



AAC Publications

Additional Notes From Muir Valley

Kentucky, Red River Gorge, Muir Valley

Ankle injuries were the most common reported in Muir Valley in 2012. There were six that Muir Valley Rescue volunteers responded to. Climbers were treated, transported to their cars, and directed to medical care. Many ankle injuries in this area are the result of a ground fall after a climber fails to clip the first bolt. Stick-clipping the first bolt is strongly recommended for the types of sport climbs here. All of the 300-plus sport routes have their first bolts located near 16 feet, allowing for easy stick-clipping. (Source: Rick Weber.)

Images

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