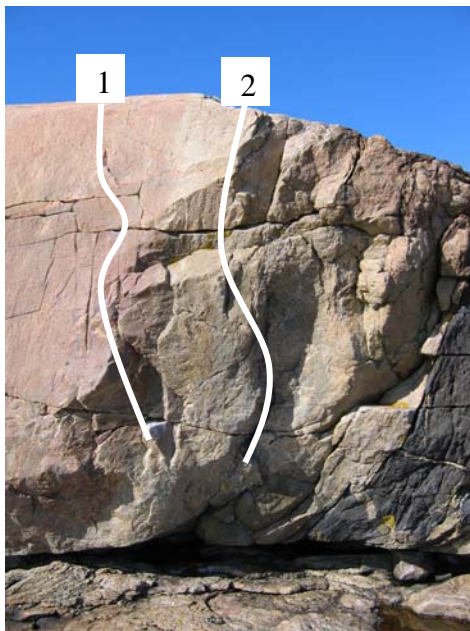


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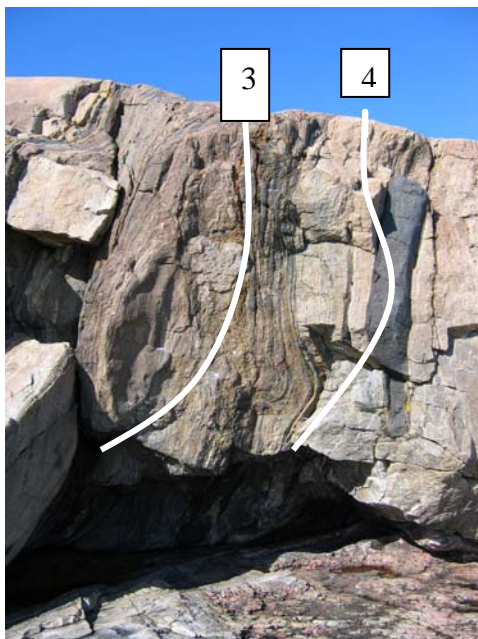
A fine discovery in 2005 by Ole Johnny. The crag lies right by the sea on Øyna, Tromøy. The rock is of top quality with a variety of holds, the friction is also excellent, it can be a bit rough on hot days. The better problems are described here, but there are endless eliminates of all grades along the lower wall. The main wall feels a bit highball, but the landing is flat and is fine with a pad.

Approach: Drive to the eastern tip of Tromøy, park at the small area marked "Fritidsområde" (approx. 100m before the end of the road), walk south through a large new hut development, laugh at the size of the huts, then continue out to the sea along a little gravel track, the path leads to the crag. Good luck!



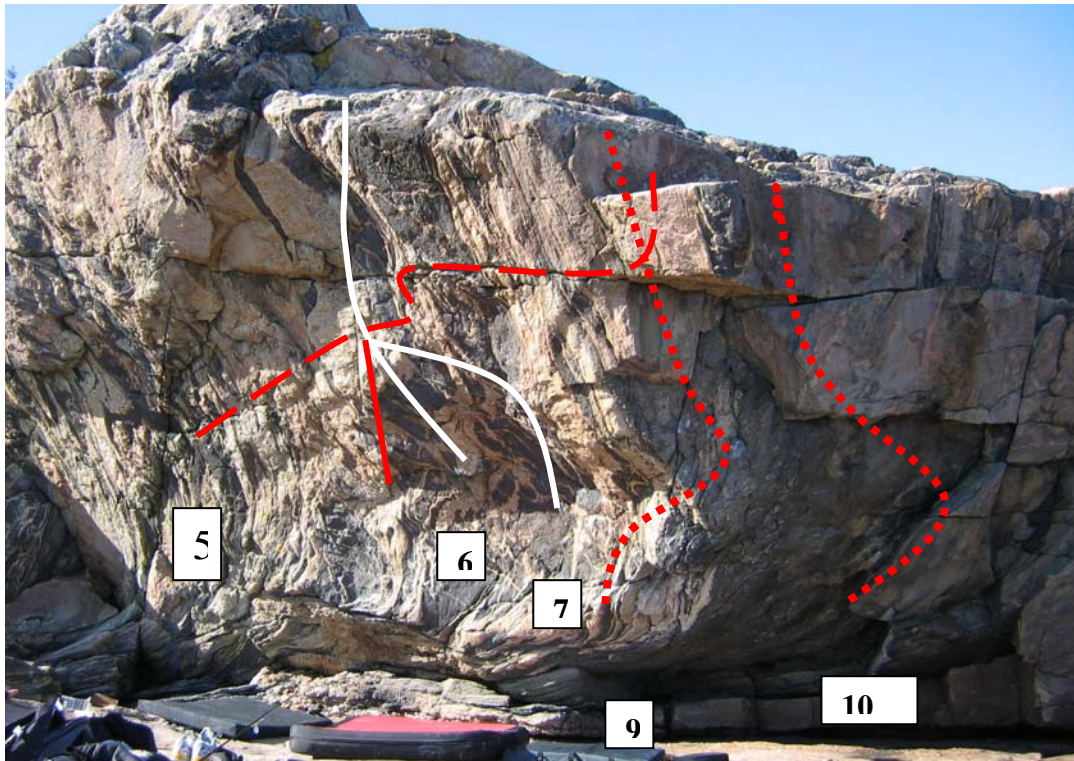
Problem 1. 6a* Start on the large hold and make a long reach up to a pinch, RH for the pocket, LH uses a little edge and then top. Good elimination problem. Var: Direct to the top from the pocket. 6a+

Problem 2. 5b/c Begin with crossed hands on the lowest 2 holds, RH onto the hold in the dihedral then catch the sharp good hold on the ledge. Height dependent.



Problem 3. 6b+** Oysterhead. Start on large underclings in the little cave, blocks to left are out, reach up to 2 crimps, then a hard pull for a small hold, jugs to top.

Problem 4. 6a** Holy Mackerel. Sit start again, elimination problem using good holds to reach crimp in the black streak, then to the big hold below the top. Bårds variation: Same start but reach right to a pinch, slot/pocket with LH and direct to the top; 6a+



Problem 5. 6c+ **Traversen. Begin on two crimps then catch to the little ramp, right again to the big hold, move up and continue along the break to a hard last move to catch the "nose". Pumpy! Sit start to the left with match on the "spike", at least 4 hard extra moves! ***7a+.

Problem 6. 6a+ ***Kristian's UH. Great problem, undercling to the big hold, direct to the top. Variation: Hard catch from the sidepull direct to the good hold and then top out,**7a.

Problem 7. 6c ***The Wave. Original problem on wall, low start on small holds, make a hard move to reach the pinch/vertical hold and match, move left to the big hold to join previous problem. Can also be started from the pockets for a true sit start; 6c+

Problem 8. 6b+ *Wave Direct. Same start as The Wave, but crank direct to the break and then to the top.

Problem 9. 6c+ **Les goes fishing. The arête from a low start, RH in the hole and left on a crimp, a hard first move to the pinch and more hard moves from edges up to the "nose". Can also be combined with problem 11.

Problem 10. 6b+ *Ravnsalte. A good eliminate, technical and hard, start low on jugs, LH undercling, RH cross to the diagonal crimp, LH into the dihedral & so to the top. Horizontal break is out.

Problem 11. 6a+ John the Fisherman. Catch from the holds on the arête to the (sharp!) ledge, top out.

Problem 12. 6c+** Start on the sharp undercling on the arête and the little crimp on the face, slap left to the big sidepull on probs. 7 & 8 and then pinch the arête again before cranking on two 2 finger pockets up to the "nose".

Problems not shown;

- Warm up traverse; start on the jug at the bottom of prob. 1, traverse right as far as you can be bothered! Fr. route grade 6a+, plenty of variations make this harder.
- Balance up the little slab over the pond to the left of probs. 3 and 4 without using your hands, then a jump and mantle onto the top.
- Approximately 100m behind the main crag lies a little overhang with one great problem in the middle, sit start on good holds and catch to an edge before crimping up to a slopey mantle, quality! About 6b+**
- The small overhang to your left as you descend to the main wall has a few problems with variations but the obvious stretch across the widest point remains a project. Get to it!