



**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 [Sunil Ghalan](#).

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Contributors

Content for this guide has been provided by the climbing community. Special thanks to the following people who have made the most significant contributions (according to their [Crag Karma](#)) to this crag guide:

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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 do 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 grading systems.

Quality ratings: 1–3 stars based on thecrag.com users' ratings. No star either 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.

Table of contents

1. Interesting routes.	3
2. Dollu/Pharping/Hattiban 49 in Crag	3
2.1. Wow Crag 0 routes in Cliff	3
2.2. Mati Crag/Solid Rock 8 routes in Cliff	3
2.3. Middle Crag 4 routes in Cliff	4
2.4. Main Crag 15 routes in Cliff	5
2.5. Wensleydale Crag 4 routes in Cliff	6
2.6. Mukki Madness & Deesa Bhat 8 routes in Boulder	8
3. Index by grade.	8

1. Interesting routes

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

2. Dollu/Pharping/Hattiban 49 routes in Crag

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 Nepali 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 the more runout 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](#).

Where To Stay

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 "Mati Crag" 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 days sun and S



2.1. Wow Crag 0 routes in Cliff

Description

Good potential for shade 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. Mati Crag/Solid Rock 8 routes in Cliff

Summary: All Sport climbing

Description

Agreatlittlesunnycragattheendofthevalley.

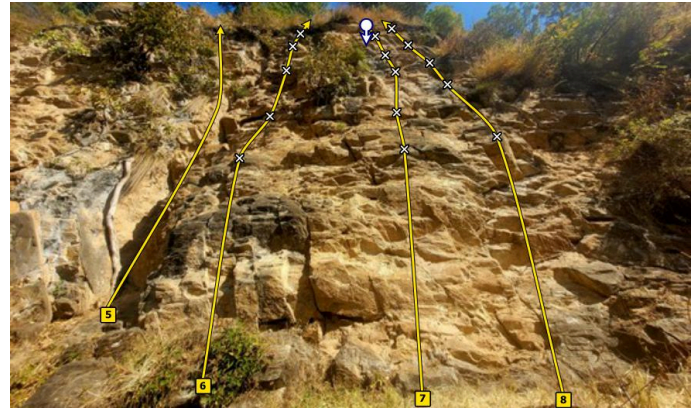
Approach

(:mount_fuji:27.635664,85.258029)

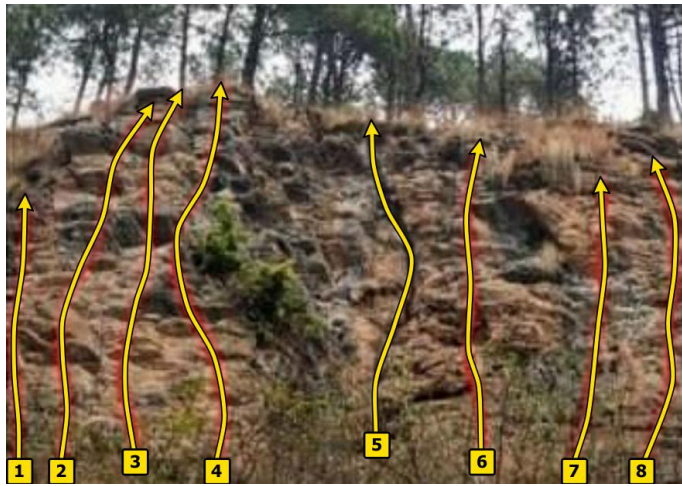
Go to the end of the valley, thereisabigpipaltree. From here you can alreadysee the crag to the right. In11/2022therewasconstruction, theapproachpath startsat(27.635625,85.256843).Walkitup and then righttothecrag.

Tags

Limestone, Meadow ,S,5-10min,Notkidfriendly, Vertical,Deserted,Wellestablished,Alldaysunand Steephike



- 5 Route5Sport 9 5c
Funnewroute, followingthecentralchimneyinthe middle of the crag. Best bolted and least run-out routeonthecrag.
- 6 Route6Sport 5 5c
Easybutrun-out.
- 7 Route7Sport 5 6a
Mostly5cwitha6acrux.
- 8 Route8Sport 5 5b



- 1 Route1Sport 4 5c
Easybutquiterun-out.
- 2 Route2Sport 6 6a
- 3 Route3Sport 5 6a
- 4 Route4Sport 7 6a



2.3.MiddleCrag14routesinCliff

Summary:AllSportclimbing

Description

SunnycragwithbeautifulviewsovertheDolluvalley.

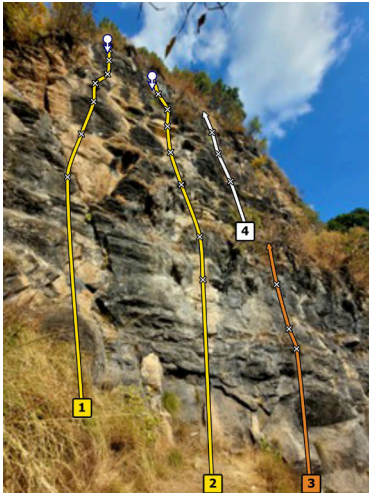
Approach

(:mount_fuji:27.629983,85.266151)

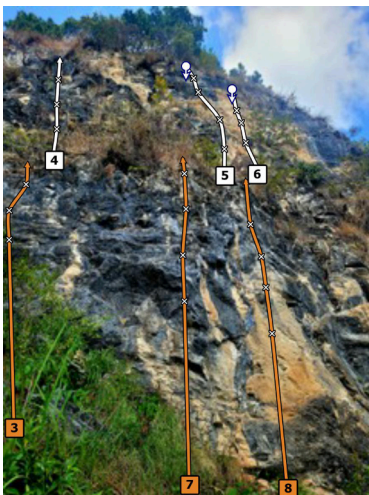
ThepathstartsbehindDolluBasicSchool(27.627497, 85.264782). Follow the path up. At (27.628733, 85.264694) a path joins from the left, you can reach this point also from the road north when you come from up the valley like Solid Rock Lodge. Follow the path until (27.629033, 85.264990), don't go up high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

Tags

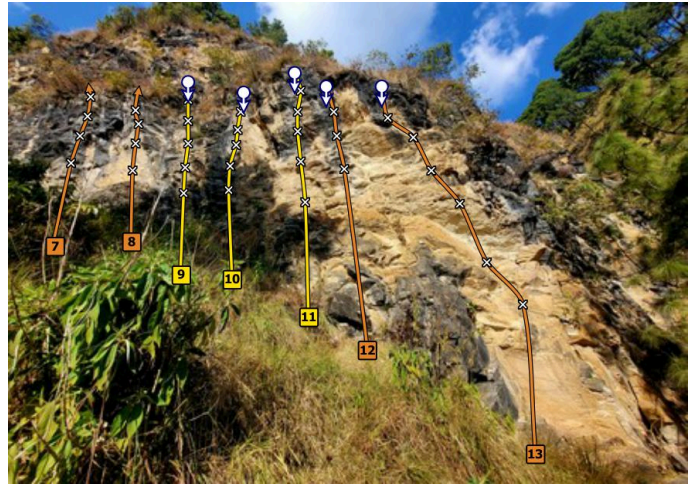
Limestone, Meadow ,S, 10-20min, Vertical, Not kid friendly, Deserted, Well established, All days sun and Steep hike



- 1 Route1Sport 7 6a
5c ledgy climbing with 26 cruxes.
- 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 arretelike 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 spotbutitcanbefrequentedbyNepaliguidesontheir daysoff,makingitanicegetawayfromthecrowded streetsofKathmandu.

The rockisgorgeouslimestonewithwithtonsofhuecos and fingerpockets. Boltsaremostlybomber though mindthattherearesomeboltsatarelooseorhave beenhammeredflat; topboltsarepresentonalllines. Usually7-8drawsaresufficient. Runoutsarenotbad.

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

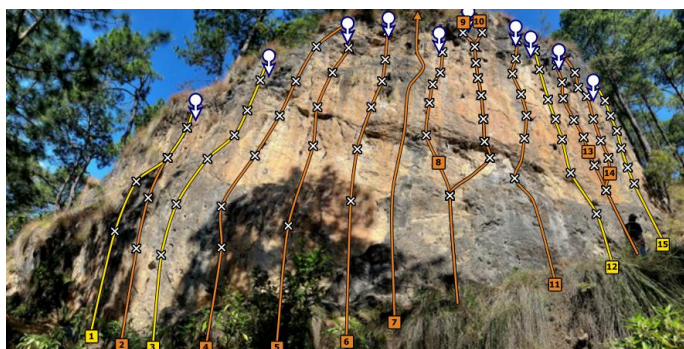
Approach

(:mount_fuji:27.627900,85.269860)

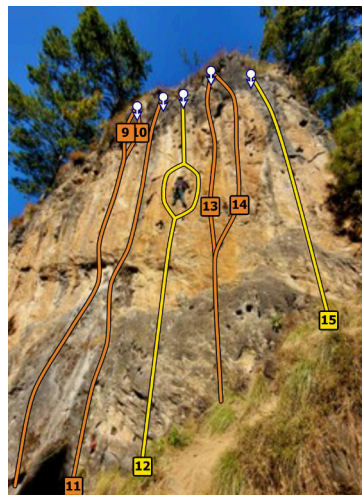
Thepathstartsat(27.626140,85.267990)andleadsup alittlegorgerightofthebigobviousgrasridge. Keep followingthistrailandyouwillreachanumberofswitch backsleadingupintothepines. Behindthesepinesyou willfindthewall.

Tags

Limestone, Coniferoustrees, S, 20-30min, Dogfriendly, Vertical, Well-established, SteepikeandAlldaysun



- 1 Route112mSport 4 5b
- 2 Route212mSport 4 6b+
Withoutusingthehugehandholdsawayandright.
- 3 Route315mSport 6 6a
- 4 Slippery17mSport 6 6b
Asthenamesuggests.
- 5 ChickenNeck17mSport 5 6b
- 6 TheBelly18mSport 6 6b
- 7 NewRouteSport 6b
New routebetween "The Belly"and"Route 7". It hasitsownstartandafterthethirdboltit' sshares ashortsectionof"Route7"andthenitcontinues straightupto itsown anchor (anchorisabout 5 metershigherthentheoneof"Route7").
- 8 Route718mSport 6 6a+



- 9 LeftElephantTrunk15mSport 9 6c
Routebranchesleftbelowthefinalgreytufawitha separateboltonthelleftsideofthetufa. Theanchor iswellabovethegreytufa. Sharestheanchorwith therightvariation.
- 10 RightElephantTrunk15mSport 9 7a
Passthefinalgreytufatotherrightforthisharder variation. Therightsideofthetufahasaseparate bolt. Theanchorissharedwiththelleftvariationand iswellabovethegreytufa. Thelloweroutealso canbe fullyclimbedonthefacetotherightofthebolt line, avoidingseveralofthegoodpocketsonthelleft side. 6c+at8a.nu.
- 11 TheBlackPanther15mSport 7 6b+
- 12 Route1115mSport 7 6a
- 13 Route1215mSport 7 6c
Reallynicecrackcrux.
- 14 Route1315mSport 7 6c
+7a
- 15 Route1415mSport 6 5c



2.5. WensleydaleCrag4routesinCliff

Summary: TradclimbingandSportclimbing

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 topout. Wear a helmet.

Approach

(:mount_fuji:27.623357,85.277436)

You can walk up the steep grass slope directly to the crag. Going down you will find a better approach to the right: Down to the right there starts a path in the curve (27.623434,85.278909) behind the houses. Goup 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 days sun and Steep hike



1 A Bolt From The Blue 20m Sport 6 6b
Abolted route that starts at the left hand edge of the blackface.



2 Mud, Blood, and Pull Ups 40m Trad 6b
From the small groves with 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 topout. Possible belays on the way up, be careful of the rock as it is loose and may not hold a second's weight. Double ropes advised as the first ascent was done with a single and the roped rag was immense. First ascent was done with just nuts and slings, the grade will be decreased if other types of protection are used.



3 Swiss Cheese 35m Trad 6b
Start to the left hand 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 topout. 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 Thread Flintstone 20m Trad 6a
Start a few metres right of "Swiss Cheese" 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. MukkiMadness&DeesaBhat08routesinBoulder

Summary:AllBouldering

Description

Location?Atukclimbingtheyaresituatedat(27.623057, 85.277917)below"WensleydaleCrag",butthereareno boulders (checked11/2022). Thetextdescriptionthere is:"Locatedabout400mpasttheboulderatPharping village,50moffthe main road. There are 2 boulders here,Mukki Madness is the firstboulderand Deesa Bhatothesmallerboulderneitherrockface. Atcertain timesoftheyearthisarea isfarmland. Donotdisturb the crops growing and be niceto the locals. Ifthere are corn stalksdryingonthe sideof the rockdo not movethem. Askiftheycanbemovedfirstandalways replacewhatyouhavemoved. SituatedbehindMukki Madness, Deesa Bato isa smallcrag,where sit-starts arerequiredtomakeanygoodroutes. Thesouth-facing area isusedasthepublictoiletssoit smells, butsome good climbs round that side;justdont falloff "The boulderdescriptionsmentionalsoabridgeandariver?

Tags

Limestone

MukkiMadness

- 2 NegativeFeelings5mBoulder V0+
Startatthemiddleoftheboulder,workyouwayup totheoutcrop, traverselleftontheledge, thenfinish ofbyheadingrightoverthetuftofgrass.
- 3 MukkiArete5mBoulder V0+
Onthesouthwestfacingarete, startwithrightfoot onslopingledge, reachupforthe firstjug, moveup theareteandfinishwiththestepsatthetop.
- 4 What Comes UpMust Come Down V0+
Boulder
Upthecleanslabjustleftofthepillofcrops onthe bouldersblackface. Uptotheareteandtraversing righttotopout.

DeesaBato

- 6 SmackTheDonkey3mBoulder V2

#SDLocatednexttothenortheastarete. Layback thefirstfewmoves, reachuptouglypholds, finishoff bygettingyourleftfoothighandruckup.

- 7 ABridgeOverTheRiverTheRiverPoo4m V1
Boulder
Startingfromtheclosestpointofthebouldertothe backwall. Abridgingexercisetogainthetopofthe boulder.
- 8 MossyButNotMoist2mBoulder V1
#SD 1m rightof"SmacktheDonkey". Smear with smallhandholds. Wellexcutedmovetogainthetop avoidingthelineofgrassjustbelowit.
- 9 LongDropToASmellyStop4mBoulder V0+
Startjustleftofa bridge over the river. Smearing undertheoverhang, stepuptraversingleft. Finishing justleftofthetopblock.
- 10 RodeoKing2mBoulder V1
Locatedabout a meter to the rightof"MossyBut NotMoist". #SDwithrighthandhighandlefthand roundtheoutcrop, workyourwayuptotheledge andmantleshelftogainfinish.

3. Indexbygrade

Grade	Route	Area	Pa
5b	Route8Sport 5	MC	
	Route112mSport 4	MC	
5c	Route1Sport 4	MC	
	Route5Sport 9	MC	
	Route6Sport 5	MC	
	Route2Sport 7	MC	
	Route7Sport 5	MC	
	Route8Sport 5	MC	
	Route1415mSport 6	MC	
5c+	Route6Sport 5	MC	
V0+	LongDropToASmellyStop4mBoulder	MM&DB	
	MukkiArete5mBoulder	MM&DB	
	NegativeFeelings5mBoulder	MM&DB	
	What Comes UpMust Come Down	MM&DB	
	Boulder		
6a	Route2Sport 6	MC	
	Route3Sport 5	MC	
	Route4Sport 7	MC	
	Route7Sport 5	MC	
	Route1Sport 7	MC	
	Route1115mSport 7	MC	
	Route315mSport 6	MC	
ThreadFlintstone20mTrad	WC		
6a+	Route4Sport 4	MC	
	Route718mSport 6	MC	
V1	ABridgeOverTheRiverTheRiverPoo 4mBoulder	MM&DB	
	MossyButNotMoist2mBoulder	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,andPullUps40mTrad	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