

FREDDIE (FORT FREDRICK)



LEGAL NOTE: All climbing is very dangerous & always at your own risk. Nobody is forcing you to climb. You choose to climb, so choose to go home before the risks become too high. Remember even small injuries can take 6 weeks to heal. No responsibility for inaccurate or incomplete information will be accepted by the scribe or any other body. The landowners accept no liability at all. Climbers take full responsibility for themselves at all times. Fixed protection will become unreliable, loose rock is common, solid rock becomes loose & RD writers make up most of the information, with a beer, at the computer. This RD is only a guide & is no substitute for experience, training, common sense & a touch of caution. So you are on your own...take care!

EASTERN CAPE CLIMBING VENUES

Port Elizabeth	30 Coombs Gorge	37 EL urban crags & boulders	Toorberg	Swartberg
1 Lady's Slipper	Amatolas	38 Yellowsands & Inkwenkwezi	44 Graff-Reinet	49 Towerkop
2 Van Stadens	31 Fort Fordyce	39 Lalapanzi	45 Compassberg	50 Oudtshoorn
3 PE urban crags & boulders	32 Hogsback	40 Morgan Bay	Transkei	51 Gamkaskloof Bouldering
4 Sleepy Hollow	33 Stutterheim	41 Bola	46 Hole in the Wall	
5 Elands River	Langkloof	Winterberg	47 Hill of Execution	
6 Kirkwood	19 Nguniland	42 Mary & Martha	48 Port St Johns	
7 Cape St Francis	20 Kouga Wildernes	43 Hangklip		
Groot Winterhoek	21 Uniondale Pass			
8 Tygerhoek	Garden Route			
9 Naga's Kloof	22 Titzikama			
10 Eagle Gorge	23 Groot Rivier			
11 Momentum Gorge	24 Plett Crags			
12 Pinnacle Gorge	East London			
13 Cockscomb	34 NSA			
14 Grootbos & Kleinbos	35 Windmill Hole			
15 Nivera	36 Buffalo River			
Baviaans				
16 Grips				
17 Kudu Kaya				
18 Waterkloof				
Grahamstown				
25 Alicedale				
26 Howieson's Poort				
27 Moodies				
28 Bouldering				
29 Thornkloof				

NOTE FROM THE SCRIBE: It took consistent effort, time, work & organization to get this guide ready for your pleasure...for free! Thus please respect that all the information & photographs are strictly **Copy Righted**. Nobody "has" a lawyer, normally a lawyer has us...by the short & curlies. But I do know this lawyer, he's a bit of a dick, but apparently he normally wins. Friends, let's not get to see how much of a dick he really is. You are more than welcome to print out, e-mail or link to a web page this guide in its unchanged format, with logos & all information intact. Many routes have been added or recorded for the first time in the last 10 years. Much detail was missing from the resources publically available. This guide is an attempt to consolidate this info & available to everyone. As this is a web based guide it can be considered a work in progress. It is easy to change. So please send missing details, corrections, additions & adjustments to marshall@gsafrica.co.za . All information will be greatly appreciated.

HISTORY: Fort Fredrick was at a stage one of the main training areas for the Eastern Province Mountain Club. Before club meetings on Thursday night, the climbers would head to Freddie for a quick pump before the weekly waffle. Flood lights allow all hours training. Though these days karate training would be useful if one was planning a trip to Freddie after dark. Steven Reed rendered the memories of these prominent “lines” in between coffee sessions, just before he retreated wimpered from the Eastern Cape.



DIRECTIONS: From Cape Road turn into Rink Street. Turn L into Western, then R at the stop street. Park at the end.

SAFETY: 1. this is a real concern. The area has a reputation for muggings, drugs, prostitution and all that goes. The bigger the group the better. No lone woman climbers or couples. Leave all your valuables at home...not in the car. And make sure it doesn't look like you are sniffing your chalk. On the other hand: Freddie has a marvelous view and during the day there is a charming atmosphere.

2. Some of the walls are quite high. Take a crash mat. Watch out for glass.

GRADINGS: A = Lank Easy

B = Easy

C = Hard

D = Lank Hard

So you ask yourself; why the new grading system. New things are fun and nice. Move with it. Forget that you are the mullet for even wondering. Enjoy the climbing.

ENTRANCE WALL

1. Just L of door. Up arête...going for corner. Top out. **A**
2. 1m l of plaque. Pockets. Top out. **C**
3. 4m L of plaque. Wide pockets to top. Top out. **B**
4. 3m R of corner. Good feet, with LH side pull. High step, moving R. Top out. **D**
5. 1.5m R of corner. Start pocket below crack. Into center pocket. Top out. **B**
6. **Stevens Corner:** RH side of arête. Top into barrel. **B**

EAST LONDON WALL

7. **Kalibs Corner:** LH side of arête. Into barrel. **C**
8. **Descent Route:** Obvious easy line to broken topping. **A**
9. 4m L of corner. Up using side pulls. **B**
10. Hand Jam Crack: 8m L of corner. **B**
11. 12m L of corner. Tri angular hold 2.5m up. **B**
12. **The French Route:** 16m from corner. Up to obvious crimp move. R into finger pockets. **B**
13. 21m from corner. Big hold in crack. **C**
14. 5m R of corner. Up diagonal crack. **D**
15. 2m R of corner. Up diagonal crack. **D**
16. RH side of arête into Barrel. **D**

SOUTH END WALL

- 17. ADK's Route:** 3m R of corner. Into prominent square hole. End in break. **C**
- 18.** 5 holes to top out. 9m L of corner. **C**
- 19. The Cat Route:** 12m L. Big square hole with smaller one above. **B**
- 20.** 14m L. 20 & 21 join in an obvious way. **B**
- 21.** 16m L. **B**
- 22.** Up faint L trending crack line. **B**
- 23.** 10m R of corner. Up crack. **B**

