

# Guangzhou Dragon Cave Bouldering Guide

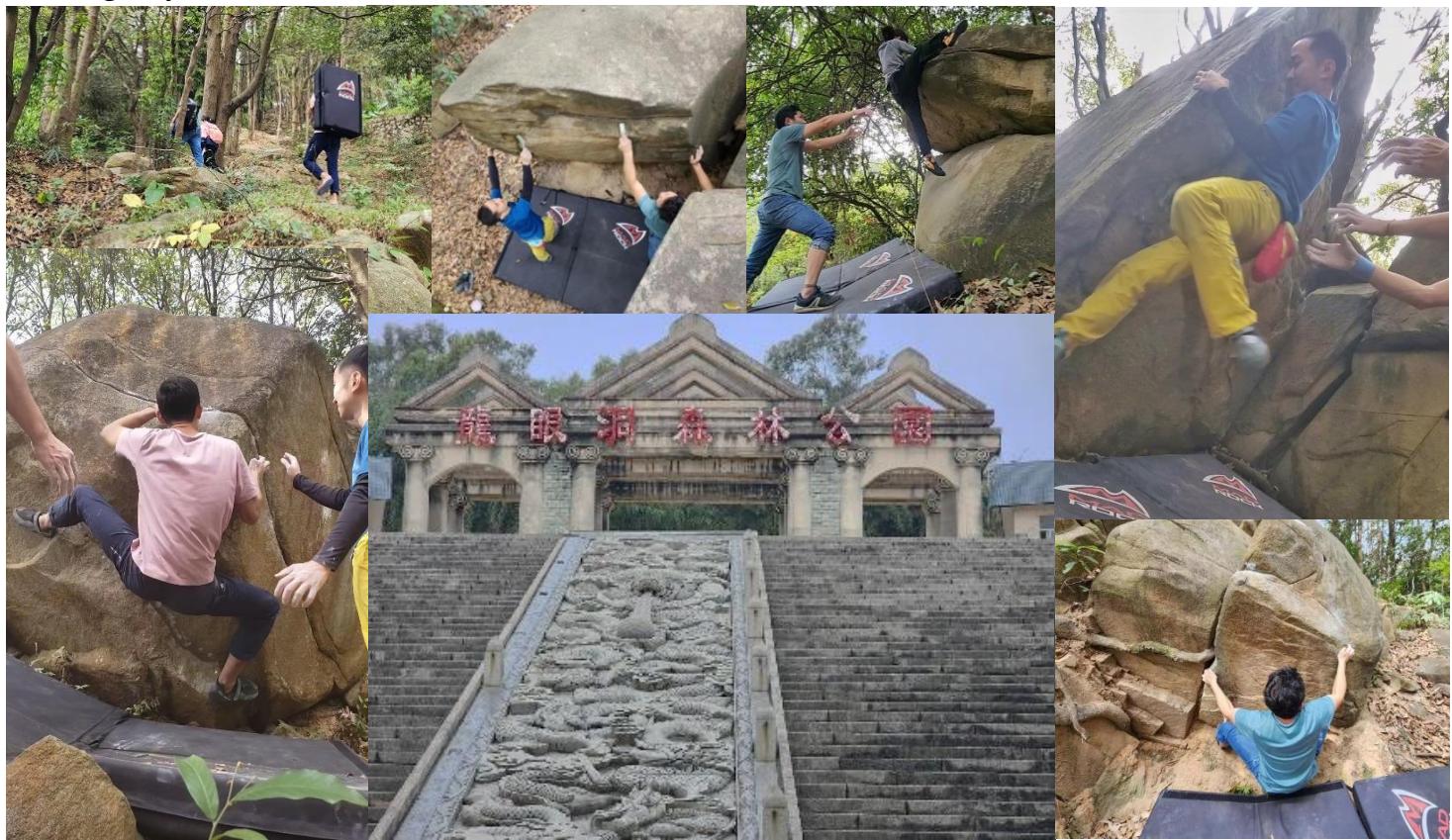
## 广州龙洞攀石指南

Version: 2024.3.3

Developers: OC Chung / Karl 阿康 / 庭哥 [书记员 Author: OC 鍾 ]

### General

For long time there is no convenient outdoor bouldering place for Guangzhou climber in or around the city. In late 2007, the first and the only outdoor bouldering game has been held in Guangzhou by some of our pioneers in the climbing community in a mountain within the city named Dragon Cave, but no bouldering activity organised after that, and no guidebook prepared for beginner and other new climbers. In early 2024, which is 16 years after the game, a team of local climbers including OC Chung, Karl and Ting (OC 鍾、阿康、庭哥) spent serval weekends to clean up the rocks and re-developed some climbing routes in the Mountain Dragon Cave and prepared this bouldering guide. The blocs are in the forest for top of Dragon Cave Mountain and best bouldering season will be autumn while the weather in Guangzhou is suitable for outdoor activities all around the year with stable temperature, except for some raining days and wet weather.



### Credits 鸣谢:

2007 开发团队: 袁天、小黎、小浩、阿超等前辈

2024 开发定线团队: OC 鍾、阿康、庭哥

2024 试线贡献岩友: 陈铭妍、泽龙、塙田智久、课代表、Gogo、小方、欢欢、偉健、Joe、Zoe、Renaud、Laura、Ryan、菲儿  
赵二、[ ]....

# Group 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 By using this guidebook, you acknowledge that the information therein may be out of date or inaccurate and you agree that anyone mentioned in this guidebook cannot be held liable for any damage that may be caused by use of this guidebook.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 inside a ○ (ie. two “①” means the two start handholds for route #1). 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.

我们以标注线路号码的圆圈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:** Please respect local custom. There are some ancient tombs in the mountain, try not to disturb the tombs of local ancestors. Leave No Trace.  
请尊重当地风俗习惯，山上有些古墓，请尽量不要打扰到这些先人的墓地。请遵循 LNT 原则。

**Belay/Pads:** Please come with your belayer. 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。

# Approach

Location: Dragon Cave, Tianhe Dist., Guangzhou, China (广州市天河区龙洞)

Please tell the taxi driver to go to: Dragon Cave Park Bus Stop (打车定位: “龙眼洞森林公园-公交站路西”), the south gate of the Dragon Cave Park is right next to the bus stop. You may get there within 30 minutes from most of the place with Guangzhou City. Past through the magnificent south gate with stone dragon relief, turn left, follow the concrete road up the mountain walking about 20 minutes (穿过石龙浮雕的南门左转, 沿水泥路上山 20 分钟), and turn left when you see a sign of walking track(到健身径标志左转), go up with the walking track and you will see the bloc with a 5 minutes' walk (健身径步行 5 分钟即可看见岩石). You may also reach the above mentioned bus top by 20 minutes' walk from MTR “Botanical Garden” Station Exit D (也可从广州地铁-植物园站 D 出口步行 20 分钟到达龙眼洞森林公园公交站). The Park is a public park free of charge and open 24x7. 公园全天候免费开放。



# The Blocs

The blocs are located in three zones – Zone A, B and C. There is a pavilion in the middle of Zone A around the first peak with the path from South Gate. Walk along the path you will see Zone B at the next peaks with blocs. Following the path there are some more blocs in the next few peaks a little bit far away, which we included in Zone C in this guidebook. 抱石区分布在3个区域，从南门上来的步道上第一个山头是A区，有个亭子在A区中间。沿着步道往前走接下来下一个有石头的山头就是B区。沿着步道继续往前走还有一些更远的山头上有石头，本路书将这些石头归于C区。



# Routes

Zone	Bloc	石头	Route	线路	Grade	Rating
<b>Zone A</b>	A1	Welcome Bloc	1	Welcome / 欢迎	V0	★★
			2	Welcome and sit (sds) / 欢迎坐下(坐起)	V1	★★
			3	Amazing Squat (sds)	V4	★★★
			4	Up to you	V3	★★★
			5	Welcome Back / 欢迎回来	V0	★
	A2	Tian's Bloc	1	Up to the Sky / 指向天路	V3	★★★
			2	The crack	V5	★★★
			3	Follow the Crack (sds) / 大蛇指路(坐起)	V6	★★★★
			4	Tian's Back	V1	★★
	A3	Roof Bloc	1	The Roof / 屋檐	V3	★★
	A4	Puzzle Bloc		[Open project]		
	A5	Immortal Bloc		[Open project]		
	A6	[Unmaned]		[Open project]		
	A7	Chen's Bloc	1	I/m Pass	V3	★★
	A8	Nanhai Bloc		[Open project]		
	A9	Secret Bloc	1	I will do it next time / 磕代表	V5	★★★
<b>Zone B</b>	B1	Chung's Bloc	1	Attention	V3	★★★
			2	Tension	V4	★★★
			3	The Pump / 泵	V3	★★★
			4	Pump Attention	V4	★★
			5	Left Pump	V4	★★
			6	Tension Low (sds)	V5	★★★
	B2	Puppy Bloc	1	Hug the Puppy (sds) / 抱抱狗仔(坐起)	V2	★★★
			2	Hand or Fist	V2	★
			3	Laughing Gor (sds) / 老地方见(坐起)	V5	★★★
	B3	Ting's Bloc	1	King of Boulder / 抱石大王	V4	★★★
			2	14 ans Joyeux anniversaire Fidji / 肥鸡 14 岁生日快乐	V1	★★
			3	Cucumber / 黄瓜	V3	★★
	B4	Kid's Bloc	1	Kindergarten (sds) / 幼儿园(坐起)	V0	★
	B5	Discovery Bloc	1	Discovery Channel / 探索频道	V2	★★
			2	Strawberry Cake / 草莓蛋糕	V2	★
			3	Discovery Cucumber / 青瓜	V1	★
<b>Zone C</b>	C1	[Unmaned]		[To be completed]		
	C2	[Unmaned]		[To be completed]		
	C3	[Unmaned]		[To be completed]		
	C4	S Bloc	1	S for Secretary (sds) / 书记(坐起)	V1	★★
	C5	[Unmaned]		[To be completed]		
	C6	[Unmaned]		[To be completed]		

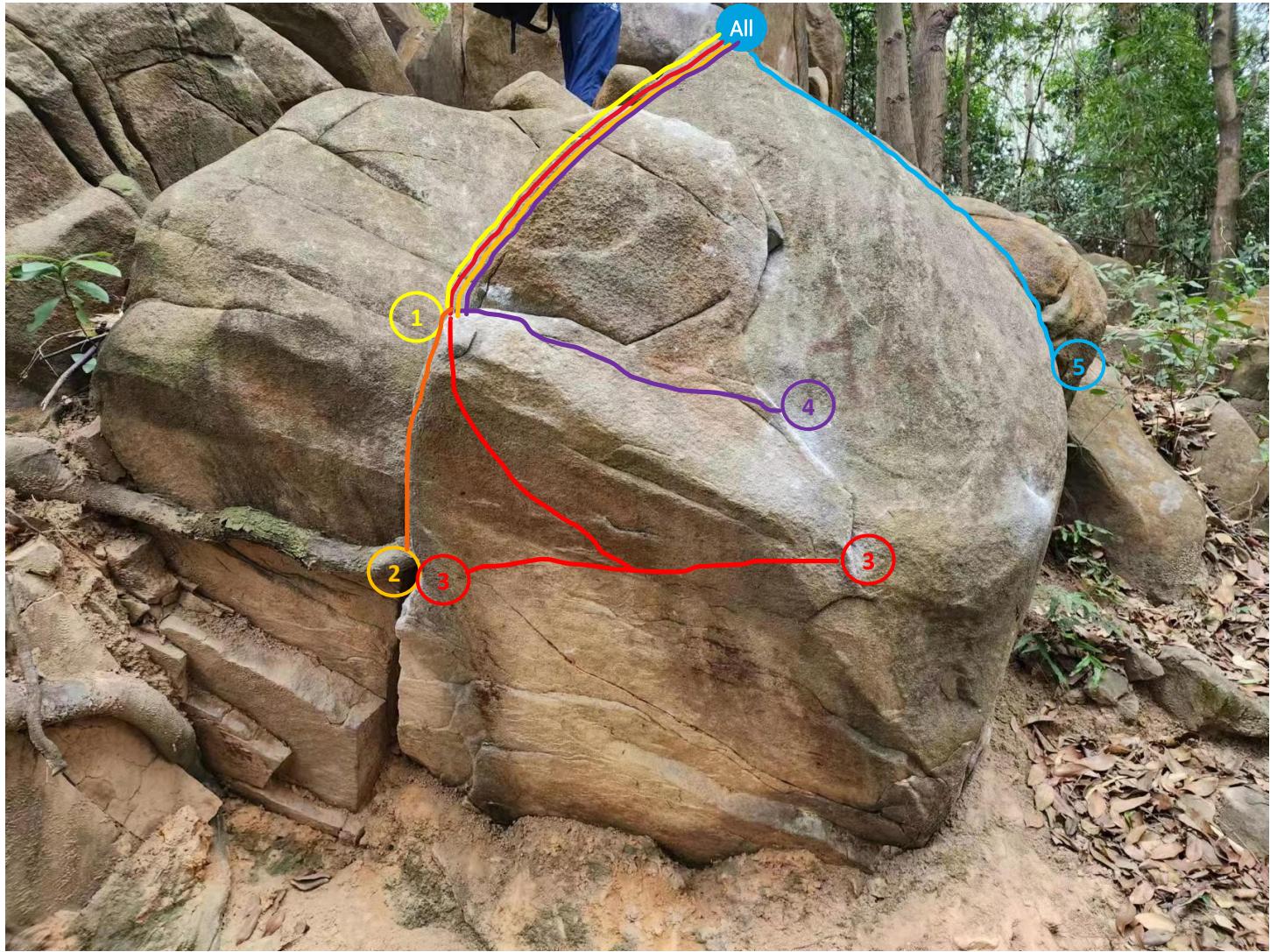
## 作者注：

关于命名和定级：由于 2007 年开发团队未留下路书和线路命名，也不清楚具体线路情况，2024 年开发团队暂时把重新开发的线路命名及定级，如果各位前辈对名称和定级有不同意见，请微信联系本路书作者 OC 锤修改；如果各位后续来爬的岩友对线路定级有异议，或者新增了线路，也请联系我讨论修改和增补。本路书会定期更新。谢谢

## Zone A

### Bloc A1 - Welcome Bloc

The first bloc you will see on your path up to the bouldering are. 这是上来抱石区后看到的第一块石头。



#### 1) Welcome / 欢迎, V0

Start from the middle of the left arete of the bloc and go up along the left arete, avoid using the other part of bloc on left. 从左侧刃脊中间起步沿刃脊直上。避免使用线路左边的另外一部分石头

#### 2) Welcome and sit (sds) / 欢迎坐下 (坐起), V1

Sit start from the lower of the left arete of the bloc and go up along the left arete, the other part of bloc on left can be use as start footholds. 从左侧刃脊下部坐起后沿左侧刃脊直上，线路左边的另外一部分石头可以用作起步脚点。

#### 3) Amazing Squat (sds), V3

Sit start from the lower of the right arete of the bloc and go straight up, avoid using the other part of bloc on left. 从右侧刃脊下部坐起后沿右侧刃脊直上，避免使用线路右边的另外一部分石头

#### 4) Up to You, V3

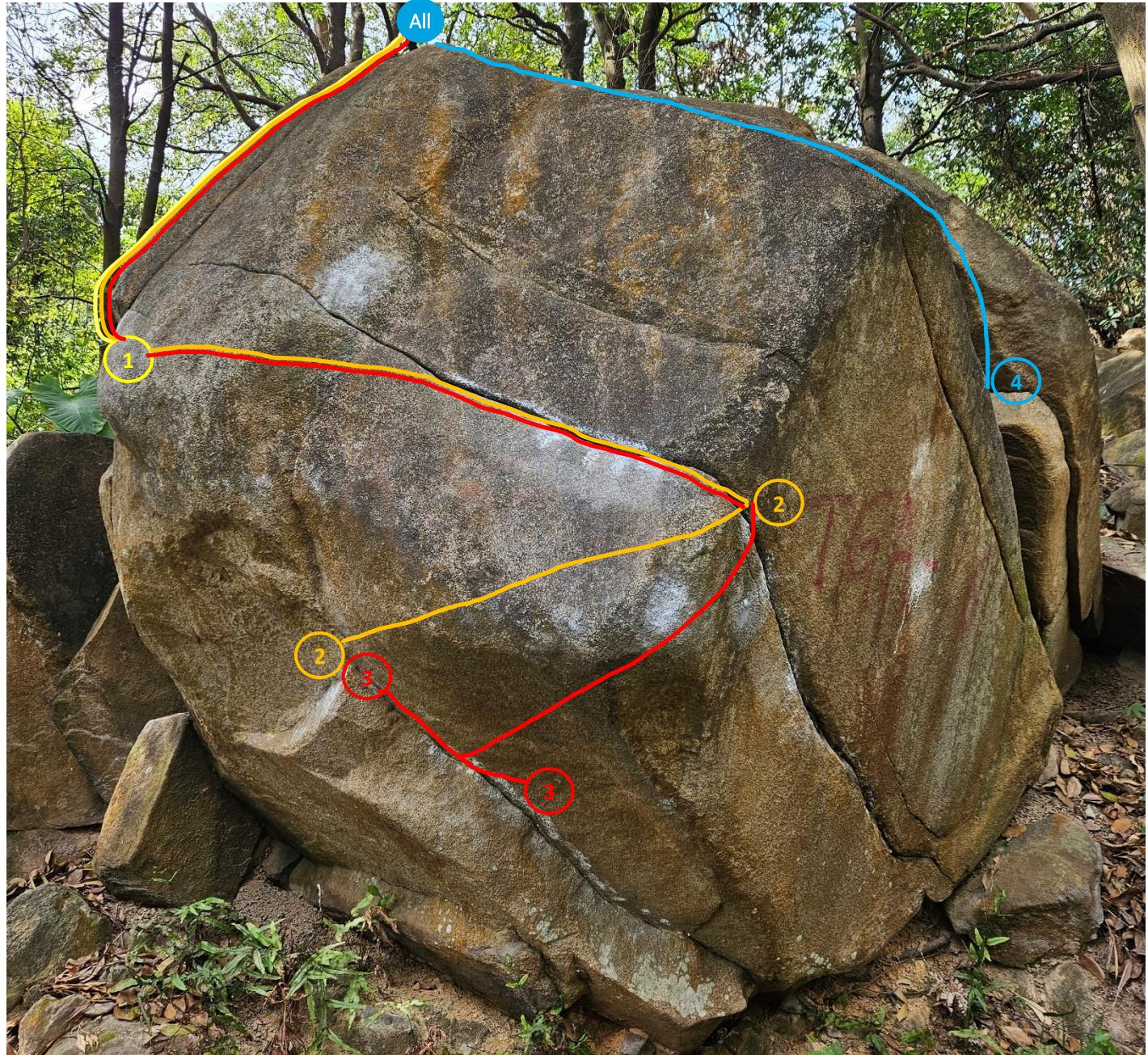
Start from the side pull point in the middle of the bloc and go up along the left arete, avoid using the other part of bloc on left. 并手从中间侧拉点起步后沿左侧刃脊直上，避免使用线路左边的另外一部分石头

#### 5) Welcome Back / 欢迎回来 , V0

Start from the middle of the right arete of the bloc and go up along the right arete, avoid using the other part of bloc on right. 从右侧刃脊中间起步沿右侧刃脊直上。避免使用线路右边的另外一部分石头

## Bloc A2 - Tian's Bloc

Marked with "TAG-16", right behind the A1 Welcome Bloc. 石头上标有"TAG-16"字样喷漆，就在 A1 欢迎石后面。



1) Up to the Sky/ 指向天路, V3

Start from the middle of the left arete of the bloc and heel hook, and go up along the left arete. 从左侧刃脊中间挂脚起步沿左侧刃脊直上。

2) The crack , V5

Start from the lower in the middle and the right crack of the bloc, traverse through the middle crack to left arete, and go up along the left arete. 从中部下方手点和右边裂缝上起步，横移中间裂缝到左侧刃脊直上

3) Follow the Crack (sds) / 大蛇指路 (坐起), V6

Sit start from the lower in the middle and the lower crack of the bloc, straight to the right crack, traverse through the middle crack to left arete, and go up along the left arete. 从中部下方手点和下方裂缝上坐起，出右边裂缝后，横移中间裂缝到左侧刃脊直上

4) Tian's Back, V1

Start from the middle of the right arete of the bloc and go up along the right arete. 从右侧刃脊中间脚起步沿右侧刃脊直上。

## Bloc A3 - Roof Bloc

Marked with “TAG-16-2”, on the left-hand site of A2 Tian’s Bloc. 石头上标有”TAG-16-2”字样喷漆，就在A2 天石左手边。



1) The Roof / 屋檐, V4

Start from the right site of the crack in the middle, up the roof and finish by topping out. 从中间裂缝处起步，翻过屋檐并从登上顶部

## Bloc A4

Walk along a path on from left hand site of A3 Roof Bloc. 从 A3 屋檐石左手边小路过去。



1) [ ] , V?

中间起步直上。【Open project, 待开发, 初步感觉各步难度均不低于 V8】

## Bloc A5- Immortal Bloc

Marked with “仙人”, up the path from A2 Tian’s Bloc.



1) [ ] (sds), V?

坐起直上。【Open project, 待开发, 初步感觉起步难度不低于 V8】

## Bloc A6

Near the pavilion, behind the Bloc A5. 在亭子旁边，A5 石的后面。



1) [ ] (sds), V?

**【Open project, 待开发】**

## Bloc A7 - Chen's Bloc

Near the pavilion, up to the top, mark with “陳(Chen)”. 在亭子旁边的山顶上，正面刻有“陳”字样。



1) I/m Pass, V3

Start from the middle of the right arete of the bloc, go up along the right arete, traverse to the crimp in the middle and top out. 从右侧刃脊中间脚起步沿右侧刃脊直上，横移至中间的手点后到顶。

## Bloc A8 - Nanhai Bloc

Next to A7 Chen's Bloc, mark with “南海 Nanhai”. 在 A7 陈石旁边，正面刻有“南海”字样。



1) [ ]

**【Open project, 左侧有明显手点, 待开发】**

## Bloc A9 – Secret Bloc

Opposite to A8 Nanhai Bloc on the left site of the path, need to go down a little, the routes are on the back site of the bloc. 在 A8 南海石对面，小路的左侧，需要走下去一点点，线路在石头的背后。



1) I will do it next time / 磕代表, V5

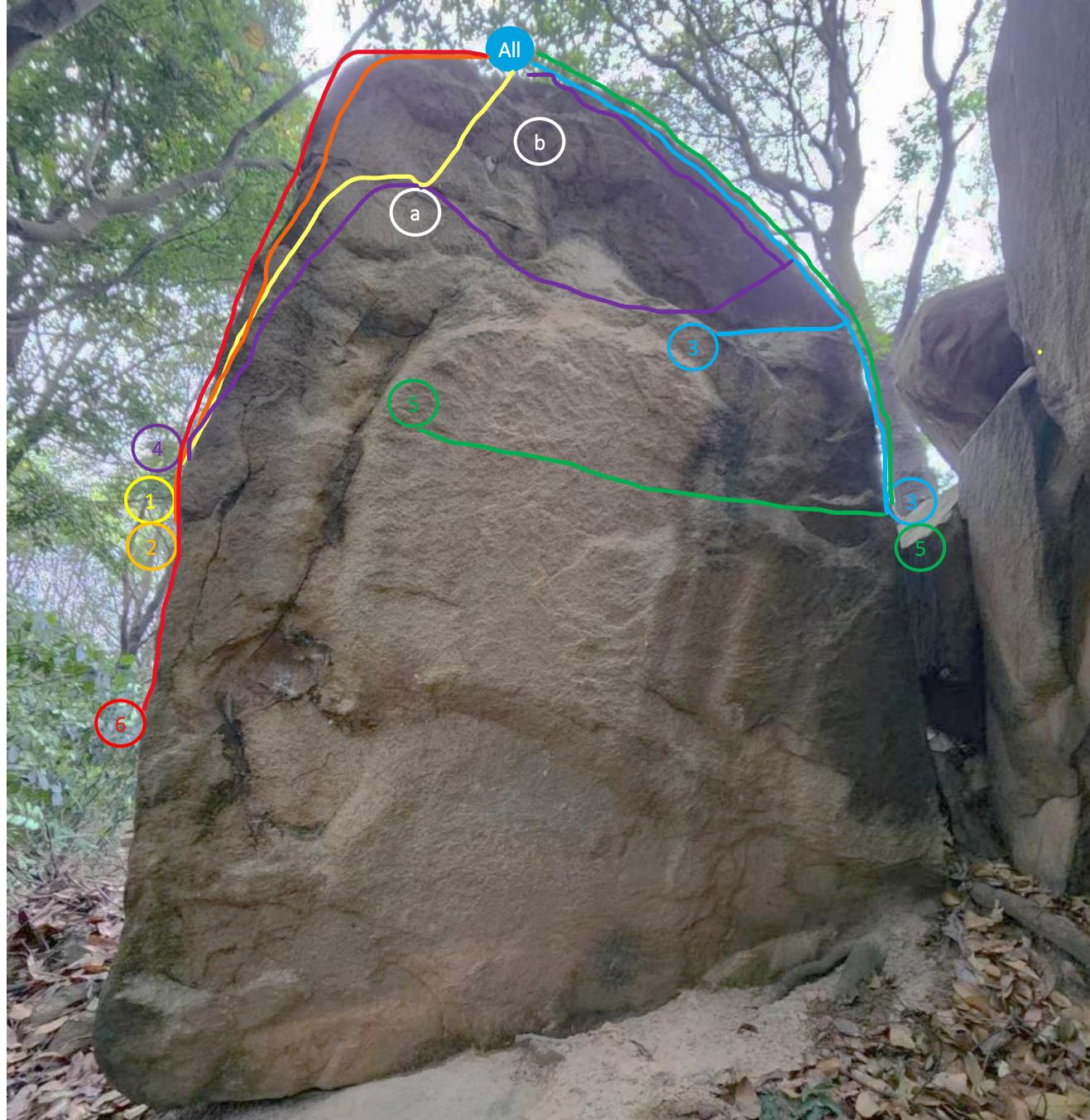
Start from two holds in the middle of the bloc, move to the left platform, go up to the middle of the top and top out finish. 从石头中间两个手点起步，移动到左边平台后上到顶部中间结束。

## **Zone B**

Go up along the path around 50m from Zone A and will reach another peak, Zone B is on the left-hand site of the path, there are four blocs here. 从 A 区沿着登山步道往上继续走，先翻过一个没有石头的小顶，然后下一个有石头的山顶步道左边就是 B 区。

### Bloc B1 - Chung's Bloc

The first bloc on left site, need to go down a little, the routes are on the back site of the bloc. 左边第一块石头，需要往下走一点点，线路在石头的后面。



### 1) Attention, V3

Start from the middle of the left arete of the bloc and go up along the left arete, avoid using the other part of bloc on left. 从左侧刃脊中间起步沿刃脊上转到正面登顶，可以使用正面的手点包括点 a 和点 b。

### 2) Tension, V4

Start from the middle of the left arete of the bloc and go up along the left arete, avoid using any hold on the face including hold a and b. 从左侧刃脊中间起步沿刃脊直上，避免使用正面的手点包括点 a 和点 b。

### 3) The Pump / 泵, V3

Start from the middle of the right arete of the bloc and a hold on the right site of the face, go up along the right arete and top out。从右侧侧刃脊中间及正面右手边一个手点起步，沿右刃脊上到顶。

### 4) Pump Attention, V4

Start from the middle of the left arete of the bloc and go up along the left arete, traverse through holds on the face including point a and left start point of line 3, then top out from right arete. 从左侧刃脊中间起步沿刃脊直上，横移通过正面的手点 a 和 3 号线左手起点，然后沿右刃脊上到顶。

### 5) Left Pump, V4

Start from the middle of the right arete of the bloc and a hold on the left site of the face, go up along the right arete and top out。从右侧侧刃脊中间及正面右手边一个手点起步，沿右刃脊上到顶。

### 6) Tension Low (sds), V5

Sit down start from the lower hold of the left arete of the bloc and go up along the left arete, avoid using any hold on the face including hold a and b. 从左侧刃脊下部手点坐式起步后沿左刃脊直上，避免使用正面的手点包括点 a 和点 b。

## Bloc B2 - Puppy Bloc

The middle bloc right next to B1 Chung's Bloc. B2 紧接在 B1 Chung's Bloc 的右边。



### 1) Hug the Puppy (sds) / 抱抱狗仔 (坐起), V2

Sit down start from hugging the bloc with left hand on a lower hold, right hand on the arete, and the small rock down the right side can be used as footholds. Keep hugging and move up and top out. Try to use the undercut handhold on the left. 坐式起步左手握一下下方的手点，右手抓刃脊抱住石头，右边下面的一块小石头可以用作起步脚点，一直抱往上，直到翻过石头。尽量用上左手边的反提手点。

### 2) Hand or Fist, V2

Start in the middle of the crack on left with hand jam or fist jam, go along with the crack and top out. 从左边裂缝中间使用胀手或胀拳起步，沿裂缝往上翻过石头。

There's a slightly harder route on the Bloc B2 Puppy Bloc's back. B2 Puppy Bloc 背后还有一条稍难一点的线路。

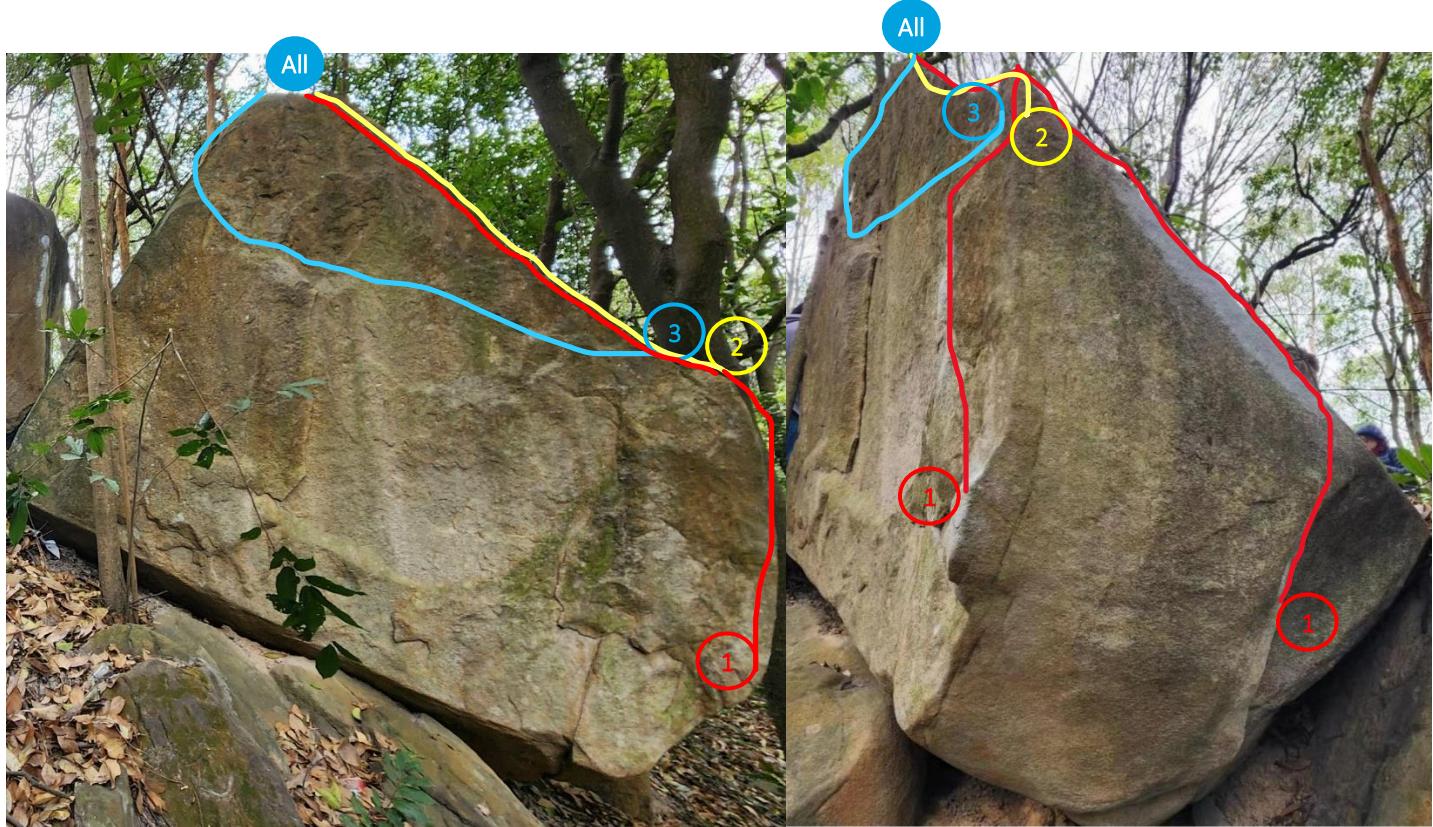


### 3) Laughing Gor (sds) / 老地方见 (坐起), V5

Sit down start from two handholds in the middle of right side, go up to a small roof, move right and top out.  
从右边中间两个手点坐起，直上到小屋檐后移动到右边，翻顶结束。

## Bloc B3 – Ting's Bloc

The lower bloc right next to Bloc B1 and B2. 本石头在 B1 和 B2 旁边下方。



### 1) King of Boulder / 抱石大王, V4

Start from two handholds on the low of the right arete of the rock, pump up and go alone with the right arete and top out. 从右侧刃脊下方两个手点起步，拉起后沿右侧刃脊到顶结束。

### 2) 14 ans Joyeux anniversaire Fidji / 肥鸡 14 岁生日快乐, V1

Start from a good handhold in the right side of the right arete of the rock, and go alone with the right arete and top out. 从右侧刃脊边上一个大点起步，沿右侧刃脊到顶结束。

### 3) Cucumber / 黄瓜, V3

Start from a good handhold in the right or middle of the right arete of the rock, Gaston to a crimp handhold in the middle of left face, match hands, go alone with the left arete and top out. If your arm span not allowing you start from the right site of the arete and do the Gaston, you can move up a few inch to start. 从右侧刃脊边上中间一个大点起步，反肩到达左边一个小点并手，沿左侧刃脊到顶结束。如果你的臂展不足以让你从最后边起步后反肩，你可以往上移动几英寸起步。

## Bloc B4 – Kid's Bloc

The bloc on the other site to Bloc B1.



1) Kindergarten (sds) / 幼儿园 (坐起), V0

Sit down start on two handholds in the middle, go left then top out. The bloc is small, please try not to directly go up in the middle. 从中间两处手点坐起, 走右边然后到顶。石头比较小, 请尽量不要从中间直接上到顶。

## Bloc B5 – Discovery Blocs

Go down through a small path next to Bloc B4 Kid's Bloc, you will see this two connected blocs' group. 从 B4 石旁边小路下去，你会看到这相连的两个石头一组。



### 1) Discovery Channel / 探索频道, V2

Start on a crimp handhold on left and the bottom of the vertical crack, go up alone the crack or go alone left side and top out, without using the tree. 从左边一个小点和垂直裂缝下端起步，沿着裂缝一直往上翻过石头结束或者从左边上去翻过石头结束，不要使用树。

### 2) Strawberry Cake / 草莓蛋糕, V2

Start with all your hands and feet on the one point, trapped into the space between the rocks and face outward, then use the hold inside to turn around and top out with hands mantling. 面向观众手脚四肢一点起步，使用石头中间的手点转身然后上反撑翻上石头结束。

### 3) Discovery Cucumber / 青瓜, V1

Start on a under cut handhold on left and a small hold in the middle, go up to a jug on the right and top out. 从左边下方一个小反提点和中间一个小点起步，从右边一个大点翻上石头结束。

## Zone C

Go up along the path around 30m from Zone B and will reach another peak, Zone C is on the left-hand site of the path, there are two blocs here.

【C区石头不大，还没来得及验证】

### Bloc C1

The first bloc on left site.



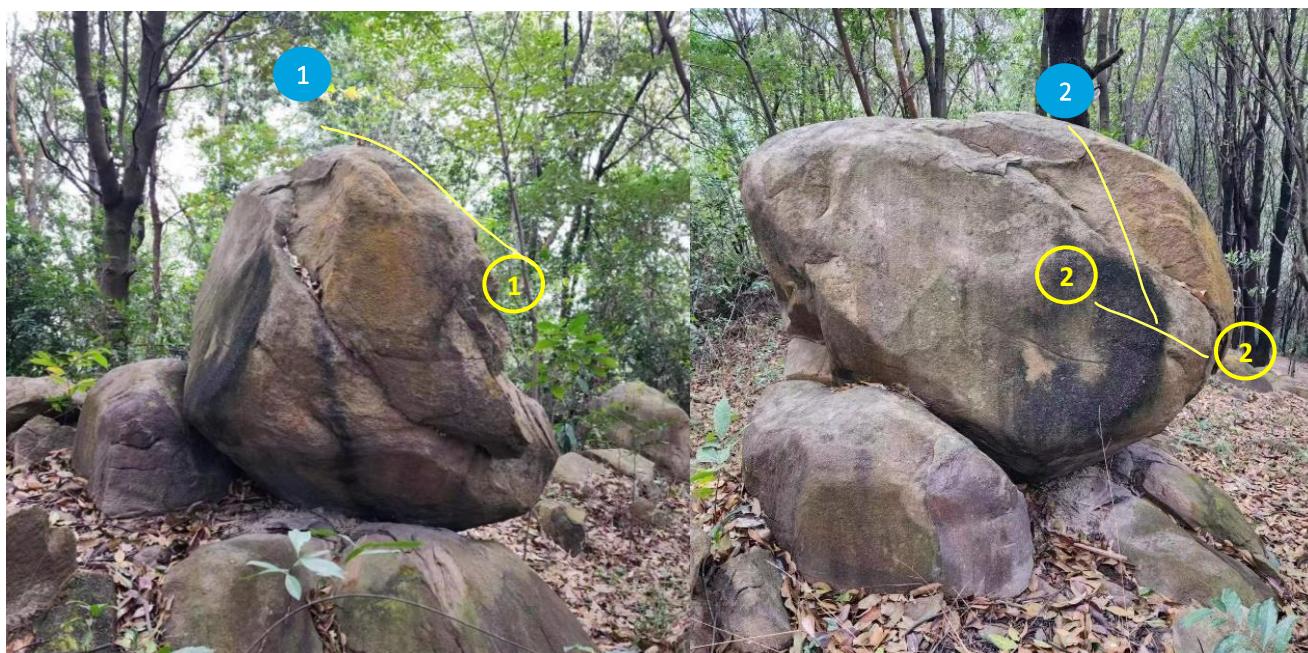
1) [ ](sds), V

Sit start from the right of the bloc, go up along the arete and top out.

[未来得及验证定级]

### Bloc C2

The second bloc on left site.



1) [ ], V

Start from the right of the bloc, traverse along the bloc and up on the left-hand site.

[未来得及验证定级]

2) [ ], V

Start from the middle of the bloc, use the hold on the right and go straight up.

[未来得及验证定级]



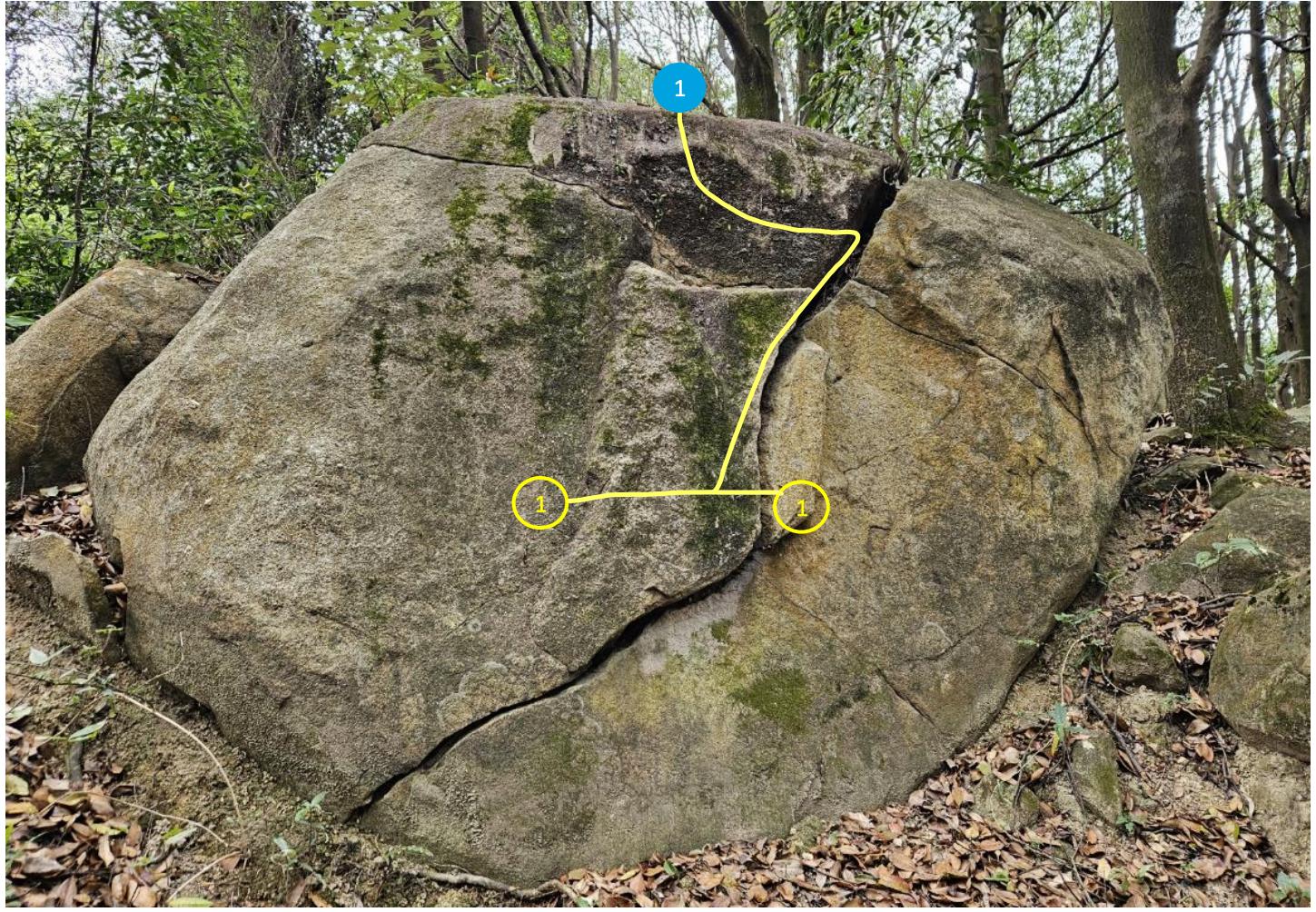
3) [ ](sds), V

Sit start from the right of the bloc, go up along the arete and top out.

[未来得及验证定级]

## Bloc C4 – S Bloc

[Go alone the path, don't turn right in the cross and you will see a bloc with a S-shape crack on left side of the path. 继续沿着小路直走，路口处不要右转，然后你会看到这个有 S 形裂缝的石头在小路的左手边。]

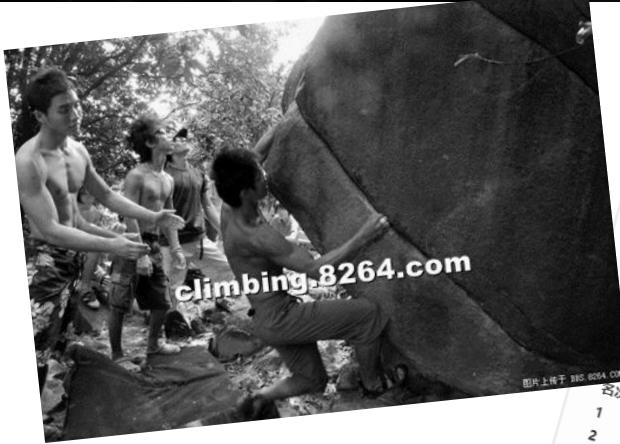


1) S for Secretary (sds) /书记 (坐起), V1

Sit down start from two handholds one in the middle and one in the S-shape crack. Climb up alone the crack and top out using the small platform in the middle. 坐式起步一手握中间手点一手握 S 形裂缝中，沿着裂缝往上攀爬，最后使用中间的小平台到顶结束。

# Memory

In memory of Yuan Tian, who led the development of the bouldering area in 2007, passed away in September 2023.  
纪念 袁天 教练，他 2007 年领导开发了这片抱石区域，于 2023 年 9 月逝世。



广州市历史上第一场天然抱石比赛于26日举行[组图]  
作者: CCC333 2007-10-28 15:36  
广州市历史上第一场天然抱石比赛于26日举行[组图]  
2007年的10月26日，在广州的龙洞森林公园的石头堆里，举办了广州市历史上第一场天然抱石比赛。此次比赛一共7条线，11名参赛选手。为了公平起见，此前在赛场抱过的，均没有参加此次比赛。所有参赛选手都是第一次，其中来自暨南大学的向尧发挥出色，全部完攀！毫无争议获得冠军。来自超极限攀岩馆的林荣发也全部完攀，只是由于尝试次数多而获得亚军，以未满1周岁的攀龄，也算是非常出色的表现了。第三名同样出人意料，由小武完攀五条线的成绩获得。第四、五名分别是暨南大学的彭奕彬和中山大学的吴祥麟。第六名为王亮，第七名杜美华，成绩是同样是三条线路完攀。第八名为刚开始攀岩2个月的同伟，力压暨南大学的其他三位学生选手，进入前八，同时也获得了宝贵的积分。以上选手分别获得10、8、6、5、4、3、2、1的积分。另外，所有参赛选手均可获得1分的参赛分。以上选手分别获

名次	姓名	单位	完攀线路	尝试次数	红绿点	尝试次数
1	向 尧	暨南大学	7	15	1	3+
2	林荣发	超极限攀岩馆	7	19	1	3+
3	小 武	大龙货易	5	8	1	3+
4	彭奕彬	暨南大学	4	9	1	3+
5	吴祥麟	中山大学	4	13	1	3+
6	王 亮	/	3	4	1	3
7	杜美华	超极限攀岩馆	3	5		
8	同 伟	色色婚纱	1	3		

注：成绩排名方式如下：  
一、完攀线路条数，越多成绩越好；  
二、完攀线路尝试次数，越少成绩越好；  
三、完成红绿点个数，越多成绩越好；  
四、完成红绿点尝试次数，越少成绩越好；  
五、如果前三名出现并列，则按难度赛规则进行超决赛；  
六、如果第四名以后出现并列，则不进行超决赛。  
注：每站前8名分别获得10、8、6、5、4、3、2、1，积分，另所有参赛选手均可获得1分。个人积分前12名可参加总决赛，每站工作人员可获得4分。工作人员：袁天、小黎、小浩、同超。

Sponsor?

赞助?

我们缺时间但不缺钱，不需要商业赞助哈~

感谢天河区政府免费的森林公园场地。

本路书网上定期更新，见小红书页面或者 theCrag。

小红书



theCrag



如果你发现广州其他适合开发的野外抱石场地，欢迎联系我们。谢谢