BETA VERSION: 2025.05.30

ARC'TERYX

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，攀爬之前请清理干净攀岩鞋底。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

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

Shegeng Cave (24°24'40"N 107°01'29"E) is located in Shegeng 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 Shegeng Village to Shegeng Cave is about 300 meters, a 5-minute walk. Basic accommodation and food are available in Shegeng 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

Shegeng Cave is within the Le-Ye Fengshan UNESCO Global Geopark.

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

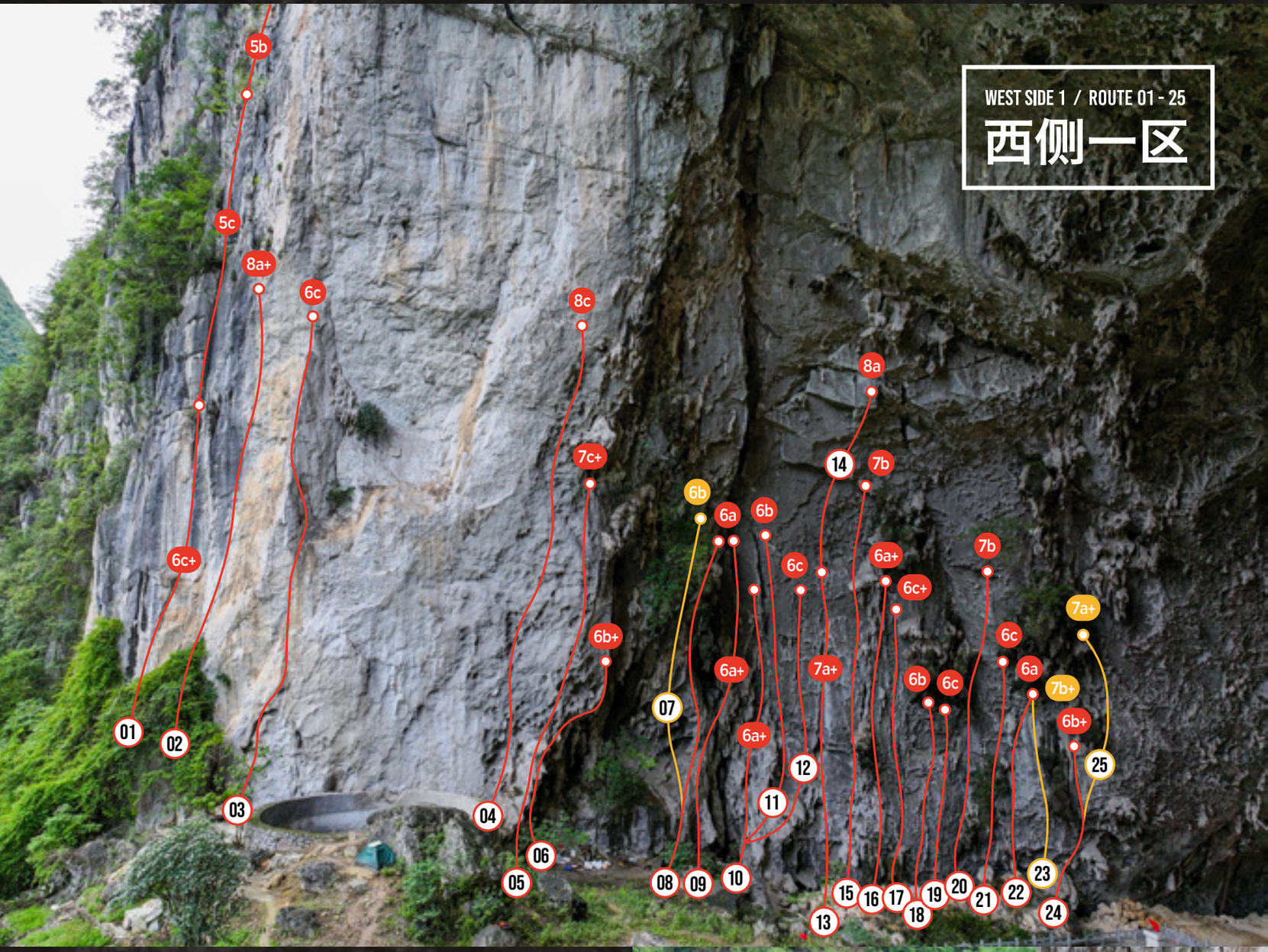
社更穿洞攀岩场，在地方政府以及乐业凤山世界地质公园的许可支持下，由始祖鸟品牌倾力打造，Petzl 品牌提供装备支持，也汇集了世界各地攀岩发展的成果智慧。除了路书上的开线者和首攀者，还有志愿者、后勤保障人员和试线员在这里留下了辛劳汗水。欢迎所有前来攀岩的人，希望你们有美好的体验。

In principle, rock climbing development should occur under the premise of protection, and no one is allowed to damage the karst geological features, and please clean up your shoes before climbing. 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 Shegeng 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



01 君临天下 / OVERLOOKING THE CAVE

P1: 5.11c / 6c+

30m, 14 + Top | SET: 邱江 , 2024.09 | FA: 邱江 , 小六 , 2024.09

P2: 5.10a / 5c

25m, ? + Top | SET: 邱江 , 2024.09 | FA: 邱江 , 小六 , 2024.09

P3: 5.9 / 5b

22m, ? + Top | SET: 邱江 , 2024.09 | FA: 邱江 , 小六 , 2024.09

02 仆街 / POOR GUY

5.13c / 8a+?

33m, 18 + Top | SET: 邱江 , 2024.09 | Project

03 开场白 / OPENING REMARKS

5.11b / 6c

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

04 蓝纹奶酪 / BLUE CHEES
5.14b / 8c?
35m, 17 + Top | SET: 邱江 , 2024.05 | Project

05 守洞者 / CAVE GUARDIAN
5.13a / 7c+
25m, 12 + Top | SET: 汤泯 , 2024.05 | FA: 浩浩 , 2024.05

06 黄拖鞋 / YELLOW FLIP-FLAP
5.11a / 6b+
14m, 7 + Top | SET: 何川 , 2024.09 | FA: 夜行人 , 2024.10

07 哏口哏喽 / EATING AND DRINKING
5.10d / 6b
CLOSED
9 + 20m, 4 + 7 + Top | SET: 何川 , 2024.09

08 魂在身后追 / SOUL BEHIND
5.10b / 6a
27m, 16 + Top | Rebolt: 箩筐，何川

09 驯龙高手 / HOW TO TRAIN YOUR DRAGON
5.10c / 6a+
25m, 12 + Top | SET: 赵忠军 , 2024.05 | FA: 小六 , 2024.05

10 儒林外转 / TUFA FOREST
5.10c / 6a+
24m, 10 + Top | SET: 何川 , 2024.09 | FA: 何川 , 2024.09

13 壮士 / STRONG SIR
5.12a / 7a+
24m, 11 + Top | SET: ? | FA: ?

14 大壮士 / SUPER STRONG SIR
5.13b / 8a
40m, 11 + 6 + Top | SET: 何川 , 2024.09 | FA: 王东 , 2024.09

15 一翻榨 / ICHIBAN
5.12b / 7b
32m, 14 + Top | SET: 赵忠军 , 2024.05 | FA: 梦岩 , 2024.05

16 神龙摆尾 / DRAGON'S TAIL
5.10c / 6a+
25m, 13 + Top | Rebolt: 何川 | FA: 黄煌 , 2024.09

17 放飞自我 / YOUNG, WILD AND FREE
5.11c / 6c+
23m, 13 + Top | SET: Eben Farnworth | FA: Eben Farnworth, 2010

18 废柴 / DEADWOOD
5.11a / 6b
11m, 6 + Top | Rebolt: 邱江

19 贴地飞行 / FLAT HAT
5.11b / 6c
11m, 5 + Top | Rebolt: 邱江

20 恶龙之境 / THE LAND OF DRAGONS
5.12a / 7a+
27m, 15 + Top | SET: 赵忠军 , 2024.05 | FA: 浩浩 , 2024.05

21 恐龙蛋 / DINOSAUR EGG
5.11b / 6c
18m, 9 + Top | SET: 罗柳生 (箩筐), 2024.09 | FA: 罗睿岩 , 2024.09

22 小马宝莉 / MY LITTLE PONY
5.10b / 6a
15m, 9 + Top | Rebolt: 箩筐

23 致爱丽丝 / FOR ELISE
5.12c / 7b+
15m, 9 + Top | SET: 罗柳生 (箩筐), 2024.09 | FA: 王东 , 2024.09

11 古德班尼 / I LIVE IN SHEGENG VILLAGE

5.10d / 6b

26m, 13 + Top | Rebolt: 何川

12 慢慢来 / SLOWLY

5.11b / 6c

24m, 11 + Top | SET: ? | FA: ?

24 全景图 / PANORAMA

5.11a / 6b+

12m, 8 + Top | SET: Toni Arbones, 2024.05

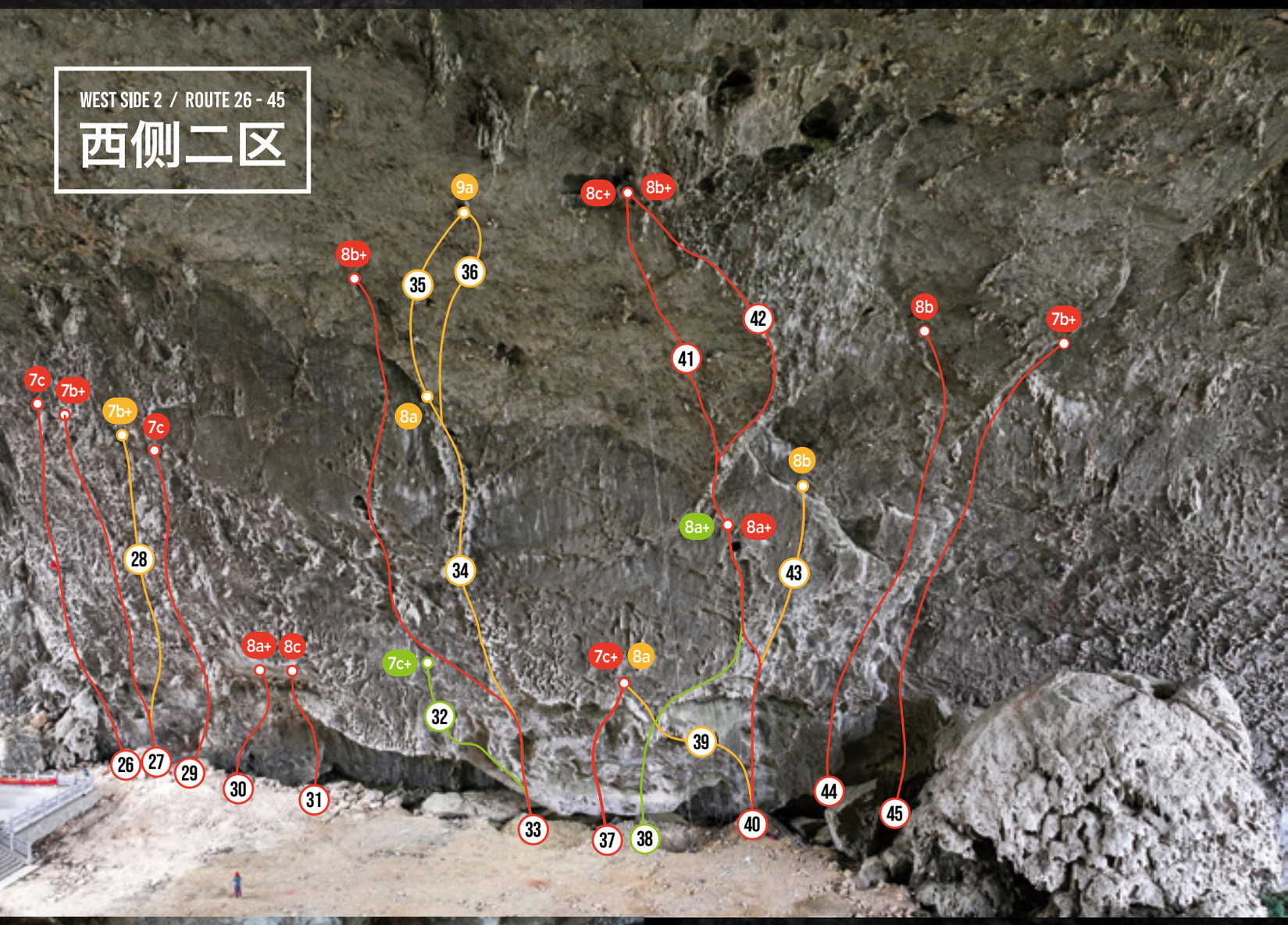
FA: Toni Arbones, 2024.05

25 稀奇 / LA RARA

5.12a / 7a+

24m, 14 + Top | SET: Toni Arbones, 2024.05

FA: Toni Arbones, 2024.05



36 露皮塔 / AY LUPITA

5.14d / 9a?

35 + 15m, 18 + 14 + Top | SET: Toni Arbones, 2024.09 | Project

37 帅痞 / GUAPO FEA

5.13a / 7c+

12m, 6 + Top | SET: Daniel Andrada, 2024.05 | FA: 魏来 , 2024.07

38 血肠战士 / MORCILLA PELEONA

5.13c / 8a+

26 断喙鸡 / POLLO SIN PICO
5.12d / 7c

32m, 14 + Top | SET: Carles Brasco, 2024.05
FA: Daniel Andrada, 2024.05

27 十三膝 / EL RODILLITAS
5.12c / 7b+

32m, 17 + Top | SET: Toni Arbones / 何川 , 2024.05
FA: Daniel Andrada, 2024.05

28 如来神掌 / PALM OF BUDDHA
5.12c / 7b+

32m, 16 + Top | SET: 何川 , 2024.09 | FA: 黄煌 , 2024.10

29 悬望亿万年 / A GAZE OF BILLIONS YEARS
5.12d / 7c

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

30 托尼和丹尼 / TODA
5.13c / 8a+

12m, 6 + Top | SET: Toni Arbones/Daniel Andrada, 2024.05
FA: Jonatan Flor, 2024.05

31 等待西卡 / WAITING FOR SIKA
5.14b / 8c?

14m, 6 + Top | SET: Toni Arbones/Daniel Andrada, 2024.05 | Project

32 人体飞行 / BODY FLIGHT
5.13a / 7c+

14m, 7 + Top | SET: 何川 , 2024.09 | FA: Shadow Dai, 2024.10

33 小蜗牛 / EL CARACOKILLO
5.14a / 8b+?

42m, 18 + Top | SET: Oscar Gimenez, 2024.05 | Project

34 秀胸肌 / SHOW ME YOUR BOBBIES
5.13b / 8a

35m, 18 + Top | SET: Oscar Gimenez, 2024.05 | FA: 阿甘 , 2024.07

35 龟仙人 / MAESTRO MUTEN ROSHA
5.14d / 9a?

35 + 15m, 18 + 12 + Top | SET: Jonatan Flor 2024.09 | Project

25m, 10 + Top | SET: Daniel Andrada, 2024.05
FA: Daniel Andrada, 2024.05

39 风口浪尖 / LA CRESTA
5.13b / 8a

16m, 8 + Top | SET: Daniel Andrada, 2024.05 | FA: 魏来 , 2024.07

40 NI HAO
5.13b / 8a

22m, 11 + Top | SET: Daniel Andrada/Jonatan Flor/Carles Brasco/ Toni Arbones, 2024.05 | FA: Daniel Andrada, 2024.05

41 马刺勇士 / ESPOLON PELEONA
5.14c / 8c+

25 + 25m, 11 + 13 + Top | SET: Daniel Andrada/Toni Arbones, 2024.05 | FA: Jonatan Flor, 2024.05

42 浪潮 / LA OLA
5.13d / 8b

25 + 25m, 11 + 14 + Top | SET: Jonatan Flor/Carles Brasco/ Toni Arbones, 2024.05 | FA: Jonatan Flor, 2024.05

43 常规操作 / CADAYOS
5.13d / 8b

27m, 12 + Top | SET: Jonatan Flor/Daniel Andrada/ Carles Brasco, 2024.05 | FA: Jonatan Flor, 2024.05

44 中国火药 / TRABUCAZO CHINO
5.13d / 8b

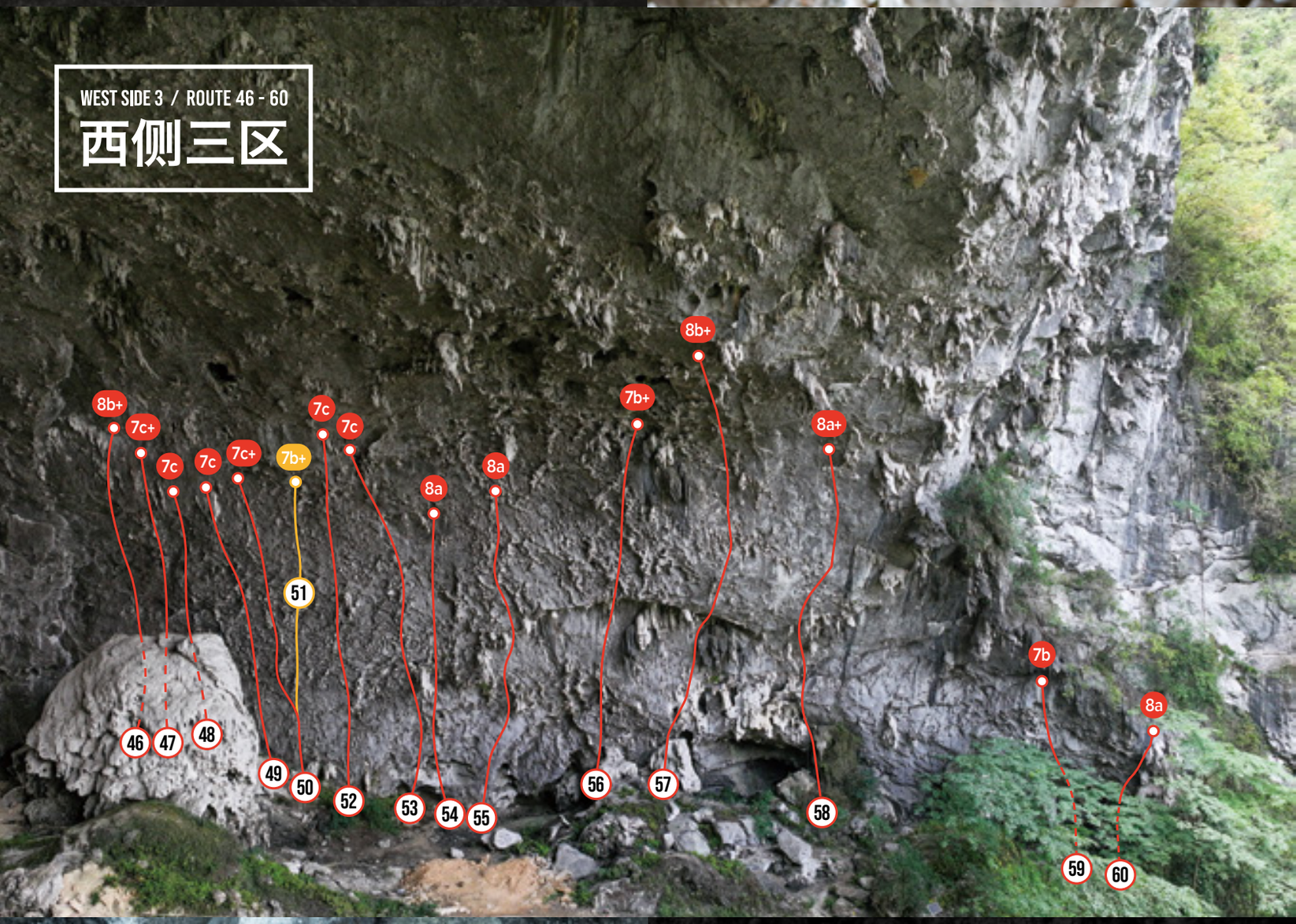
36m, 17 + Top | SET: Jonatan Flor, 2024.05
FA: Jonatan Flor, 2024.05

45 1120 今晚开会 / HAPPY TIME IN 1120
5.12c / 7b+

36m, 17 + Top | SET: 罗柳生 (箩筐), 2024.05 | FA: 浩浩 , 2024.05

WEST SIDE 3 / ROUTE 46 - 60

西侧三区



54 鱼拓 / GYOTAKU

5.13b / 8a

35m, 17 + Top | SET: 赵忠军 , 2024.05 | FA: Jerry Zhong, 2024.05

55 HOLA

5.13b / 8a

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

56 伸展运动 / STRETCHING EXERCISES

5.12c / 7b+

30m, 15 + Top | SET: 苏峰 , 2024.05 | FA: 陈信 , 2024.10

57 人尽皆知 / EVERY BODY KNOWS

5.14a / 8b+?

38m, 19 + Top | SET: Oscar Gimenez, 2024.05 | Project

58 大师 / SENSEI

5.13c / 8a+?

35m, 17 + Top | SET: Carles Brasco, 2024.05 | Project

46 蝙蝠侠 / BATMAN

5.14a / 8b+?

27m, 12 + Top | SET: 何川 , 2024.09 | Project

47 绿 / GREEN

5.12c / 7b+

27m, 14 + Top | SET: 苏峰 , 2024.05 | FA: 张一 , 2024.10

48 隐形的翅膀 / INVISIBLE WINGS

5.12d / 7c

27m, 14 + Top | SET: 苏峰 , 2024.05 | FA: 陈信 , 2024.09

49 哈利波特 / HARRY POTTER

5.12d / 7c?

27m, 12 + Top | SET: 何川 , 2024.09 | Project

50 悬河 / SINK

5.12d / 7c

30m, 15 + Top | SET: 何川 , 2024.09 | FA: 陆瑶 , 2024.10

51 城南柳 / NAN LIU CITY

5.12c / 7b+

30m, 15 + Top | SET: 苏峰 , 2024.05 | FA: 魏来 , 2024.07

52 NEW B

5.12d / 7c

38m, 19 + Top | SET: David Brasco, 2024.05 | FA: 浩浩 , 2024.05

53 金蚕 / FRIED SILKWORM CHRYSALIS

5.12d / 7c

38m, 14 + Top | SET: David Brasco, 2024.05

FA: Oscar Gimenez, 2024.05

59 概率游戏 / GAMBLE

5.12b / 7b

18m, 8 + Top | SET: Oscar Gimenez/Carles Brasco, 2024.05

FA: Oscar Gimenez, 2024.05

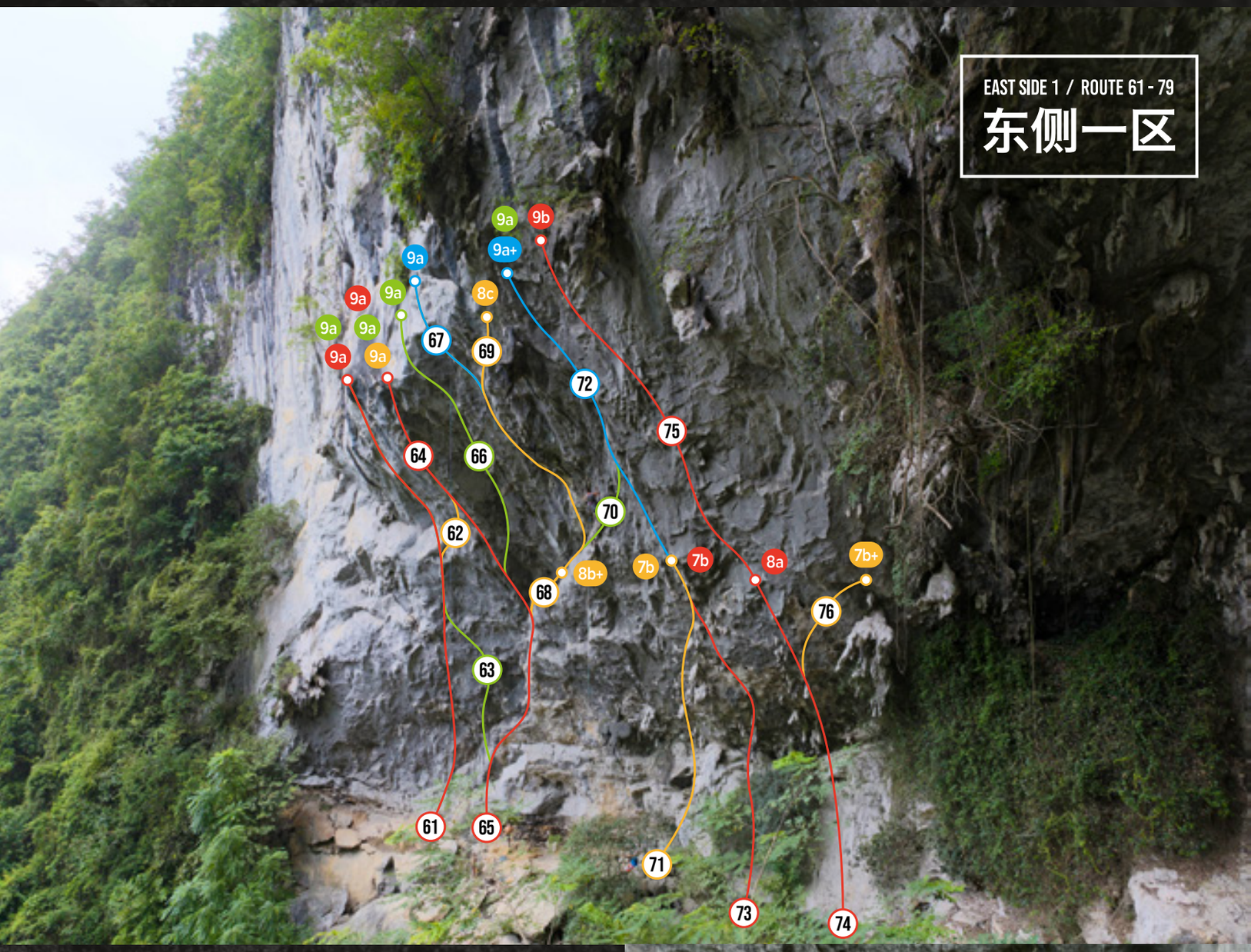
60 俄罗斯套娃 / RUSSIAN DOLL

5.13b / 8a?

18m, 11 + Top | SET: Oscar Gimenez/Carles Brasco, 2024.05

Project

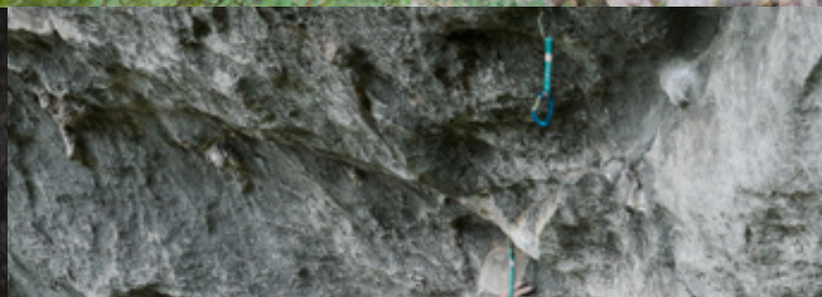
EAST 东侧墙 SIDE



61 抓瞎 / VIVIENDO SIN PERMISO

5.14d / 9a?

35m, 18 + Top | SET: Jonatan Flor, 2024.09 | Project



62 霸王弓 61 + 62 + 64
SIN PERMISO PARA EL HAPPY ENDING
5.14d / 9a?

30m, 19 + Top | SET: Jonatan Flor/Juantxo, 2024.09 | Project

63 摸鱼 / VIVIENDO CON PERMISO 63 + 61
5.14d / 9a?

30m, 18 + Top | SET: Jonatan Flor/Juantxo, 2024.09 | Project

64 爽 / HAPPY ENDING 63 + 62 + 64
5.14d / 9a?

35m, 19 + Top | SET: Jonatan Flor/Juantxo, 2024.09 | Project

65 巴飞 / BUTTERFLYT
5.14d / 9a?

35m, 20 + Top | SET: Jonatan Flor/Juantxo, 2024.09 | Project

66 嘟嘿哩 / CENTIPEDE
5.14d / 9a?

30m, 19 + Top | SET: Jonatan Flor/Juantxo, 2024.09 | Project

67 将棋 / SHOGI
5.14d / 9a?

35m, 21 + Top | SET: Jonatan Flor, 2024.09 | Project

68 麻将 / MAHJONG (OPT1)
5.14a / 8b+

20m, 11 + Top | SET: Jonatan Flor/Juantxo, 2024.09

FA: Jonatan Flor, 2024.09

70 虎口脱险 65 + 68 + 70 + 72
ESCAPANDO DEL ANTRO
5.14d / 9a?

40m, 24 + Top | SET: David Gambus, 2024.09 | Project

71 虎妈 / TIGER WOMAN
5.12b / 7b

20m, 12 + Top | SET: David Gambus, 2024.09

FA: David Gambus, 2024.09

72 耙耳朵 / HAPPY WIFE HAPPY LIFE
5.15a / 9a+?

20 + 15m, 12 + 7 + Top | SET: David Gambus, 2024.09 | Project

73 无辣不欢 / SPICY COOKER
5.12b / 7b

20m, 11 + Top | SET: David Gambus, 2024.09

FA: David Gambus, 2024.09

74 射雕 / EL GRAN CABRON (OPT1)
5.13b / 8a

20m, 9 + Top | SET: David Gambus, 2024.09

FA: David Gambus, 2024.09

75 射雕 / EL GRAN CABRON (OPT2)
5.15b / 9b

20 + 10m, 9 + 7 + Top | SET: David Gambus, 2024.09

FA: Seb Bouin, 2025.02

69 麻将 / MAHJONG (OPT2)

5.14b / 8c

20 + 15m, 11 + 9 + Top | SET: Jonatan Flor, 2024.09

FA: Jonatan Flor, 2024.09

76 遥望天下 / GOODBYE SHOES

5.12c / 7b+

20m, 8 + Top | SET: David Gambus, 2024.09

FA: David Gambus, 2024.09

77 阿凡达 / AVATAR

5.13a / 7c+

24m, 9 + Top | SET: 何川 , 2024.09 | FA: 何川 , 2024.11

78 隐士 / LA SOLITARIA

5.14c / 8c+?

35m, 16 + Top | SET: Daniel Andrada/Jonatan Flor, 2024.05

Project

79 中国礼物 / CHINESE GIFT

5.13a / 7c+

12m, 6 + Top | SET: Daniel Andrada, 2024.05

FA: Daniel Andrada, 2024.05

EAST SIDE 2 / ROUTE 80 - 90

东侧二区

80 蓝波塔 / POTA BLAVA

5.12c / 7b+

35m, 14 + Top | SET: Oscar Gimenez/Carles Brasco, 2024.05

FA: Carles Brasco, 2024.05

81 凤爪 / CHICKEN FINGER (OPT1)

5.12b / 7b

20m, 13 + Top | SET: Christian Winklmair, 2024.09

FA: Christian Winklmair, 2024.09

82 凤爪 / CHICKEN FINGER (OPT2)

5.12d / 7c

20 + 13m, 13 + 6 + Top | SET: Christian Winklmair, 2024.09

FA: Christian Winklmair, 2024.09

83 凤爪 / CHICKEN FINGER (OPT3)

CLOSED

5.12d / 7c

20 + 13 + 10m, 13 + 6 + 4 + Top | SET: Christian Winklmair, 2024.09

FA: Christian Winklmair, 2024.09

84 巨蟒 / PYTHON (OPT1)

5.12d / 7c

33m, 19 + Top | SET: Christian Winklmair, 2024.09

FA: Christian Winklmair, 2024.09

85 巨蟒 / PYTHON (OPT2)

CLOSED

5.13a / 7c+?

33 + 10m, 19 + 6 + Top | SET: Christian Winklmair, 2024.09 | Project

86 贝依 / UBUNTU (OPT1)

5.12c / 7b+

26m, 14 + Top | SET: David Brasco, 2024.05

87 贝依 / UBUNTU (OPT2)

CLOSED

5.13c / 8a+

26 + 25m, 14 + 14 + Top | SET: Christian Winklmair, 2024.09

FA: Christian Winklmair, 2024.09

88 波塞冬 / POSEIDON

5.12b / 7b

25m, 14 + Top | SET: Toni Arbones, 2024.09

FA: Toni Arbones, 2024.09

89 旭日初升 / RISING

5.12d / 7c

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

90 发热 / FA MANIAC

5.11b / 6c

22m, 13 + Top | SET: Toni Arbones, 2024.09 | FA: 张彧 , 2024.09

91 洞洞飞靴 / FLYING SHOES

5.12a / 7a+

CLOSED

35m, 21 + Top | SET: 苏峰 , 2024.05 | FA: Olivia, 2024.07

92 背刺 / BACKSTAB

P1: 5.11d / 7a

CLOSED

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

93 人猿泰山 / TARZAN

5.13a / 7c+

CLOSED

25 + 35m, 12 + 13 + Top | SET: Toni Arbones, 2024.09

FA: Toni Arbones, 2024.09

94 美杜莎 / MEDUSA (OPT1)

5.13a / 7c+

CLOSED

35m, 17 + Top | SET: Toni Arbones, 2024.05 | FA: 张彧 , 2024.09

95 美杜莎 / MEDUSA (OPT2)

5.13b / 8a

CLOSED

35 + 20m, 17 + 8 + Top | SET: Toni Arbones, 2024.09

FA: Toni Arbones, 2024.09

96 反重力 / ANTIGRAVITY

5.13a / 7c+

CLOSED

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

97 人性与理性 HUMANITY AND RATIONALITY

5.14a / 8b+?

CLOSED

32m, 17 + Top | SET: 赵忠军 , 2024.05 | Project

98 筋斗云 / SOMERSAULT CLOUD

5.13c / 8a+?

CLOSED

38m, 16 + Top | SET: 何川 , 2024.05 | Project

99 魔戒 / THE LORD OF THE RINGS

5.12a / 7a+

CLOSED

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

100 太空舞步 / MOONWALK

5.12b / 7b

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

101 清风徐来 / BREEZE CRUSHED

5.12b / 7b

13m, 6 + Top | SET: 汤泯 , 2024.05 | FA: Jerry Zhong, 2024.05

102 梦回长安 / DREAM BACK TO CHANGAN

5.12a / 7a+

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

103 好运常伴 / GOOD LUCK

5.9 / 5b

17m, 7 + Top | SET: 何川 , 2024.05 | FA: 小六 , 2024.05

EAST SIDE 3 / ROUTE 91 - 110

东侧三区

104 聚沙成塔 / EVERY LITTLE BIT COUNTS

5.10a / 5c

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

105 一借留名 / BORROWED IS BETTER

5.10a / 5c

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

106 刺猬 / HEDGEHOG

5.10a / 5c

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

107 一身反骨 / MAVERICK

5.10b / 6a

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

108 弹簧刀 / SPRING KNIFE

5.9 / 5b

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

109 刍狗 / STRAW DOGS

5.10a / 5c

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

110 旋转木马 / CAROUSEL

5.10a / 5c

30m, 15 + Top | SET: 邱江 , 2024.05

FA: Shadow Wang, 2024.05