

Guided Mountaineering Adventures in South Africa  
*Rock Climbing Adventures around the Cape*

***Venture Forth offers climbers visiting Cape Town guided rock climbing trips to various Peninsula venues including Table Mountain, Silvermine, Peers Cave, Lakeside Pinnacle and Paarl Rock. The Cape offers a wide variety of traditional and sport climbing crags with grades ranging from the very easy to extreme test pieces. This provides the opportunity for clients to climb at a grade they feel comfortable with.***



*Traditional ("Trad") Climbing*

Day trips are available on Table Mountain, Muizenberg and Elsie's Peak above Simon's Town or for country route climbs as far as Du Toit's Kloof. Excellent overnight trips to the Cederberg are arranged to suit client's schedule. "Trad" climbing refers to climbing with the use of removable protection equipment and is typically used to ascend multi-pitch routes. Table Mountain offers fantastic classic climbs on magnificent rock for climbers of all abilities and our guides regularly take complete novices on these routes. Climbing is for all and anyone can be "trad".

*Sport Climbing*

Sport climbing refers to routes that are protected by preplaced bolts on the rock face to clip the safety rope to. The Cape has spectacular sport climbing crags to visit with great routes for all abilities. Often people who are new to the sport prefer to get used to the equipment and activity by trying sport climbing first as it is less intimidating than trad climbing. Most of the Peninsula sport climbing is done on single-pitch routes but some venue such as Paarl Rock do offer multi-pitch sport routes. We also offer overnight sport climbing trips to the town of Montagu, a world-renowned climbing destination about 200km from Cape Town.



## Rock climbing grades in South Africa

**SACIN GRADE COMPARISON CHART**

South Africa	OLD SA	France	Germany/USA	England	Australia	Sweden	Poland	Denmark	Ukraine	Finland	Brazil	Kyrgyzstan
5	C	1		I	HVD	6	1	I	1B			1A
10	E2	2		II		9	2	II	2A			
11	E3	3	5.6	III	MS	11	3	III	3A			
12		4	5.7	IV	S	12	4/+	IV	3	4A	3	4
13	F1					13	5-	V-	4	4B	4	
14	F2	5a	5.8	V-	VS	14	5	V	4+			
15				V								
16												
17	F3	5b	5.9	V+	HVS	15	5+	V+	V-	5A	4+	5
18				VI-		16		VI	V+		5-	6a
19	G1	5c	5.10a									
20		6a	5.10b	VI	E1	17	6-	VI-	VI-	5B	5	6b
21	G2	6a+	5.10c	VI+		18	6	VI+	VI		5+	6c
22						19	6+	VI.1	VI+		6-	6c
23	G3	6b+	5.11a	VII	E3	20	6+	VI.1+	VII-	6A	6	7a
24		6b	5.11b			21	7-	VI.2	VII		6+	7b
25	H1	6c	5.11c	VII+		22	7	VI.2	VII+		7-	7c
26		7a	5.11d	VIII-	E4	23	7	VI.2+	VII+		7-	7c
27	H2	7a+	5.12a	VIII	E5	24	7+	VI.3	VIII-		7	8a
28		7b	5.12b			25	8-	VI.3+	VIII		7+	8b
29	H3	7b+	5.12c	VIII+		26	8	VI.4	VIII+		8-	8c
30						27	8	VI.4+			8-	9a
31	I1	7c	5.12d	IX-	E6	28	8+	VI.5			8+	9b
32						29	9-	VI.5+			9-	9c
33	I2	8a	5.13a	IX+		30	9	VI.6			10a	
34						31	9				10b	
35	I3	8a+	5.13b	X-	E7	32	9+				10c	
36		8b	5.13c			33						
37	J	8b+	5.14a	X	E8							
38												
39		8c	5.14b	X+	E9							
40												
41		8c+	5.14c	XI-								
42												
43		9a	5.14d	XI	E10							
44												
45		9a+		XI+								
46												
47		9b										

Copyright © N 2001

Rock climbing routes are graded to help one compare the difficulty of different routes. Route grading is a very subjective concept and should be seen as a guideline at most. South Africa uses a numerical route grading system similar to that in use in Australia. However, many trad climbers still use the old SA grading system giving an alphabetical and numerical value to the climbing grades. Please see the comparison chart.

### Who can climb?

Anyone who is interested. If you enjoy being outside and want to try your luck on the rock then give us a call. You don't need any level of experience. We will give you all the guidance and information that you need. You need to be relatively fit as there is a hike in and out

### Equipment

We provide all the equipment for your adventure but we would like to suggest you bring your own rock climbing shoes if you have

### What you need to bring

You will need food and water for the day, sun block and a sun hat, comfortable walking shoes, jacket and suitable comfortable clothing. You do need a backpack to put it all in but we do have that for hire if you need. If you are on a trad climbing trip on Table Mountain you should bring some cash or a credit card for the shop on top or for if we use the cable car.

