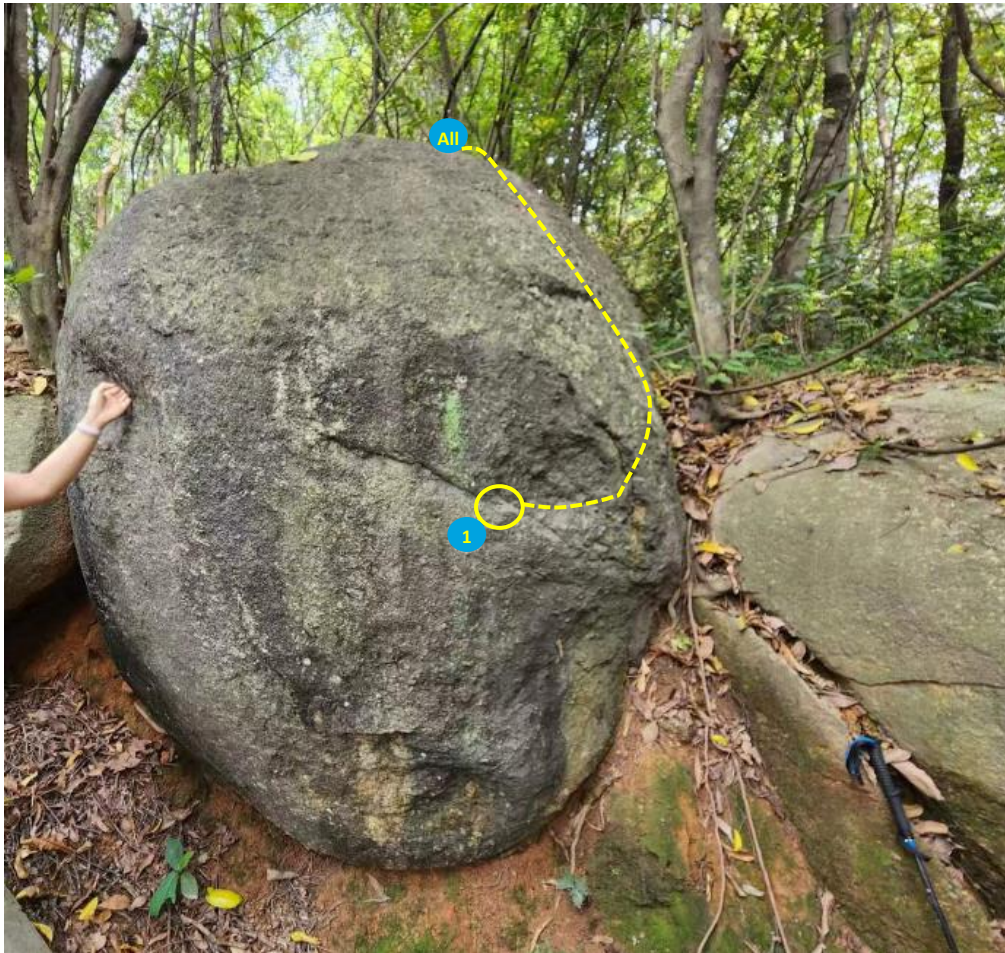
Bloc 1.1 门

广场右边的一块光滑的大石头，Line 1 蓝线从石头后面进入。人流太多不宜攀爬。Not for climbing.



Bloc 1.2 贝

The first small rock on the right hand side of the path along the Line 1. 蓝线上来路上右手边第一块小石头。



1) Beta the Kitten /大尾巴贝塔, V0 ★

Start from the middle of the bloc and go up along the right side, you can use the other part of bloc on right for footholds. A simple route good for warming up. 从石头右侧中间起步直上，可以使用线路右边的另外一部分石头作为脚点。线路简单适合热身。

Bloc 1.3 []

继续沿路右边有非常大的石头，保护条件不理想，地面坡度较大，暂未开发。



Bloc 1.4 凰

Walk along the path there's a long rock on right hand side of a corner. 继续沿路右边围栏旁边转角处的一块长形石头。



1) Grandma's Bridge / 外婆桥, V2 ★★★

Start from the middle of the down face of the bloc, go up to the left side, traverse to the left and top out. To increase a little difficulty, you may avoid using the top of the bloc during traverse. 从石头下侧中间手点起步向左边翻上去左侧，向左横移至顶上翻顶。如果加点难度横移时尽量不使用石头顶部作为手点。

Bloc 1.5 蒲

OC 注： 我没找到这块石头，可能石头太平了走过没觉得这是可以爬的。位置待确定。

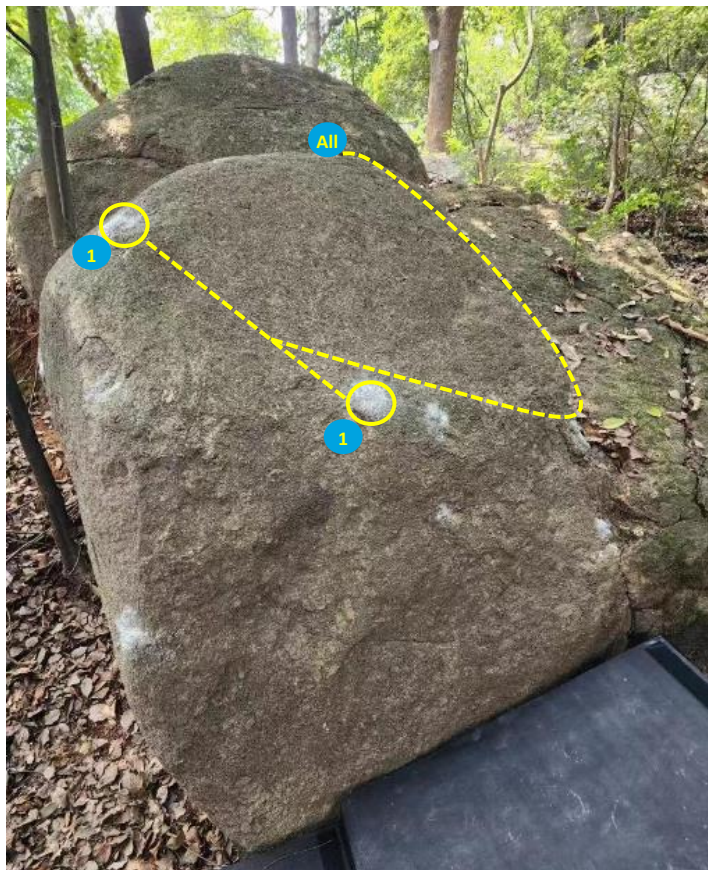


1) / 蒲涛与杜鹃, V3?

泽龙说有线? V3?

Bloc 1.6 打

Walk along the path there's a small rock on left hand side. 继续沿路左边一块小石头。

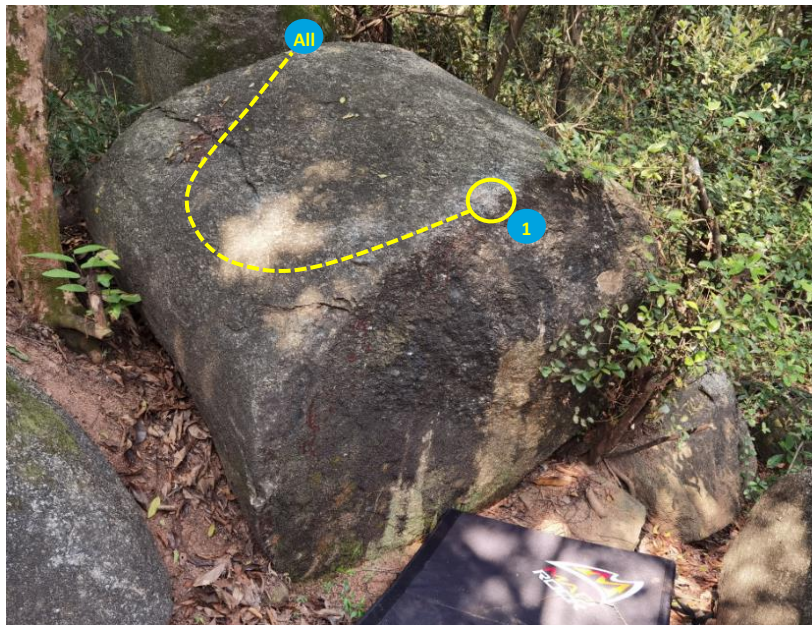


1) Beat the Leaves / 记得打蛇, V1 ★

Start from the middle of the left top and the middle of the face of the bloc, use the right arete and top out. 从石头左则顶部和中间手点起步，使用右刃脊边翻顶。

Bloc 1.7 脑

The first small rock right behind a resting platform. 休息平台上第一块小石头。



1) Tofu Pudding / 豆腐脑, V3 ★

Start from the right top of the bloc, heel hook on the left face and top out. 从石头右则顶部起步，挂脚到左边岩面翻顶。

Bloc 1.8 影

右侧一块光滑的大石，可能存在一条 V6 的岩面线路。



1) 日落墙, V6?

【待开发】?

Bloc 1.9 牛

Walk along the path there's a small rock on right hand side, with the No.8 fire box and a Cratoxylum tree aside.
沿路右侧 8 号消防箱旁边一块小石头，旁边有一颗黄牛木。



1) Brittle Beginning (sds) / 脆弱开端 (坐起), V2 ★★

Sit down start from the small overhang, use the jag on left arete and top out through the left face. It will be easier to start using heel hook technic, either right or left heel.从小仰角上两点坐起，使用左脊的大点从石头的左面翻顶。使用挂脚会让你更容易起步，无论左右。

Bloc 1.10 画

沿路继续上在一处弯道的右侧，有一块巨大的石头，一边是大角度仰角，另一边上面分布着如画的手点，上面有 3 条高质量的平衡线。Go up along the path there's a huge rock on the right side of the path at a conner. One side of the bloc is overhang and the other side is slab rock face. There are 3 balance route on the face, which considered as one of the best routes in the area.



1) Dazzling / 光彩照人, V2 ★★★

Start from the two holds on the middle of the face, go straight up and top out via a jug in the middle of the top. 从岩面中间两点起步，正面直上使用顶部中间一个大点翻顶。

2) Beloved One / 意中人, V4 ★★★★★

Sit down start from the two holds on the lower right of the face, traverse through the rock face to the left, go up along the left arete and top out. The jug in the middle of the top of Route 1 is not allowed to be used in this route. 从岩面右下侧两点坐式起步，沿岩面中横移到达岩面最左边，从左脊上翻顶。不能使用 1 号线顶部的大手点。

3) Little Chilli / 小辣椒, V2 ★★

Start from the hold on the left arete, traverse through the top of the bloc, top out on right. 从岩面左脊起步，沿着顶部横移到达右边翻顶。



[石头的这一面，应有一条 project, 暂时不能完攀，估计 V10+?]

Bloc 1.11 杜

There's a small rock on the right side of the path going up, with a *Elaeocarpus Sylvestris* tree aside. 沿路继续上路边的右侧，有一块小石头，旁边有一棵山杜英树。

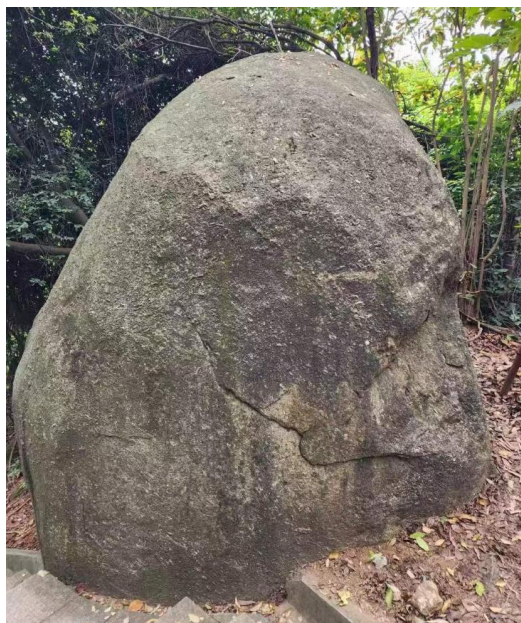


1) *Elaeocarpus* (sds) / 山杜英 (坐起), V2 ★

从岩石右下角大点坐起，沿裂缝直上翻顶。 Sit down start from a jug in the right of the bloc, go up along the crack and top out.

Bloc 1.12 []

沿路继续往上，到达金鸡啼晓区域，左侧有一块大石头，石头后面有围栏，暂未开发线路。



Bloc 1.13 猓

In front of the Golden Rooster sector, there's a small rock on the left side of the path. 金鸡啼晓区域入口处路边左侧，有一块小石头。



1) Little Hedgehog (sds) / 小刺猬 (坐起), V0 ★

从岩石左下角大点坐起，沿左脊直上翻顶。Sit down start from a jug in the left of the bloc, go up along the left arete and top out.

Bloc 1.14 晋

Walk into the Golden Rooster sector, there's a huge rock on your right hand side. After top out this bloc you may descent via a platform with great view, but shorter climbers may need to be very careful or may ask for help from other climbers. 进入金鸡啼晓区域右侧有一块大巨石，巨石的中部有一道裂缝。本石翻顶后从后面风景优美的观景台下降，身高较矮的岩友可能需要特别注意或请寻求其他岩友的帮助。



1) Gift / 礼物, V2 ★★★

从岩石左下角大点坐起，沿左脊直上翻顶。线路完成后你会看到礼物般的优美景色。 Sit down start from a jug in the left of the bloc, go up along the left arete and top out. You will have a magnificent view as a gift when you complete the route.

Bloc 1.15 衍

Walk into the Golden Rooster sector on the right side, there's a one-meter-wide chimney between two rocks. You will blast out just like Sun Wukong, the Monkey King in Chinese traditional mythology. 进入金鸡啼晓区域往右走到深处，赫然可见一道宽达一米的烟囱状石缝，在两块大石头的中间。就像中国传统神话中的神猴孙悟空一样，你会从石缝中爆裂而出。



1) Hanuman / 齐天大圣 , V4 ★★★

Start from a foothold on the left crag of the blocs, move your hands, feet and body along the big chimney and top out to the left crag. Two handholds on the left can help you finish the top out. 从左岩壁下角明显脚点站起，双手双脚及身体在两面岩壁之间来回移动，沿烟囱状石缝直上，从左岩壁上翻顶。左壁顶部有两个手点可以帮助你完成翻顶。

CAUTION: The crash pad under the route should be expanded by other object. The protection is not good, we recommend any climber should avoid any fall. In case of fall, you should try to rub the two crags to slow down and decrease the chance of injure. We recommend only V4 and above climber can try the route. The developers declared that we will not be alible for any injury or death in trying this route. 【警告】在本线路下方设置保护垫需要使用物体撑开，且保护效果不理想，建议攀爬者尽量避免跌落，跌落时应尽可能使用摩擦两边岩壁减速下降减少受伤几率。建议最少有 V4 的攀爬能力的攀岩者才来尝试此线路。开线人特别声明不为此线路尝试者的任何受伤或死亡负责。

Bloc 1.16 下

Walk alone from Bloc 1.13, before reach to 迎旭亭, there's a bloc on the left side of the path. 从 1.13 继续往上走，在到达迎旭亭之前，小路左手边有一块石头。



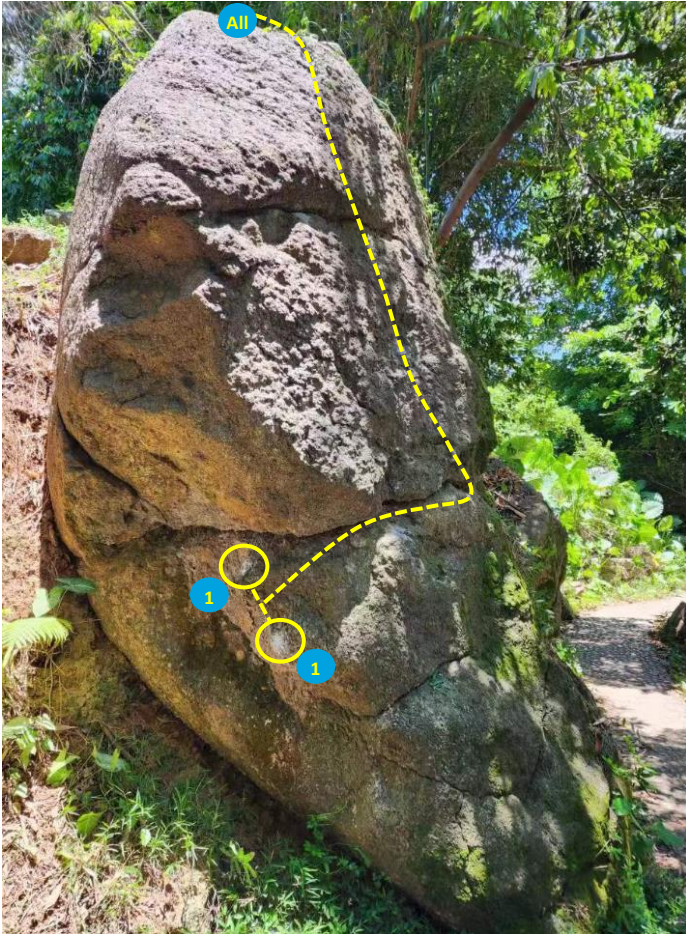
1) Cannot sit / 坐不下 , V1 ★

Start from a foothold on the left face of the bloc, move along the top and top out. 从石头左手边岩面手点起步，到石头的顶部，翻顶结束。

Line 2 - Red Line 红线

Bloc 2.0 童

后广场左边有一个儿童玩水区，周末会有不少家长过来溜娃。这块石头在儿童玩水区边上，即将进入红线的路边。There's a children's playground on water on the left side of the Plaza, many parents take their children to the play here. The Bloc is on the left side of the playground, before entering into Red Line.



1) Children's Playground / 儿童乐园, V2 ★★

从石头左下方起步，向右横移到石头正面，直上翻顶。Start from two low points on left side of the bloc, traverse right to the face of the bloc, go straight up and top out.

Bloc 2.1

从广场左边小路进入红线后，会经过两条高速公路高架桥的桥底。第一块石头就在右手边桥底下面。



- 1) [] sds ,
坐起，横移侧拉，翻顶。

Bloc 2.2 []



1) [] sds ,

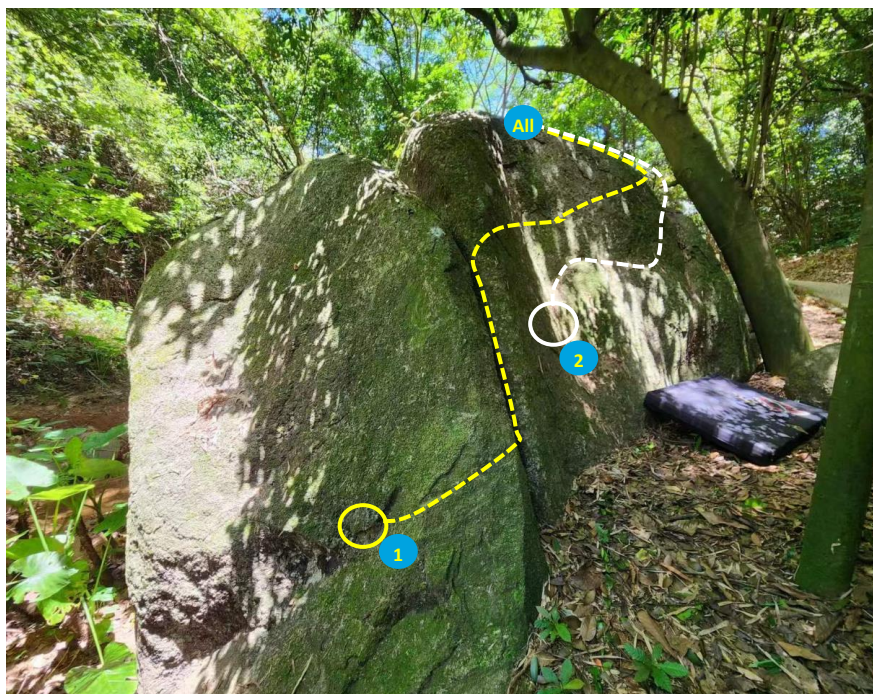
坐起，侧拉直上，翻顶。

2) [] sds ,

坐起，反提沿缝往左，翻顶。

Bloc 2.3 丝

红线沿路一直走，小路右手边有一块这样的石头。Walk along the Red Line and there is a bloc on the left hand side of the path.



1) Wire-walking/走钢丝, V2 ★★

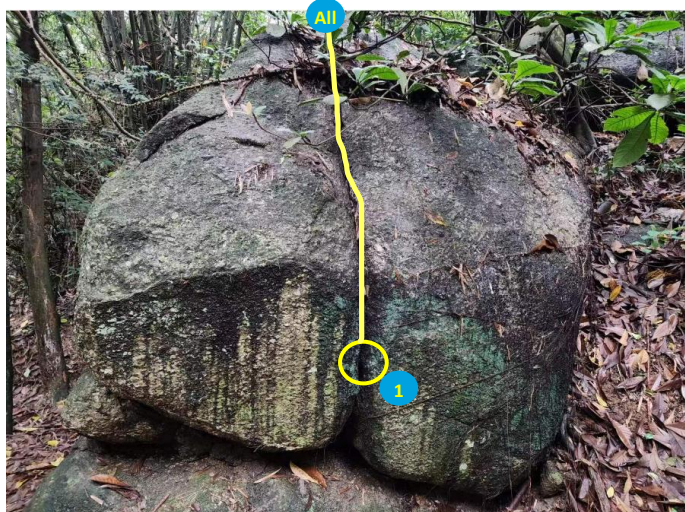
从石头左侧下方的部分起步，移动上来到石头正面，到达岩面中间的大横缝后，尽量不要用手，直接横移到石头右边后翻顶。Start from a lower point down from the left side of the bloc, move to the face of the bloc, reach a crack on the face, try not to use your hand, walk through the crack, traverse to the right side of the bloc and top out.

2) [] sds, 【未试线】 ★

坐起，侧拉沿缝直上，翻顶。

Bloc 2.4 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



1) [] sds ,

坐起，沿缝直上，翻顶。

2) [] sds ,

坐起，使用大点侧右侧刃脊上，翻顶。

Bloc 2.5 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



- 1) [] sds ,
坐起，沿左侧刃脊上，翻顶。

Bloc 2.6 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



- 1) [] sds ,
坐起，沿右侧刃脊上，翻顶。
- 2) [] sds ,
坐起，沿石面直上，翻顶。

Bloc 2.7 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.

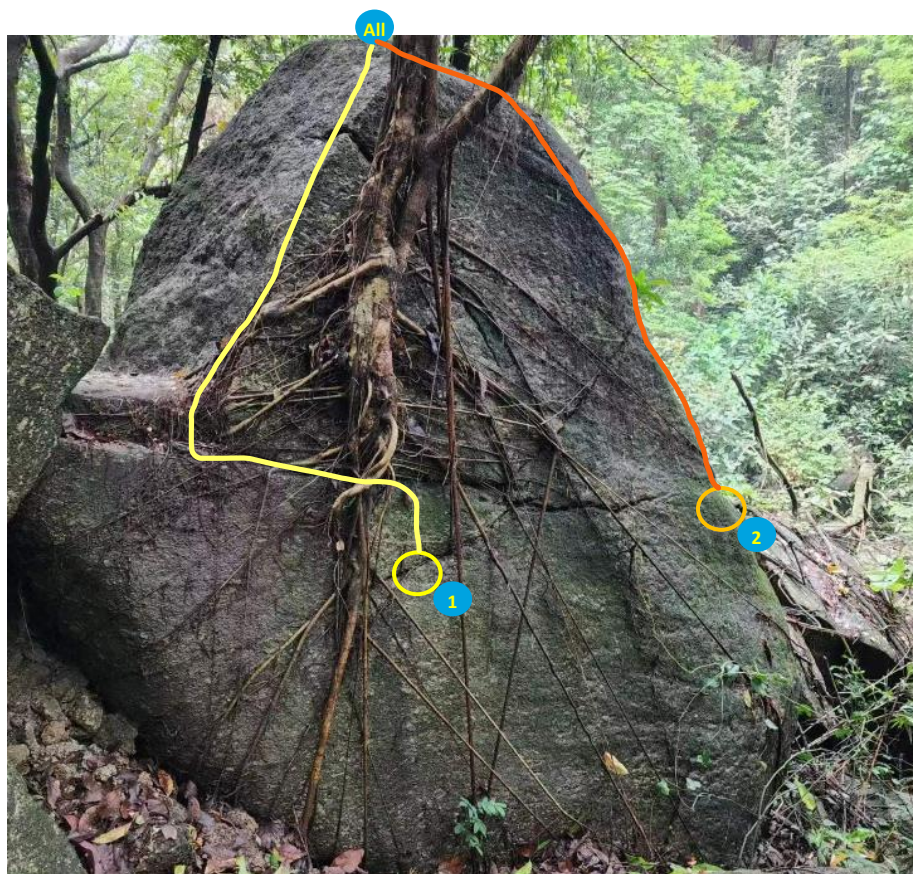


1) [] sds ,

坐起，从右侧岩面上，翻顶。

Bloc 2.8 []

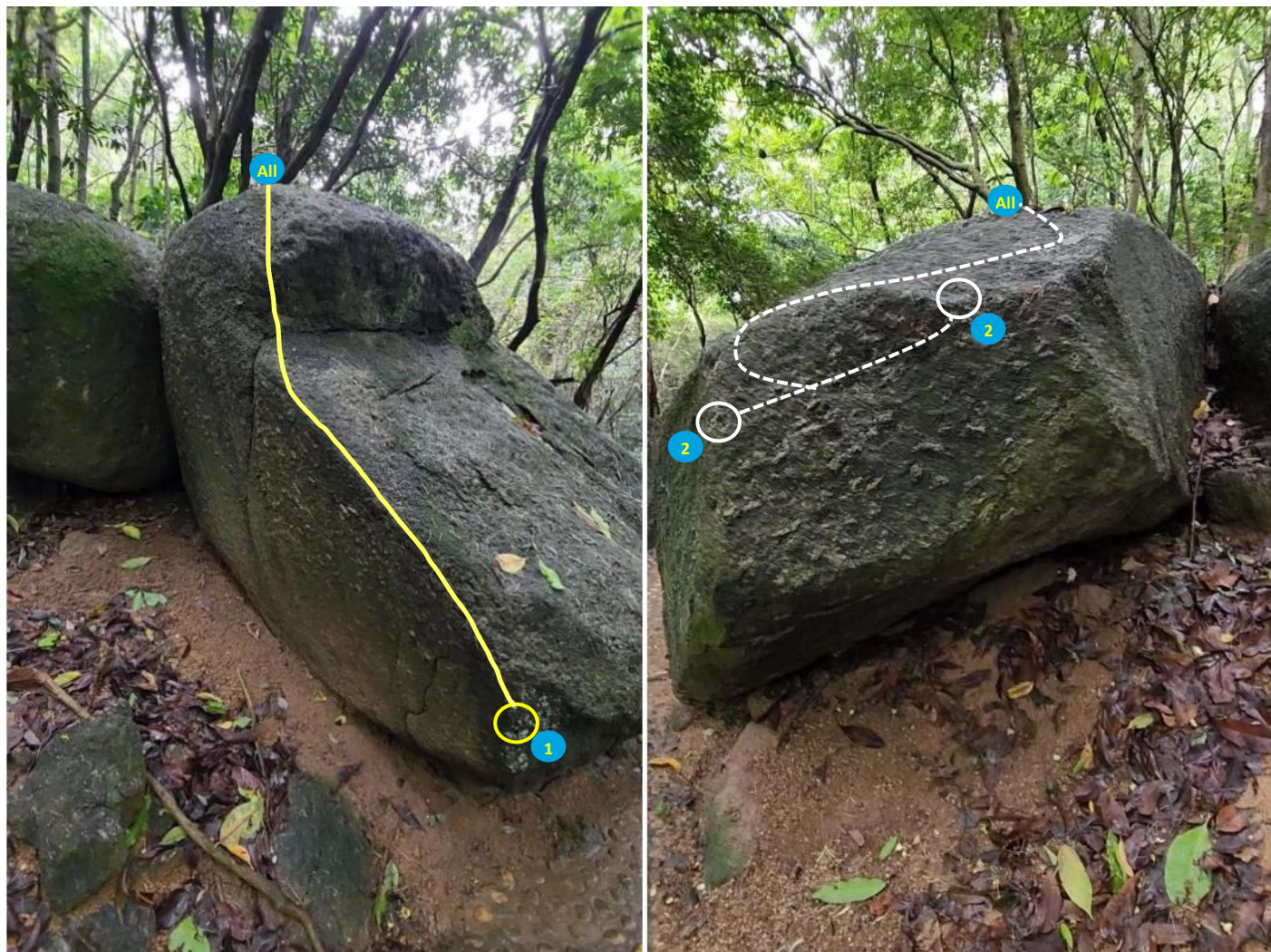
沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



- 1) [] ,
从中间起，沿着裂缝横移左边，沿左刃脊上，翻顶。
- 2) [] ,
从右边起，沿着右刃脊上，翻顶。
- 3) [] ,
从左边起，沿裂缝横移到右边沿着右边岩面直上，翻顶。

Bloc 2.9 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



1) [] sds,

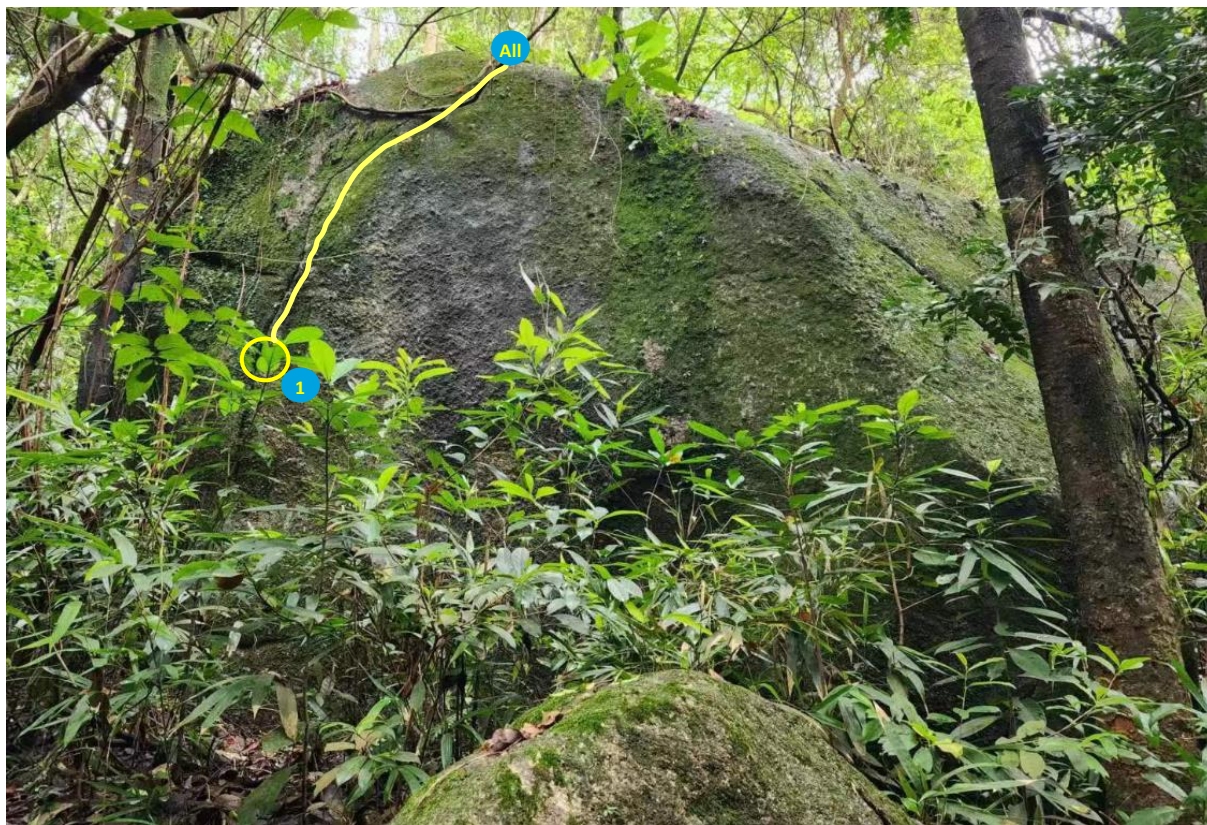
从右下方坐起，沿着右刃脊上，翻顶。

2) [] sds,

从左下方坐起，翻上屋檐从岩面上的小点直上，翻顶。

Bloc 2.10 []

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



1) [] sds,

从左下方坐起，沿着裂缝直上，翻顶。

Bloc 2.11 鲨

沿着小路往前走，会看到下一块石头在小路的左手边。Walk along the path and you will see the next bloc on the left side of the path.



1) Great White Shark / 大白鲨, V3 ★★★★★

从石头中间大手点起步，达到横向裂缝，沿横向裂缝向左横移，然后沿着垂直裂缝直上，翻顶。**注意：**翻顶后您需要倒攀下降，垂直裂缝旁边的树可以在倒攀时小心地使用。石头上可能有包括蜈蚣在内的野生昆虫，注意避免被咬伤。Start from two jugs in the middle of the bloc, move along the horizontal crack to left side, then climb up along the vertical crack and top out. **Caution:** you need to down climb after top out, the tree beside the vertical crack may be used carefully for down climbing. There may be some insect on the bloc including Centipede, try to avoid centipede-bite.

2) [Project] (sds),

从下方大手点(及右方手点)坐起，到达线路 1 的起步点后完成线路 1。

Bloc 2.12 []



- 1) [] sds,
从左下方手点坐起，沿左刃脊直上，翻顶。



- 1) [],
从左边中间手点起步，沿左边缝直上，翻顶。
- 2) [],
从右边中间手点起步，沿右边边缝直上，翻顶。

Bloc 2.14 []



1) [] ,

从左边中间手点起步，沿左刃脊直上，翻顶。



2) [] sds ,

从中间手点起步直上，翻顶。【难度非常高】

Bloc 2.15 []

三块相连的大石头



1) [] ,

从中间手点起步，岩面直上右另外几个手点，翻顶。

2) [] sds ,

从右下方手点坐起，沿右刃脊上，翻顶。

2) [] ,

从右方中间手点起步，沿右正面大裂缝上，翻顶。

Bloc 2.16 []



1) [] ,

从左边裂缝中间手点起步，往右走，翻顶。

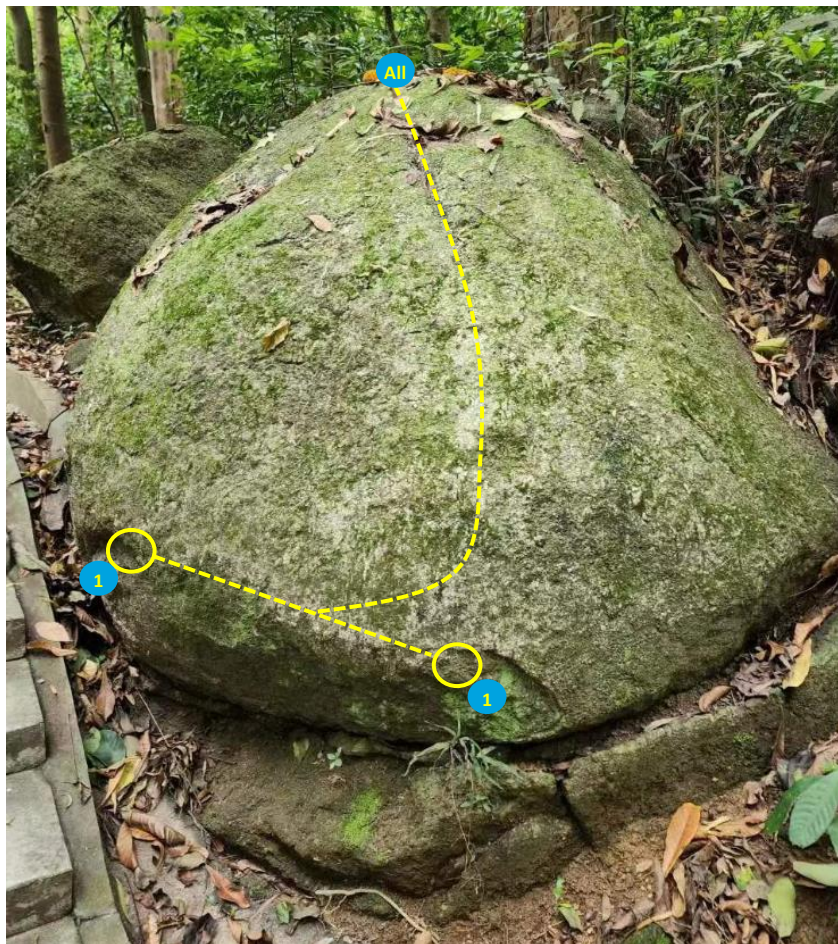
Bloc 2.17 []

在三岔路口帮忙，保护条件不理想，暂不开发。



Bloc 2.18 []

在 2.17 旁边。

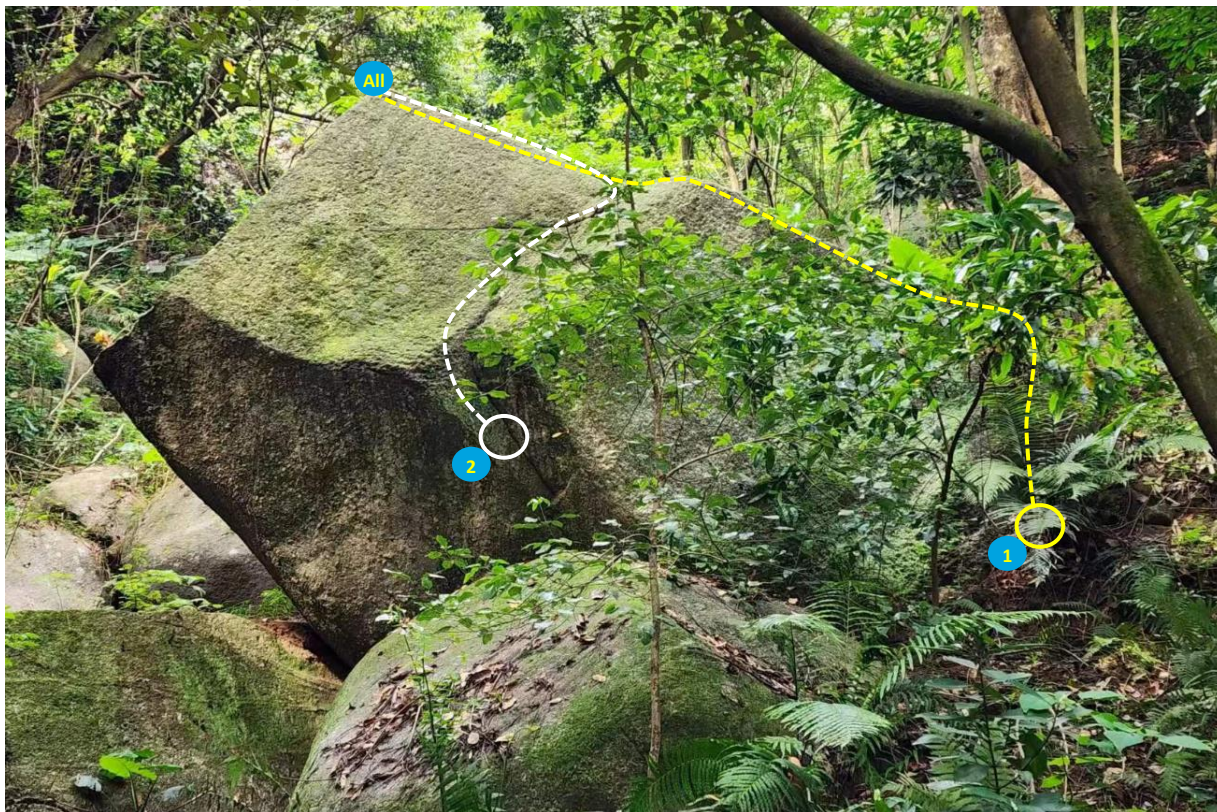


1) [] (sds),

从右边下部坐起，往右走，翻顶。

Bloc 2.19 []

走到小桥，右边深处的巨石。



1) [] ,

从右边下部起，沿着右脊，翻顶。

2) [] ,

从中间起，沿着中间的裂缝，翻顶。

Bloc 2.20 []

小桥的左边下面区域的一块石头。



1) [] (sds),

从右边下部坐起，沿着右脊，翻顶。

Bloc 2.21 城

从 2.20 旁边的一条小路沿着溪边走到水坑亭下方有一处亲水的地方(水坑)，那里有一块石头。Walk into a path beside Bloc 2.20 along the river, to a place where people play with water, below the Shuikeng Pavilion, there's a bloc.



1) Foot Spa (sds)/ 沐足(坐起), V3 ★★

从左边下部裂缝及旁边的手点坐起，沿着裂缝上面几个手点，向左攀爬，翻顶。Sit start from the crack on the left and a handhold, go up left with the holds above the crack, climb left and top out.

Bloc 2.22 []

快到水坑亭的路边有一块石头。



1) [] (sds) ,

从右边下部坐起，沿着右脊，翻顶。

Bloc 2.23 履

水坑亭上面有两块石头组成的大石。A group of two blocs above the Shuikeng Pavilion.



1) On the Ice / 如履薄冰, V3 ★★★

靠近小路的右边石头从中部起步，平衡向右横移，到最右侧翻顶。Start from the middle of the right bloc near the path, traverse toward the right side with balancing, to the right top side and top out.

Bloc 2.24 浪

水坑亭上面 2.23 后另一块大石。The other bloc above the Shuikeng Pavilion after Bloc 2.23.



1) Roll Wave/ 卷浪, V4, ★★★

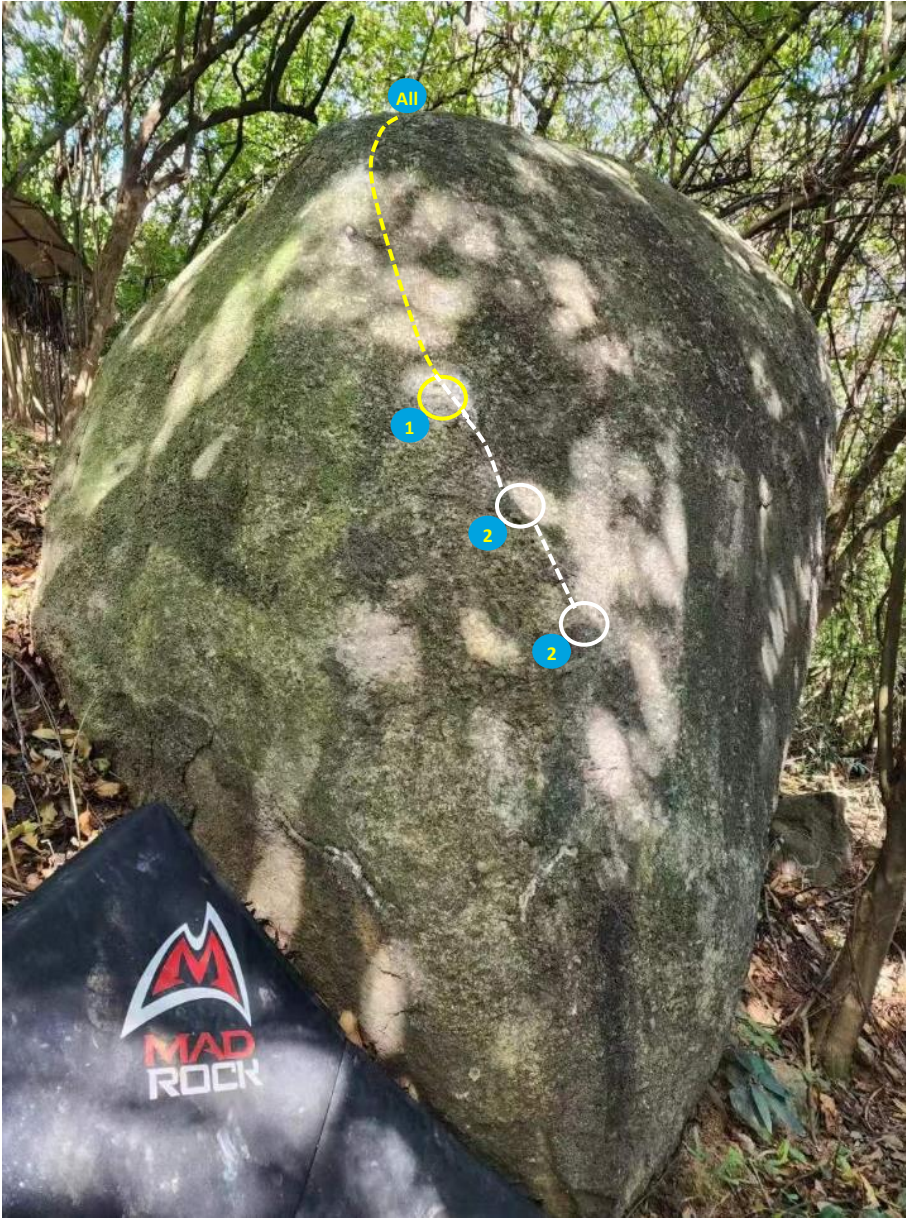
从岩石下方仰角两个手点起步，往左横移至背靠小路的一面，从左边或者中间直上翻顶。Start from two handholds from the lower overhanging part of the bloc, traverse left to the back face of the bloc away from the path, then climb up from left side or straight up and top out.

2) [project],

从岩石下方仰角两个手点坐起，然后翻过屋檐直上翻顶。

Bloc 2.25 立

在 2.23 和 2.24 旁小路的另一边有一块石头。On the other side of the path next to Bloc 2.23 and 2.24, there's a bloc.



1) Stand on One Foot / 金鸡独立, V3 ★★

从中部大点起步，站上去这个手点，直上翻顶。Start from a jug in the middle of the bloc, stand on it, go straight up and top out.

2) Sit on One Foot (sds) / 金鸡坐立(坐起), V3 ★

从下方两个侧拉手点坐式起步，直上到(1)线的起步手点，沿着(1)线直上翻顶。Sit start from two side pull handholds below the jug, go up to the jug, climb up alone line (1) and top out.

Bloc 2.26 []

从 2.24 直上上坡后，路上拐弯处有一个巨石。



1) [] (sds),

从中部坐起，沿着岩面向左边平衡上，翻顶。

Bloc 2.27 蚌

从 2.26 继续往上走，两块石头产生了一个夹缝。



1) Electric Clam (sds) / 闪电贝(坐起), V1 ★★

Sit down start from the right rock's middle, climb up from the middle of the two rocks, move to the left rock and top out. 从右面石头中部坐起，沿着岩脊向上翻到左边的石头，翻顶。

2) Electric Clam Ext. (sds) / 闪电贝延长线 (坐起), V2 ★★

Sit down start from the right rock's lower side, climb up from to the top of the right rock, roll over to the middle of the two rocks, move to the left rock and top out. 从右面石头下面坐起，翻上岩脊，再翻到左边的石头，翻顶。

Bloc 2.28 []

从 2.27 继续往上走，有一块小石头。

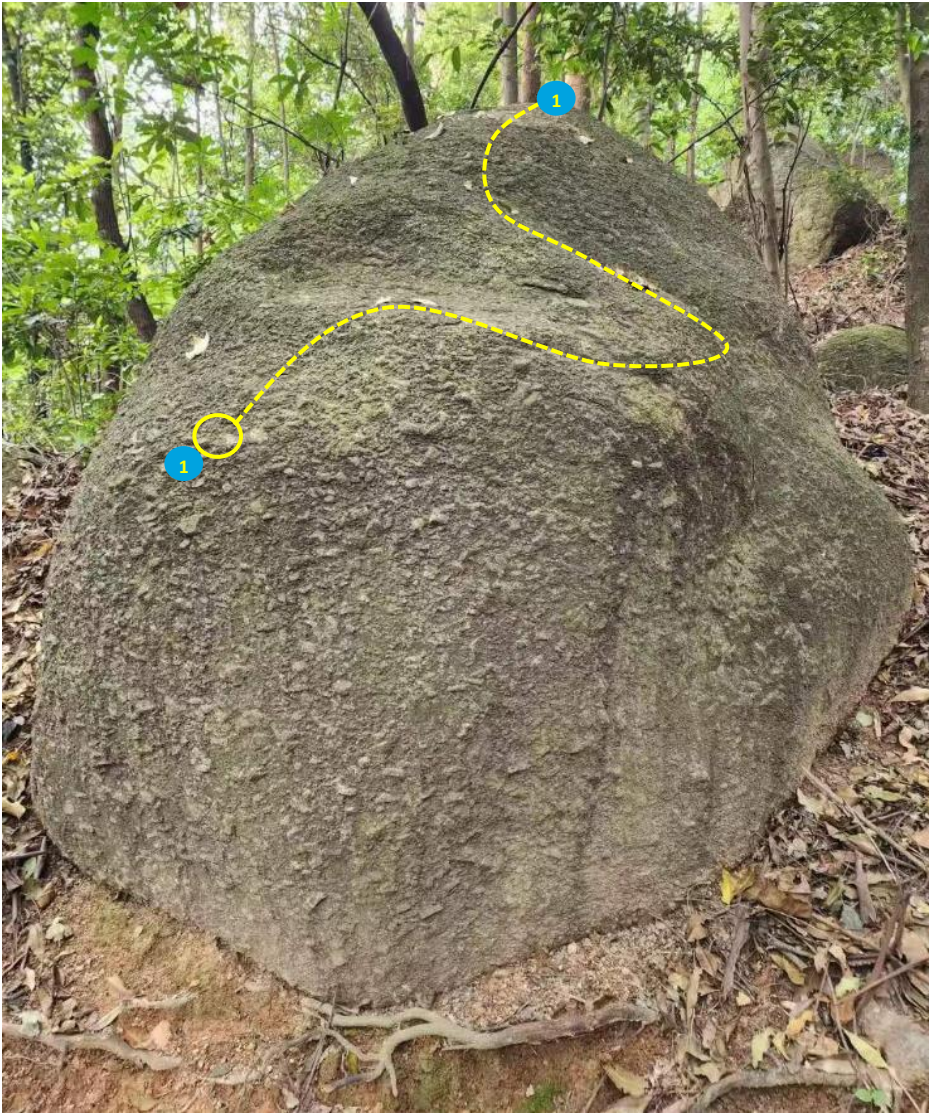


1) [] (sds),

从石头下部坐起，沿着岩缝直上，翻顶。

Bloc 2.29 []

从 2.28 继续往上走，即将到迎旭亭，小路左边有一块石头。



1) [],
从石头左边岩面起步，横移至右边沿着岩缝直上，翻顶。

Line 3 - Black Line 黑线

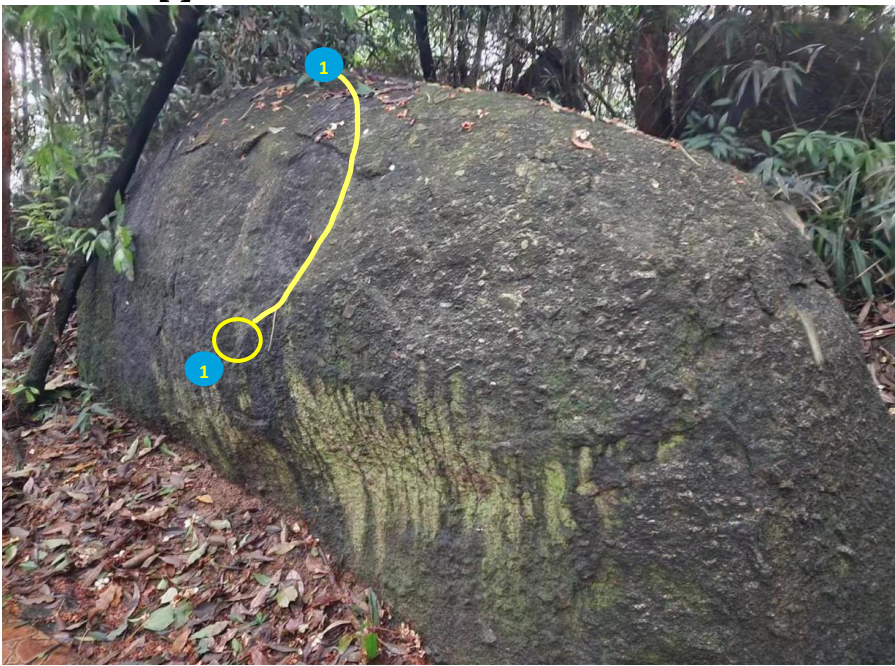
Bloc 3.1 []



1) [] ,

从左边刃脊旁边中间裂缝手点起步，往上走，翻顶。

Bloc 3.2 []



- 1) [] ,
从靠小路的岩面旁边中间点起步，往上走，翻顶。
- 2) [] ,
从右边刃脊中间裂缝手点起步，往上往左走，翻顶。

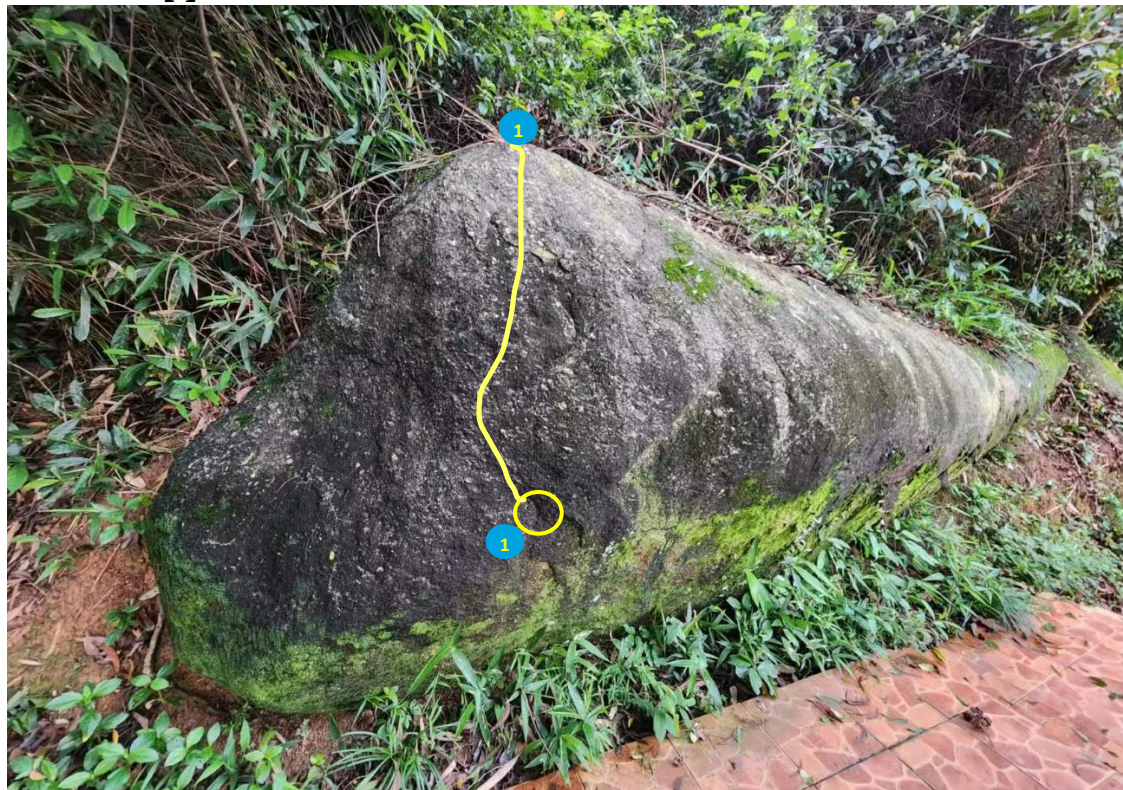
Bloc 3.3 []



1) [] ,

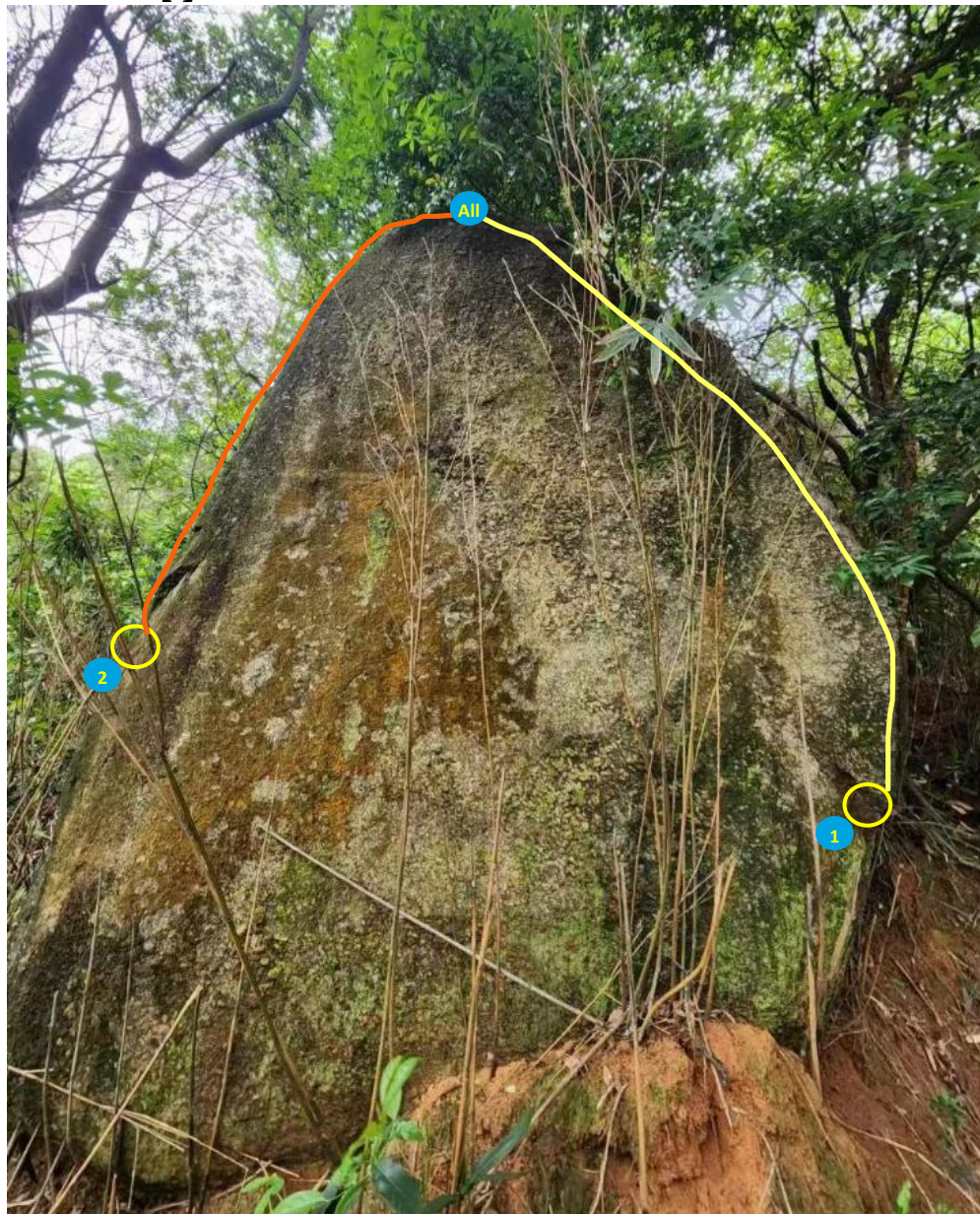
从靠小路的岩面旁边右边点起步，往上走，翻顶。

Bloc 3.4 []



- 1) [] ,
从靠小路的岩面中间点起步，往上走，翻顶。

Bloc 3.5 []



- 1) [] ,
从右侧刃脊下方反提点起步，沿着右刃脊往上走，翻顶。
- 2) [] ,
从左侧刃脊下方反提点起步，沿着左刃脊往上走，翻顶。

Bloc 3.6 []



1) [] ,

从中间岩面下方手点起步，在岩面上找手点往上走，翻顶。

Bloc 3.7 []

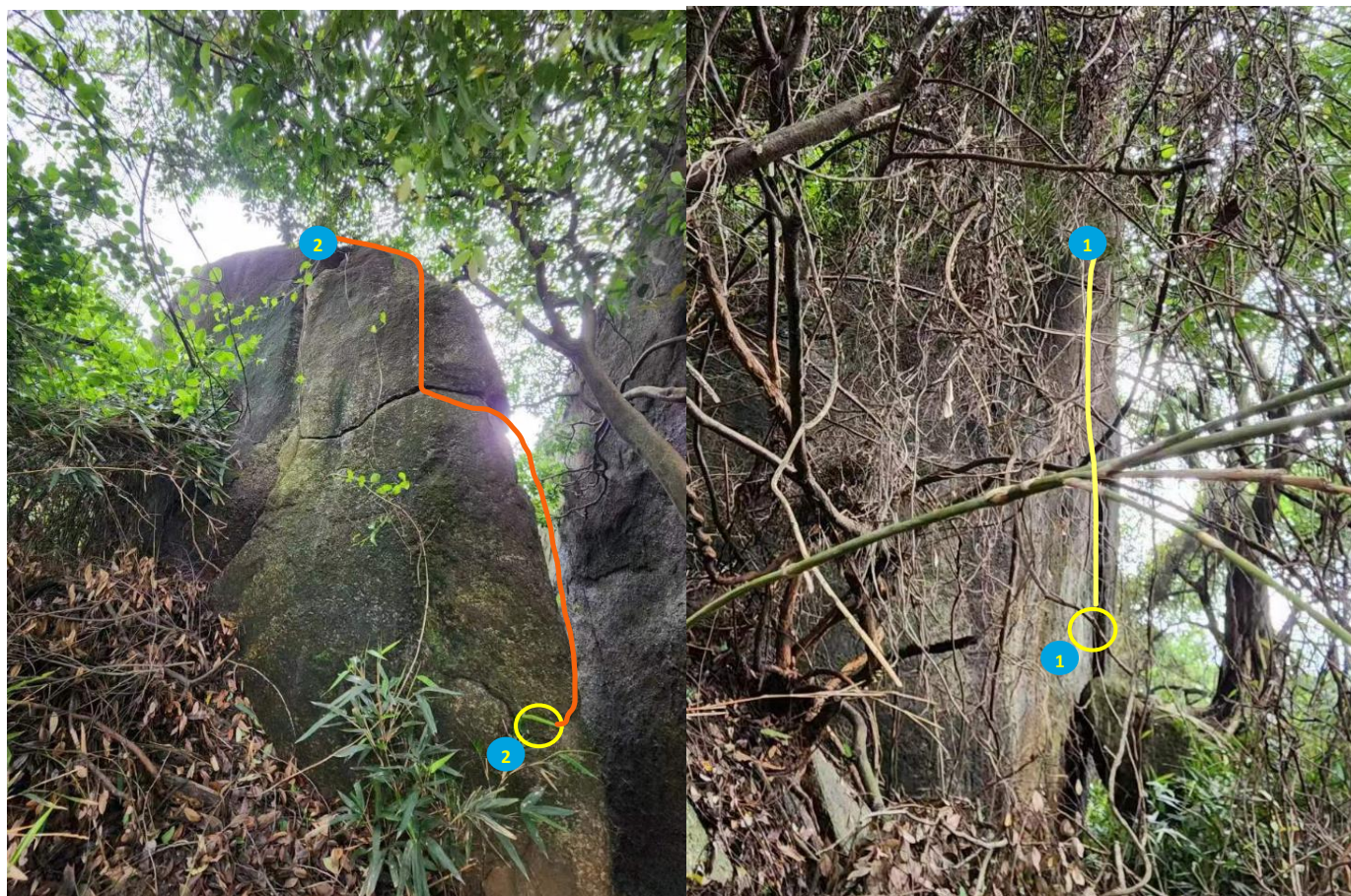


1) [] ,

从中间岩面下方手点坐式起步，在岩面上找手点往上走，翻顶。

Bloc 3.8 [一线天]

一线天景点，由一左一右两块巨大的石头组成。

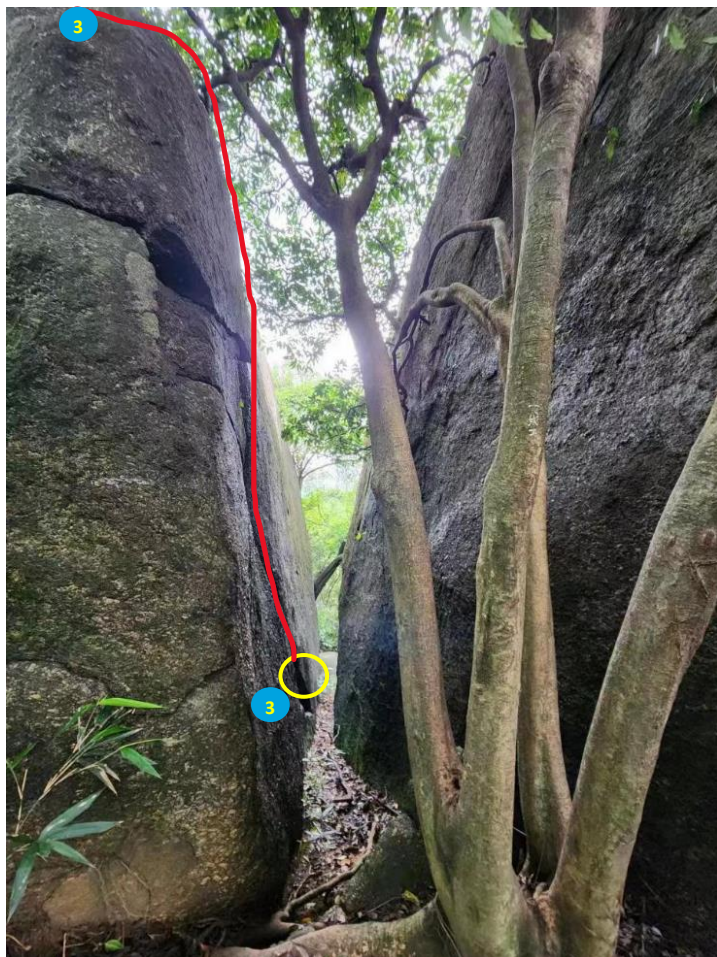


1) [] ,

右面巨石，从岩面中间下方手点起步，沿岩面上小裂缝往上走，达到裂缝上方结束，不翻顶。

2) [] ,

左面巨石，从岩面右脊下方手点起步，沿右边刃脊往上走通过一处横向裂缝，再翻顶。



3) [],
左面巨石，从两石中间进去，右一巨大的裂缝，从裂缝下方手点起步，沿大裂缝往上走，再翻顶。

Bloc 3.9 []



- 1) [],
从石头中间大裂缝中间进去起步，沿着裂缝往上走，翻顶。

Bloc 3.10 []



- 1) [] ,
从石头右边刃脊下方坐起，沿着右刃脊往上走，翻顶。

Bloc 4.1 缝

The first bloc of Line 4 from Yingxu Pavilion . 从迎旭亭下来转入 4 号线的第一块石头。



1) Little Dragon Crack / 小龙缝, V3 ★★★

Start from the low part of the crack in the middle of the bloc, climb up along the bloc and top out. 从石头中间裂缝下部起步，沿着裂缝上走，翻顶。

2) [Project] ,

从石头右脊中间起步，沿着右脊往上走，翻顶。

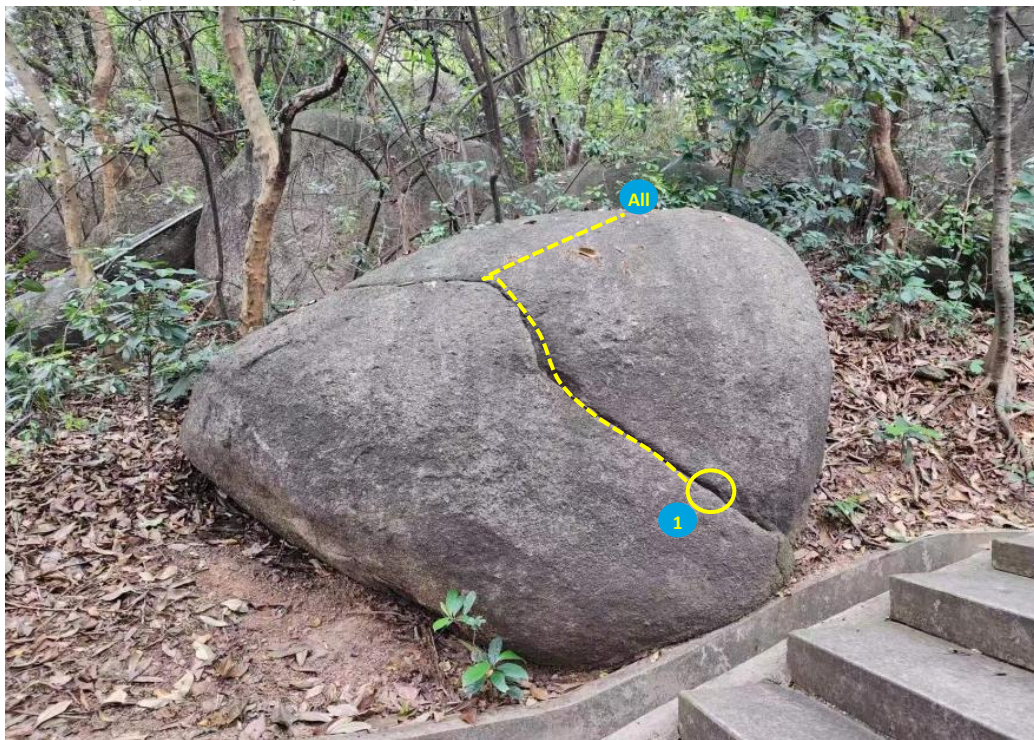


3) Top Out Practice (sds) / 翻顶练习 (坐起), V0 ★

There's a small bloc which is good for practicing your top out skill. Sit start from the left, traverse to the right through the top and top out using foot hooking technic. 旁边有一块小石头是进行翻顶练习的好地方。从石头左边左起，在顶部横移到石头右边，使用挂脚技术翻顶。

Bloc 4.2 []

从 4.1 下来一点就能看到路边的一块小石头。

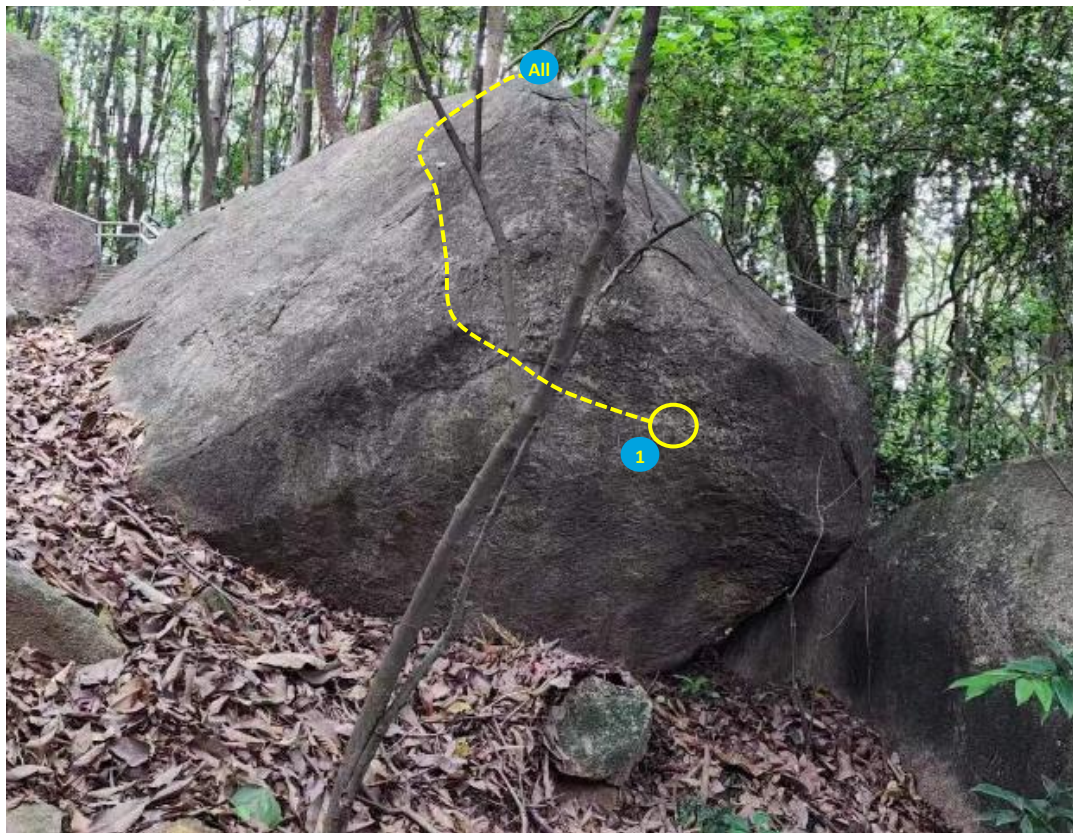


1) [](sds) ,

从石头右侧裂缝下部坐起，沿着裂缝上走，翻顶。

Bloc 4.3 []

从 4.2 小路对面有些大石头。

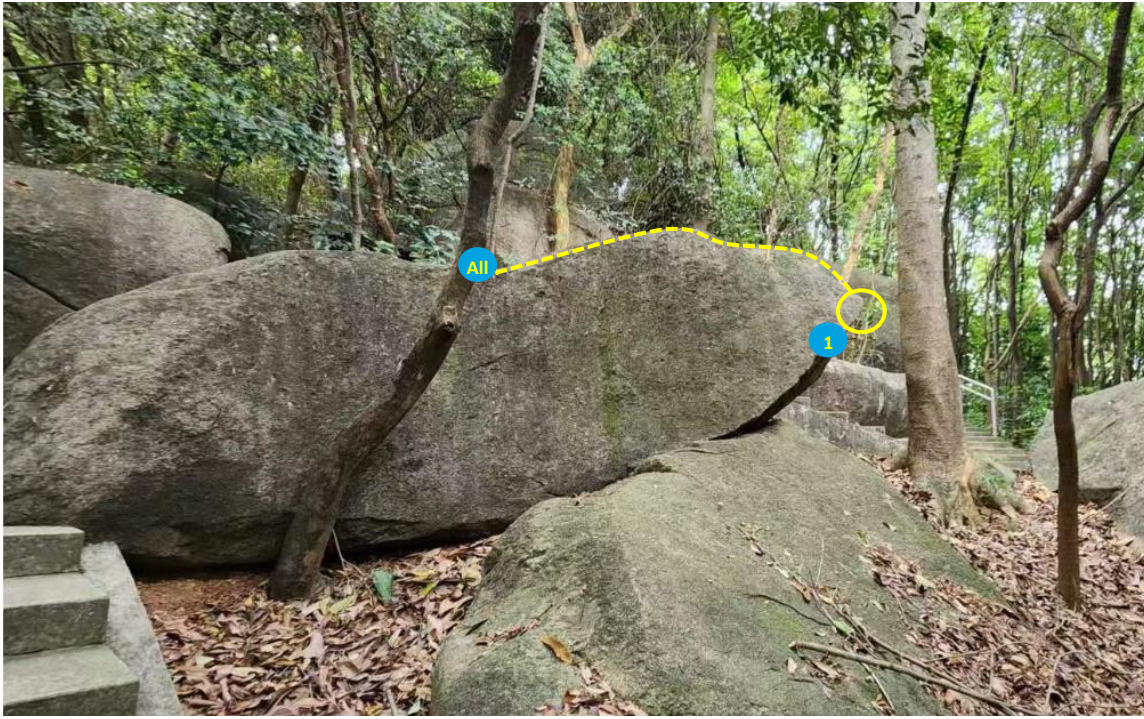


1) [] (sds) ,

从石头右侧仰角下部坐起，沿着岩面翻到左脊向上走，翻顶。

Bloc 4.4 []

从 4.2 小路对面有些大石头。



1) [] (sds) ,

从石头右侧仰角下部坐起，翻过仰角翻到顶上完成。

Bloc 4.5 []

从 4.3 下面还有一块大石头。



1) [] (sds) ,

从石头右侧刃脊下部坐起，沿着右面刃脊向上走，翻顶。

2) [] ,

从石头左侧刃脊下部起步，使用左刃脊上的手点，向上走，翻顶。

Bloc 4.6 []

从 4.4 对面还有一块大石头。



1) [] (sds),

从石头左侧刃脊下部坐起，使用左刃脊上的手点，向上走，翻顶。

Bloc 4.7 []

从 4.6 下面还有一块大石头。



1) [] (sds),

从石头右侧仰角左下部坐起，使用岩棱上的手点，转到裂缝向上走，翻顶。

Bloc 4.8 []

从 4.7 下面对面里边还有一块大石头。



1) [] (sds),

从石头右侧下部坐起，使用岩棱上的手点，左边向上走，翻顶。

Bloc 4.9 []

从小路下来到转弯位置，有一块巨大的石头。



1) [] (sds),

从石中间下部坐起，使用岩棱面上手点，平衡到左边向上走，翻顶。

Bloc 4.10 []

沿着小路从 4.9 下来到，有一组 3 块大石头组成的部分。



1) [] (sds),

从右边石头坐起，沿着石缝向上走，翻顶。

Bloc 4.11 []

沿着小路从 4.10 下来，有一组石头。



Bloc 4.12 龍

Walk along the path to the Pavilion of White Dragon, you will not miss the huge stone bloc with magnificent carving of Dragon in Chinese / "龍". 沿着小路从下来到白龙亭，你肯定不会错过亭子对面巨型龍字石刻。



1) Loong's Heartsteel / 龙心之钢, V4 ★★★★★

Dynamically stand on an obvious foothold on the right of the bloc and hold a crimp hold to start. Traverse the bloc using small crimps and tiny footholds, traverse with balancing through the below of the carving of "龍", match hands on the left bottom of the carving of "龍" to finish the route. You will have to down climb the bloc to descend. Although topping the bloc may be possible with the carving, considering it will be too high and no safe way to go down after top out, we do not suggest to climb up to the top of the bloc. 从石头右边一个明显脚点右脚动态站起来右手抓住起步点起步，利用石头上微小的手点和脚点平衡向左横移，横移到跨国整个龍字向上攀爬到“龍”字左下角笔画处，并手完成线路。线路完成后须倒攀下降。尽管可以沿着石刻继续攀爬但考虑到高度太高，且石头顶部无法安全下撤，不建议登顶。

2) Hill of Loong / 龙之山, V1 ★★

Start from two handhold on the left of the bloc, climb up to the carving of "山", then move on to match hands on the left bottom of the carving of "龍" to finish the route. Again, you will have to down climb the bloc to descend. 从石头左边两个手点起步，直上到石刻“山”然后到“龍”字左下角笔画处，并手完成线路。同样线路完成后须倒攀下降。

Bloc 4.13[]

沿白龙亭下来到三岔路口，路口左侧小路开头的地方有些石头。



Bloc 4.14[]

三岔路口左侧小路后面的一块石头。



Bloc 4.15[]

三岔路口左侧小路里面的一块石头。



Bloc 4.16[]

三岔路口直下小路边上有一块小石头。



Bloc 4.17[]

三岔路口 4.16 后面有一块大石头。



Bloc 4.18[]

三岔路口 4.16 下来直走有一块小石头。

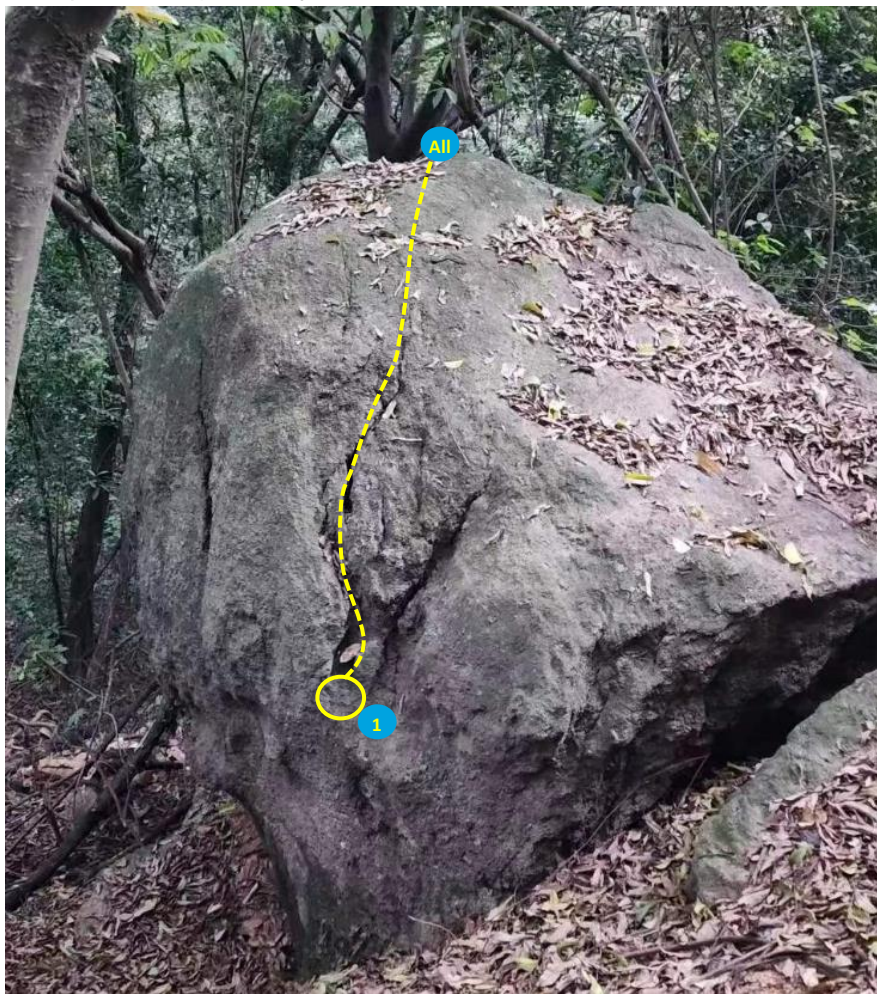


1) [],

从石头右侧裂缝起步，沿着裂缝横移到左边，从左边翻顶。

Bloc 4.19[]

4.18 的小路对面下方有一块石头。



1) [],

从石头中间裂缝起步，沿着裂缝直上，翻顶。

Bloc 4.20[]

小路继续往下有一处平地，平地上有一些可以爬的石头。



1) [],

从石头中间裂缝起步，沿着裂缝直上，翻顶。

感谢黄埔区政府免费的森林公园场地。

本路书网上定期更新，见发布网页、小红书页面或者 theCrag。

The latest of this PDF guidebook can be download at:

本路书最新版网页发布地址

<https://chungtszching.github.io/Guangzhouboulder/>

theCrag

【】

小红书

【】

如果你发现广州或周边其他适合开发的野外抱石场地，欢迎联系我们。谢谢