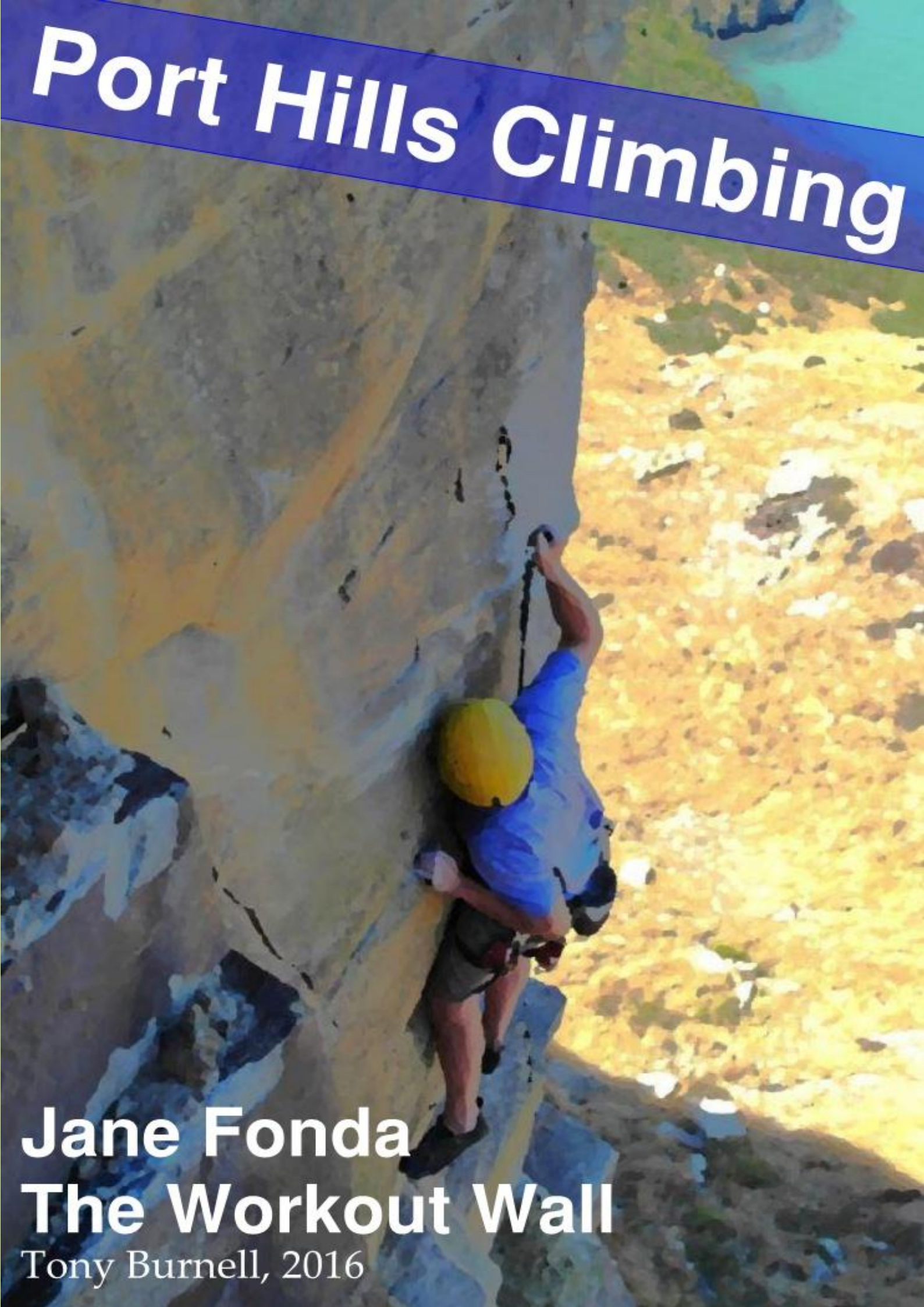


Port Hills Climbing



Jane Fonda
The Workout Wall

Tony Burnell, 2016

JANE FONDA

General

Inclusion of any climbing area in this guidebook does not mean that there is public access.

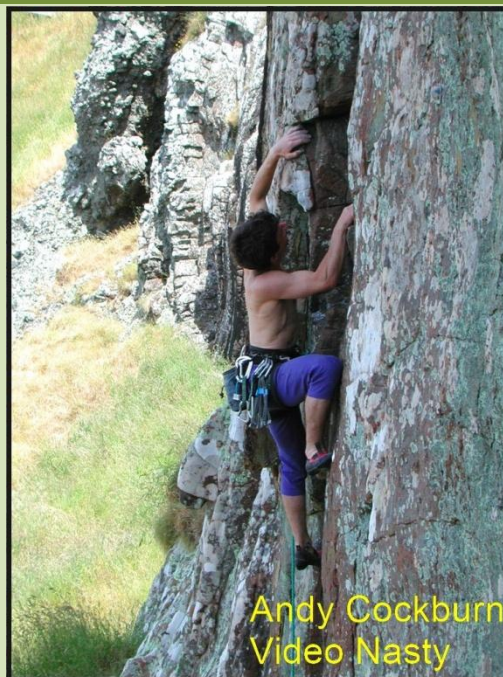
The Port Hills Crags are home to rare species of geckos and native flora and fauna take care not to disturb or damage these.

Always one of the best crags on the Port Hills but even more so as it sustained very little damage during the 2010/2011 earthquakes. Everything about Jane Fonda gives you that feeling of exposure, from the amount of fixed gear on the routes, to the crags situation; stuck to the steep hillside high above Lyttelton harbour. The classic routes at Jane Fonda are around that 22/23 grade, but there are a few harder and easier routes. The climbing is deceptively steep and usually sustained. Approach all routes with care as the protection, even bolts, are few and far between. Jane Fonda is subject to every cold wind going but provides shelter from both the Nor-west & Nor-east, if the weather is dry and there is no wind you can climb there year round.

(Front Cover - Grant Piper on Resurrection - photo Tony Burnell)

History

I've no idea where the crag got its name but the first recorded routes were by Lindsay Main and Henry Mares in 1977. At that time "Debauchery" was probably the pick of the bunch although now, due to the recent seismic activity, it is pretty much nonexistent. Left alone for almost a decade the crag was rediscovered in 1986 and between 1986 and 1989 crag came of age with a surge of activity and a glut of classic routes such as, "Armitage Shanks" (23), "Video Nasty" (22), "Activated Sludge" (22), "Purity of Essence" (21), "Meat Injection" (22), "Cleansing the Stone" (22), "L'Actic Ingredient" (22), "Flock To The Rock" (26), "Penetrator" (21), "Spanking Wendy" (22) and "Melting Point" (25) among others by local climbers such as Dave Fearnley, Bill McCleod, John McCallum, Roger Parkyn, Guy Cotter, Gavin Tweedie, Richard Thomson and Simon Middlemass. Since 1996 Tony Burnell has



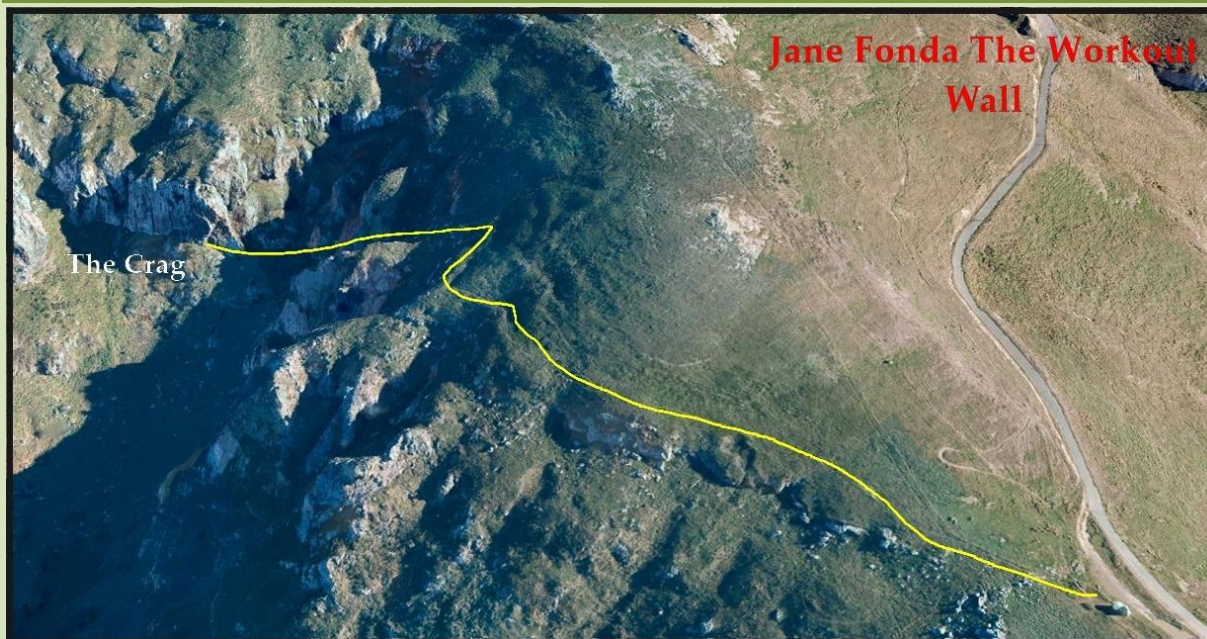
been picking away at the crag, climbing several routes including some alternative starts to existing routes, thereby creating some totally bolted variations that do not encroach on the existing lines or affect their original style. In 2004 Joe Arts threw in the instant classic "Whacking Moles" (22) a fully bolted, but not quite, full length feature

Climbing Notes

The Workout Wall really shows the failings of the Ewbank grading system when applied to mixed pro or "boldly" bolted routes. The majority of the routes were climbed pre 1996 and are sparsely bolted, even by Port Hills standards, and generally require some trad gear, albeit that gear may be poor. With regard to the technical difficulty don't come here to flatter your ego, when compared with the rest of the Port Hills crags, you can usually award yourself an extra point on the grade to get a fair comparison with other areas. That being

said the grades are pretty consistent at the crag and I love it and I wouldn't change it. For this guide (TR) denotes Trad Route, (MP) denotes mixed pro route and (S) denotes sport climb, although sport could also mean sporting given the nature of the crag and the protection Fixed gear and anchors have, for the main part, been replaced over the last couple of years courtesy of Kester Brown & Grant Piper. This is a costly time consuming exercise so please do your bit; lower or top rope off your own quick-draws and abseil only off the fixed gear, this will extend the life of the equipment considerably.

Approach



800 mts

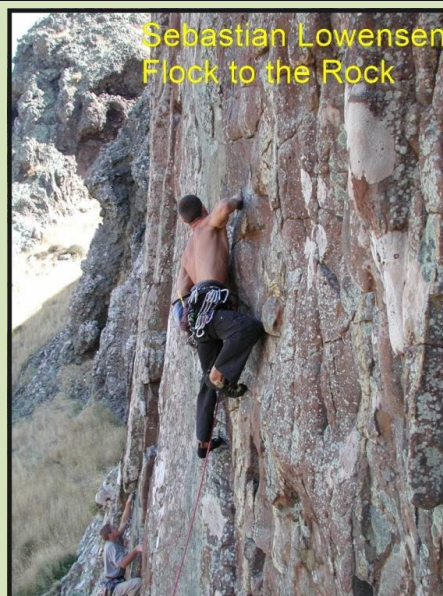
15 minutes

-43.594566, 172.763582 Grid

The crag overlooks Lyttelton Harbour.

From Sumner drive up to Evans Pass and turn Left along the Summit, after about 3km there is a parking spot on the right of the road.

Cross the stile and follow the wire fence westwards for about 50 meters before taking the lower faint track that contours around the hillside to the top of the decent gully. The descent gully is the second gully you come to that gives a direct view of the end of the crag, head down the gully passing an old fence midway down at the base head directly across to the crag carefully avoiding the Onga-onga.



Overview



Seismic Damage

The crag stood up pretty well to the 2010/2011 seismic activity sustaining only minor damage, some rock fall between *The Artful Dodger* and *Cinder Path* and the left end of the main cliff where the climbs *Jane Fonda From Behind* and *The Penetrator* went, there was also some damage on the adjacent arête where *Debauchery* finishes. The routes shown in red text have been damaged or have disappeared since the recent earthquakes.



Left Wall

The wall at the very left side of the crag beyond the wide gully that leads into an upper bay. There are no anchors at the top of this wall.

Routes are described from L to R.

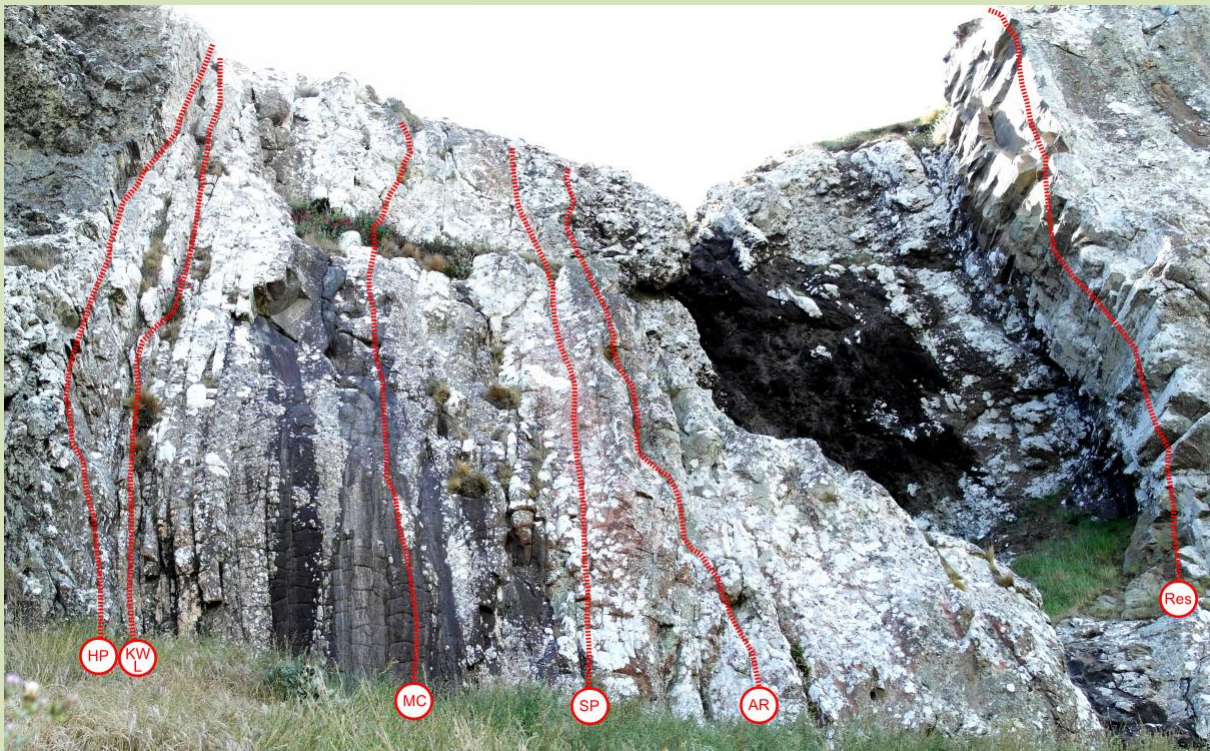
HP - Hocus Pocus 14 - (TR) Starts at the left edge of the good wall, climb the arête into a steep corner, move right into another corner then back left and straight up to finish. Lindsay Main, 1977

KWL - Knights in White Lichen 16 - (TR) Climbs the obvious left facing full length corner. Stu McConney, 1996

MC - Magic Carpet 15 - (TR) Start on the right side of the black wall climb up to good holds then up the slab and groove, very little protection. Lindsay Main 1978

SP - Supped Pig 17 - (TR) Start to the right of MC and left of two cracks on the arête, climb the left side of the pink and white wall to a ledge, move onto the arête to finish. James Jenkins, 1989.

AR - Arête 11 - (TR) Climb either of the two cracks on the arête, follow the arête to the top. Lindsay Main, 1977



Main Cliff (Left)

These routes started (or ended) around to the left of the main crag and were severely damaged during the earthquakes. Jane Fonda From Behind, Stu McConney, 1996 - this route collapsed during the 2010/2011 earthquakes. The Penetrator, Guy Cotter, 1989 - the top of this route collapsed during the 2010/2011 earthquakes.

Routes are described from L to R.



Jane Fonda From Behind - Gone

Res - Resurrection 20 - (S) Starts in the hanging bay at the left side of the main cliff. Straight up the ledge system to the new rock, finish straight up on the left of the arête. *Tony Burnell, 2015*

MI - Meat Injection 22 - (S) Part of this route (the arête) collapsed in the 2010/2011

earthquakes and now has a new finish with a bolt to protect it. Start in the scoop and as for PTC but move left and up a line of bolts over a bulge onto easier ground, continue up the wall just right of the arête. *John McCallum, 1986* (Post earthquake finish, *Kester Brown 2012*)

PtC - Polish The Cucumber 19 - (MP) Start on the easy angled rock left of the brown streak about 3 m right of the arête. The move up to the first bolt is a little freaky, best approach to the bolt is from the top right if the scoop. Continue up past 3 bolts to gain the crack system above, good pro in the small cracks before moving up into easier ground created by rock fall during the earthquakes. *Roger Parkyn, 1986*

PE - Purity of Essence 21 - (TR) Start below the long brown streak, follow the right edge of the streak to where the cracks start to close up, place good pro high and right before traversing left through a scarred area of rock, a tricky moves up and left into a scoop before gaining the horizontal cave like feature up and left of the anchor of WM exit over the left side of the roof to a DB lower off. *Richard Thomson, 1986*

Deb - Debauchery 19 - (MP) A wandering line that starts right of PTC and finishes up the newly formed arête. Start as for POE and climb this to half height, move left on the sloping ledge system past PTC to finish up the wall just right of the arête. *Henry Mares, 1977* (Post earthquake finish, *Kester Brown, 2012*)

FC - Fonda Climbing 24 - (S) *A direct line up the wall L of WM finishing up to the highest point of the crag, crux at the top. De-bolted due to complaints online from old Chch climber Tony Burnell, 2012*

WM - Whacking Moles 21 - (S) Classic Jane Fonda climbing, crimping and technical with each section harder than the last. Start up a white slabby wall to the hole at half height, exit on the left direct up to a difficult finish and DB lower off. *Joe Arts, 2004*

WW - Whacking Wendy 22 - (S) Start just right of WM climb the scarred wall to the hole. Step right and continue as for SW. *Tony Burnell 2012*

SW - Spanking Wendy 22 - (S) Climbs the appealing green, mossy wall to a bolt in a scoop at around 8 m, at the second bolt move up and left to a stance at the right side of the hole, technical climbing straight up past 3 more bolts to gain another horizontal cave just below the top of the crag exit easily to the left, DB lower off on top of the crag. *Guy Cotter, 1989*

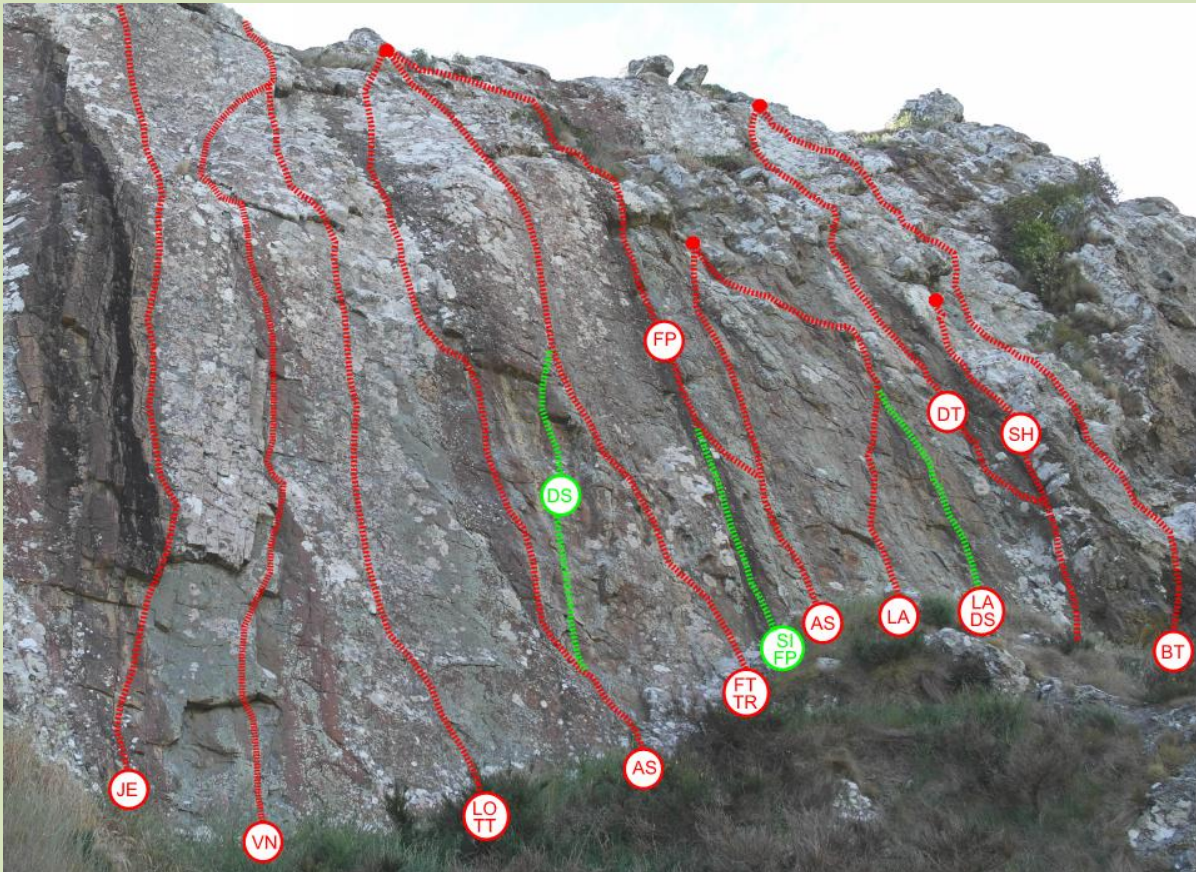
HF - Half Fact, Half Friction 21 - (S) Start as for SW up the green mossy wall, instead of moving left at the second bolt continue straight up when you reach easy ground move right and exit over the top as for CTS to a DB lower off. *Gavin Tweedie, 1992*

CS - Cleansing the Stone 22 - (MP) Fantastic climbing. There is an obvious black brown wall near the centre of the Main Cliff, it's left arête & corner is Cleansing the Stone & it's right arête is Video Nasty. Originally had exposed technical climbing protected by uninspiring runners now you have the benefit of Roland's first 2 BR's, or the recently placed 8 or 10 mm dynabolt with a hanger on at the start, its use is not recommended. *John McCallum, 1986*

bivouac / outdoor

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Main Wall (Right)



Routes are described from L to R.

JE - Joint Enterprise 25 - (S) Initially climbs the arête that forms the corner of CTS before going up the centre of the black brown wall, head up the white rock just L of CTS to finish over the top at the same anchor. *Roland Foster, 2016*

VN - Video Nasty 22 - (MP) The sister route to CTS, sustained and technical, start below a small roof. Climb the wall to gain the groove above, up the groove to a difficult exit into a flake system on the white all above. Move right and go up to another small roof, cams, continue straight up to the top. *Roger Parkyn, 1986*

LOT - Lard of the Thighs 26 - (S) Thin, hard technical climbing between VN and AS, weave your way up the seemingly blank wall past 4BR, above the roof veer away from AS and continue up past bolts 5 & 6 to easier climbing. *Tony Burnell, 1996*

ARM - Armitage Shanks 23 - (MP) Brilliant climbing, the crux is having the ability to clip and getting past the second bolt. Follow the left trending ledge system then go up to BR2, move left with difficulty through a shallow groove before moving back right to an easier finish up the white slab to an anchor at the top of the crag. *James Moar, 1986*

FTR - Flock to the Rock 26 - (MP) Run-out. Start off the staircase, climb boldly up the wall past a couple of small wires to gain BR1. Steep technical climbing up the wall past 2 more BR to DB anchor on the white slab. *Dave Fearnley, 1988*

FTTR Direct Start 29 - (MP) From the 1st BR on AS move up and right past another bolt, over the overlap to join the original route. *Derek Thatcher*

SIFP - Straight Into Feminine Positions 22 - (S) A more obvious bolted direct start. Bridge out onto the black/brown column, climb straight up past 2BR's to join the original route. Tricky moves lead into a scoop followed by slopey moves over the roof before the final run out on easy ground to the anchor of FTTR. *Tony Burnell, 2012*

The L'Actic Ingredient Area is the short wall at the top of the scramble, a nice flat area for packs.

FP - Feminine Positions 22 - (S) Best done with the direct start as it was previously described as "*Sustained, balancy, obscure and a bit contrived*" not so, great climbing and with the straight up start and a good addition to the crag. *Ton Snelder, 1986*

AS - Activated Sludge 23 - (MP) Desperately hard, sustained, not particularly nice climbing that is nowhere near its given grade of 23. Climb straight up the wall past two bolts then place a wire place a good wire, before hard moves take you up and right to the lower off. The second bolt replaced a fixed copperhead ripped out by James Moar on a ground fall. *Richard Thomson, 1986*

LI - L'Actic Ingredient 23 - (S) Start at the belay point on the ledge, climb up and right past three bolts to awkward moves up steep rock, move straight up to a separate anchor point. *Dave Fearnley, 1986*

LID - L'Actic Ingredient Direct Start 24 - (S) *Paul Tattersall 1986*

There is also a direct finish from the second bolt 24 (*Dave Fearnley 1988*).

DT - Day Tripper 20 - (S) Start as for *SH* to the 3rd bolt, instead of moving right onto the arête climb directly up the brown streak to a bolt on a nose, move right and up before finishing up the slabby white wall to an anchor. *Tony Burnell, 2015*

SH - Spliff Hanger 14 - (S) An unsatisfying climb that goes nowhere, climb the left facing corner to the right of the direct start to *LA*, move right onto the arête and up to a ledge with anchors. *John McCallum & Chris Owens, 1995*

TBT - The Big Trip 20 - (S) Start in the alcove just right of *SH*. Bridge up the alcove and out over the roof to climb the wall to the belay ledge of *SH*. Three bolts lead the way across the white slab to gain the bottom of a groove, straight up the groove past three more bolts to an anchor up and the left. *Tony Burnell, 2015*

Melting Point Wall

The routes located on the crazy paving wall to the left of Melting Point and those to the right of Melting Point were severely damaged during the 2010/2011 earthquakes. These were: *The Artful Dodger, Snot Gobblers Revenge, Cinder Path, Out of the Blue & While Your Down There*. *The Artful Dodger* (Simon Middlemass, 1989) is pretty shot, a lot of the top half has collapsed. Only the central section of *Snotgobblers Revenge* (Steve Elder, 1990) was worth climbing post quake so the route has been diverted, re-bolted, re-climbed and re-named. *Cinder Path* has had a makeover and a new anchor installed. *Out of The Blue & While Your Down There* are unclimbable due to quake damage on the end of the dyke.

This is the first wall you arrive at when approaching the crag, the L side is a pretty ugly looking piece of rock that is solid in parts and soft in parts.

Routes are described from L to R.

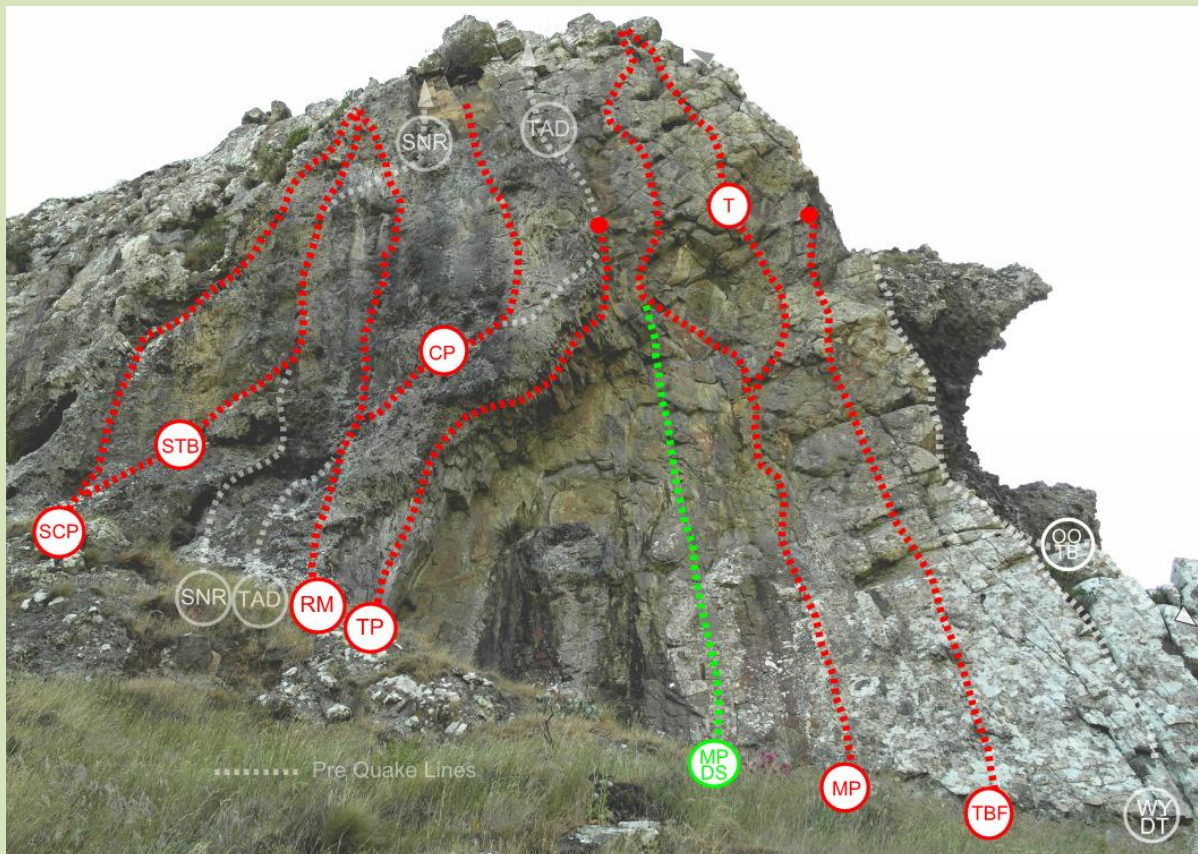
SNP - Snap Crackle & Plop 9/20 - (8BR) Start at the L side of the crazy paving wall, starting just L of the R leaning ramp/groove. Climb straight up to a scoop then up the steeper wall to a R trending ramp system. Up this stepping R onto the face at the top, straight up past a couple of gargoyles to the anchors. *Tony Burnell, March 2016*

STB - S'not That Bad 24 - (9BR) Start at the L side of the crazy paving wall, starting just L of the R leaning ramp/groove. Climb up as for *SCP* after the 1st BR move R and up onto the large protrusion, go straight up the wall, initially on pockets, & finish at the anchors of *SCP*. *Tony Burnell, March 2016*

SNR - Snot Gobblers Revenge - Gone

RM - Rigor Mortice 25 - (9BR) Start just R of the R leaning ramp/groove, straight up crossing the ramp towards a short white streak. Straight up the steeper wall to 2 gargoyles surmount the gargoyles then go up and step L to the anchors of *SCP*. A bit stiff. *Tony Burnell, March 2016*

TAD - The Artfull Dodger - Gone



CP - Cinder Path 24 - (7BR) Start as for *RM*, go up to the ramp then head R towards the arête, go straight up the steep wall then head L to the dogs head, up again & step R to a ledge & belay *Tony Burnell*, March 2016

TP - Triple Point 26 (S) climbs the steep underside of the corner that forms the end of this section of the buttress. *Sefton Priestly*, April 2018

DD - Dodger Direct 26 - (S) Hard and technical, climbed as a direct start with bolts to *MP* and goes pretty much straight up to the resting ledge of *MP*, continue up *MP* but consider giving yourself the extra point. Not visible on the photo topo. *Tony Burnell*, 1998

MP - Melting Point 25 - (12BR) The route of the crag and possibly the best grade 25 on the Port Hills. Climb the slabby bottom wall to where it steepens, wires can be placed here. Tricky moves up and right get you to the first no hands rest (there are 3 if you can find them). Climb straight up the steepening wall moving right at the last bolt to finish over a bulging roof. *Bill McLeod*, 1989

T - Tantra 27 - (MP) Follow *MP* till a line of bolts leads you left and up to a stance on the arête. Swing back left onto the face and carry on up the head wall on slopey holds. *Martyn Clarke*, 1995

TBF - The Biscuit Factory 24 - (S) Takes a line left of *MP* and *Ta*, direct up the white slab and onto the biscuits. Through the rest on *Ta* to finish on the arête. *Tony Burnell*, 2014

The End Of the Wall

WYDT - While You are Down There - Gone

OOTB - Out of The Blue - Gone

DS - The Devils Staircase 16 - (S) Start around the end of the dyke & up the slope. Climb the wall as close to the corner as possible after B5 move onto a ledge and go up the slab to a lower off. *Tony Burnell, 2018*



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we ARE climbing

Jennifer Olson
"Scared Peaches" 5.12a (25)
Anchoage Wall
Lake Louise
Photo: Bivouac Staff member - John Frew / johnfrewphotography.com



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**JANE FONDA THE WORKOUT WALL
TICK LIST**

No.	Name	Grade	Style	Rating	Comments
HP	Hocus Pocus	14		☹	
KWL	Knights in White Lichen	16		☹	
MC	Magic Carpet	15		☹	
SP	Supped Pig	17		☹	
A	Arête	11		☹	
	<i>Jane Fonda From Behind</i>				
R	Resurrection	20		★★	
MI	Meat Injection	22		☺	
PC	Polish The Cucumber	20		★★	
PE	Purity of Essence	21		☺	
D	Debauchery	19		☺☠	
WM	Whacking Moles	20		★★	
WW	Whacking Wendy	22		★★★	
SW	Spanking Wendy	22		★	
HF	Half Fact, Half Friction	23		☺☠	
CS	Cleansing The Stone	22		★★☠	
JE	Joint Enterprise	25		ND	
VN	Video Nasty	23		★★★	
LOT	Lard Of The Thighs	26		★	
AM	Armitage Shanks	24		★★★	
DFTR	Direct Start Flock To The Rock	28			
FTR	Flock To The Rock	27		★★★	
SFP	Straight Into Feminine Positions	22		★★	
FP	Feminine Positions (Original Start)	22		☺	
AS	Activated Sludge	25		☺	
LI	L'Actic Ingredient	24		★★	
LID	L'Actic Ingredient Direct Start	24		☹	
DT	Day Tripper	20		★	
SH	Spliff Hanger	14		☺	
TBT	The Big Trip	20		★	
SCP	Snap Crackle & Plop	20		★	
STB	Snot That Bad	22		★★	
RM	Rigor Mortis	25		★	
CP	Cinder Path	24		☺	
<i>TAD</i>	<i>The Artful Dodger</i>				
TP	Triple Point	26		ND	
DD	Dodger Direct	26		☺	
MP	Melting Point	26		★★★	
T	Tantra	27		★	
TBF	The Biscuit Factory	24		☺	
<i>WYDT</i>	<i>While You're Down There</i>				
<i>OOTB</i>	<i>Out of the Blue</i>				
DS	The Devils Staircase	16		★	

☺ - Well worth doing ☹ - An OK route ☹ - Having done it I wouldn't bother

★★★ Stars ☠ - Gulp ND - Not Done

(S) Sport Climb Bolt Protected (MP) Mixed Protection Bolts & Trad Gear (TR) Trad Gear