



**THE ALPINE
EXPEDITIONS**



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About this guide

This guide is an extract from the rock climbing community database at www.thecrag.com for:

[World](#)>[Asia](#)>[Nepal](#)>[Kathmandu Area](#)>[Dollu](#)

It was generated on Wed Nov 27 2024 and personalised for [SunilGhalan](#).

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Contributors

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Other climbers may have made significant contributions and chosen not to be mentioned.

You can help contribute to your local crag by adding descriptions, photos, topos and more. If you find errors in this guide you can correct them through www.thecrag.com.

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Using this guide

Difficulty ratings: By default Nepal uses the French ratings systems. This guide uses gradings systems.

Quality ratings: 1-3 stars based on thecrag.com users' ratings. Note that this means that the route was not worthy of a star or insufficient user ratings.

Popularity ratings: Charts based on how often the route is climbed relative to the most climbed route at Dollu, using thecrag.com users' ascent logs.

Tags: Explicitly set area and route attributes or frequently used keywords extracted from thecrag.com users' comments.

Tableofcontents

1.Interestingroutes	3
2.Dollu/Pharping/Hattiban	49routesinCrag
2.1.WowCrag	0routesinCliff
2.2.MatiCrag/SolidRock	8routesinCliff
2.3.MiddleCrag	14routesinCliff
2.4.MainCrag	15routesinCliff
2.5.WensleydaleCrag	4routesinCliff
2.6.MukkiMadness&DeesaBhato	8routesinBoulder
3.Indexbygrade	8

1.Interestingroutes

There is not enough ascent information for this area for the crag. com to generate an interesting route list.

2.Dollu/Pharping/Hattiban

Summary: Sport climbing, Bouldering and Trad climbing

Description

Village [Dollu](#) near city [Pharping](#) near Kathmandu district [Hattiban](#).

If you want a day trip or longer escape out of Kathmandu, a fun hike up some Nepal single track and sport climbing on limestone crags this is the place for you... Hey you could even stay at a monastery and develop your meditative abilities so you can relax on some of them or run out clips.

There are 4 different cliffs, mostly single-pitch climbing routes, all bolted for sport climbing with bolted anchors at the top of each route.

Approach

You can reach [Dollu](#) from Kathmandu city in 1 hour taxi drive (~2000 NPR), ask for "Pharping" and direct him into the right valley with the village [Dollu](#). It is also possible to go there by public bus (100 NPR). Go to the ring road and then to Balkhu ([27.684669,85.297245](#)), there are regular public buses to [Pharping](#).

WhereToStay

There are some possibilities at booking.com etc. A very idyllic stay (and general good escape from turbulent Kathmandu) is Solid Rock Lodge right below "MatiCrag" at the end of the valley. Per booking.com or cheaper with direct contact at their [website](#) or [facebook](#).

Tags

Limestone, Coniferous trees, Vertical, Steep hike, Well established, All day sun and S



2.1.WowCrag

Description

Good potential for shaded steeper climbing.

Approach

([:mount_fuji:27.636330,85.257019](#))

The path starts at the end of the valley at ([27.636131,85.256809](#)). Go it and shortly after you already see the crag to the right.

Tags

Limestone, Deciduous trees, NW, 5–10 min, Dog friendly, Kid friendly, Overhung, Deserted, New route potential and always shady

2.2.MatiCrag/SolidRock

Summary: All Sport climbing

Description

A great little sunny crag at the end of the valley.

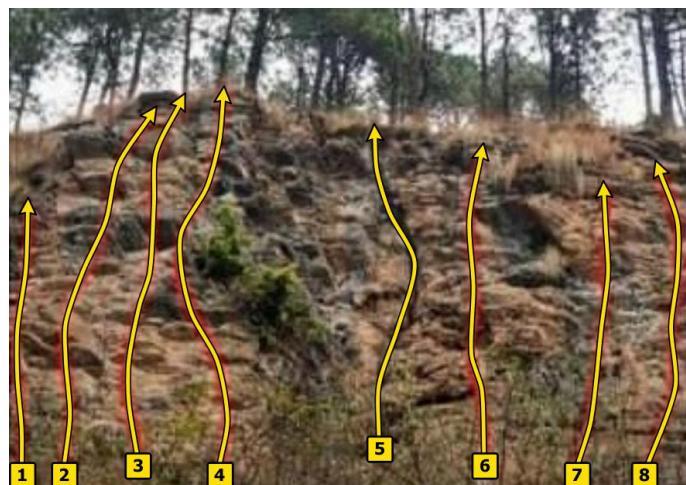
Approach

(:mount_fuji:27.635664,85.258029)

Go to the end of the valley, there is a big pipal tree. From here you can already see the crag to the right. In 11/2022 there was construction, the approach path starts at (27.635625, 85.256843). Walk it up and then right to the crag.

Tags

Limestone, Meadow, S, 5-10 min, Not kid friendly, Vertical, Deserted, Well established, All day sun and Steep hike

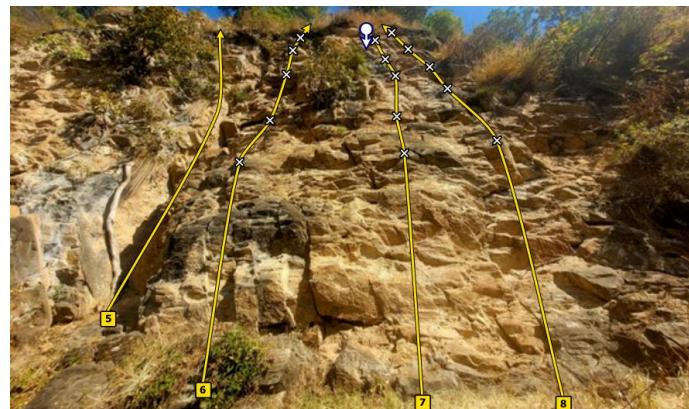


1 Route 1 Sport 4 5c
Easy but quite run-out.

2 Route 2 Sport 6 6a

3 Route 3 Sport 5 6a

4 Route 4 Sport 7 6a



5 Route 5 Sport 9 5c
Fun new route, following the central chimney in the middle of the crag. Best bolted and lead run-out route on the crag.

6 Route 6 Sport 5 5c
Easy but run-out.

7 Route 7 Sport 5 6a
Mostly 5c with a 6a crux.

8 Route 8 Sport 5 5b



2.3. Middle Crag 14 routes in cliff

Summary: All Sport climbing

Description

Sunny crag with beautiful views over the Dollu valley.

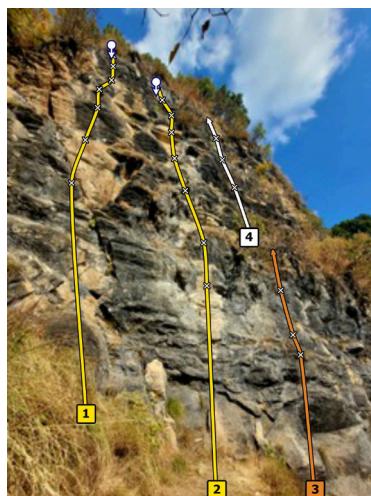
Approach

(:mount_fuji:27.629983,85.266151)

The path starts behind Dollu Basic School (27.627497, 85.264782). Follow the path up. At (27.628733, 85.264694) a path joins from the left, you can reach this point also from the road north when you come from up the valley like Solid Rock Lodge. Follow the path until (27.629033, 85.264990), don't go up higher to the prayer flags, but instead go right at a small path at the same height to the crag.

Tags

Limestone, Meadow, S, 10–20min, Vertical, Not kid friendly, Deserted, Well established, All day sun and Steep hike

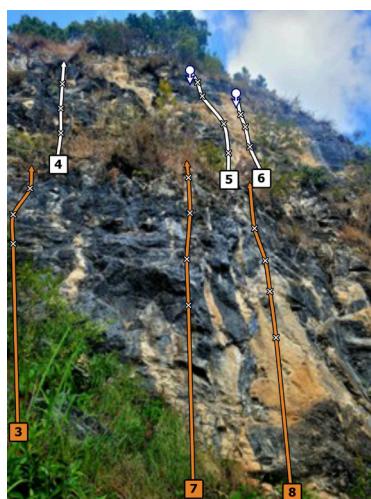


1 Route1Sport 7
5c ledgy climbing with 26 cruxes.

6a

2 Route2Sport 7

5c



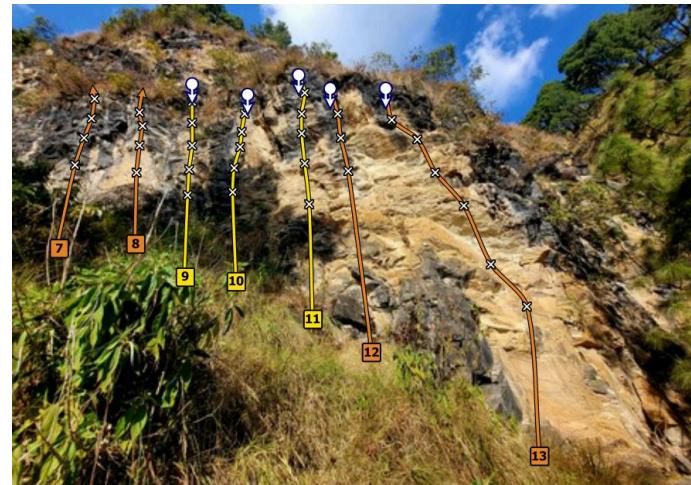
3 Route3Sport 3

6b

4 HighRoute1Sport 3
at least 3 bolts

5 HighRoute2Sport 4
at least 4 bolts

6 HighRoute3Sport 3
at least 3 bolts



- | | | |
|----|--|-----|
| 7 | Route4Sport 4 | 6a+ |
| 8 | Route5Sport 4 | 6b |
| 9 | Route6Sport 5 | 5c+ |
| | Can be made easier by using some good holds a bit on the left side of the route | |
| 10 | Route7Sport 5 | 5c |
| | There are at least two major variations on this route: one keeping to the right and one keeping to the left. The one to the right that follows the earretelike feature to the top is probably the easiest route on the whole crag, maybe 5b. The one to the left is somewhat trickier, maybe 5c+ | |
| 11 | Route8Sport 5 | 5c |
| 12 | Route9Sport 4 | 6b |
| 13 | Route10Sport 6 | 6b+ |



14 Route11Sport 6
at least 6 bolts

2.4. Main Crag 15 routes in cliff

Summary: All Sport climbing

Description

This limestone wall stands tall on a hillside overlooking a valley of Buddhist monasteries and village farms. For

themostpartofthedayitisindirectsunlightwhichgets ridofthemorningbugsandmayhelpwithkeepingthe leachesawayfromyourbelaypartnerasyouwhipoff yournewproject.Notmanytravelersknowaboutthis spotbutitcanbefrequentedbyNepalguidesontheir dayoff,makingitanicegetawayfromthecrowded streetsofKathmandu.

The rock is gorgeous limestone with with tons of huecos and fingerpockets. Bolts are mostly bomber though mind that there are some bolts that are loose or have been hammered flat; top bolts are present on all lines. Usually 7–8 draws are sufficient. Runouts are not bad.

[Video](#).[Video](#).

Approach

(:mount_fuji:27.627900,85.269860)

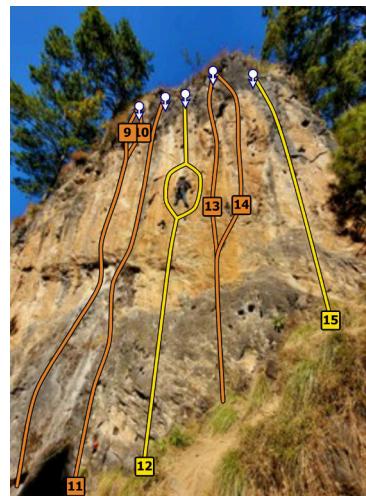
The path starts at (27.626140, 85.267990) and leads up a little gully right of the big obvious grass ridge. Keep following this trail and you will reach a number of switch backs leading up into the pines. Behind these pines you will find the wall.

Tags

Limestone, Coniferous trees, S, 20–30 min, Dog friendly, Vertical, Well established, Steep hike and All day sun



- | | | | |
|---|--|----|-----|
| 1 | Route 112m Sport | 4 | 5b |
| 2 | Route 212m Sport | 4 | 6b+ |
| | Without using the huge handholds away and right. | | |
| 3 | Route 315m Sport | 6 | 6a |
| 4 | Slippery 17m Sport | 6 | 6b |
| | As the name suggests. | | |
| 5 | Chicken Neck 17m Sport | 5 | 6b |
| 6 | The Belly 18m Sport | 6 | 6b |
| 7 | New Route Sport | 6b | |
| | New route between "The Belly" and "Route 7". It has its own start and after the third bolt it shares a short section of "Route 7" and then it continues straight up to its own anchor (anchor is about 5 meters higher than the one of "Route 7"). | | |
| 8 | Route 718m Sport | 6 | 6a+ |



- | | | | |
|----|--|---|------------|
| 9 | Left Elephant Trunk 15m Sport | 9 | 6c |
| | Route branches left below the final grey tufa with a separate bolt on the left side of the tufa. The anchor is well above the grey tufa. Share the anchor with the right variation. | | |
| 10 | Right Elephant Trunk 15m Sport | 9 | 7a |
| | Passes the final grey tufa to the right for this harder variation. The right side of the tufa has a separate bolt. The anchor is shared with the left variation and is well above the grey tufa. The lower route can also be fully climbed on the facet to the right of the bolt line, avoiding several of the good pockets on the left side. 6c+at8a.nu . | | |
| 11 | The Black Panther 15m Sport | 7 | 6b+ |
| 12 | Route 1115m Sport | 7 | 6a |
| 13 | Route 1215m Sport | 7 | 6c |
| | Really nice crack crux. | | |
| 14 | Route 1315m Sport | 7 | 6c
+/7a |
| 15 | Route 1415m Sport | 6 | 5c |



2.5. Wensleydale Crag 4 routes in cliff

Summary: Trad climbing and Sport climbing

Description

100m up into the trees, you will see a large crag on the hillside. As the name suggests, parts of the crag are soft and crumbly. The first climb was done with the use of trad gear, but other routes have been climbed with the aid of pitons. Tree belays at the top, retreatable abseil advised, lookout for looser rock on top out. Wear a helmet.

Approach

(:mount_fiji:27.623357,85.277436)

You can walk up the steep grass sloped directly to the crag. Going down you will find a better approach to the right: Down to the right the route starts a path in the curve (27.623434, 85.278909) behind the houses. Go up and then traverse at the same height left to the crag.

Tags

Limestone, Coniferous trees, S, 10–20min, Vertical, Not kid friendly, Deserted, New route potential, All day sun and Steephike



1 ABoltFromTheBlue20mSport 6 6b
Abolted route that starts at the lefthand edge of the blackface.



2 Mud, Blood, and Pull Ups 40mTrad 6b
From the small groves with the evidence of fire, climb up and right to gain the leftward trending crack. Follow this up to the base of a small tree. Go down and left underneath the tree and ascent the rock directly above it to a small niche. Gain composure for the bold movements to the top. From here head to the right of another tree under an overhang. Gain the overhang and move right and pull up to a small cave, left and

up to top out. Possible belays on the way up, be careful of the rock as it is loose and may not hold a seconds weight. Double ropes advised as the first ascent was done with a single and the rope drag was immense. First ascent was done with just nuts and slings, the grade will be decreased if other types of protection are used.



3 SwissCheese35mTrad 6b
Start to the lefthand side of "Thread Flintstone", just past the gully. Work your way up beside the gully using the trees as anchor points, from the second tree traverse around to the left, head straight up past the first small overhang to gain a small cave. From here go up past the next small overhang and traverse right to gain top out. From here it's a scramble to the top of a rock formation once on top find the piton and tree for use of anchor points. This climb was completed using nuts and slings, the use of cams would drop the grade of the climb.



4 ThreadFlintstone20mTrad 6a
Start a few metres right of "SwissCheese" and a small gully. Climb the crack line in between the overhangs and up to a small ledge with a vertical crack leading up wards. Follow this up and right to finish in between large flakes. For a direct finish climb up the vertical crack to a small niche and cave move left around the cave and up with some interesting moves to finish just up and right of the tree in the gully.



2.6. Mukki Madness & Deesa Bato 8 routes in Boulder

Summary: All Boulderizing

Description

Location? At [ukclimbing](#) they are situated at (27.623057, 85.277917) below "Wensleydale Crag", but there are no boulders (checked 11/2022). The text description there is: "Located about 400m past the boulder at Pharping village, 50m off the main road. There are 2 boulders here, Mukki Madness is the first boulder and Deesa Bato the smaller boulder near the rockface. At certain times of the year this area is farmland. Do not disturb the crops growing and be nice to the locals. If there are corn stalks drying on the side of the rock do not move them. Ask if they can be moved first and always replace what you have moved. Situated behind Mukki Madness, Deesa Bato is a small crag, where sit-starts are required to make any good routes. The south-facing area is used as the public toilets so it smells, but some good climbs round that side; just don't fall off "The boulder descriptions mention also a bridge and a river?

Tags

Limestone

Mukki Madness

2 NegativeFeelings 5m Boulder V0+
Start at the middle of the boulder, work your way up to the outcrop, traverse left on the ledge, then finish off by heading right over the tuft of grass.

3 Mukki Arete 5m Boulder V0+
On the southwest facing arete, start with right foot on sloping ledge, reach up for the first jug, move up the arete and finish with the steps at the top.

4 What Comes Up Must Come Down V0+
Boulder
Up the clean slab just left of the pillow of cropson the boulders black face. Up to the arete and traversing right to top out.

Deesa Bato

6 Smack The Donkey 3m Boulder V2

#SD Located next to the northeast arete. Lay back the first few moves, reach up to ugly holds, finish off by getting your left foot high and ruck up.

- 7 A Bridge Over The River The River Poo 4m V1
Boulder
Starting from the closest point of the boulder to the back wall. A bridging exercise to gain the top of the boulder.
- 8 Mossy But Not Moist 2m Boulder V1
#SD 1m right of "Smack the Donkey". Smear with small handholds. Well executed move to gain the top avoiding the line of grass just below it.
- 9 Long Drop To A Smelly Stop 4m Boulder V0+
Start just left of a bridge over the river. Smearing under the overhang, step up traversing left. Finishing just left of the top block.
- 10 Rodeo King 2m Boulder V1
Located about a meter to the right of "Mossy But Not Moist". #SD with right hand high and left hand round the outcrop, work your way up to the ledge and mantles shelf to gain finish.

3. Index by grade

Grade	Route	Area	Page
5b	Route 8 Sport 5	MC	
	Route 11 2m Sport 4	MC	
5c	Route 1 Sport 4	MC	
	Route 5 Sport 9	MC	
	Route 6 Sport 5	MC	
	Route 2 Sport 7	MC	
	Route 7 Sport 5	MC	
	Route 8 Sport 5	MC	
	Route 14 15m Sport 6	MC	
5c+	Route 6 Sport 5	MC	
V0+	Long Drop To A Smelly Stop 4m Boulder	MM&DB	
	Mukki Arete 5m Boulder	MM&DB	
	NegativeFeelings 5m Boulder	MM&DB	
	What Comes Up Must Come Down Boulder	MM&DB	
6a	Route 2 Sport 6	MC	
	Route 3 Sport 5	MC	
	Route 4 Sport 7	MC	
	Route 7 Sport 5	MC	
	Route 1 Sport 7	MC	
	Route 11 15m Sport 7	MC	
	Route 3 15m Sport 6	MC	
6a+	Thread Flintstone 20m Trad	WC	
	Route 4 Sport 4	MC	
	Route 7 18m Sport 6	MC	
V1	A Bridge Over The River The River Poo 4m Boulder	MM&DB	
	Mossy But Not Moist 2m Boulder	MM&DB	

RodeoKing2mBoulder		MM&DB	8
6b	Route3Sport 3	MC	5
	Route5Sport 4	MC	5
	Route9Sport 4	MC	5
	ChickenNeck17mSport 5	MC	6
	NewRouteSport	MC	6
	Slippery17mSport 6	MC	6
	TheBelly18mSport 6	MC	6
	ABoltFromTheBlue20mSport	WC	7
	6		
	Mud,Blood, and PullUps40mTrad	WC	7
	SwissCheese35mTrad	WC	7
6b+	Route10Sport 6	MC	5
	Route212mSport 4	MC	6
	TheBlackPanther15mSport 7	MC	6
V2	SmackTheDonkey3mBoulder	MM&DB	8
6c	LeftElephantTrunk15mSport 9	MC	6
	Route1215mSport 7	MC	6
6c	Route1315mSport 7	MC	6
+/7a			
7a	RightElephantTrunk15mSport 9	MC	6
	HighRoute1Sport 3	MC	5
	HighRoute2Sport 4	MC	5
	HighRoute3Sport 3	MC	5
	Route11Sport 6	MC	5