


Espedalen


Climb Bø i Telemark By Laurits D. Hansen


Cover photo:
Rasmus Thomsen on Smågodt.
Photo: Laurits D. Hansen


Climb Bø i Telemark series
By Laurits D. Hansen
1. Edition, Mar 2021


ROUTE SYMBOLS


-  A good route which is well worth climbing.


-  A very good route, one of the best on the crag.


-  A brilliant route, one of the best in the area.


-  A recent route, or one for which there is little information about quality and/or grade.


-  Technical climbing requiring good balance and technique, or complex and tricky moves.


-  Powerful climbing; Roofs, steep rock, low lockoffs or long moves off small holds.


-  Sustained climbing; either lots of hard moves or steep rock giving pump climbing


-  Fingery climbing with significant small holds on the hard section.

-  Slopy climbing with slopers on the hard section


-  A dyno is required. Usually only used for boulder problems.


-  A long reach is helpful, or even essential, for one or more of the moves.


-  Loose rock may be encountered


-  A small or full rack of gear is required.


CRAG SYMBOLS

-  Angle of the approach walk to crag with approximate time.


-  Approximate time the crag is in direct sun shine.


-  This crag is usually sheltered from wind.


-  Takes long to dry after rain


-  This crag has one or more multipitch routes.

GRADE COLORS

-  4+ or below

-  5- to 6-

-  6 to 7+

-  8- and above

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ESPEDALEN

Espedalen offers a family-friendly well bolted sports climbing crag with vertical climbing on good friction granite and easy access to the top of the cliff for putting up top rope. A headwall with a width of nearly 100 meters offers more than 25 routes between 15 and 35 meters in length. The accessibility and it's two fireplaces makes Espedalen one of Bø's most popular crags, and it's widely used for both climbing courses and local events. That being said, the quality and abundance of routes stand on its own, and offers superb techy climbing in a variety of grades, which make Espedalen a must-visit in Bø.



CRAG INFO:



ROUTE GRADES

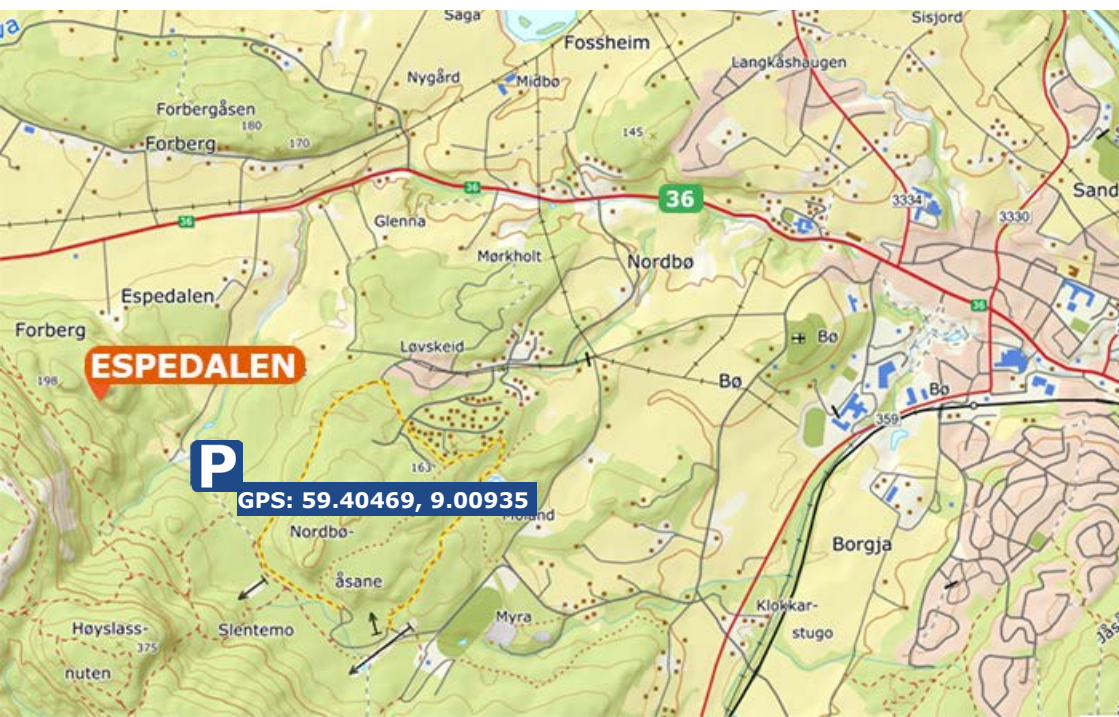
1	2	2	8	3	16	4	0
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STARED ROUTES

1	12	2	4	3	16
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Getting there:

From Bø, head in direction of Seljord on RV36. About 3 km out of town, take a left turn on to the gravel road named Espedalsveien. Drive to the end of the Espedalsveien, park at the little pitch next to the farm. Pay 20 kr in parking fee by cash or by VIPPS.



Approach: 5 minutes

From the parking, cross the road and walk towards the forest. Do not walk on the field, follow the trail around it. Upon reaching the woods, a red blazed trail will lead you through a small forest patch to the base of the wall.



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- 1** Saco 🏆 4+
Erlend Valle 2008

- 2** Kongliri konglera 🏆 5-
Elin tyssedalstveit 2006

- 3** Carpe Crimpen 🏆 🧗 6+
Elin Tyssedalstveit 2006

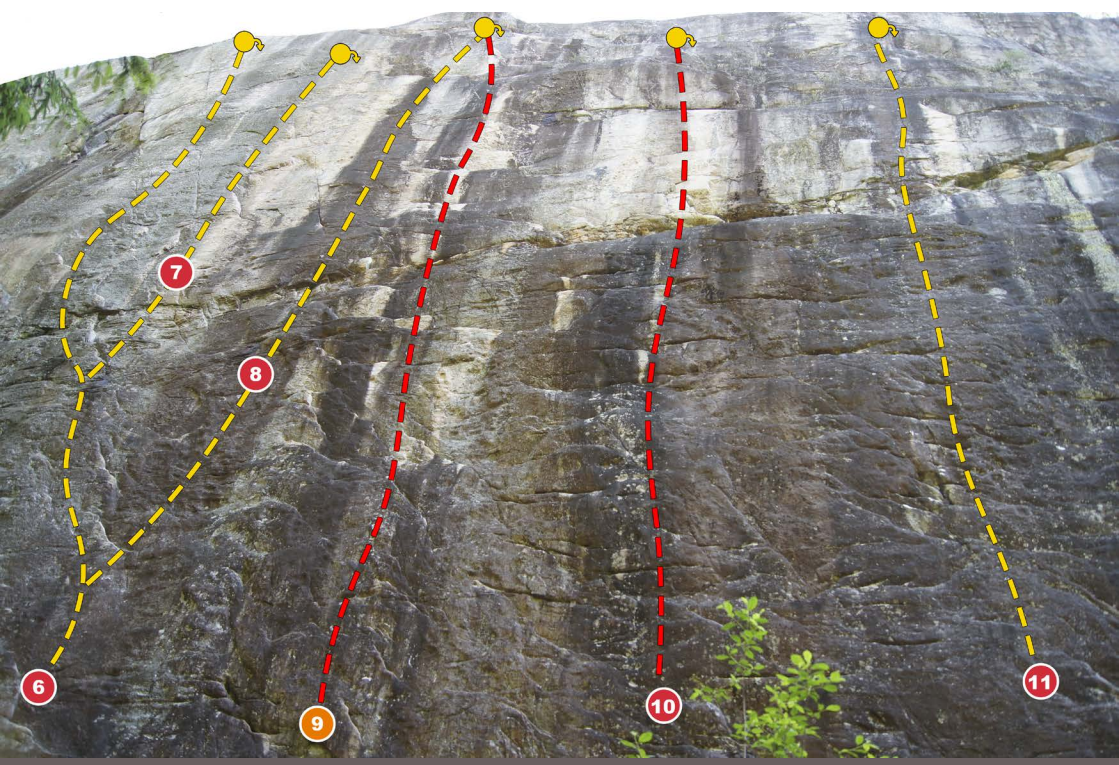
- 4** Frustrerte Fruer 🏆 🧗 7-
Elin Tyssedalstveit 2007

- 5** Navnløs 🧗 5-
Mix route
Kai Nybakk 1992

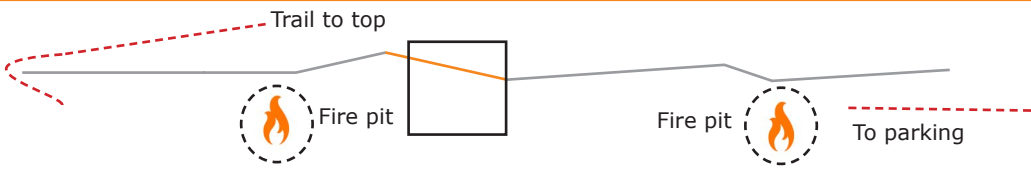




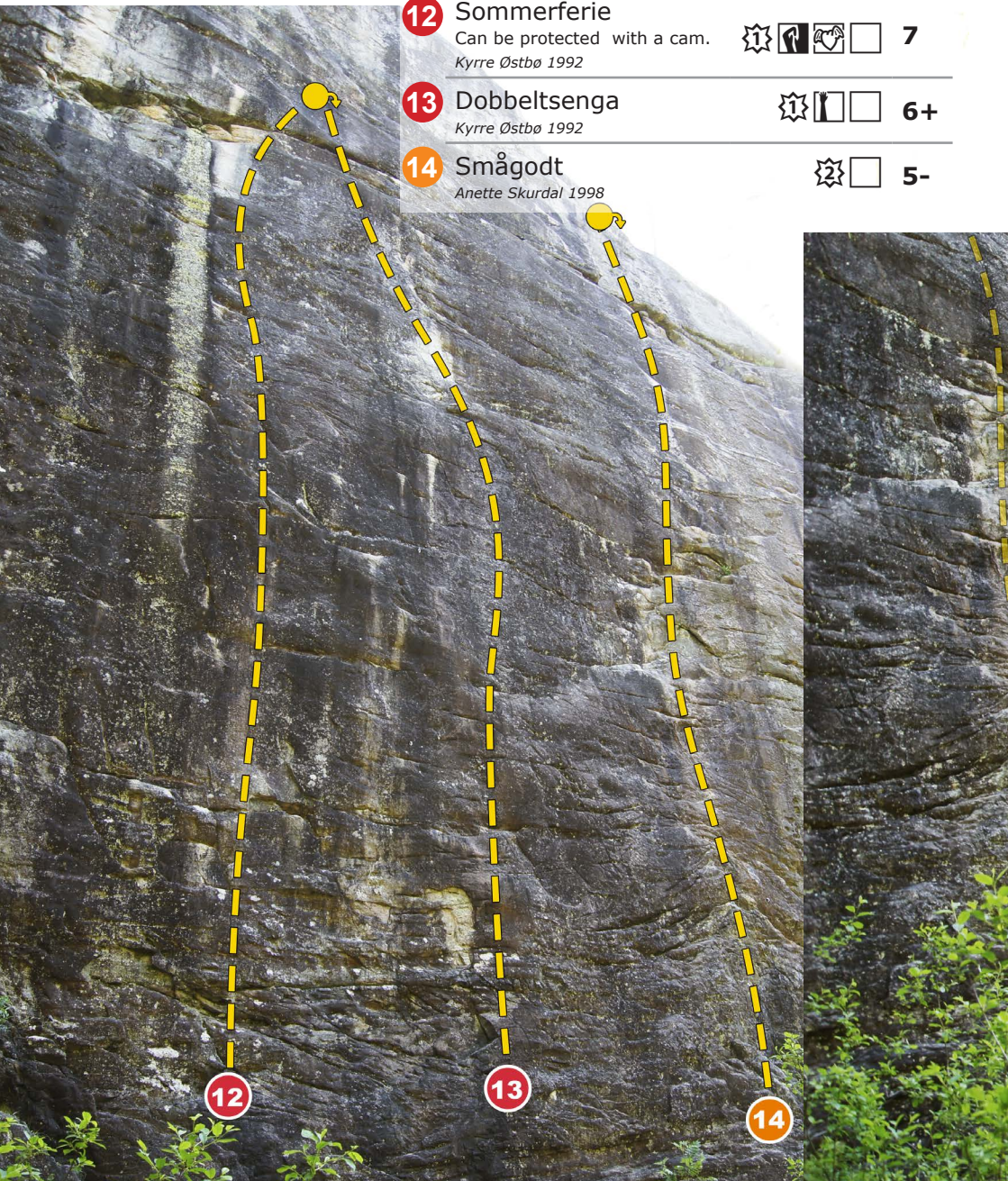
- | | | | |
|----------|--|--|-----------|
| 6 | Først Eid
<i>Torolf Eid 1993</i> | | 7+ |
|----------|--|--|-----------|
- | | | | |
|----------|--|--|-----------|
| 7 | Full Jesus
<i>Ketil Strømme 1992</i> | | 7- |
|----------|--|--|-----------|
- | | | | |
|----------|---|--|-----------|
| 8 | Vannsenga
<i>Kyrre Østbø 1992</i> | | 7- |
|----------|---|--|-----------|
- | | | | |
|----------|---|--|-----------|
| 9 | Naturoplevelsen
Mix route, bring a couple of nuts.
<i>Bård Øyen 1992</i> | | 6- |
|----------|---|--|-----------|
- | | | | |
|-----------|--|--|----------|
| 10 | Route 66
Mix route
<i>Kai Nybakk 1992</i> | | 6 |
|-----------|--|--|----------|
- | | | | |
|-----------|--|--|-----------|
| 11 | Hengekøya
<i>Kai Nybakk 1992</i> | | 7- |
|-----------|--|--|-----------|



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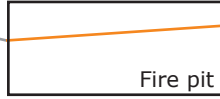
- 12 Sommerferie**
Can be protected with a cam. **7**
Kyrre Østbø 1992
- 13 Dobbeltsenga**
 6+
Kyrre Østbø 1992
- 14 Smågodt**
 5-
Anette Skurdal 1998



Trail to top



Fire pit



Fire pit



To parking

15 Krikeren
Classic
Ketil Strømme 1992



17 Happy Tom
Bård Lassen 2005



16 Danskedøderen
Boltet with glue-in bolts
Bård Lassen 2005



18 Klikuk
Sivert Johannsen



19 Kvinnelist
Torolf Eid 1993



20 Debutanten
Easy for the grade.
Bård Lassen 2003



21 Sthil MM55 L1
Erlend Valle 2008



22 Sthil MM55 L2
Erlend Valle 2008



10 ESPEDALEN

Trail to top



Fire pit




Fire pit

To parking

23 Kvinnfolk  7
Torolf Eid 1993

24 Gjest Bårdsen 7
Kyrre Østbø 1993

25 Akilles  6+
Kjettil Letto 2004

26 Tro og håp i en angstfull verden  6 
L. Krugerud/E.Gran 1996

