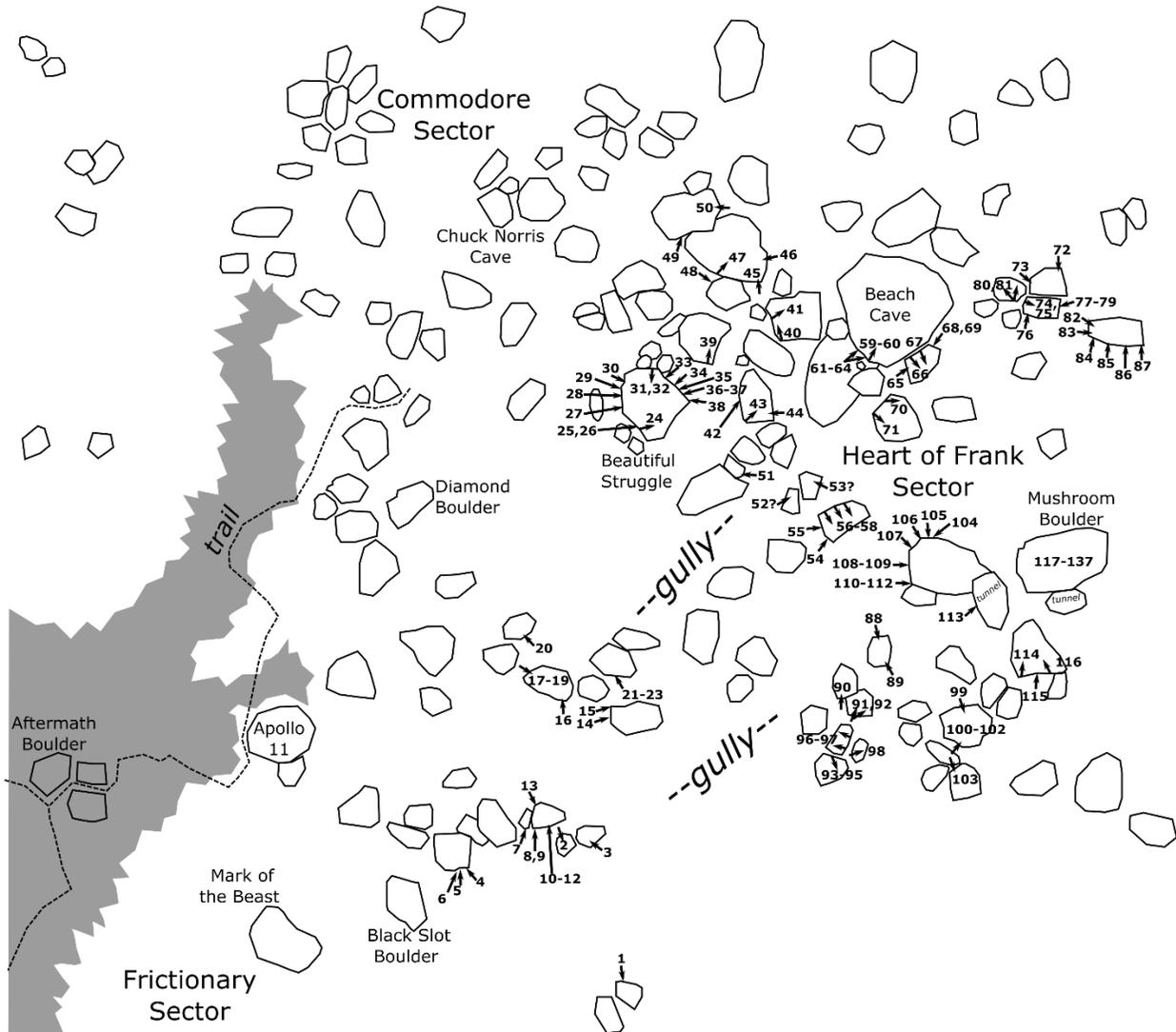


Frank Slide Bouldering: Heart of Frank Sector

The Heart of Frank Sector is home to many classic lines, many on amazing porcelain-textured limestone. Though it may be difficult to wend your way through the maze of blocks in the Heart of Frank, the journey is worth it. The Mushroom Boulder holds many of Frank Slide's most difficult lines, and the Beautiful Struggle Boulder is home to several fun moderates on brilliant rock. The best way to approach the Heart of Frank is via the trail that climbs up the wooded gully above the Aftermath and House Boulders.



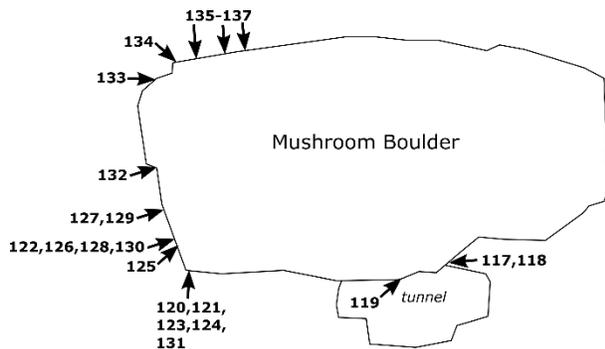
- Identity Crisis (V6) ***** Start with right hand on the good indent on the arête and left on a flat edge. Move through some sloping dishes up the squarish boulder. Tension!
- P.B.R. (V1) SD *** In a pit facing "Trent's Dyno". Start with LH on the rail and RH on the arête. Nice features, but too short to be worth it.
- Smoke Signal (V2) SD *** In the bottom of the valley right below "Trent's Dyno". Starts on a big flat jug and power up to the lip. Good stone, but climbs worse than it looks like it should.
- Snow Day Arete (V1) SD **** Climb the short overhung arête from a nicely textured sloper.
- Winter Days (V0) SD **** Sit-Start on edges in the dihedral, or slightly lower at the far right side of the big shelf. Climb up the dihedral and out.
- Winter Warmup (V1) SD **** Start on the textured sloper. Climb up and left to finish the dihedral.
- Springblade (V3) SD ***** Start on the underside of a small but distinct hanging boulder with right hand on a mini-jug, and a left hand on a low positive edge (almost at the arête / bottom of the boulder). Use a toehook to gain better holds above.
- The Sandstone Traverse (V0) SD **** Start on the low positive horn on the far left side of the boulder, reach up, then traverse

- right along the sloping lip to great lip jugs. Topout on good holds after moving your foot to the starting rail/jug of "Trent's Dyno".
9. **Sandbox** (V0) SD ** Start as for the "Sandstone Traverse", but head straight up instead of traversing right. Great holds.
 10. **Trent's Dyno** (V1) *** Start on the positive rail in the middle of the face on the sandstone boulder between Mark of the Beast and the Mushroom Boulder. Dyno to the perfect rounded horn, or do a harder move using the textured sidepull.
 11. **Crafty** (V2) *** Start on the same rail as "Trent's Dyno", but traverse right along the rail as for "The Orange Traverse". When the rail peters out (before the end of the boulder) deadpoint up to a beautiful incut and rounded rail feature. Topout above. Cool holds.
 12. **The Orange Traverse** (V5) *** Start on the same positive rail as "Trent's Dyno", but traverse right along the rail; when the rail peters out, keep moving right and up around the corner of the boulder on very nice sloping holds. Mantle up on the big 'ball' feature with three crimps around the corner of the boulder.
 13. **Sandcastle** (V1) SD ** Start in a pit on a horn on the arête. Climb through a slopey edge out left and up the left side of the arête.
 14. **Moss Rail** (V1/2) SD ** Striking right-angling rail up an overhanging face north of the Sandstone Boulder. Looks better than it climbs, thought it has a fun mantle. Start low with one hand on an incut hold below the obvious notch, and other hand on a similar incut hold above the notch. Climb rail to lip, topout above on cool stone.
 15. **Moss Arête** (V2) SD *** Start matched on large notch low on the arête. Climb the arête to the peak to roll over on the left.
 16. **Sad Smoothie** (V2) ** Climb the short arête starting with left hand on a slopey edge and right hand lower on a good incut hold.
 17. **Gopher Loafers** (V0+) SD ** From a big loaf low on the face, traverse up and left to a big rail, then head straight up to top out.
 18. **Fancy Footwear** (V3) SD *** Start as for the previous problem, but from the big rail, traverse back up and right across the slab with poor handholds to top out right of the peak.
 19. **Skinned Chauffeurs** (V0+) SD ** From the big loaf, climb up and right above a poor landing.
 20. **What She Said** (V3) *** Traverse the short lip from a scoop low on the right side, topping out left of the peak.
 21. **Calvin's Cruise** (V0) SD *** Long reaches between big jugs on the right side of the face.
 22. **James' Jolt** (V3) SD *** Start sitting with good edges, right of the rock at the base. A long move leads to fun climbing through nice edges and a beautiful half-moon sloper.
 23. **Moonlit Connection** (V2) *** Start as for "Calvin's Cruise", but traverse left into the end of "James' Jolt" before gaining the high shelf. That half-moon may be the comfiest hold in the slide.
 24. **Pocket to Pocket** (V3) SD *** Start either matched in the obvious pocket or with your left in the pocket and your right on a small sloping edge, reach up and right to a sloping ledge and pinch, then up again to a positive sloper at the lip. Finish using the perfect pocket on the slab above.
 25. **Beautiful Struggle** (V3) SD **** Start on the right side of the overhang, matched in a pocket, and go straight up.
 26. **The Brighter the Light, the Darker the Shadows** (V5) SD **** Starts on the right side of the overhang, matched on an obvious pocket. Traverse left and slightly up across left handed sidepulls and some good sloper/edges to top out on some obvious rails.
 27. **Winter Hours** (V2) ** Start sitting on a pointy rock with a left hand in a blocky notch. Move up and right to good edges joining the end of "The Brighter the Light..." and topping out on rails.
 28. **Stephan's Cave** (V1) *** Start on the positive jug in the middle of the rail, and reach directly up to slopers at the lip of the bulge. A tricky mantle awaits!
 29. **Intro to Mantling** (V1) ** Start on the massive jug at the left end of the rail; head up and right, mantling the sloping shelf, and topping out above.
 30. **The Oracle** (V3/4) SD *** Sit-start under the scooped dihedral feature at the left end of the "Beautiful Struggle" face, matched on the obvious sloping loaf/edge. Climb directly up the dihedral, exiting either left or right, upon gaining the lip.
 31. **Niche Right** (V0) *** Start standing in the alcove a few meters to the right of The Oracle (on the Beautiful Struggle Boulder) with hands on opposing sidepulls below the lip of the hanging slab. Climb up and right along good edges. Sequential and fun!
 32. **Niche Left** (V2) *** Start as for "Niche Right" (on opposing sidepulls below the lip of the slab), but trend up and slightly left. More technical than it looks! Very hard V1 or V2. Fun, technical line on great rock.
 33. **Analysis** (V1) *** The very far right side of the "rails" face of the Beautiful Struggle Boulder; start standing with a good (but strange to hold) sidepull for your right hand, and a very small undercling/sidepull edge for your left hand. Reach up to a good edge, and continue up to the top on great holds. Tricky feet!
 34. **Intro to Awkward and Desperate Double Undercling Crouch Starts, Where Pulling On is the Crux** (V3) *** The name says it all. Pull onto the face (using the very smooth ramp for a foothold) using two underclinging edges (the left handhold is smaller than the right), then do a deadpoint to either an incut edge or the big flat ledge. More good holds above lead to a fun topout.
 35. **Standup Comedy** (V1) *** Just left of the center of the 'rails' face of the Beautiful Struggle boulder, start with right hand on a good angled underclinging edge, and left on a sidepull nubbin. Pull on, then do a big move to a good rail/ledge hold. More ledges lead to the top of the boulder. Tricky footwork! Grade is very height dependent, and line may be hard for the grade.
 36. **Polygon** (V0) ** On the left side of the slabby 'rails' face on the Beautiful Struggle boulder, start low with both hands on the lowest very positive angled rail; climb straight up on juggy rails to an easy topout. Short, powerful for the grade.
 37. **Intro to Traversing** (V2) SD *** Start as per "Intro to Sloper Slapping", but continue up and right on a long, rising traverse along large rails and slippery feet, all the way to the peak of the boulder. The lip is in, but not necessary. Starting a move or two into the problem (on the start of "Polygon") makes the problem a bit easier but a lot more pleasant.
 38. **Intro to Sloper Slapping** (V1) SD ** Start at the very left end of the slab face of the Beautiful Struggle boulder, on a notch/horn on the arête for your right and a low right-hand gaston. Climb up short bulge above.
 39. **Gamblers Fallacy** (V2) SD ** Start with triangular slot/edge for the left and a crimp rail for the right, just left of the arête. Use a series of edges and the arête to gain the peak. Unremarkable.
 40. **The Optimist** (V5) SD *** Sit-start under the lip, with left-hand at the top of a good edge-rail in the cave, and right-hand on the only incut hold outside the cave. Slap up to lip slopers, and continue up and left to top out.

41. **PROJECT (V?) SD** (aka **Professor Cave**) Start on underclings in alcove, and move up and right on slopers. Great rock, but a somewhat claustrophobic start.
 42. **Mad Hatter (V2) SD ***** Traverse the very sloped lip up and right from a nice edge, topping out at the arête.
 43. **Mark's Madness (V3) SD **** Sit-start, matched on huge, obvious shelf. Climb the arête above.
 44. **The Shoe Pin (V4) SD **** Start deep in the overhang, then climb out and up the arête through block features. Watch for loose rock and a poor landing.
 45. **Mighty Mite (V8) SD **** Sit-start with sharp right-hand crimp, and left-hand low on the arête. A few powerful moves straight up gain the lip. Traverse the lip left to top out. Very squeezey, very tensiony. Good conditions very helpful.
 46. **Feeling Flat (V0) SD **** Short, easy warm-up problem on the angling arête at the far right end of the "Mighty Mite" face. Start-matched on the lowest large, flat shelf. Move up and left using more large, flat jugs.
 47. **Thumb War (V2) SD ***** Sit-start low and right, matched on an obvious good, flat edge. Move up and left, using a number of tricky holds, and a wide, sloped foot ramp. Fun balancy, techy movement.
 48. **Low Gear (V4) SD **** On the backside of the boulder to the left of "Mighty Mite". Sit-start with right-hand sloper-ball slightly above the lip of a low roof, and left-hand sloper on the lip. Slap and balance up short, blunt arête. Fun, climbs well, but too lowball to recommend.
 49. **Simple Pleasures (V5) SD ***** Fun, straightforward, moderate power problem, on a nice overhanging face in an alcove behind the Mighty Mite and Low Gear boulders. Sit-start using a couple of left-facing edges low in the middle of the face. Pull up to juggy right-hand sidepull/edge, then throw to lip.
 50. **Closing Remarks (V6) SD ****** From way down and left, traverse the sloping rail all the way right and top out.
 51. **PROJECT (V?) SD** (aka **Kyle's bulge project**) Start under the small bulge with a poor right crimp and a thinner right crimp just right of the arête. Power up through a terrible pinch/edge and more right facing edges.
 52. **Casual Compression (V0+) SD **** The short, vertical compression problem. One awkward move leads to easy compression.
 53. **Tiny Chasm (V2) SD **** Slide into the chasm to start with right hand on a very positive right facing edge and left on a good sloping pod. Tensiony moves gain the top without dabbing.
 54. **Adamandarête (V0+) SD **** Climb the right arête of the porcelain-textured face from a horn.
 55. **The First Man (V1) SD **** Start on a nice, left leaning rail and climb up the face to the peak. Lots of beta options.
 56. **Step Up (V0-) **** Climb smooth white ledges up the right side of the slab
 57. **The Wok (V0-) **** From a huge foot ledge, big dishes and good holds lead to the top of the slab
 58. **Idling (V0-) **** Head up edges to the top from the far left side of the big foot ledge.
- The following several problems climb above the so-called Beach Cave. The huge slab here is a popular landmark for the Heart of Frank Sector.
59. **The Hoff (V2) ***** Start as for "Pamela Anderson", but head straight up on good holds and rails. Reachy moves to good holds. Fun!
 60. **Pamela Anderson (V4) ****** Start standing, with both hands on good edges at chest/face height at the right side of the Beach Cave Boulder (just right of the blunt arête/bulge). Climb up and left the blunt arête on good edges. Great angles, good holds.
 61. **Undertow (V10) SD ***** Start on obvious wide, angled edge very low in cave. Use a huge, flat sidepull up and right, and some grim intermediates out left, to climb direct, out of the cave to join the finish for "Pamela Anderson".
 62. **Half Life (V4) ****** Start in the middle of the Beach Cave face, with L on a blunt in-cut sidepull and R on a good and obvious edge. Reach up L to a pinch, then continue up and R to finish on the jugs of "Pamela Anderson". Cool semi-dynamic line, with some rubbish rock down below.
 63. **Half Life Low (V9) SD ****** Sit-start matched on obvious sloper-block low in cave. A powerful sequence links into "Half Life".
 64. **Obelisk (V4) ****** Start as for "Half Life", but climb up and slightly left to a dynamic move for the juggy notch.
 65. **Slippery Pete (V7/8) SD ****** Sit-start using good right-hand edge, and large left-hand rail. Move up and left, to the arête. Continue up the right side of the arête, to topout.
 66. **The Frayed Edge (V1) ***** The right-most slab line on the slabby face of The Mentalist Boulder, just left of the arete. Start with the large right-facing vertical rail for your right hand. Don't fall off the edge!
 67. **Smooth (V0) ***** Straight up the slab to the left of "The Frayed Edge".
 68. **The Mentalist (V3) SD ***** Start the arête on the backside of the boulder, with R on a sidepull and L on either an edge on the huge rail, or a good sidepull just below it. Climb arête above; seems hard because there's one less hold than you think there should be...
 69. **Think Tank (V1) SD **** Start as for "the Mentalist" but traverse left to finish on jugs up left arête. A bit dabby.
 70. **Prodigal Son (V6) SD ****** Start sitting with left on a good textured sloper (one of the big notches) and right on an in-cut sidepull edge lower and just above the lip. Climb up and left along lip to the arête, then climb edges and jugs above to topout atop the arête. Very cool movement!
 71. **PROJECT (V?) SD** (aka **Flowstone Project**) Start very low at the bottom of the hanging arête on a good right facing edge (right of the arête) and a sloping rail (just above the lower lip of the boulder) for your left hand. Slap up to the top somehow.
 72. **K Dogs Revenge (V4) SD **** Turn the bulge to climb the right side of the arête
 73. **Abstract Reality (V3) ****** Climb the right side of the arête, until you can gain the obvious, high fin feature with your right hand. Use this to rock onto, and finish up, the slab.
 74. **The Miracle (V4) ****** Start matched on obvious left-facing flake-jug. Move up and left to gain arête, then climb the right side of the arête, topping out at the peak of the boulder.
 75. **The Mirage (V4) ***** Start as per "The Miracle", but head up and right, to the arête/lip, before heading back left, to rejoin "The Miracle" at its top-out.
 76. **No Oasis (V4) SD **** Start right of the arête on an interesting sloped pod and a low good edge. Hit a sharp right facing sidepull, then up through a good rail to topout onto the slab.
 77. **Counterbalance (V0) **** Start standing on a good hold at the bottom of the center of the slab, with a left gaston and something terrible for the right hand. Traverse left to a jug, then surf the lip right to top out at the peak.

78. **Cantilever** (V1) ** Start as for previous problem, but climb straight up the slab.
79. **Jenga** (V0+) ** Same start again. Climb up and right to join the right arête, following it to the peak. Watch out for the weird ramp landing.
80. **Presto!** (V3) SD *** Start on the right side of the face with a good RH pinch and a lower LH pinch (or edge if you prefer). Climb up and left, using the arête on your right and face holds on your left.
81. **Disappearing Act** (V6) SD *** Start as for "Presto". Climb up and left; staying left of the arête. Trickery will get you to the obvious notch in the lip.
82. **Battle of the Hearts** (V5) *** Odd start matched on obvious long edge left of arête. Climb the overhanging arête.
83. **Pulmonary Anarchy** (V5) **** Climb the right side of the overhang starting with left-hand on rail feature in overhang, and right-hand on a sloper lower down on the arête.
84. **Queen of Hearts** (V1) ** Start on the left side of the slab with a tiny left crimp and a square two finger pocket for the right. Climb up to the left peak of the heart.
85. **Middle Heart Slab** (V1) ** Starting with the square pocket for the left, and a sharp edge for the right, climb up to the notch and top out.
86. **Heart Attack** (V1) *** Head up to the right peak from the obvious peaked edges on the right side of the slab.
87. **Heart Slab Arête** (V0) SD *** Surf up the right arête from a sit.
88. **Wolverine** (V1) SD ** Start sitting underneath the corner feature and move up the slight bulge to slab above.
89. **LaFleur** (V4) SD *** Start in the pit on a good flat right hand, and a right facing edge on the arête. Slap your way up the arête using slopers and good sidepulls in the face. Finish up the mini-corner.
90. **Yoshi's Island** (V4) SD **** Start on a good left hand rail, and right hand slightly lower on a similarly-sized rail. Move up through the slanted rails to get to the lip. Tip over the slab and topout.
91. **True Detective** (V7) **** Start with left-hand sidepull jug, and right-hand on good rail below. Follow the lip of the boulder up and right, all the way to the right arête, using that to top out.
92. **True Detective Direct** (V7) *** Start, and climb, as per "True Detective". After the midpoint crux, head up the slab via the left-facing rails.
93. **Sarlacc** (V0) *** Start above the pit standing on the low sloped shelf, with hands on a triangular slot. Climb up and left to gain good rails and topout above the pit.
94. **Exogorth** (V0+) *** Start as for previous problem, but traverse up and left until clear of the pit before heading up to top out.
95. **Avoidance** (V0+) SD ** Avoid the scary section (and the fun parts) by climbing the slab straight up to the left of the pit from low, opposing sidepulls
96. **Haptic Perception** (V2) SD *** Start with either hand on a good clean four finger edge and the other hand somewhere lower. Climb up fun rails and edges to a nice, mantle free topout.
97. **PROJECT** (V?) SD Climb the arête with an un-nerving pit to your left.
98. **PROJECT** (V?) SD Power up the short bulge from poor and very sloping compression holds.
99. **Microscopy** (V5) SD *** Start matched at a multi-faceted diagonal edge feature. Traverse up and right, using miniscule holds to gain a juggy feature high to the right. Continue up slab. Stemming at the start might help.
100. **Death From Below** (V4) SD *** Start on the left side of the pit with right hand high on good sloped pinch and left hand lower on pinch or sidepull. Some nice compression moves allow you to join the arête and follow it all the way to the top.
101. **Lovecraft** (V6) SD *** Start in the pit with right hand on a low sidepull/undercling and left on a higher pinch/undercling. A powerful start gains a huge flat jug. From here, follow the overhang up and right or push straight up to the top of the boulder. Both versions are about V2 if you start from the big flat jug.
102. **A Hop** (V3) *** Start sitting just above and left of the bottom of the notch. Traverse up and left, following the lip around the corner and all the way to the top. Rolling over before turning the corner drops a grade.
103. **PROJECT** (V?) SD Steep Project near "A Hop".
104. **PROJECT** (V?) SD (aka **Checkmate Project**) Start on big pocket, then...something.
105. **Stalemate** (V5) SD *** Start with LH on a good sidepull up and right of the good pocket, and RH on a good (but blunt) undercling quite low. One hard, long move to an edge leads to easier moves on edges.
106. **Trick Pony** (V4) SD *** Start matched on a left facing sloper. Move up and right along slopers and edges, to an easy topout.
107. **Sunburner** (V3) SD *** Starts with a big boulder at your right hip, on a fat, horizontal 2-finger pinch (left), and a right facing incut edge (right). Combine balance and power to move up along crisp (!) edges to get to the jug, and topout above. Maybe soft for the grade.
108. **Not Hate** (V5) SD **** Excellent and sustained face-climbing on perfect mini-edges! Sit-start on crimps low and left. Head up and slightly right through a series of crimps and edges
109. **Hate** (V5) SD **** Sit-start as per "Not Hate", but traverse right through the face to gain, and finish up, the right arête.
110. **Hate Direct** (V6) SD *** Start matched on good two-handed jug very low in cave. Move up to two mini-jugs, then up to a rounded jug high and right. Continue up and left, using the arête on your right and face holds on your left.
111. **Love** (V6) SD *** Sit-start, and climb the first half of "Get Carter". When able, traverse left on face holds to join the finish of "Not Hate".
112. **Get Carter** (V6) SD ** Start matched on good two-handed jug very low in cave. Move up to two mini-jugs, then up to a rounded jug high and right. Roll right, and top out up slab.
113. **Clan of the Cave Bear** (V2) SD *** Start on a low crimp and a sloper, both just above the lip (really, the lowest plausible holds). Follow good rails up and left to the point where the lip curves; use the two good incut holds here to roll up and top out. An extension is possible; two or three more cool moves await, but the fall gets more dangerous.
114. **Nogaku** (V4) ** Stand-start with high right-hand knob/pinch on arête, and left-hand anywhere at the same height or lower. Climb the overhanging arête. Tall, with poor rock quality.
115. **Bunraku** (V5) *** Stack pads to reach the obvious incut right-hand edge. Grab anything at the same height or lower with your left-hand, paste your feet on, and throw to the good holds out left, joining the top out of "Nogaku".
116. **Kabuki** (V5) *** Start with obvious high left-hand pinch and lower right-hand jug. Move up and right to lip/arête, then back left, along lip, to top out at peak of boulder.

The following problems (117-137) are on the **Mushroom Boulder**, deep in the Heart of Frank sector.



117. **Race to the Top** (V3) SD **** Very cool line on the SE face of the Mushroom Boulder. Start with one hand on the long flat edge and one hand on the hold at the bottom of the diagonal rail. Left up the rail, back right for a few moves across the horizontal rail, then straight up on perfect holds through the bulging face above.
118. **Race to the Top Extension** (V3) SD **** Start as for "Race to the Top", but keep going right on the horizontal rail using positive edges until you get to the big step feature where you can high step and mantle up. Great holds!
119. **Psilocybin** (V7) *** Start matched on blocky, chest-height jug in the corridor between boulders. Move right, eventually joining "Race to the Top Extension".
120. **Mushroom Campus** (V3) *** Start on head-height jug on arête. Thug up and slightly right on juggy edges.
121. **Mushroom Dyno** (V5) *** Eliminate. Start on same hold as "Mushroom Campus", but dyno to the flat lip, up and left.
122. **Mushroom Campus Low** (V7) SD ** Start as per "Fission", and climb into the start hold of "Mushroom Campus", finishing on that line.
123. **Nucleus** (V6) **** Start on "Mushroom Campus", and traverse left through the cave, finishing up "Rhythmic Gymnastics".
124. **Nucleus Short** (V6) *** Start as per "Mushroom Campus", but head left, into the overhang, then up from there.
125. **Weirding Way** (V3) *** Stand-start using good chest-height edges. Climb, and top out, directly above.
126. **Fission** (V6) SD *** Sit-start low in pit, with small triangle notch for left-hand, and small crimp knob for right-hand. Climb and top out straight up through "Weirding Way"
127. **Rhythmic Gymnastics** (V5) *** Start using a set of crimps low in the cave (or, alternatively, under "Dragonfire", using blocky, opposing holds). Move up to good edges in the grey rock above, and slightly left to top out
128. **Rhythmic Gymnastics Low** (V8) SD *** Start as per "Fission", but head up and left into "Rhythmic Gymnastics".
129. **Dark Age** (V10/11) **** Start as per "Rhythmic Gymnastics", and traverse left, through "Dragonfire", continuing to the lip up and left. Continue left to top out.
130. **Dark Age Low** (V11) SD **** Start as per "Fission", and link into "Dark Age".
131. **Quantum Leap** (V12) **** Frank Slide's Hardest! Start as per "Mushroom Campus", and link into "Dark Age".

132. **Dragon Fire** (V10) SD **** Sit-start using low blocky hold(s). Head directly up, eventually gaining a large, flat jug up high. Head right to top out
133. **Yabadabado** (V4) SD *** Climb the short dihedral from right facing sidepulls on the left side
134. **Death From Above** (V4) SD ** Climb the short arête, starting from a big left facing jug on the left side.
135. **Shiitake** (V2) *** Start standing with blunt underclings just left of the arête.
136. **Portabella** (V2) *** Climb straight up from a good left facing sidepull just below the blunt undercling rail.
137. **Crimea** (V2) ** Start on a sharp undercling below the long downfacing rail, just to the right of a large rock touching the face.

The following problems are north of the Mushroom Boulder, relatively far from other established problems.

138. **Harvest** (V4) **** Start off boulder, matched on obvious, good edge in middle of face. Head straight to the peak of the tall face.
139. **Melange** (V1) SD **** Sit-start using twin "eye" slots low in the diagonal crack. Follow the crack up and left to twin horizontal edges, then straight up to the peak
140. **Melange Direct** (V3) **** Stand-start in pit, using small left-hand edge, and sloping right-hand edge. Move up and slightly right to join "Melange".
141. **Melange Right** (V2) *** Start as per "Melange", but head straight up.