

Expressions Wall





Kelsey Fleming on *Kelsey's Route*, 5.11a



Zach Watson on *Ten Years Later*, 5.12c



Matt Hendsbee on *Bubba*, 5.12b

Expressions Wall

This wall was first developed by Jeff Relph, Paddy Jerome and Ross Suchy approximately 15 years ago (2007?). A handful of the most obvious blue streaks were bolted and climbed, and are some of the finest and most featured blue streaks of limestone in the Bow Valley. While the crag was clearly incredible with much more potential, the approach was going to take so much effort to build that it was abandoned until 2012. The crag sits upon a cliffy perch, surrounded by slabs, gulley's and bluffs which make it very difficult to access safely.

In 2012, Kate Johnson and I (Miles Adamson) heard about the wall from Jeff. Just getting into route development at the time, we checked it out and decided to add some more routes and try to build a trail. We added 5 more routes and built a trail up the right-hand gully, installing some sections of chain as a handrail. While the approach got you there, it was not safe enough due to rockfall hazards in the gulley. This approach was decommissioned and the wall remained inaccessible until now.

This year (2022) with Matt Hendsbee and Kelsey Fleming, we installed chains and ladder rungs up a left to right rising traverse on slabs and narrow ledges. While we took every measure possible to make sure it is easy to get up there, an uncontrolled fall off the second half of the approach would be fatal. People who struggle with exposure or do not trust themselves with their hands on a chain will not be able to get to the wall. Even with the chains, it is likely the most exposed approach in the Bow Valley (at least for sport crags).

Location

Drive 10 minutes past Grassi Lakes to Goat Pond. There will be a small bridge. Park either before the bridge on the right or after the bridge on the left. Coordinates: 51.02371, -115.40108.

Approach (50 minutes)

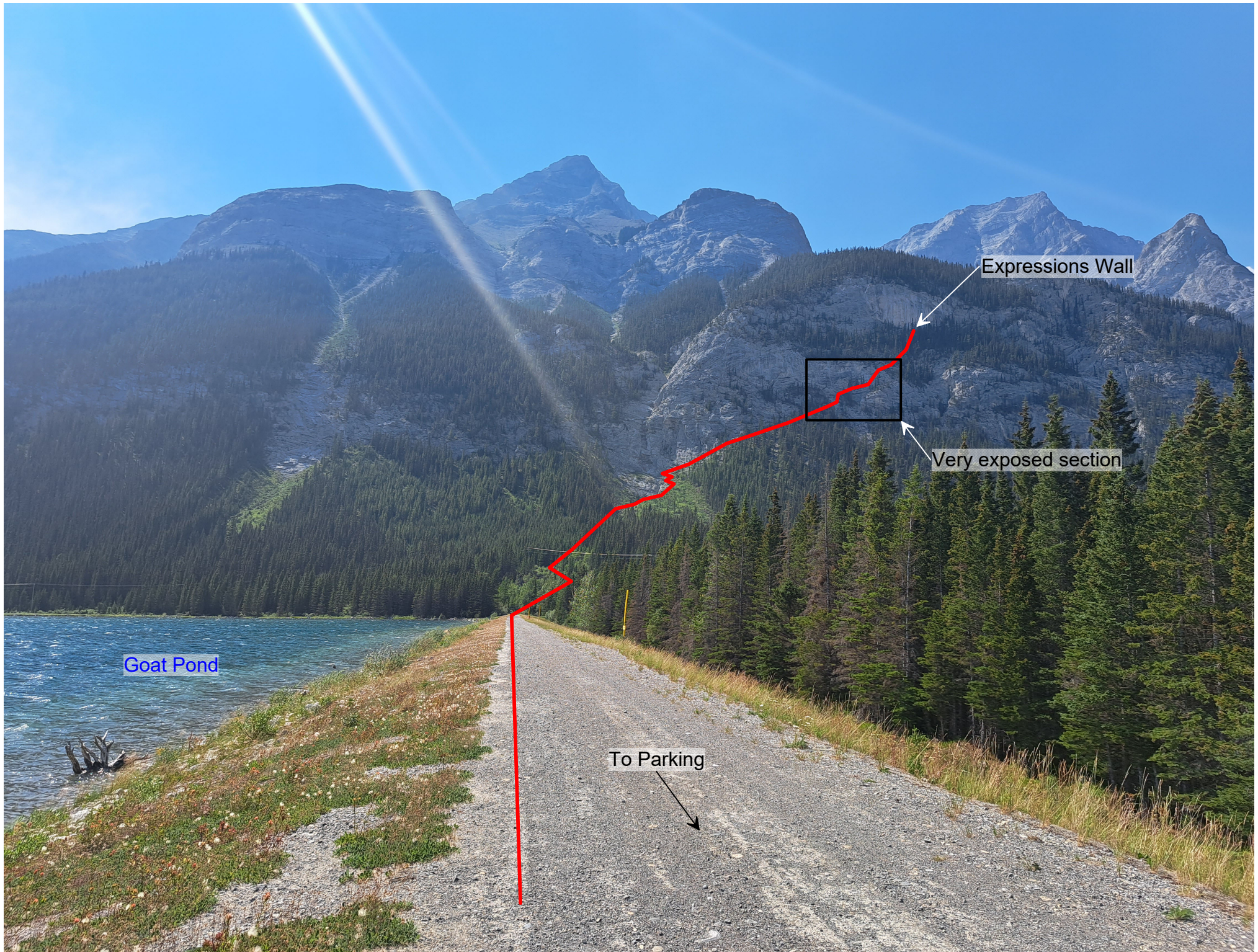
Walk west across the road/dam on the north side of Goat Pond. Once you get to the other side (10 minutes), you will hit a large bike trail. Do not take this trail and continue going straight up towards the base of the drainage.

Flagging leads you to a trail in the woods, which you access by going up the left side of the drainage. It's a bit steep getting out of the drainage, but then you follow the gentle uphill in the forest with a well-worn trail until it leads back into the drainage up higher. Continue up the drainage until you see flagging up and right. You will then exit the drainage on the right-hand side to enter a dense bushy area.

Follow the trail in the bushes up to switchbacks on the scree. Follow this to the base of a cliff next to a waterfall in spring/early summer. To this point it's about 25 minutes (halfway). Follow the trail up and right, now much steeper. It sometimes switchbacks but is usually just straight up and right. Soon you will hit an extremely exposed system of ledges and slabs which have chains equipped. Follow sections of chains up exposed terrain for about 25 minutes until you reach the perch where the wall is. Finish the last bit up the mossy slope with a poor trail, heading slightly right to get to the actual crag.

Pets and small children will NOT be able to safely get through the chain section. Wear a helmet through the chain section, you can potentially knock rocks down on other party members. If you get caught up here in the rain it can be very hard to get down.





Goat Pond

Expressions Wall

Very exposed section

To Parking

Bench Area

Routes are listed from left to right. Upon getting to the wall, you will be on the right-hand side near the bench (underneath Bubba). Many routes are over 30m and required upwards of 17 draws PLUS anchor. Bolt counts listed do not include the anchor.

1 Bubba – 12b

15 bolts, 32m. Climb the arete that the bench faces to a no hands rest. The crux is right off the ledge above, using hidden holds, bubbly pockets and crimps. The rest is very hard to read, with unique movement and cool bubbly features. This is a “top 100” contender, my favourite route at the crag.

Prep: Jeff Relph + Paddy Jerome, 2007. FA: Miles Adamson, Aug 2012

2 Warrior Monk – 12d

Bolt count unknown, 33m. Shares the first couple bolts of Bubba, then split left to an undercling crux. It eases off until a wide flat ledge, where the hands deviously small afterwards, but the feet are big. Move with balance and tension up right.

Miles Adamson, Sept. 2012

3 Updog – 12c

31m, 15 bolts. Starts with a high first bolt, accessed by scrambling on top of a small ledge. Climb up the slab into an incredible dihedral, then to a no hands rest. The climbing is then sustained to the anchors, having big moves, tricky body positions and bad feet. Amazing movement throughout.

Prep: Kate Johnson and Miles Adamson. FA: Miles Adamson, Aug 2012

4 Marmy the Marmot – 12c

34m, 16 bolts. Start to the left of Kelsey’s Route, rambling up the slab to the same ledge. From here some fantastic blocks and undercling moves lead to a decent rest (shared with the route to the right). Similar to that route, the last boulder is the crux and has very high quality blue/black limestone. Clipping the anchors is hard, done from either an undercling or a higher sloper near the chains.

Miles Adamson, July 2022

5 Kelsey's Route – 11a

32m, 14 bolts. Currently the furthest right route on the wall. Start at the base of a shallow dihedral and meander up the slab to a ledge. Off of the ledge, the wall steepens with very nice climbing.

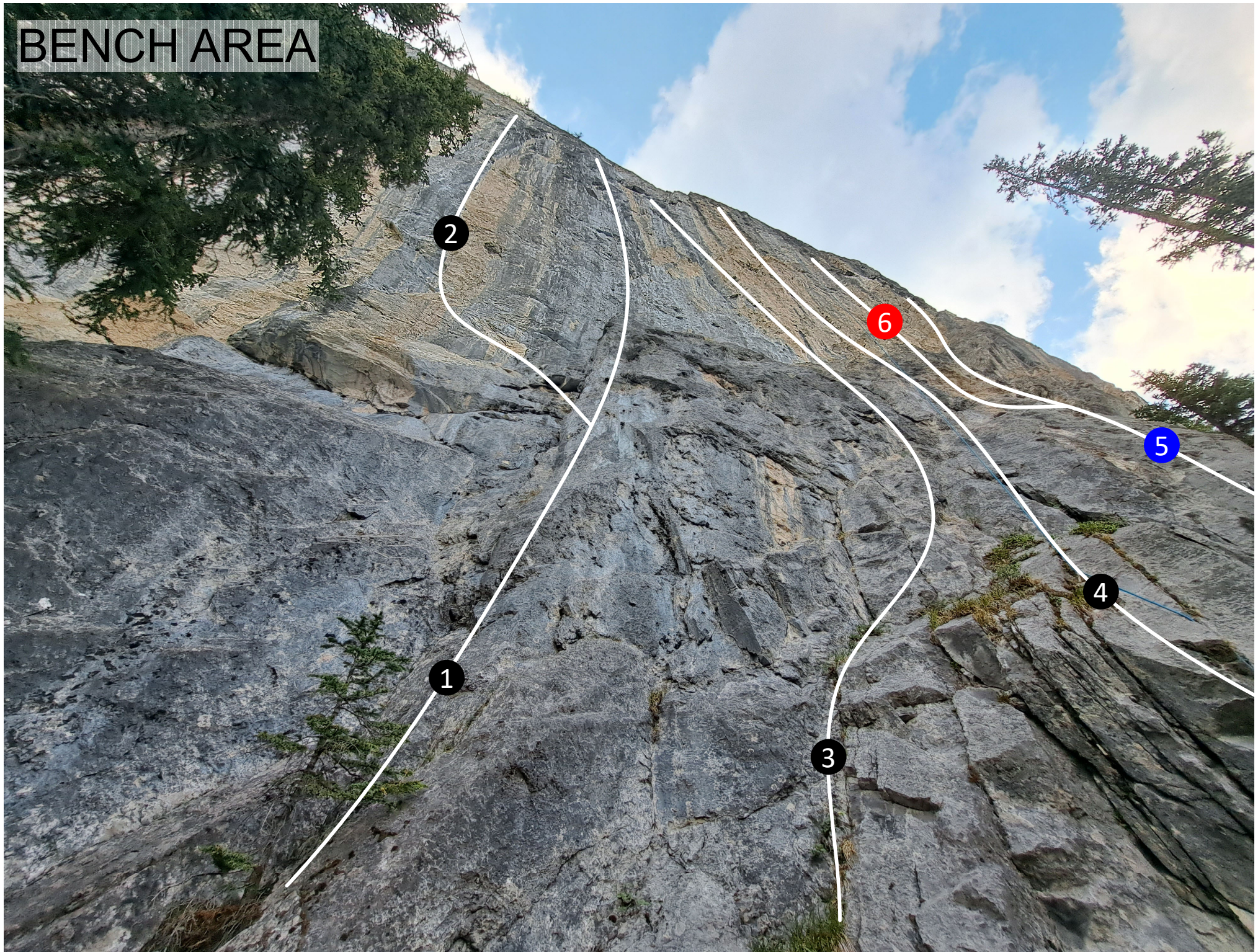
Prep: Miles Adamson + Kelsey Fleming. FA: Miles Adamson, June 2022

6 Dude Where's My Pickaxe – 13a

33m, 17 bolts. Start on Kelsey's Route, then go directly up the blue/black streak on the headwall. Enjoyable but complicated climbing heads to a decent rest (shared with Marmy the Marmot). The final boulder at the top is quality. Named after one of our two pickaxes being stolen from where they were stashed when building the approach.

Miles Adamson, June 2022

BENCH AREA



Perch Area

The next routes (listed left to right) are accessed via a chain and rebar ladder to an exposed ledge. Low bolts and more chain have been placed to be secure while walking around the base and belaying.

1 Perfect Absolution - 11b

12 bolts, 20m. One of the best routes at the crag. Starts with a technical section to gain the headwall above. This route is varied with some larger moves on positive holds, and then technical moves trying to lean in on larger footholds. Very pumpy and fairly sustained. This route is by far the best warm up if you are climbing 5.12 or above, and has been equipped with fixed draws on the anchor.

Paddy Jerome, 2007

2 Try Up - 11c

12 bolts, 20m. This route was unnamed in my 2012 topo, so I have given it a placeholder name. left from the third bolt of Perfect Absolution. Tricky and hard to read, often wandering away from the bolt line, but always coming back shortly after. While not as good as Perfect Absolution, it's still very worthwhile. The blue streak continues far above the anchors and could be extended if anyone is keen!

Jeff Relph, 2007

3 My Money Don't Jiggle Jiggle – 12b

10 bolts, 20m. Start up a slab with interesting bubbles, some of which have hidden jugs on top. The bulge down low has the hardest moves, but it's very sustained to the top. The yellow/orange rock is solid but quite prickly and sharp!

Miles Adamson, June 2022

4 Weapons of Mass Distraction – 12c

10 bolts, 21m. Climbs a wide blue streak, but often veers into the yellow on the left. Starts off easier, but prepare for an extremely beta intensive crux midway. An excellent route!

Paddy Jerome, 2007

5 Death of a Cuticle – 12c

9 bolts, 21m. This route shares the 1st bolt of Weapons of Mass Distraction, and goes right from it. Climb a thin black streak using 1-2 pad edges most of the way. Very sustained with difficult sequences throughout. The top is so sharp and prickly that it was named after it.

Zach Watson, June 2012

6 Adam Smith and the Invisible Hands – 13b

Unknown bolt count, 22m. Climbed from the tree ledge, it is the second route from the right on the perch. It starts with two steep and blank looking bulges. It is quite difficult to find the holds, but very easy for the free market to incentivize individuals, acting in their own self-interest, to produce what is societally necessary.

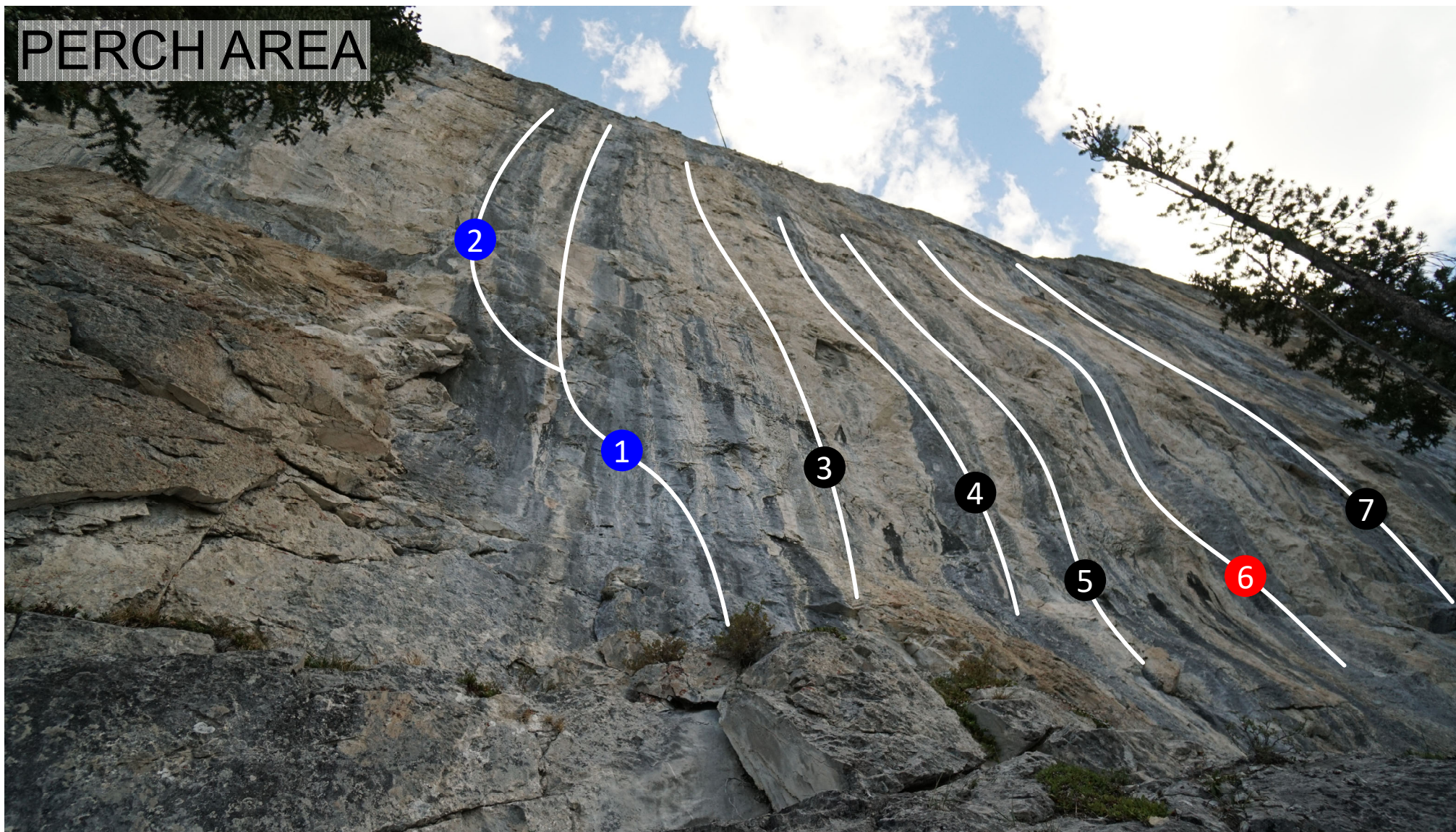
Miles Adamson, June 2012

7 Mean Streak – 12c

Unknown bolt count, 22m. Climbed from the tree ledge, it is the furthest right route on the perch. Follows a blue streak up through a dihedral with underclings and bouldery movement.

Ross Suchy, 2007

PERCH AREA



The Far Left

The next routes (listed left to right) are accessed via a chain and rebar ladder to an exposed ledge. This isn't déjà vu, there is indeed more chain and rebar. This area has the most potential for new routes, although it is difficult to get on top to rappel.

1 Rebarb – 12a

16 bolts, 33m. Climb the off-vert wall which isn't too hard in the bottom half, but definitely tricky. The crux is at the top.

Matt Hendsbee, July 2022

2 Season Finale – 12b

9 bolts, 18m. This route tackles the amazing blue ripples which lead to a steeper headwall (cover photo). Multiple hard moves are separated by decent rests. While it's not quite as long as the other routes here, it is just as pumpy. Quality.

Matt Hendsbee, Sept 2022

3 Ten Years Later – 12c

15 bolts, 33m. I originally bolted this line in 2012, and it went much further right and to the very top of the wall. Abandoned for ten years, I finally cleaned it and rebolted the top. Start up a slab, with a bit of a run out to clip the first bolt of the headwall. The headwall starts with fun large moves on jugs until the holds start getting smaller near the 6th bolt. Here a crux with pinches leads to some easier climbing to the top. Stay right under a scar where a large block was removed.

Prep: Miles Adamson, 2012. FA: Miles Adamson, Aug 2022

Abandoned Project

The original midway anchor of Ten Years later still remains, and so do some bolts. If this line was bolted straight down as an independent line, it would be a great addition.

FAR LEFT AREA

