

DWS Topo Guides - Portugal

Warning Disclaimer

Rock climbing is inherently dangerous, Deep-Water Soloing (DWS) might be even more (as you would be in the water after an accident). Any person doing DWS is personally responsible for learning the proper techniques and have good judgment about his(her) own capabilities and limitations. I strongly recommend that every climber seek instruction by a qualified professional before doing DWS. You are responsible for your own actions and decisions. Failure to follow these warnings can result in severe injury or death.

Especial warning is due in the following cases

... About **Swimming & Diving**

If you don't know how to swim or dive you DO NOT do DWS! Danger of slow and agonizing death!
Always dive with feet first and, when impacting the water, have your arms close to your body.
Falls/Dives above the 5m threshold are painful if not done properly.
Falls/Dives above the 10m threshold are very dangerous if not done properly.

... About **Depth**

-To be safer when DWS you have to check the depth underneath the routes before you try them! Due to the different tides and heavy swells occurring during the winter, it is possible to have great differences in depth from one season to the next, without this being noticeable at surface level. (This can be due to underwater sand accumulation or even because massive underwater-boulders were moved around.)

Also, if the swell is coming from the South or South-West the conditions are inherently more dangerous, because of the waves crashing into and below the routes, and the depth variation it causes. Thankfully, the best conditions are also the most common, which are to have the swell coming from the North-West.

Note: The Fédération Internationale de Natation (www.fina.org) recommends a depth of 3,6m for a 3m platform jump, and a depth of 5m for a 10m platform jump (@ FINA web site: Rules /Facilities Rules / Diving Facilities).

... About **Boats**

Be aware that it is extremely dangerous to have the boat or anything else that floats underneath the routes, while someone is climbing. Both the boat crew and the climber are to be, at all times, aware of this situations and avoid them at all costs!

If the swell is coming from the South or South-West, the conditions are not proper to go with a boat, because of the difficulties related with handling it with waves.

Moving a boat on paddles might be very difficult when done against moderate to high head wind and also when done against ocean currents. Always have a minimum crew of 2 persons and a set of 3 paddles (or 2 kayak paddles). The reasons are: 1 person with 1 paddle is usually not enough to move the boat in the ocean, and 1 person with 2 paddles requires the boat to have a structure for placing the paddles and this structure often collapses!

About Portuguese rules (Dec. Lei 124/2004 de 25 de Maio), these state that if you are less than 300m from the coast and you move on paddles, after sunrise and before sunset, you should have no problems with National Coast Guard (Policia Marítima) which usually appear and are friendly.

You should also have lifejackets in the boat!

... About **Injuries & Water**

Due to rock falls from the top, rocks getting lose while climbing or due to water impact (when falling/diving), you have to be aware that if you, are left in a situation where you can't swim you are in deep trouble.

Always go to DWS with company and, if possible, go with someone who has lifeguard skills and knowledge.

... About **Sharp Holds**

Avoid climbing barefoot or jumping to the next hold if you don't know how sharp it is! In the first 3 to 5m the rock is usually sharp and might cut your skin if you are not careful.

Sesimbra dos Pequeninos
- (Sesimbra - Porto de Abrigo) -

"Sesimbra dos Pequeninos" sector (14# routes / V - 7b / 4m - 9m)

GPS location of this Crag: N38.433435, W9.120722

Climbing

Small overhanging wall ideal for beginners (from 6a-7a) and low tide conditions. High tide conditions will result in routes being half under water! The left and right sides of this wall are easier and less hard on the skin, but the best challenges for more experienced climbers lie on the central part. As far as we know there are no rocks under the climbs, but be aware that the sand moves with waves and storms and, as such, so does the depth (be sure to check it before)!

Access

Head towards "Sesimbra" and follow signs to "Porto de Abrigo" (Shelter Harbor). Pass through the harbor and when the asphalt road turns into gravel you can park the car. Facing the ocean, the climbing is on the right of the harbor (+/- 0,5km).

With a boat

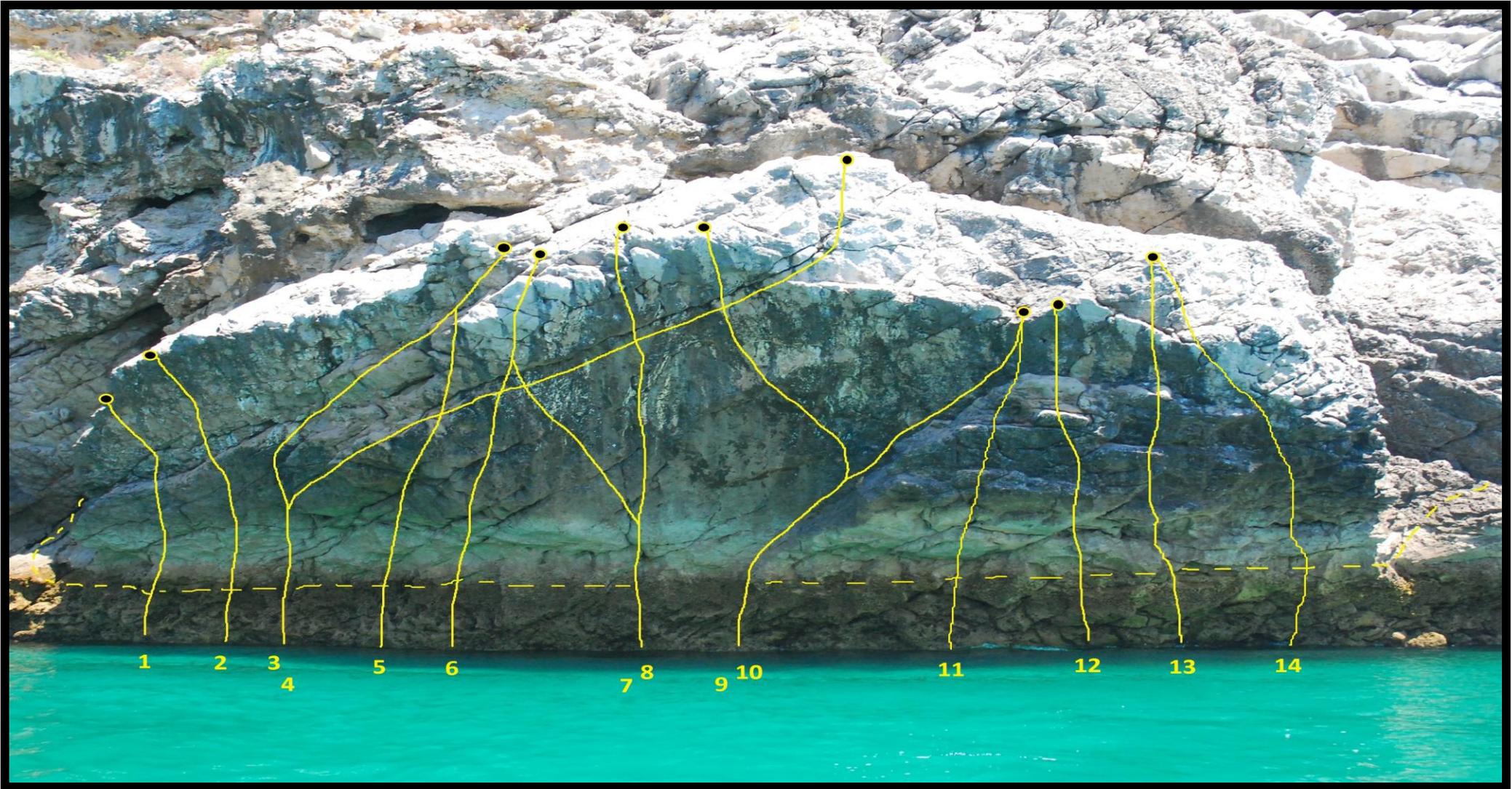
After entering the gravel road a small rocky bay it is quite evident (i.e. sector pescas). To go to the sector "Sesimbra dos Pequeninos" by inflatable boat, you may want to go to the right side of the bay (when facing the ocean) and inflate the boat there. Then, it will take you 5-10' to get there. It is just after passing a big prow (i.e. Sector Sesimbra dos Grandes).

Without a boat

After entering the gravel road a small rocky bay it is quite evident (i.e. sector Pescas). To go to the sector "Sesimbra dos Pequeninos" walking, you will have to go to the right side of the bay (when facing the ocean) and walk along the coastline for 10'-15'. It is just after passing a higher cliff (i.e. Sector Sesimbra dos Grandes) but you may want to go further a little more (it is easier to go down). It may not be easy to spot this sector due to the fact that there is no evident path and because it is small. But it is definitely worth the visit! It is like a small DWS playground.

Important tips

- In high tide conditions you may think it is not worth the visit (i.e. it becomes a really small face)
- Without the boat and to stay dry, every routes is preceded by some traverse climbing. This is very doable but can greatly increase the challenge/grades.



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Ref. and Name	Lowest Tide	Lowest Tide + Traverse	Other Info	Quality
1- <i>Meio Sentado</i>	6a	=	Big hold for the right shoulder, just before a step (where you can sit, after). Exit to the left and lower part of the face top;	***
2- <i>Apneia Inicial</i>	6b+	=	Only using the small holds of this overhanging face and after reaching the step... topping out, will still be a challenge;	***
3- <i>Viragem à direita</i>	6b	=	Start through a small dihedral and traverse right, on good holds;	**
4- <i>Ocupas</i>	6c	=	Pumpy climbing on sharp holds	**
5- <i>PEC</i>	6b+	=	Hard start	**
6- <i>Gregos</i>	6c	=	Hard start	**
7- <i>Soberano</i>	6c+	7a	<i>Hard crux in the middle.</i>	**
8- <i>Troikanos</i>	7a	7b	<i>Very sustained. Sharp holds;</i>	***
9- <i>Enorme</i>	6c	=	<i>Hard and lengthy move for smaller guys and girls;</i>	***
10- <i>Esforço inicial</i>	6a+	6b+	Begin the climb using the outside big holds, it will help you to go over the step;	***
11- <i>É tão bom, não foi?</i>	6a	6a+	One move and you reach a very big, and not so solid big hold;	**
12- <i>Canhoto</i>	6a	=	Exit the whole towards a very big hold up and 50cm on the left;	**
13- <i>Buraco negro</i>	6a	=	Exist the whole (where you can rest with your back against the roof) slightly to the right;	***
14- <i>Destro</i>	6b	=	Just before reaching the whole on the left climb up the face trying to avoid to use the big holds on the edge.	**

Pay Attention to:

- *To be safe, you have to check the depth underneath the routes before you try them!*
- *Beware of boats and people swimming under you, and of people climbing or jumping above you!*

- El Dourado (Cabo Espichel) -

"El Dourado" sector (11# routes / V - 7b+ /7m - 19m)

GPS location of this Crag: N38.410726, W9.194741

Climbing

Starts overhanging, usually with powerful moves on good holds, followed by vertical/technical climbing moves, which end on an evident diagonal crack that crosses the main wall. When choosing to proceed from this diagonal crack to "pitch" nr. 2 (i.e. L2) climbing usually becomes easier, still vertical, but the water depth might become an issue.

Access

With a boat

Head right off the wall (when facing the wall), 200m way from it. You will clearly see a spot where the coastline progressively enters the ocean.

Without a boat

In very low tide conditions it is possible to access this sector without a boat. To do that you should go to the left part of the wall (when facing the wall). Then either jump 6m to the water, and begin from there, or, to stay dry, climb down a V graded route where you cannot fail (rocks underneath) and then access the routes by walking/climbing underneath them in a narrow and surface level rock platform.

Important tips

- In the summer the sun only shines in the wall until 15h (*i.e.* ideally chose it as your morning sector)
- The full difficulty/beauty of these routes can be only enjoyed in very low tide conditions. But if you prefer to climb 6 graded routes, or you prefer not to fall so much, you will want to choose high tide conditions and access this sector by boat!



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<i>Ref. and Name</i>	<i>Lowest Tide</i>	<i>Highest Tide</i>	<i>Other Info</i>	<i>Quality</i>
1- <i>Acesso à prancha</i>	V+	=		**
2- <i>Prelúdio</i>	L1: 6a - L2: III+	L1: V		***
2'- <i>Travessia mais que perigosa</i>	L1: 6b+	=	L1 ends at the top of route nr. 9; FA by Miguel Loureiro;	***
3- <i>Inigma</i>	?	?		
4- <i>A investigação possível</i>	6b+	6a+	Pumpy climb on sharp rock;	**
5- <i>Projecto de Investigação</i>	8a?	=	Natalia Gros: "...but there is nothing to grab!!"	***
5'- <i>Preciso de orientação</i>	7b	7a+	FA by Natalia Gros during the "Sesimbra Red Bull psicobloc 2011".	***
6- <i>Hipótese alternativa</i>	7b	7a		**
7- <i>Adamastor</i>	L1: 7a+ - L2: 6a+	L1: 6b+	<i>Hard and lengthy move to begin with!</i>	**
8- <i>Sangue, suor e banho</i>	L1: 7b+ - L2: 6a+	L1: 7a+	More comfortable with a neoprene protection in the left knee; Exit through the orange wall; FA by Ricardo Belchior 11.09.2010.	***
9- <i>Via do bidedo</i>	L1: 7b - L2: 6a-IV+	L1: 6c	L2 is increasingly easier from left to right; FA by Ricardo Belchior 06.08.2010.	***
10- <i>Cardumes à solta</i>	?	6b	6b in high tide conditions.	
Note: "L1" finishes from a height of 7 to 11 meters at most, and "L2" finishes from a height of 14 to 19 meters, at most!				

Pay Attention to:

- *To be safe, you have to check the depth underneath the routes before you try them!*
- *To the right of route nr. 10 (when facing the wall), you do not have enough depth to fall/dive!*
- *To the left of route nr. 1 (when facing the wall), you have to double-check the depth because it is not constant!*