

# Rock Climbing at Palisade Head

**Sunday, May 4, 2008**

**9:00 am - 6:00 pm**



## HERE'S WHAT TO EXPECT:

Are you ready to take your outdoor climbing to the next level? Palisade Head offers overhanging rhyolite cliffs that rise up to 200 feet above the waters of Lake Superior. Palisade climbs are steep, challenging and are not for beginners.

## WHERE:

We'll meet you in the Lobby of the UMD Sports and Health Center at **8:50 am**. From there we'll drive together to Tettegouche State Park in a University vehicle.

## COURSE INFORMATION:

After our hour-drive to the top of Palisade Head, we'll go over safety rules and set up climbs rating from 5.8 to 5.11c. Anyone approaching the cliff edge will be attached to a secure anchor. We'll take turns lowering over the cliff edge, climbing back to the top and belaying for each other.

## WHAT TO WEAR:

Come dressed in warm clothing that allows freedom of movement and that you don't mind getting a little dirty. Wear sturdy shoes for our walk into the climbs. (Avoid sandals, flip-flops or clogs.) Be sure to have extra warm clothing layers along since weather on the North Shore can become very wet, windy and chilly!

## EQUIPMENT:

We provide all climbing equipment and first aid kit. Please bring the following items in a small day pack that you can carry with you to the climbing area:

- \_\_\_ filled water bottle
- \_\_\_ rain jacket and pants
- \_\_\_ warm jacket, fleece works great
- \_\_\_ sun glasses with strap
- \_\_\_ sunscreen
- \_\_\_ warm wool or fleece hat
- \_\_\_ lunch and snacks!

*Note: If the weather looks bad for climbing in Duluth, it may be nicer at Palisade Head. If the climb is cancelled due to inclement weather you may choose to reschedule or receive a refund.*

**COST:** \$18 UMD Students / \$50 Others  
Sign up by noon Thursday, May 1 in SpHC 153

## Sea Cliff Climbing

Palisade Head offers stunning sea cliff climbing. For the routes we'll climb, both climber and belayer start at the cliff top. The climber rappels (on belay) to a ledge that is 30-100' down the cliff face. From the ledge, the climber must climb back to the cliff top. The belayer is attached to full anchors and sits at the edge of the cliff as he or she belays. The waves of Lake Superior below add to the thrill and beauty of this unique climbing experience.

## North Shore Rock

Palisade Head is made from a volcanic rock called Rhyolite. As it formed, this rock cooled quickly creating a more brittle, fractured rock that makes for fantastic hand cracks and crimped ledges. The climbing at Palisade head is all about crimps, hand jams and careful foot placements. "The Head" offers climbing challenges that will take your skills to a new level.

## INFO & REGISTRATION

Phone: (218) 726-7128  
Fax: (218) 726-6767  
Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)  
Web: [www.umdrops.org](http://www.umdrops.org)

For more climbing info or to schedule a climbing program call Kaija Webster at (218) 726-6257.

**The Real Classroom is Outside...Get into It!**