

A full-page photograph of a rock climber in a purple long-sleeved shirt, orange pants, and a white helmet, ascending a steep, light-colored rock face. The climber is positioned on the left side of the frame, with their body angled towards the rock. A purple rope is visible on the left. The background shows a vast valley with a winding river, green fields, and small settlements, leading up to snow-capped mountains under a clear blue sky.

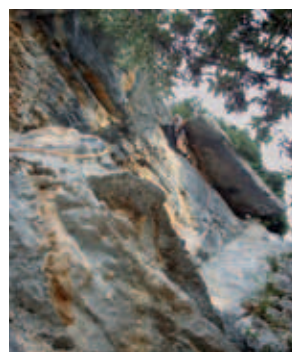
Heinz Grill

Climbing Routes in the Sarca Valley

A rhythmical
experience
in climbing

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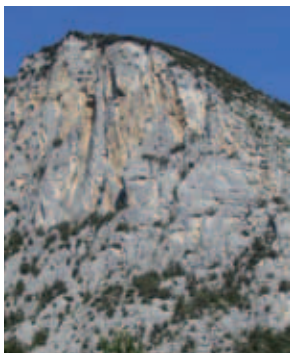


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Beautiful, wide, green and sunny, with a mild, breezy climate; the Sarca Valley is a natural garden of Eden.

Its sunlit walls and beautiful cliffs have become, in the course of time, a beacon of attraction for alpinists, who go there for access to a wide choice of long routes and itineraries of any difficulty. Climbers will always find something to chew on in the numerous crags. The walls are reflected in the picturesque lakes of the valley floor and every time I drive from Trento towards the south and pass Vezzano, I can not hold back the deep feelings that rise within me, from the view of such beauty and then I am grateful to the fate that led me to a life here.

Nevertheless, the valley has been, alpinistically speaking, not accessible for everybody. Its routes in the high walls remained, with a few exceptions, reserved only for the elite alpinists.

To fill this gap an alpinist has come from the north, tall, slender, with a delicate face.

His face radiates light and to seek the light, he came, in love with this valley, as much as I am, if not more. And with the eyes of a lover, he regarded the valley and where we, perhaps too accustomed to the beauty of this place, have not seen, he overlooked the weaknesses of some walls with vegetation, fragility and irregularity, as a fiancé is able to overlook the weaknesses of his beloved.

Heinz Grill, among the greatest climbers, has in a few years opened many new rich dialogues by valuing areas that remained previously unnoticed and undiscovered and enhancing them with the most beautiful routes of extraordinary alpinistic logic.

As an extraordinarily sensitive personality, who searches for harmony and a deeper understanding in everyday life, he also seeks the same things in his climbing routes and each of them is blessed with special movement and rhythm. It almost seems as if he had made the routes arise there where this unique rhythm in the play of movement was to be found and savoured. The routes all have a homogeneous difficulty: a route in the fifth grade, or in the sixth or seventh, will remain so from the beginning to the end. In some routes the climber finds mainly movements in layback technique, in others the climbing in dihedrals, yet in others the slab prevails.

The motives that move him are certainly not personal glory or the need for recognition (although some have even thought this), but altruism and the desire to share deeper feelings; opening a route, cleaning it, equipping it and forming it until every climber can spend an enjoyable day on the wall, without the effort or stress, which the large adventurous routes require. To climb a route which has been established and secured by Heinz, opens the opportunity for one to concentrate more on the beauty of the play of movement, and experience and enjoy the extraordinary light of the Sarca Valley more easily.

The light is the dominant element of the valley and it allowed a sensitive soul, like the one of Heinz, to read the structures of the rocks and discover the lines of the ascents.

I'm honored by the request from Heinz and his friends to write the foreword for this beautiful work. It is an exemplarily elaborate climbing guide with a precise description of sixty precious pearls which he has opened together with his able companions. It is enriched with photos, sketches and topos.

Thank you Heinz.

With appreciation,
Marco Furlani



Aganippe

Parete San Paolo

18

First ascent:

Heinz Grill, Franz HeiB, Florian Kluckner,
27th June 2007

Difficulty:

four passages VI- or A0, often V and V+

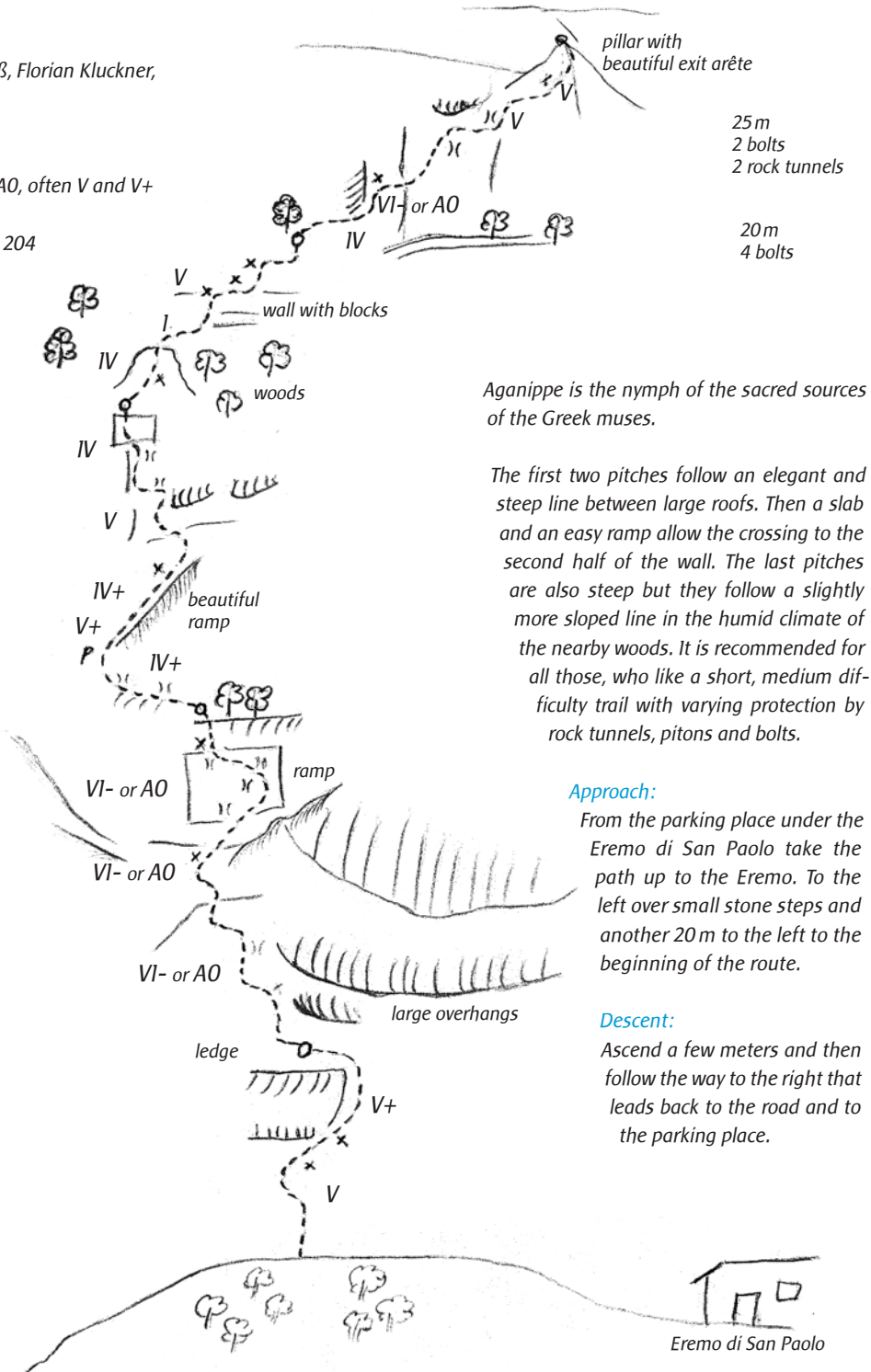
Picture of the wall: p. 204

Vertical drop: 150 m

30 m
2 bolts
4 rock tunnels
1 piton

30 m
3 bolts
5 rock tunnels

20 m
2 bolts



Aganippe is the nymph of the sacred sources of the Greek muses.

The first two pitches follow an elegant and steep line between large roofs. Then a slab and an easy ramp allow the crossing to the second half of the wall. The last pitches are also steep but they follow a slightly more sloped line in the humid climate of the nearby woods. It is recommended for all those, who like a short, medium difficulty trail with varying protection by rock tunnels, pitons and bolts.

Approach:

From the parking place under the Eremo di San Paolo take the path up to the Eremo. To the left over small stone steps and another 20 m to the left to the beginning of the route.

Descent:

Ascend a few meters and then follow the way to the right that leads back to the road and to the parking place.

Picture on the left:

Dario Cabas and Pierangelo Masera at the first repetition at the crux, 2nd pitch

Movement and countermovement in wide chimneys

The *Calliope* features a chimney that is a special attraction for climbers. It is very wide, almost dizzyingly wide. If the climber bridges upwards through it, he can dedicate himself to the feeling of connecting two large halves of the wall. The step towards the other side gives on the one hand a balance and lightens the ascension on the relatively smooth wall halves, on the other hand it gives the whole sheer, space that falls down below one, unity. The climber can be truly overcome by fear, but the many bolts take away any real risk.

The climber connects these too widely gaping walls again with his sensitive bridging steps. The steps are less strong, but more sensitive. While the abyss remains open under his legs, the climber feels this sensitive connection of the large split. So he performs a unifying movement, as if hovering upwards on the rock. This motion gives a feeling recalling an almost cosmic lightness.



Sensitive steps in the wide chimney
of the *Calliope*.



The climber connects the two halves of
the wall together with the out spread legs.

Calliope

Parete San Paolo

19

First ascent:

Heinz Grill, Franz Heiß,
Sigrid Königseder, Sandra Schieder,
2nd October 2007

Difficulty:

2 passages VI-, V+, often V-, IV+
(maximum 5b+)

Picture of the wall: p. 200

Vertical drop: 190m

Protection:

Very good protection by bolts, pitons and
rock tunnel slings. Outside the line there are
loose blocks, so don't leave the route.

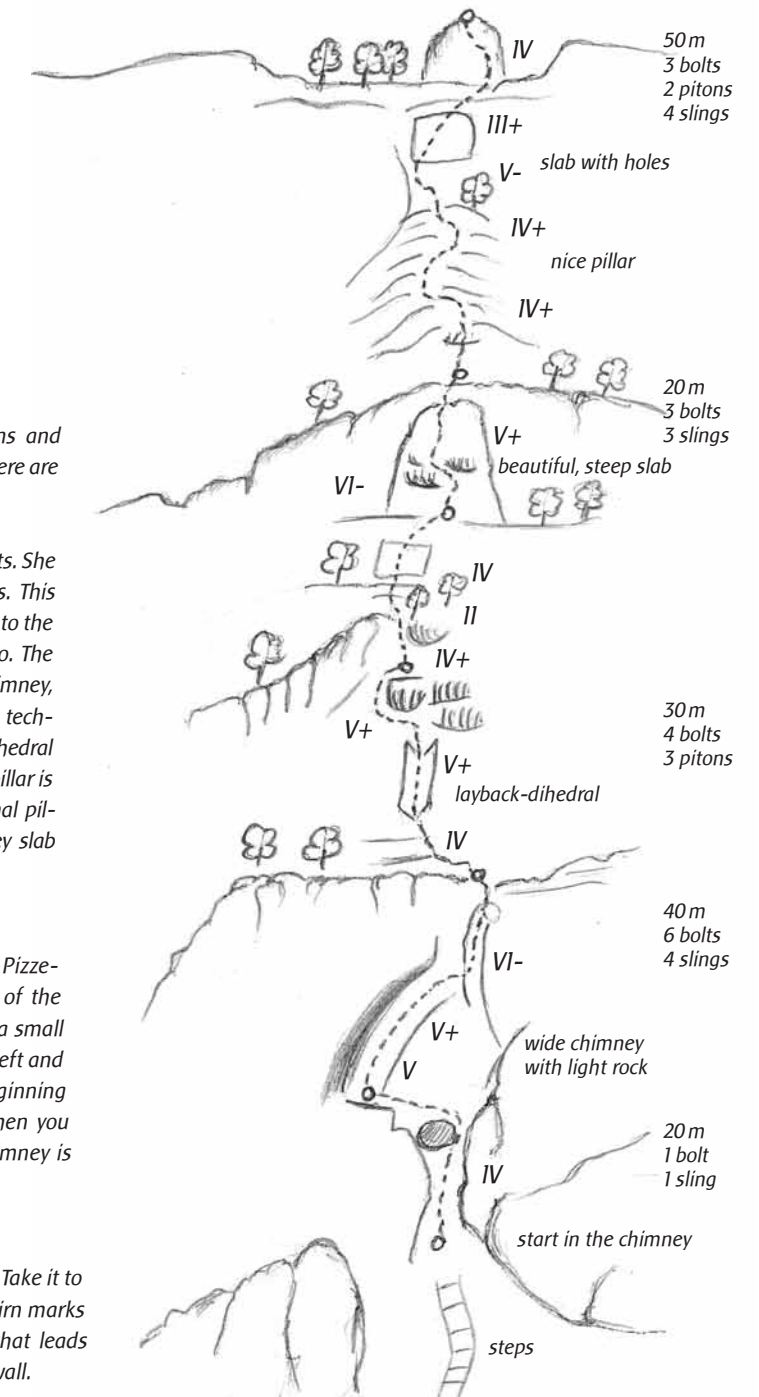
Calliope is the Greek muse of the poets. She
is the source of inspiration of words. This
route is very stimulating and belongs to the
easier routes at the Parete San Paolo. The
second pitch extends over a wide chimney,
that requires courage and bridging tech-
nique. The third pitch is a beautiful dihedral
with a layback-crack. The triangular pillar
is also wonderful and exposed. The final pil-
lar with three overhangs and a holey slab
is easy.

Approach:

It is best to leave your car at the Pizze-
ria Lanterna. On the opposite side of the
street, to the right of the chapel on a small
wall begins a path that turns to the left and
leads through the woods to the beginning
of the route. From the Lanterna when you
look in the direction of Arco the chimney is
already visible.

Descent:

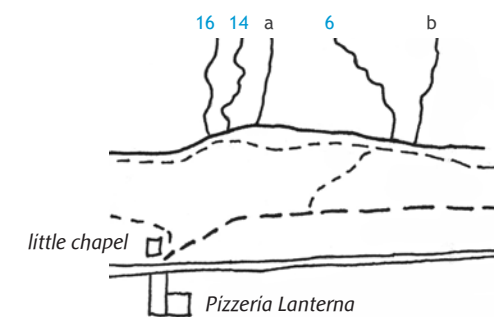
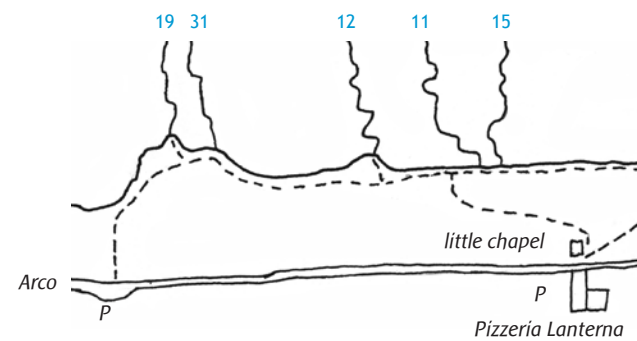
Follow the cairns up to a forest path. Take it
to the right and remain on it until a cairn marks
a clearly visible path to the right that leads
back to the tarmac road below the wall.





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- 31 Adonis
- 12 Orfeo
- 11 Sette muri
- 15 In memoria di Ugo Ischia

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- p. 51
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- 16 Elios
- 14 Selene
- a *Sindrome da Makita*, 6c, Giuseppe Mantovani, 2005
- 6 Athene
- b *Ape Maia*, 6a, Giuseppe Mantovani, 2003

- p. 63
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