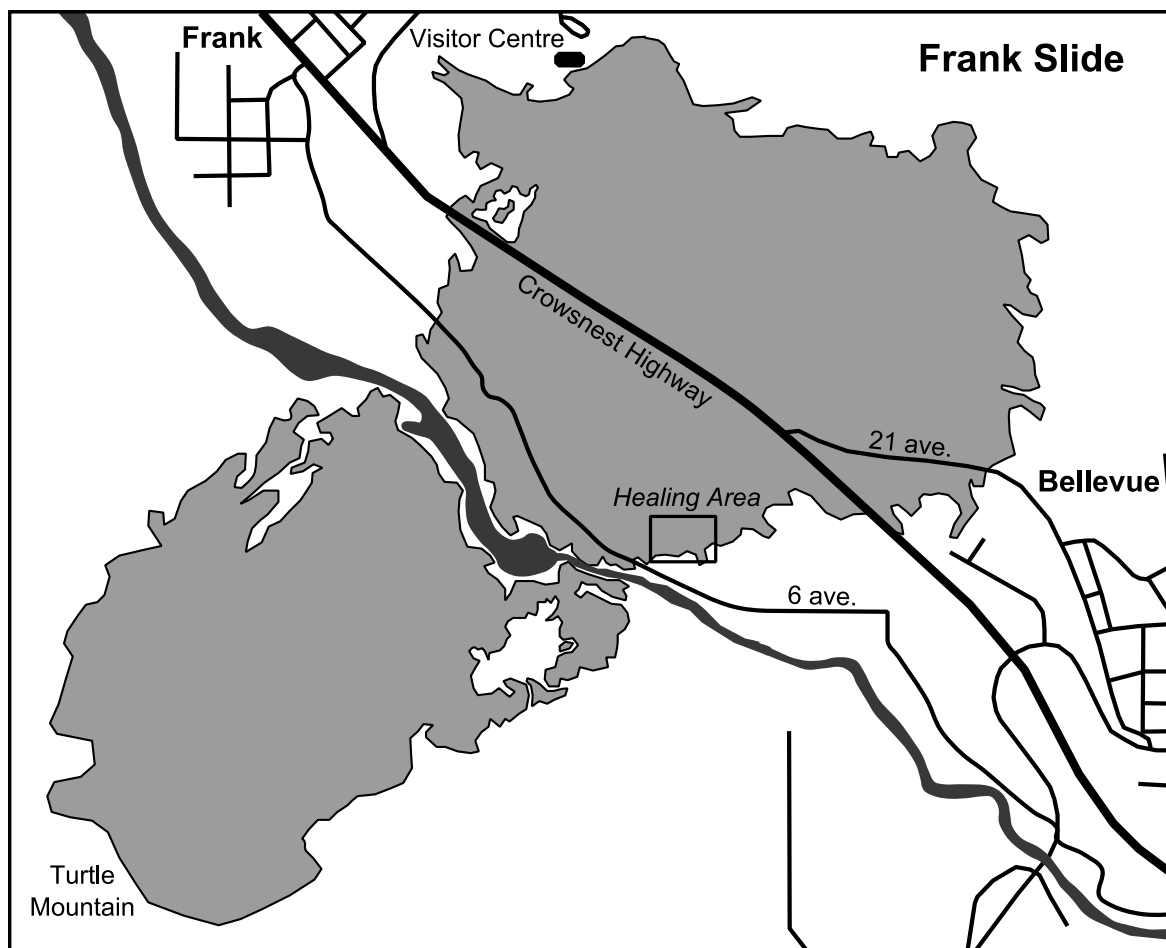


Healing Area: Frank Slide Bouldering

Trent Hoover and Kyle Marco

The Healing Area, located in the southeast corner of Frank Slide, is one of the most easily accessible sectors at the Slide. A short walk down a good trail leads to the Healing Boulder, one of the largest boulders south of the Highway. This area is home to several of the best problems at Frank Slide. The Healing Boulder is home to several fun crimp problems, including *Sage* (V5) and *Healing Arete* (V4), as well as the balancy *Flake Route* (V0). Nearby is the Relentless Boulder, which holds the classic *Relentless* (V6) and the fun *Redonculous* (V5). Also nearby are the Foxhole Boulders, which hold the excellent *Dave's Arete* (V2).

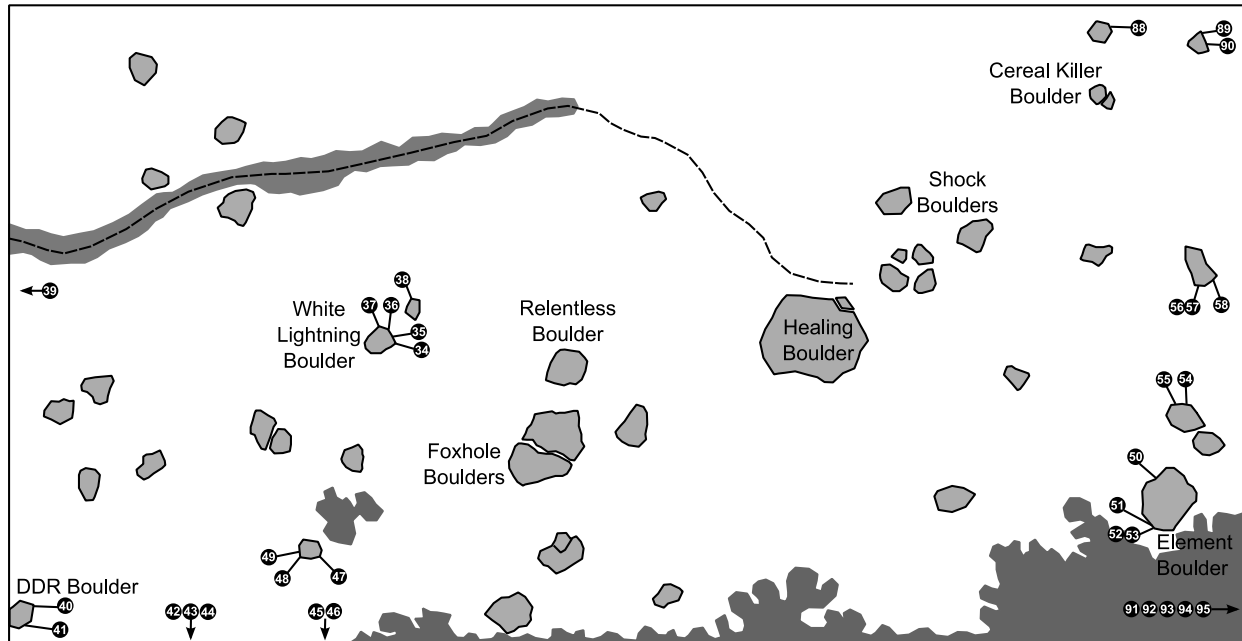


Approach: The best access to the Healing Area is to park at the roadside at the east end of 6th Avenue near the edge of the trees, and walk in on the dirt track. Follow the dirt track for approximately 100 m, then turn right and walk down an old grassy access road towards the huge boulder (The Healing Boulder) just a short distance away. Alternatively, some problems (*Dance Dance Revolution*, *Frankenstein*) are more easily approached directly from the main road (6th Avenue).

Coffee and Food: After a day of bouldering at Frank Slide, you'll be in the mood for something to eat and drink. There are the usual fast food outlets in Frank (*A&W*), Blairmore (*Tim Hortons*) and Coleman (*Subway*); all are right on the highway. There are also a number of smaller independent restaurants and coffee houses in the Crowsnest Pass, including the excellent Stone's Throw Cafe (13019 20th Ave. Blairmore), Tin Roof Restaurant (12849 20th Ave. Blairmore), Black Rock Pizza (12337 20th Ave. Blairmore), and the excellent Cinnamon Bear

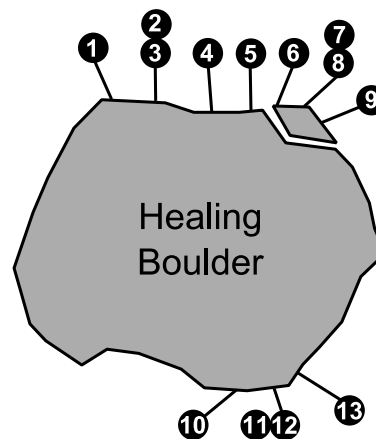
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Bakery and Cafe (Coleman, south side of Highway 3). If you want a Crowsnest Pass hippy experience, head to the Blackbird Coffee House (the old church on the south side of Highway 3 in Coleman). Be warned, however, that most of the small coffee houses close fairly early (often 5:00), and many are not open on Sunday.



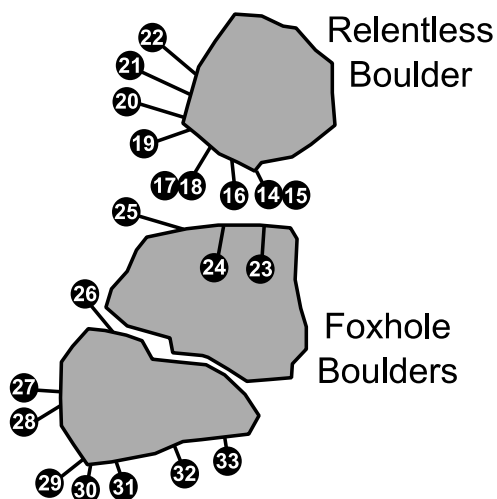
1. **Easy Healing** (V1) ★★ The gigantic Healing Boulder is hard to miss, and is the key landmark for the area. Climb the tall juggy face immediately left of – and using – the prominent arête. Beware the tricky mantle!
2. **Jahealy Direct** (V3) ★★★ Start as for *Jahealy*, but climb up and slightly right through edges to reach seam above.
3. **Jahealy** (V3) ★★★ Start at the low right side of the flake undercling, climb up and left along the flake until it thins out, then head straight up.
4. **I Pissed on the Starting Holds** (V5) SD ★★ Immediately left of a small triangular boulder near the face (and directly below a thin crack/seam), start with right hand on a good crimp, and left on a small sloping edge. Climb up through small edges to a good sidepull, top out above.
5. **Sage** (V5) SD ★★★ Starting with a high left handhold and a very low right, climb the crimpy face and left-leaning seam just right of *Crack Attack*. The other boulder (the other side of the ‘crack’) is out, of course.
6. **Crack Attack** (V0) ★★★ Climb obvious sharp arête. Watch for loose rock at all times in Frank; a large block fell off this problem in 2010.
7. **Origins** (V2/3) SD ★★★ Low start on diagonal rail sidepulls just right of arête. Follow the crack left, then climb the arête.
8. **Origins Extension** (V1) SD ★★★ Start as for *Origins*, but continue past the arête following the crack up and left to the top.
9. (V0) SD ★★ The thin crack to the left of the *Origins* arête.
10. **Healing Traverse** (V6) ★★★ An eight-move traverse into *Healing Arête* starting far to the left.

11. **Healing Arête** (V5) SD ★★★★★ Classic! Start on a left-facing sidepull under the left side of the small roof. Traverse rightward under to the roof to a jug, then climb the right side of the hanging arête. A V3 variation (*Healing Arête Extension*, SD ★★★) bails up the ramp away from the arête.
12. **Healing Arête Direct** (V4) SD ★ Start as for *Healing Arête*, but head straight up the face left of the arête. The name is a misnomer because you don’t actually use the arête for this problem.
13. (V2) SD ★★ Starting on a large sloper right of *Healing Arête*, move up and right along juggy ramp, topout above.



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14. **Krimptonite** (V8) SD ★★★ The Relentless Boulder lies about halfway between the grassy access road and the trees, although the majority of the problems face away from the road. *Krimptonite* starts on crimps below the short arête feature. Pull into shallow dihedral, reach right to a crimp on the face, and continue up and right on edges. Short and hard!
15. **Redonculous** (V5) SD ★★★ Start as for *Krimptonite*, but climb up and left using arête feature.
16. **Obvious Fricking Dihedral** (V3) ★★★ Climb the obvious dihedral. A sit-start to the problem (**OFD Sit** (V5) SD ★★★) can be done starting on the face to the right of the dihedral.
17. **Relentless** (V6) ★★★ Start standing with left hand on a good sidepull edge, and right on a blunt sidepull. Fun compression moves lead to a big sloping shelf, and easier moves above. Superb!
18. **Relentless Sit** (V7) SD ★★★ Start on a positive sidepull below and left of *Relentless*; a few hard crimp moves lead into that problem.
19. (V1) ★★ Slabby face right of the arête.
20. **Scarleg** (V1) ★★★ The left side of the tall arête.
21. **Boo-Yeah** (V0) ★★ The thin seam left of *Scarleg*.
22. (V1) ★ Crimp face just left of *Boo-Yeah*.



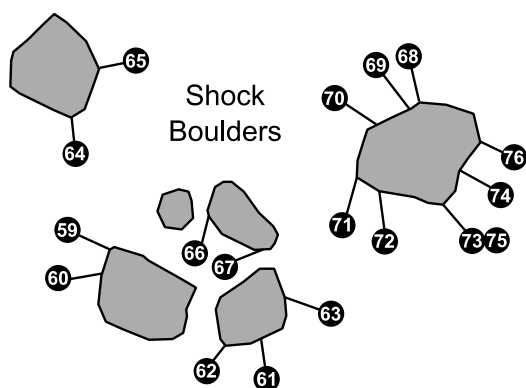
23. (V0+) SD ★★ There are three short easy problems on the north face of the Foxhole Boulder that faces the Relentless Boulder. This short problem starts on edges on the left side of the boulder.
24. (V1) SD ★★ Start on edges on the centre of the boulder facing the Relentless Boulder.
25. (V0) SD ★★ Start on edges on the right side of the boulder facing the Relentless Boulder.
26. **Sardine** (V4) SD ★ A fun problem with a ugly start. Start very low, scrunched down on the right side of the Foxhole Cave, with right hand on a good jug, and left on a sidepull crimp. Climb positive edges and ledges above, desperately trying not to dab on the block.
27. **Halfshell Slab** (V0) ★★ Climb tall very smooth slab just to the left of *The Hand Sponge*.
28. **The Hand Sponge** (V7) SD ★★★ Starting low, climb up and right along sloping arête to peak of boulder, then face the crux mantle above.

29. **Dave's Arete** (V2) ★★★ Starting on flat edge on the arête, climb up and left along fun holds, top out on jug at top of arête.
30. **Dave's Arete Low** (V3) ★★★ Start matched on the large sidepull jug on the slab, then climb up and left into *Dave's Arête*.
31. **Gab Slab** (V0-) ★★ Climb bulging slab immediately right of *Dave's Arête*.
32. **Ribbed Pleasure** (V0-) ★★★ Easy slab up centre of face on amazing ribbed rock.
33. **Gold Leaf Slab** (V0+) ★★★ Start right of *Ribbed Pleasure* in a small alcove on gold-flecked rock. Tricky start leads to easier moves above.
34. **White Lightning** (V2) SD ★★ Start matched on the undercut left arête; move up arête to lip.
35. **Drift Net** (V4) SD ★★ To the left of *White Lightning*, start with right hand on a sidepull, and left on a crimp about a foot below the lip. Climb straight up centre of overhanging face.
36. **Happy Place** (V2) SD ★★ Start with a good right-hand crimp, and poor crimp with left hand, then do one move to the lip, and top out.
37. (V0+) SD ★★★ Start with left hand in obvious sidepull.
38. (V0) SD ★ A tiny overhang on a small boulder just in front of *White Lightning*.

39. (V0) ★★ Near the intersection of the dirt track and the old grassy access road is a tall grey-colored slab that faces the road. This easy problem is on the left side of the slab.
40. **Dance Dance Revolution** (V4) SD ★★★ The DDR Boulder is located just off the main gravel road near a telephone pole. This problem starts just right of the center of the face, and climbs straight up.
41. **Paranoia** (V2) ★★★ Start on a good slopey ledge on the right arête; head straight up arête to top out above.
42. (V2) ★ Two boulders sit in the trees facing the road, just across from a good pullout. The left (and larger) boulder holds two problems. This problem starts on an uncomfortable undercling just left of the tree, then heads straight up.
43. (V1) SD ★★★ A sit-start just right of the tree on a good rail leads to a traverse heading up and right to the lip, head back left to topout.
44. (V1) SD ★★ The smaller boulder on the right currently holds just one problem. Start low left of the arête, with a tree at your back.
45. **Frankenstein** (V4) ★★★ A tall slab is tucked into the trees near the gravel road, and can be approached either from the road or the Relentless Boulder. This excellent slab problem climbs the tall slab on the right side of the boulder straight up to the peak.
46. (V0) ★ This problem climbs the left side of the slab (left of *Frankenstein*) using the huge feature at head height.
47. (V0) SD ★★ Three very short problems can be found on a small, cube-shaped boulder sitting just below a lone tree near the Relentless Boulder. This problem climbs the right arête from a sit-start.
48. (V4) SD ★★★ Start on the left side of the compelling overhanging arête with left hand on an edge. Reach up to another edge, then topout.
49. (V2) SD ★★ Start left of the arête with right hand on a crimp, and left on an undercling. Climb straight up the short face.

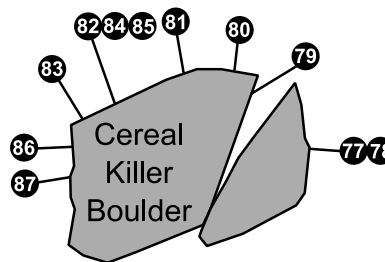
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50. **Fifth Element** (V4) ★★★ The Element Boulder is at the edge of the trees, just east of the Healing Boulder. *Fifth Element* starts by stepping on the slab in the middle of the face, then taking a white crimp pinch with your left hand. Dyno to a good hold right of the groove, top out above. A bit of an eliminate, but still good fun.
51. **Element** (V3) ★★★ Start as for *Open Road*, but use crimps to head left, and topout on the left side of the arête.
52. **Open Road** (V1) ★★ Start on good edge right of the right arête; climb up arête.
53. **Super Fetus Traverse** (V5) ★★★ Move up *Open Road*, traverse lip, and finish on *Fifth Element*.
54. (V1) SD ★★ Start at the bottom of the distinctively jutting feature. Either climb the tall face or move left into a jug, then up to the ledge.
55. (V0) ★★ Start on positive hold, then either move up to the lip, or traverse left to climb the higher face.
56. **Ladder Stages** (V6) SD ★★★ The short steep overhang of the Ladder Stages Boulder is tricky to find, but fun. This problem starts in the middle of the overhang on a nice pinch and a flat ledge just below it. Move left, then up to the peak of the boulder.
57. **Sloppy Seconds** (V4) SD ★★★ Start as for *Ladder Stages*, but head right and up to lip.
58. (V1) SD ★★★ Start low on the right side of the face, and traverse the lip up and left to the peak.



59. (V2) SD ★ The Three Amigos Boulders are three tightly-clustered boulders immediately northeast of the Healing Boulder. None of the problems are amazing, but are worth checking out. This problem climbs the left arête of the short blocky boulder closest to the Healing Boulder.
60. (V2) SD ★ Starts in the middle of the face immediately right of the previous problem. One move to the lip.
61. **Sloshed** (V0) SD ★ Start on good hold at the lip, roll over.
62. (V1) SD ★ Start left of *Sloshed*, traverse the lip right through *Sloshed*, and finish on the arête.
63. (V0) ★ The slab around the corner to the right of *Sloshed*.
64. **Campus Time** (V3) SD ★★ This thin, chossy-looking boulder faces the Healing Boulder (opposite *Origins*) and the Three Amigos Boulders. Start on the left arête on a good low edge directly on the arête. Climb the arête to the top.
65. **Ballerina Kick** (V2) SD ★★ Start on the right arête. Climb up good but loose holds.

66. (V1) SD ★★ This boulder lies closest to the Shock Boulder in the direction of the Healing Boulder, and holds two problems. This problem is a rising traverse up and right, finishes on the slab.
67. (V2) SD ★★ Start under blunt arête with right hand on a sloper, and left hand on a sidepull.
68. **Shellshock** (V0+) SD ★ Start low on the right-leaning ramp; climb rail up and right to mantle.
69. **Shockload** (V2) SD ★★ Start sitting on a rock, with your left hand in a good undercling in the dihedral. Make one move to the lip, and top out.
70. **Shocked and Appalled** (V1) SD ★ Start in the middle of the small face with a very low right hand and left on a high edge. Climb up using right-facing sidepulls.
71. **In Fetus We Trust** (V4) SD ★★★ Start under bulge, climb blunt arête on crimps.
72. **His Cause is Just** (V3) SD ★★★ Start right of the arête on opposing crimps. Slap the lip, top out.
73. **Larry** (V0) ★★ Start in the tiny cave, and climb straight up.
74. **Curly** (V0) ★★ Start in the center of the face, climb up using positive holds.
75. **Shemp** (V0) SD ★★ Start as for *Larry*, but traverse to *Curly* at the lip.
76. **Moe** (V0) SD ★★ The right arête.



77. **One Minute Murder** (V1) SD ★★ Start on the right juggy corner of the horizontal crack. Move left to the center of the crack, then head up and left onto the hanging slab.
78. **Killing Time** (V1) SD ★★★ Start as for *One Minute Murder*, but head straight up via a big sidepull feature. Fun!
79. **Baby Killer** (V0) ★ Climb the slab just left of the arête, and hope you don't fall onto the jagged blade of rock behind you.
80. **Cereal Killer** (V4) SD ★★★ Start in an iron cross position, with your right hand in the crack, and your left on the arête. Throw up to the large sloper, and top out using the arête.
81. **Crack** (V3) SD ★★ Climb the obvious crack, using face holds as you get higher.
82. **Killer Bees** (V4) SD ★★★ Start low on a large, and surprisingly good sloper about five feet left of the right arête. Crank up and climb a series of slopey dishes and fun pinches.
83. **Killer S's** (V1) ★★★ Stand start the left side of the right arête, and follow tricky edges and sidepulls to the top. A fun eliminate dynos from the a good edge at mid-height to the top; for tall climbers, this may be the easiest way to do the problem.
84. **Al Bundy** (V6) SD ★★★ Start as for *Killer Bees*, but traverse left along positive slopers, and finish on the end of *Cereal Killer*.

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85. **Energitus (V8) SD ★★★** Start as for *Killer Bees*, traverse left as for *Al Bundy*, but continue past the sloper to the left arête, and finish on *Baby Killer*.

86. **Tidal Volume (V4) ★★★** Start on the smooth face right of the right-hand arête, with your left hand high on the arête, and your right hand on a sloping dish. Climb to the peak using the arête and small-hold trickery. Very technical and fun!

87. **Bay of Fundy (V1) SD ★★** Start right of *Tidal Volume* with your hands on a flat sloper. Head up and slightly right to an easy topout.

88. **Abdominator (V1) SD ★★★** A small boulder sits atop a short steep hill facing *Cereal Killer*. This party trick problem is on the far side of it. Lie on your back, with your head facing into the overhang; bring your feet up and toe hook both feet over the lip. Do an inverted sit-up to grab the lip. Topout right (easier) or left (harder).

89. **Igor (V2) SD ★★** The Bride Boulder appears as a tiny peak to your left when you are facing the Cereal Killer Boulder; on the far side of the boulder is a tall slabby face that comes to a high point. This problem climbs the right arête all the way to the peak of the boulder.

90. **Bride of Frankenstein (V6) ★★** Stand start on the big left-facing sidepull; climb up to join the left arête, then traverse up and right to top out.

91. **Trees Traverse (V2) SD ★★★** The Trees Boulder is located at the edge of the trees east of the Healing Area, and is a tall, somewhat cube-shaped block. The problems face into the trees and feature great landings. This problem starts on the far left of the big sloping ledge and traverses right; as the ledge peters out, you'll reach a series of crimps, climb these to the top. Fun!

92. (V0) SD ★★ Start as for *Trees Traverse*, but climb straight up the face.

93. (V0) SD ★★ Start approximately in the middle of the *Trees Traverse*, and climb straight up the face.

94. **Trees Traverse Extension (V5) SD ★★★** Start as for *Trees Traverse*, but continue right and finish on *Broken Tree*.

95. **Broken Tree (V5) SD ★★** Climb the right side of the face to the tallest point. Holds break regularly from this problem, so it'll likely change with time.



Trent Hoover and Kyle Marco enjoying a winter day on *Killer Bees (V4)*, the Cereal Killer Boulder, Frank Slide.