



# Welcome to bouldering at Rainham Marshes

## Boulders

Our boulders vary in size and complexity, and measure three metres at their highest point. Grades range from VB to V5.

## Grades

At Rainham we use the "V grade" system. The easiest routes are **VB-V0**. The medium difficulty routes are **V1-V2** and the hardest routes we have are **V3-V5**.

V Grade	Font Bouldering Grade	British Tech Grade
VB	3	4a
V0-	3+	4b
V0	4	4c
V0+	4+	5a
V1	5	5b
V2	5+	5c
V3	6A 6A+	6a
V4	6B 6B+	6b
V5	6C 6C+	6c
V6	7A	7a
V7	7A+	7a
V8	7B 7B+	7a
V9	7C	7a
V10	7C+	7a
V11	8A	7a
V12	8A+	7a
V13	8B	7a
V14	8B+	7a
V15	8C	7a

■ = easiest   ■ = medium   ■ = hardest

## Tail boulder



- 1. VB-V0**  
Good holds with nice foot placements.
- 2. VB-V0**  
Nice large features for a step-up climb.
- 3. VB-V0**  
Traverse around the tail. Some sections will require a bit of reaching, if you're a smaller climber.



- 4. VB-V0**  
A variety of possible routes to choose from.
- 3. VB-V0**  
Traverse around the tail. Some sections will require a bit of reaching, if you're a smaller climber.

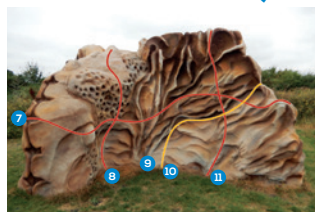


- 5. VB-V0**  
A slightly barer face with some smaller holds, if you'd like a challenge.
- 3. VB-V0**  
Traverse around the tail. Some sections will require a bit of reaching, if you're a smaller climber.

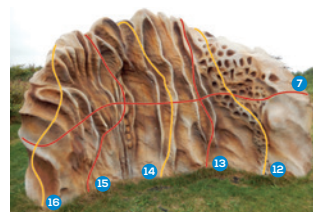


- 6. VB-V0**  
Nice large features for a step-up climb.
- 3. VB-V0**  
Traverse around the tail. Some sections will require a bit of reaching, if you're a smaller climber.

## Main boulder (front)



- 7. V3-V5**  
Traverse around the boulder. Start anywhere you like, and alter the difficulty by going higher or lower.
- 8. V3-V5**  
Start using the undercling (upside down hold) with your feet braced. Pull up through the pocket holds to the sloper (area with a smooth, sloping shape) and continue to the top.
- 9. V1-V2**  
Brace yourself between the tufas, rib-like formations, and battle to the top.
- 10. V1-V2**  
Start low, and work your way up along the side, before finishing at the edge.
- 11. V3-V5**  
Pinch grip through the overhanging wings.

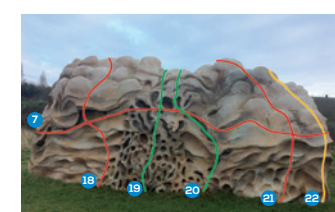


- 12. V1-V2**  
Start braced between the "eye" feature and the tufa. Climb the pockets up to the top.
- 13. V3-V5**  
Sit start, and pull through the tufas over the edge of the wing.
- 14. V1-V2**  
Tackle the tufas. Put your feet anywhere, but hands on tufas only.
- 15. V3-V5**  
Sit start, with a good starting hold. Pull yourself up and through the overhang, using only the tufas as holds.
- 16. V1-V2**  
Climb up the sloping edge, and finish traversing the wing.

## Main boulder (back)



- 7. V3-V5**  
Traverse around the boulder. Start anywhere you like, and alter the difficulty by going higher or lower.
- 17. V3-V5**  
Starting low, climb your way along the crack and up through the slopy finish. For a harder alternative, heel hook your way along the crack at the start.
- 18. V1-V2**  
A slopy start, with a nice finish.
- 19. VB-V0**  
There are lots of nice big holds here. Take your pick and try different routes, or try a sit start for more of a challenge.



- 7. V3-V5**  
Traverse around the boulder. Start anywhere you like, and alter the difficulty by going higher or lower.
- 20. VB-V0**  
There's a nice big crack for hand holds. Walk your feet up as you work your way up the crack.
- 21. V3-V5**  
Sit start with your hands on the obvious ledge. Pull through to the big sloper above the edge. Get a high foot onto the ledge and continue to the top.
- 22. V1-V2**  
Work your way up the edge of the arête (sharp ridge), before finishing with a grand ridge-like walk to the top.

These sporting activities form part of the RSPB's **Active in Nature** project. A similar scheme is taking place at RSPB Strumpshaw Fen.