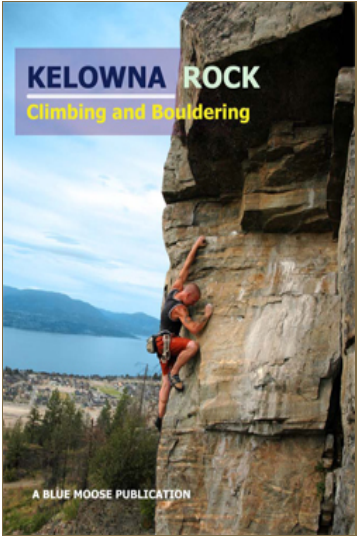




Kelowna, BC

The Weather Network

Current	Fri Morn
-1°C	2°C
Hourly Forecast	Full Forecast



Welcome to Kelowna Rock!

Jani Vaaranpaa and I are the co-authors of Kelowna Rock - Climbing and Bouldering. If you see news happening or want to share your new project or problem, please contact us so we can post it on the web!

Click on Guidebook Details for guidebook details, where to buy the book and a list of businesses owned by the decent people who helped pay for your guidebook. Support them and you support us and we support you. Yup. Life is a circle.

Hanna

[Guidebook Details...](#)

A Selection of Previous Home Pages

Old News

I AM IN AFRICA!

Dar Es Salaam, Tanzania, to be specific. I am a VSO volunteer for Femina HIP, a great, nonprofit organization.

You can check out my blog [Hanna's Great Adventure](#)

or have a look at our latest Femina magazines, etc. at [Femina HIP](#)

or if you feel like being a VSO volunteer, go to their website at <http://www.cuso-vso.org/>

Dont Worry

I will keep updating site with help from my friends

Safety News

Hey everyone! Sorry about delay in update, and hope everyone is survived the late start to this year's climbing season.

One of the favourite early season climbing spots is **Lonely Boy**, and unfortunately a small chain war occurred on **Aretenaphobia**. Someone felt the need to run a long chain from the hangers, and another person thought this was a dumb idea, so cut partway through one chain link.

Now I have to admit, the long chain thing is unnecessary, BUT to create a situation that is potential lethal for another climber is like doing a drive-by shooting on a random stranger. **I think if the link cutter is identified, he should be charged. Seriously! PX on Lonely Page.**

Good news is unsafe chains have been removed.

Climbing For Beginners

We frequently get emails asking where is a good place to learn to climb outside. I usually send them to Penticton. Skaha Rock Adventures is a great for guides and instruction, and the Skaha Bluffs have loads of beginner routes for leading and top-roping.

Having said that, Kelowna does have options for the beginner climber. **The Lonely Boy** crag features Attempted Theft (5,7) and Aretenaphobia (5,9), both of which can be TRd (as can the neighbouring, more difficult routes).

Around the corner from Lovely Boy (I am going to leave this typo) is the **Hall of Thieves** and a

:) mmm that means YOU!

nameless face which, if you look closely, has 3 top-rope stations. These routes are great for beginners and children.

Lonely Girl is a 15-minute walk from Lonely Boy and the perfect place to bag your first 5.10 lead. The routes are well-bolted, tho challenging starts mean some climbers prefer stick-clipping the first bolt.

The **Main Wall** in the Boulderfields offers some wonderful, 35-metre top-rope climbs (Route Canal and Edgefest are great) in the 5.8-5.9 range, and nearby Wonderbar (5.9 -5.10) has become very popular with new leaders. Keep in mind the Boulderfields road is best tackled with a 4-wheel drive.

Across the lake is **Mt. Boucherie**. Climbers do TR the 3 routes on Rad Wall, but it is a bit of a challenge. Better off if you can lead Good or Rad (5.9ish .. starts are a bit stiff, and then its all good) and then set the others while on belay. There are easily accessible TR and rap stations on the Cell.

Normally, I would add **Cedar Park** to the list of beginner spots, but not sure about its current condition, with regards to rock fall. Anybody have the answer?

Anyways, happy climbing. I am off to an isolated village in northern Tanzania next week to try to do a photostory shoot for Fema mag in the midst of monsoon rains! Egads.

A Selection of Previous Home Pages

- [Climbing in the Gym Dec 10](#)
- [Christie Falls Oct.10](#)
- [Howie Gets Mad Sept10](#)
- [RetroBolt Aug10](#)
- [Guidebooks May10](#)
- [Climbing funds March10](#)
- [Routes n Trails June 09](#)
- [Ticks May 09](#)
- [Skaha Parking Jan 09](#)
- [Lair updates Nov 08](#)

Hanna's Blog on Africa

<http://karinhanna.blogspot.com/>