



Rigor Mortis, Frösön

Frösön offers climbing on two crags, Rigor Mortis, illustrated on this TOPOS, and "the mountain of Frösön". During winter season the municipality helps the winter and produce an ice climbing area near the downhill slope, 1 km to the left of Rigor Mortis.

50 km east of the city you will find Stuguberget, with a couple of hundred routes, mainly bolted. You can download the TOPOS over parts of Stugun from Readers TOPOS.

In the big lake Storsjön you could, if you are lucky, see the big monster called "Storsjöödjuret".

If anyone would like to try how it is to live in Sweden and climb more in this area, way not study on the Östersund University, take a look at www.mh.se/english/



The city offers a indoor climbing wall during the winter season with 450 square metre of climbing.

Östersund has 50 000 inhabitants and if you look on a map you will find it in the middle of Sweden.

You could see the granit crag from the city, drive or walk over the bridge. Continue straight forward from the brige towards the crag. If you arrive in a car, the car park is just by the crag.

Rigor Mortis offers nice climbing on negative granit holds (which force you to use your feets). The surrounding area is a little bit ruff but the view over the city and easy accessed routes makes it a good crag for practice or for a couple of hours climbing with friends.

The crag is facing East so in the morning to lunch you will have sun, after that shadow.

The winter in this parts of Sweden is long, the best time for rock climbing is from late May to the end of August.

Routes:

1. ?	6+
2. Torra tider	7-
3. ?	?
4. Åt gröt	7-
5. ?	7-
6. Mera mat	5+
7. Dagens rätt	6
8. Birdie	7
9. ?	6
10. ?	6-
11. Lösa lager	6-
12. Sill i dill	6+
13. Skyr	6-
14. Fina fisken	6+
15. Svedh	6+
16. Bruderlein	6+
17. Fläskkorv	7
18. Raindogs	7-
19. Hot Dogs	7
20. Rainbird	7
21. Atlas Copco	7
22. Milda Meloner	6+
23. Pytt i panna	8-
24. Ovalätt	6
25. Fars dag	7-
26. Nanna	7
27. Variant	7-
28. Direkta Rigor Mortis	6
29. Kalla kårar	7-
30. Härliga Tider	7-
31. Pite Pält	7
32. Ärliga tider	6
33. Indirekta Rigor Mortis	6-
34. Rogor Mortis	5
35. Tunga tider	7-
36. Böjda Bananer	7-
37. Variant	7-
38. Pallade Pärön	7
39. Variant	7
40. Vandamål	6
41. Tiramiso	7-
42. T-Wall	7
43. Kalla kakor	6
44. Härliga hyllor	6
45. Mustiga mackor	4+