

社更穿洞

SHEGENG CAVE



风险提示

攀岩是一项具有风险的运动，这种风险无法完全克服，潜在风险包括但不限于落石、挂片失效、碰撞和马蜂等带来的人身伤害。参与者必须明确知道上述相关风险，并愿意承受相关风险带来的一切后果。攀岩活动不能危及他人生命安全，攀岩线路下方如有人或车辆时不得进行攀岩活动。

位置食宿

社更穿洞（24° 4'40"N 107° 1'29"E）位于广西河池凤山县三门海镇社更村。从南宁机场驾车约 3 小时可直达洞内，从社更村到社更穿洞直线距离约 300 米，步行约 5 分钟。社更村和 1 公里外的三门海景区有基本食宿。驾车半小时到凤山县城有更多食宿选择。

管理规定

社更穿洞位于乐业凤山世界地质公园辖区内，原则上是在保护前提下发展攀岩，任何人不得破坏岩溶地质地貌。在这里攀岩须遵守地质公园管理规定，任何组织或个人进行攀岩线路开发须报备地质公园，相关事宜可联系何川：
电话 +86 186 0199 8297，邮箱 12844554@qq.com。

致谢

社更穿洞攀岩场，在地方政府以及乐业凤山世界地质公园的许可支持下，由始祖鸟品牌倾力打造，Petzl 品牌提供装备支持，也汇集了世界各地攀岩发展的成果智慧。除了路书上的开线者和首攀者，还有志愿者、后勤保障人员和试线员在这里留下了辛劳汗水。欢迎所有前来攀岩的人，希望你们有美好的体验。

Warning

Rock climbing is a risky sport, and these risks cannot be completely eliminated. Potential risks include, but are not limited to, falling rocks, anchor failure, collisions, and stings from insects like wasps, which can cause personal injury. Participants must be fully aware of these related risks and be willing to bear all consequences arising from these risks. Climbing activities must not endanger the safety of others, and climbing is prohibited when there are people or vehicles below the climbing routes.

Location

Shengeng Cave (24°24'40"N 107°01'29"E) is located in Shengeng Village, Sanmenhai Town, Fengshan County, Hechi, Guangxi. It is about a 3-hour drive from Nanning Airport directly to the cave. The straight-line distance from Shengeng Village to Shengeng Cave is about 300 meters, a 5-minute walk. Basic accommodation and food are available in Shengeng Village and in the Sanmenhai Scenic Area, 1 kilometer away. There are more accommodation and food options in Fengshan County, a half-hour drive away.

Regulations

Shengeng Cave is within the Le-Ye Fengshan UNESCO Global Geopark. In principle, rock climbing development should occur under the premise of protection, and no one is allowed to damage the karst geological features. Climbers must comply with the Geopark's management regulations. Any organization or individual wishing to develop climbing routes must report to the Geopark. For related matters, contact River at Tel: +86 186 0199 8297 or Email: 12844554@qq.com.

Acknowledgements

The Shengeng Cave crag was developed by ARC'TERYX with permission from local government and Leye-Fengshan UNESCO Geopark, with equipment support from PETZL, based on the wisdom and achievements from global climbing community. In addition to the route setters and first ascenders listed in the guidebook, volunteers, logistical support personnel, and route testers have all contributed their hard work here. All climbers are welcome and should have a wonderful experience.

WEST 西侧墙 SIDE



WEST SIDE 1 / ROUTE 01 - 08

西侧一区



01

开场白 / OPENING REMARKS

5.11b / 6c

30m, 12+Top | SET: 罗柳生 (罗懂), 2024.05 | FA: 刘洋, 2024.05

02

蓝纹奶酪 / BLUE CHEESE

5.14b / 8c

35m, 17+Top | SET: 邱江, 2024.05 | FA: 末首攀 / Project

03

守洞者 / CAVE GUARDIAN

5.13a / 7c+

25m, 12+Top | SET: 汤浪, 2024.05 | FA: 浩浩, 2024.05





04 驯龙高手 / HOW TO TRAIN YOUR DRAGON

5.10a / 5+

30m, 12+Top | SET: 赵忠军, 2024.05 | FA: 小六, 2024.05

05 一翻榨 / ICHIBAN

5.12b / 7b

35m, 14+Top | SET: 赵忠军, 2024.05 | FA: 梦岩, 2024.05

06 恶龙之境 / THE LAND OF DRAGONS

5.12b / 7b

30m, 15+Top | SET: 赵忠军, 2024.05 | FA: 浩浩, 2024.05

07 全景图 / PANORAMA

5.11b / 6c

15m, 7+Top | SET: Antoni (SPAIN), 2024.05

FA: Antoni (SPAIN), 2024.05

08 稀奇 / LA RARA

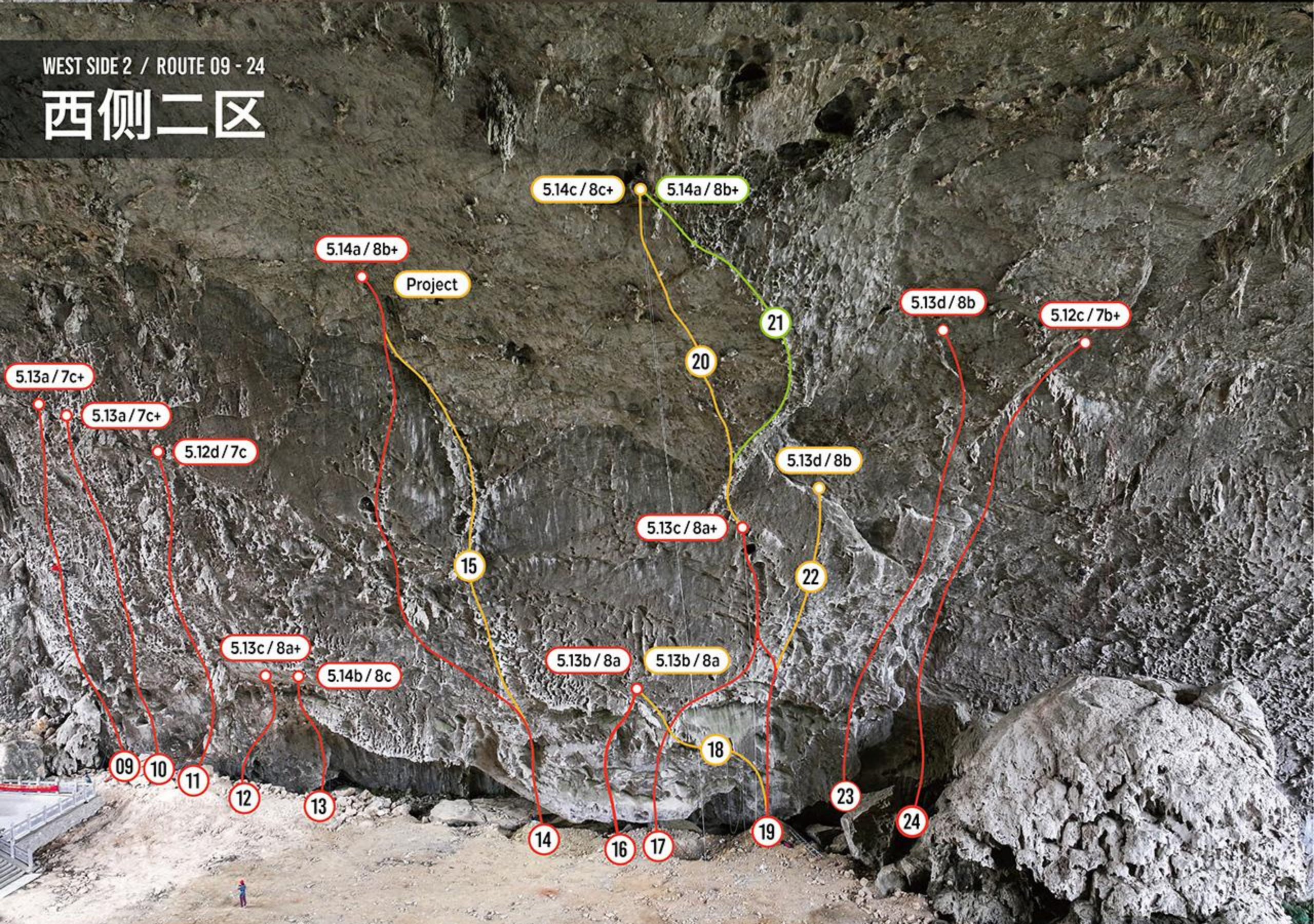
5.12a / 7a+

20m, 13+Top | SET: Antoni (SPAIN), 2024.05

FA: Antoni (SPAIN), 2024.05

WEST SIDE 2 / ROUTE 09 - 24

西侧二区



09 断喙鸡 / POLLO SIN PICO

5.13a / 7c+

32m, 14+Top | SET: Daniel (SPAIN), 2024.05

FA: Daniel (SPAIN), 2024.05

10 十三膝 / EL RODILLITAS

5.13a / 7c+

32m, 17+Top | SET: Antoni (SPAIN) / 何川, 2024.05

FA: Daniel (SPAIN), 2024.05

11 悬望亿万年 / A GAZE OF BILLIONS YEARS

5.12d / 7c

35m, 15+Top | SET: 汤浪, 2024.05 | FA: 浩浩, 2024.05

12 托尼和丹尼 / TODA

5.13c / 8a+

12m, 6+Top | SET: Antoni / Daniel (SPAIN), 2024.05

FA: Jonatan (SPAIN), 2024.05





13 等待西卡 / WAITING FOR SIKA

14m, 6+Top | SET: Antoni / Daniel (SPAIN), 2024.05
FA: 未首攀 / Project

14 小蜗牛 / EL CARACOKILLO

42m, 18+Top | SET: Oscar (SPAIN), 2024.05 | FA: 未首攀 / Project

15 秀胸肌 / SHOW ME YOUR BOBBIES

42m, 18+Top | SET: Oscar (SPAIN), 2024.05 | FA: 未首攀 / Project

16 帅痞 / GUAPO FEA

12m, 7+Top | SET: Daniel (SPAIN), 2024.05 | FA: 未首攀 / Project

17 血肠战士 / MORCILLA PELEONA

25m, 10+Top | SET: Daniel (SPAIN), 2024.05 | FA: Daniel (SPAIN), 2024.05

18 风口浪尖 / LA CRESTA

16m, 8+Top | SET: Daniel (SPAIN), 2024.05 | FA: 未首攀 / Project

19 NI HAO

25m, 12+Top | SET: Daniel / Jonatan / Carles / Antoni (SPAIN), 2024.05
FA: Daniel (SPAIN), 2024.05

20 浪潮 / LA OLA

50m, 11+14+Top | SET: Antoni / Daniel (SPAIN), 2024.05
FA: Jonatan (SPAIN), 2024.05

21 马刺勇士 / ESPOLON PELEONA

50m, 11+14+Top | SET: Jonatan / Carles / Antoni (SPAIN), 2024.05
FA: Jonatan (SPAIN), 2024.05

22 常规操作 / CADAYOS

27m, 12+Top | SET: Daniel / Jonatan / Carles, 2024.05
FA: Jonatan (SPAIN), 2024.05

23 中国火药 / TRABUCAZO CHINO

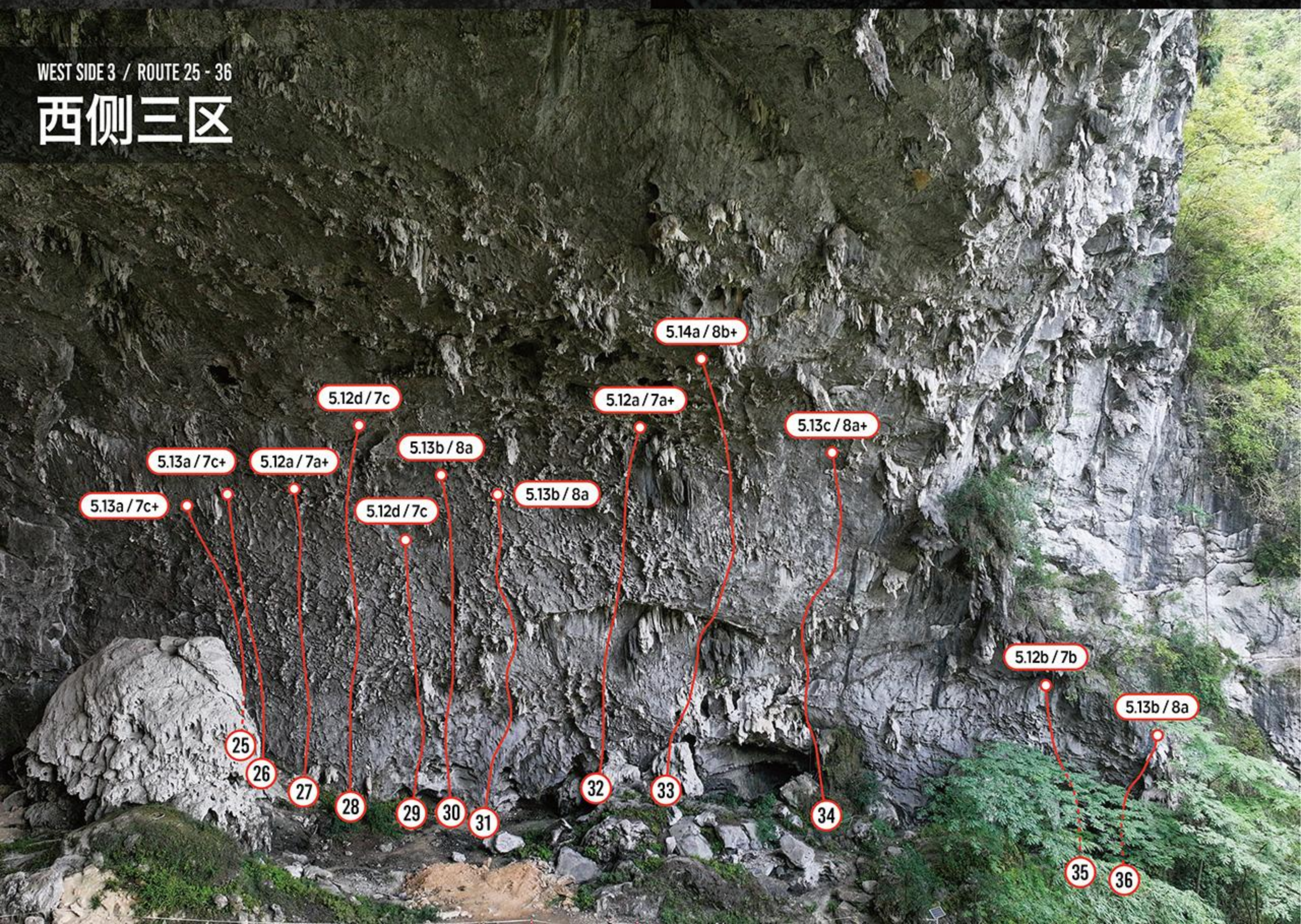
40m, 17+Top | SET: Jonatan (SPAIN), 2024.05
FA: Jonatan (SPAIN), 2024.05

24 1120今晚开会 / HAPPY TIME IN 1120

35m, 17+Top | SET: 罗柳生 (罗隆), 2024.05 | FA: 浩浩, 2024.05

WEST SIDE 3 / ROUTE 25 - 36

西侧三区



25 绿 / GREEN

5.13a / 7c+

27m, 14+Top | SET: 苏峰, 2024.05 | FA: 未首攀 / Project

26 隐形的翅膀 / INVISIBLE WINGS

5.13a / 7c+

27m, 14+Top | SET: 苏峰, 2024.05 | FA: 未首攀 / Project

27 城南柳 / NAN LIU CITY

5.12a / 7a+

30m, 15+Top | SET: 苏峰, 2024.05 | FA: 未首攀 / Project

28 NEW B

5.12d / 7c

38m, 16+Top | SET: David (SPAIN), 2024.05 | FA: 浩浩, 2024.05

29 金蚕 / FRIED SILKWORM CHRYSALIS

5.12d / 7c

38m, 14+Top | SET: David (SPAIN), 2024.05 | FA: Oscar (SPAIN), 2024.05

30 鱼拓 / GYOTAKU

5.13b / 8a

35m, 17+Top | SET: 赵忠军, 2024.05 | FA: Jerry (CHINA), 2024.05

31 HOLA

5.13b / 8a

35m, 14+Top | SET: 罗柳生 (罗健), 2024.05 | FA: 浩浩, 2024.05

32 伸展运动 / STRETCHING EXERCISES

5.12a / 7a+

30m, 15+Top | SET: 苏峰, 2024.05 | FA: 未首攀 / Project

33 人尽皆知 / EVERY BODY KNOWS

5.14a / 8b+

38m, 19+Top | SET: Oscar (SPAIN), 2024.05 | FA: 未首攀 / Project



34 大师 / SENSEI

5.13c / 8a+

35m, 17+Top | SET: Carles, 2024.05 | FA: 未首攀 / Project

35 概率游戏 / GAMBLE

5.12b / 7b

18m, 8+Top | SET: Oscar (SPAIN), 2024.05 | FA: Oscar (SPAIN), 2024.05

36 俄罗斯套娃 / RUSSIAN DOLL

5.13b / 8a

18m, 11+Top | SET: Oscar (SPAIN), 2024.05 | FA: 未首攀 / Project

EAST 东侧墙 SIDE

ROUTE 37 - 59

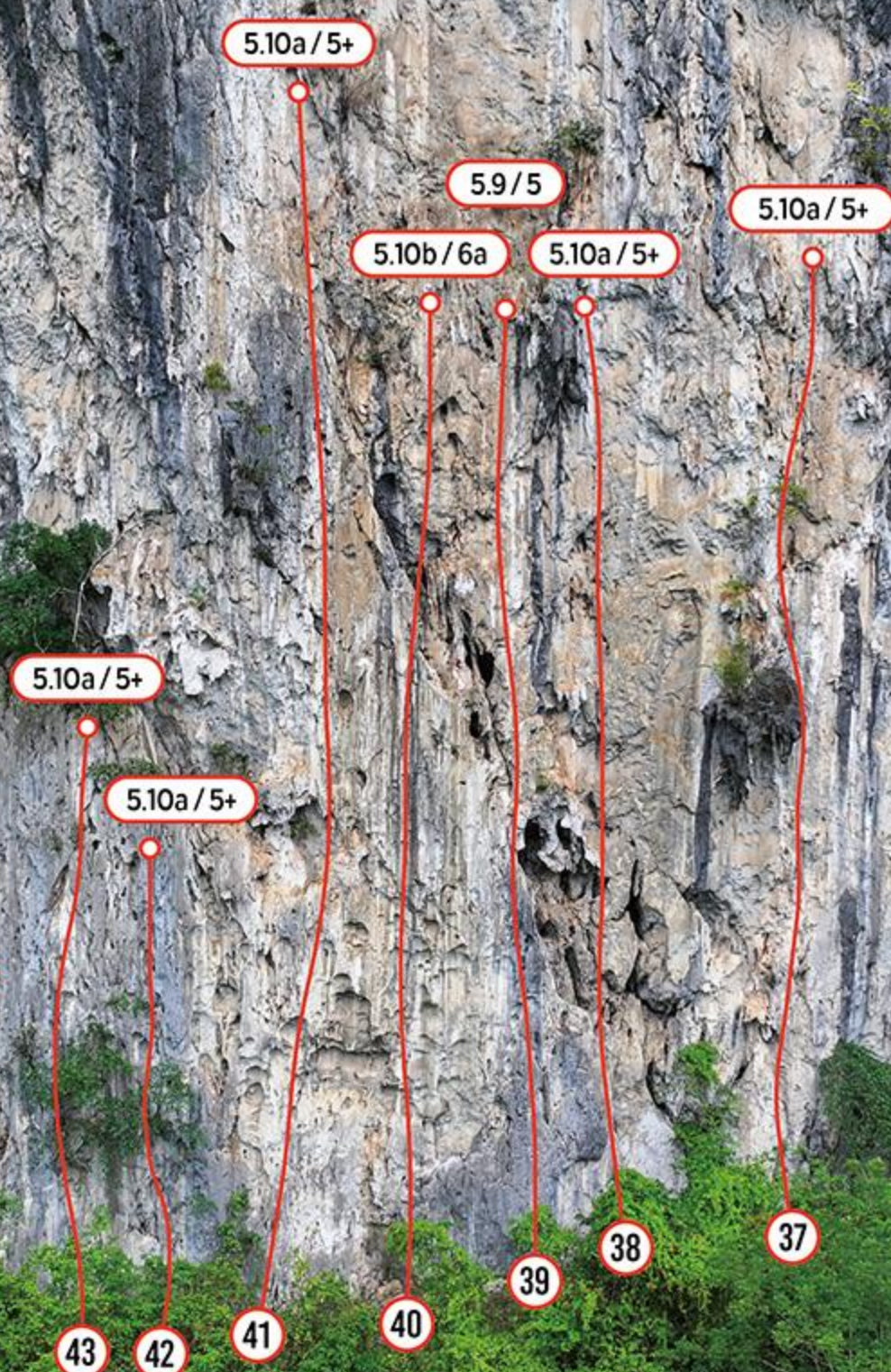
EAST SIDE 3
东侧三区

EAST SIDE 2
东侧二区

EAST SIDE 1
东侧一区

EAST SIDE 1 / ROUTE 37 - 43

东侧一区



37 旋转木马 / CAROUSEL

5.10a / 5+

30m, 15+Top | SET: 邱江, 2024.05 | FA: Shadow (CHINA), 2024.05

38 刍狗 / INSIGNIFICANT FIGURE

5.10a / 5+

30m, 14+Top | SET: 邱江, 2024.05 | FA: 曼丽, 2024.05

39 弹簧刀 / SPRING KNIFE

5.9 / 5

30m, 14+Top | SET: 邱江, 2024.05 | FA: 媛媛, 2024.05

40 一身反骨 / MAVERICK

5.10b / 6a

30m, 15+Top | SET: 邱江, 2024.05 | FA: 邱江, 2024.05

41 刺猬 / HEDGEHOG

5.10a / 5+

40m, 16+Top | SET: 邱江, 2024.05 | FA: 佩佩, 2024.05

42 一借留名 / BORROWED IS BETTER

5.10a / 5+

14m, 7+Top | SET: 罗柳生 (罗筐), 2024.05 | FA: 七月, 2024.05

43 聚沙成塔 / EVERY LITTLE BIT COUNTS

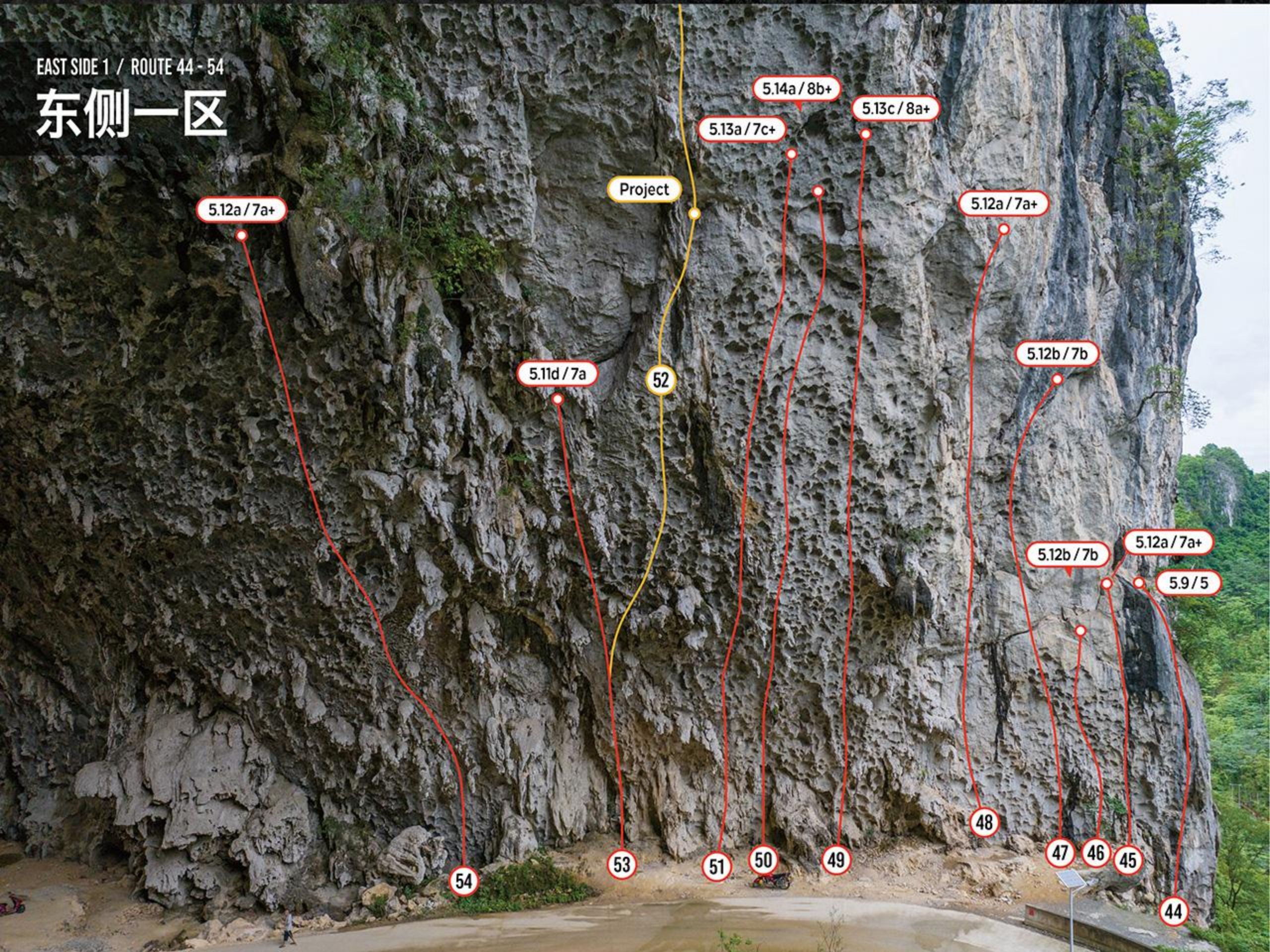
5.10a / 5+

15m, 9+Top | SET: 罗柳生 (罗筐), 2024.05 | FA: 李杨, 2024.05



EAST SIDE 1 / ROUTE 44 - 54

东侧一区



44 好运常伴 / GOOD LUCK

5.9 / 5

17m, 7+Top | SET: 何川, 2024.05 | FA: 小穴, 2024.05

45 梦回长安 / DREAM BACK TO CHANGAN

5.12a / 7a+

15m, 7+Top | SET: 汤混, 2024.05 | FA: 梦岩, 2024.05

46 清风徐来 / BREEZE CRUSHED

5.12b / 7b

13m, 6+Top | SET: 汤混, 2024.05 | FA: Jerry (CHINA), 2024.05

47 太空舞步 / MOONWALK

5.12b / 7b

23m, 13+Top | SET: 邱江, 2024.05 | FA: 亮亮, 2024.05

48 魔戒 / THE LORD OF THE RINGS

5.12a / 7a+

32m, 14+Top | SET: 何川, 2024.05 | FA: 何川, 2024.05

49 筋斗云 / SOMERSAULT CLOUD

5.13c / 8a+

38m, 16+Top | SET: 何川, 2024.05 | FA: 未首攀 / Project

50 人性与理性 / HUMANITY AND RATIONALITY

5.14a / 8b+

32m, 17+Top | SET: 赵忠军, 2024.05 | FA: 未首攀 / Project

51 反重力 / ANTIGRAVITY

5.13a / 7c+

35m, 20+Top | SET: 邱江, 2024.05 | FA: 波妞, 2024.05

52 美杜莎 / MEDUSA

Project

35+20m, 17+8+Top | SET: Antoni (SPAIN), 2024.05 | FA: 未首攀 / Project

53 背刺 / BACKSTAB

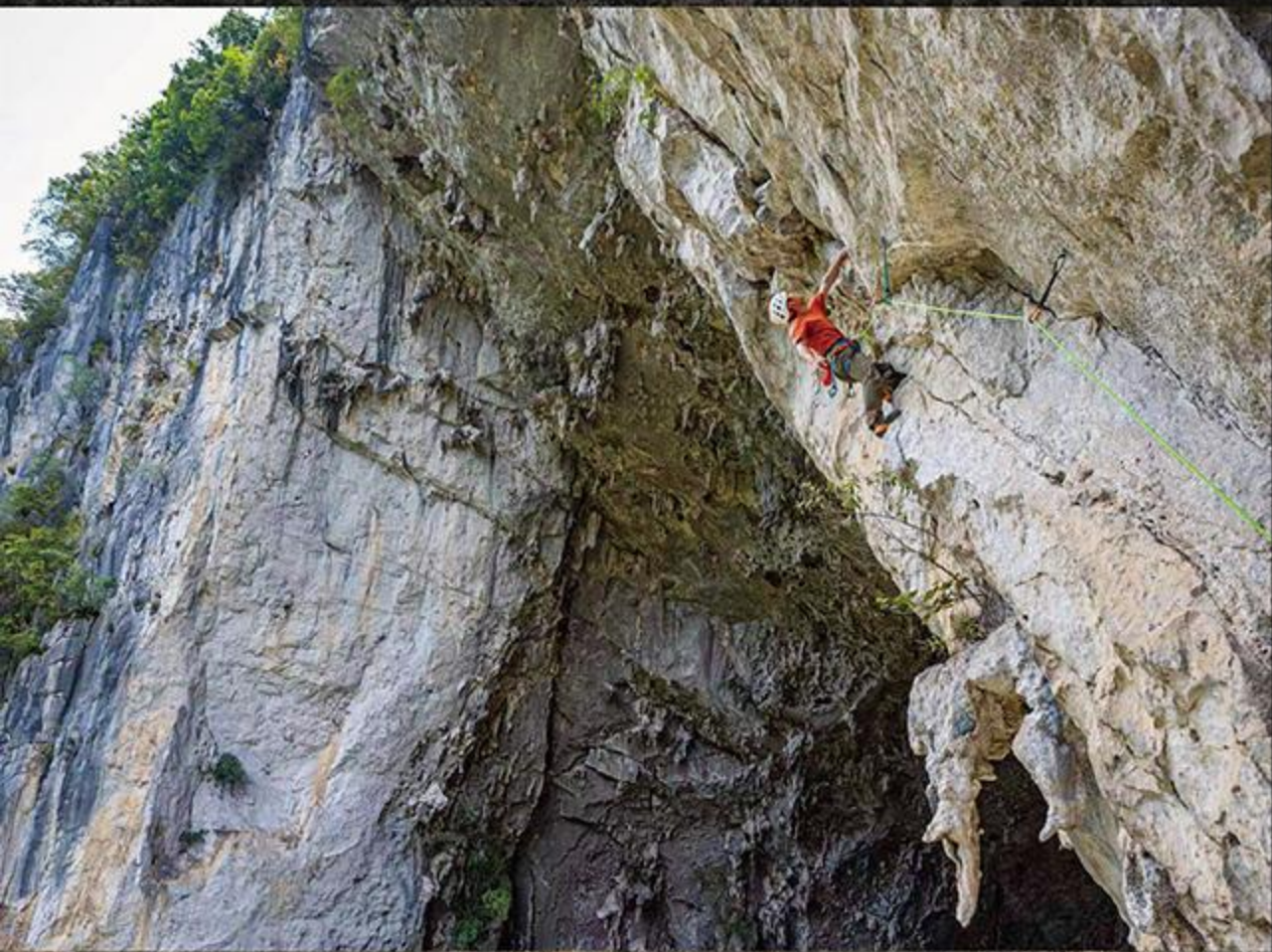
5.11d / 7a

25m, 12+Top | SET: 苏峰, 2024.05 | FA: 梦岩, 2024.05

54 洞洞飞靴 / FLYING SHOES

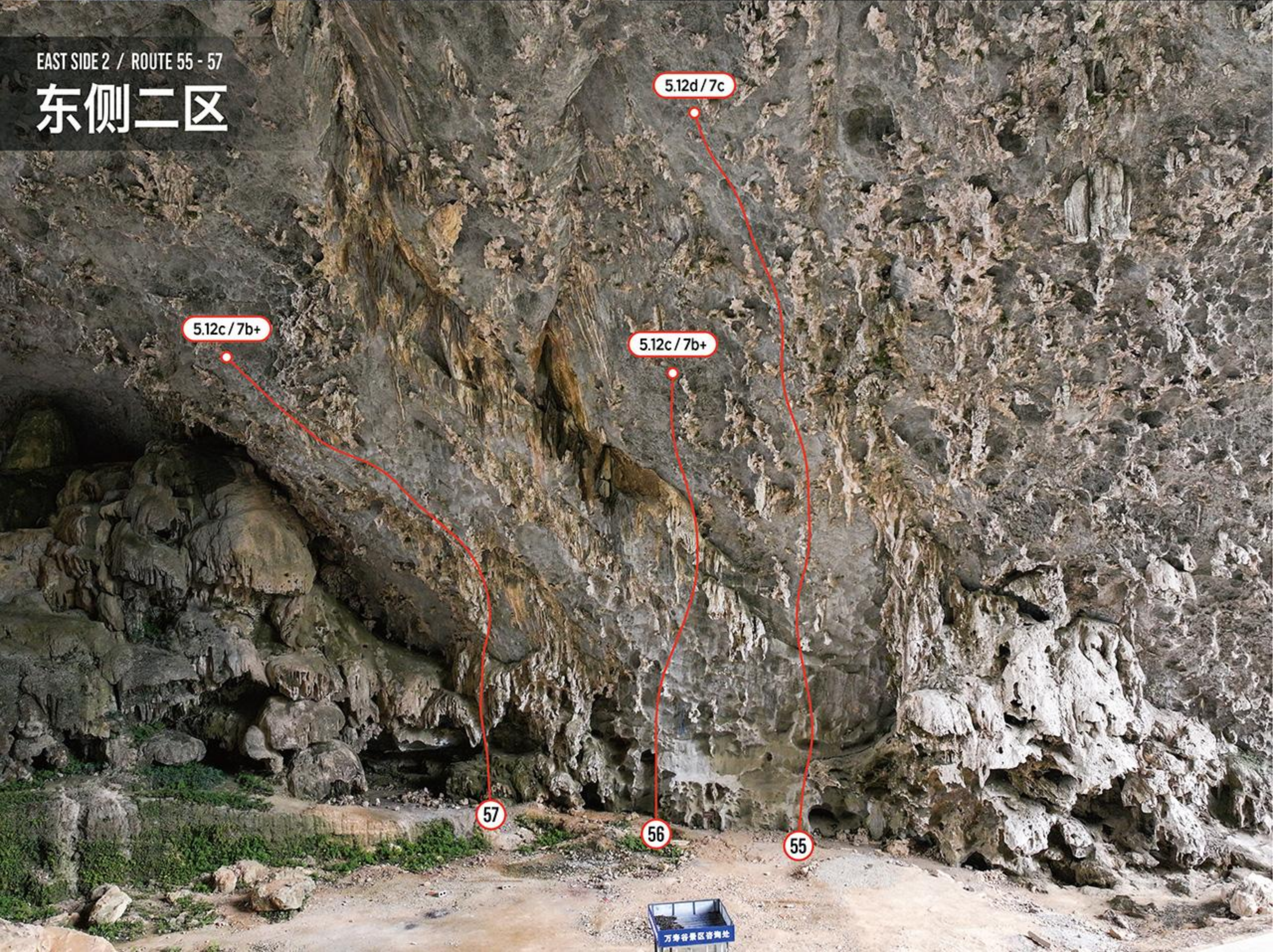
5.12a / 7a+

35m, 21+Top | SET: 苏峰, 2024.05 | FA: 未首攀 / Project



EAST SIDE 2 / ROUTE 55 - 57

东侧二区



55 旭日初升 / RISING

5.12d / 7c

30m, 12+Top | SET: 罗柳生 (罗瑾), 2024.05 | FA: 黄梓熹, 2024.05

56 开源 / UBUNTU

5.12c / 7b+

30m, 12+Top | SET: David (SPAIN), 2024.05 | FA: 未首攀 / Project

57 蓝波塔 / POTA BLAVA

5.12c / 7b+

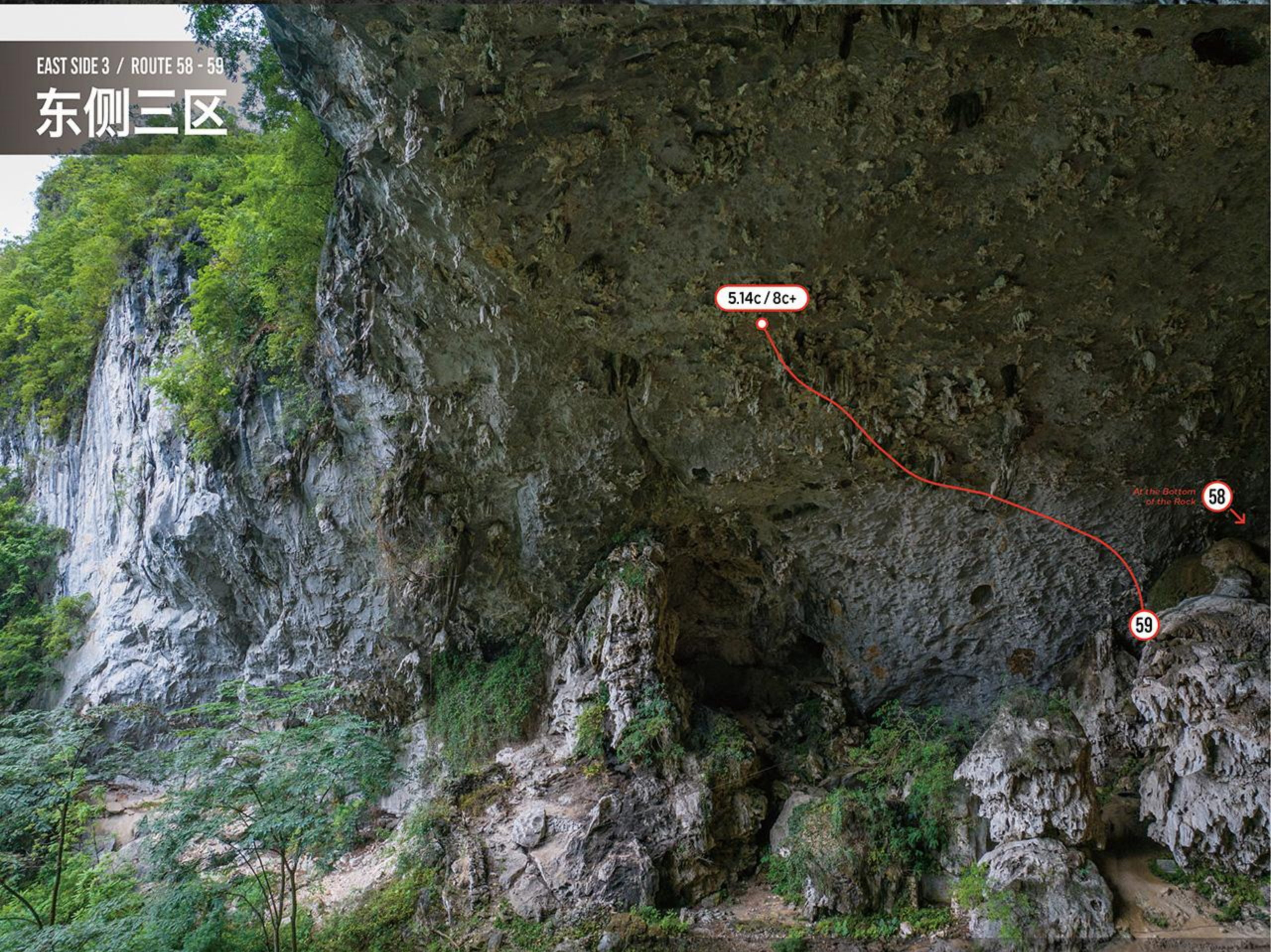
35m, 14+Top | SET: Oscar / Carles (SPAIN), 2024.05

FA: Carles (SPAIN), 2024.05



EAST SIDE 3 / ROUTE 58 - 59

东侧三区



58 中国礼物 / CHINESE GIFT

5.13a / 7c+

12m, 6+Top | SET: Daniel (SPAIN), 2024.05 | FA: Daniel (SPAIN), 2024.05

59 隐士 / LA SOLITARIA

5.14c / 8c+

35m, 16+Top | SET: Daniel / Jonatan (SPAIN), 2024.05 | FA: 未首攀 / Project

