
CRAMPA
2027

πU

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Mega Holds
Macros

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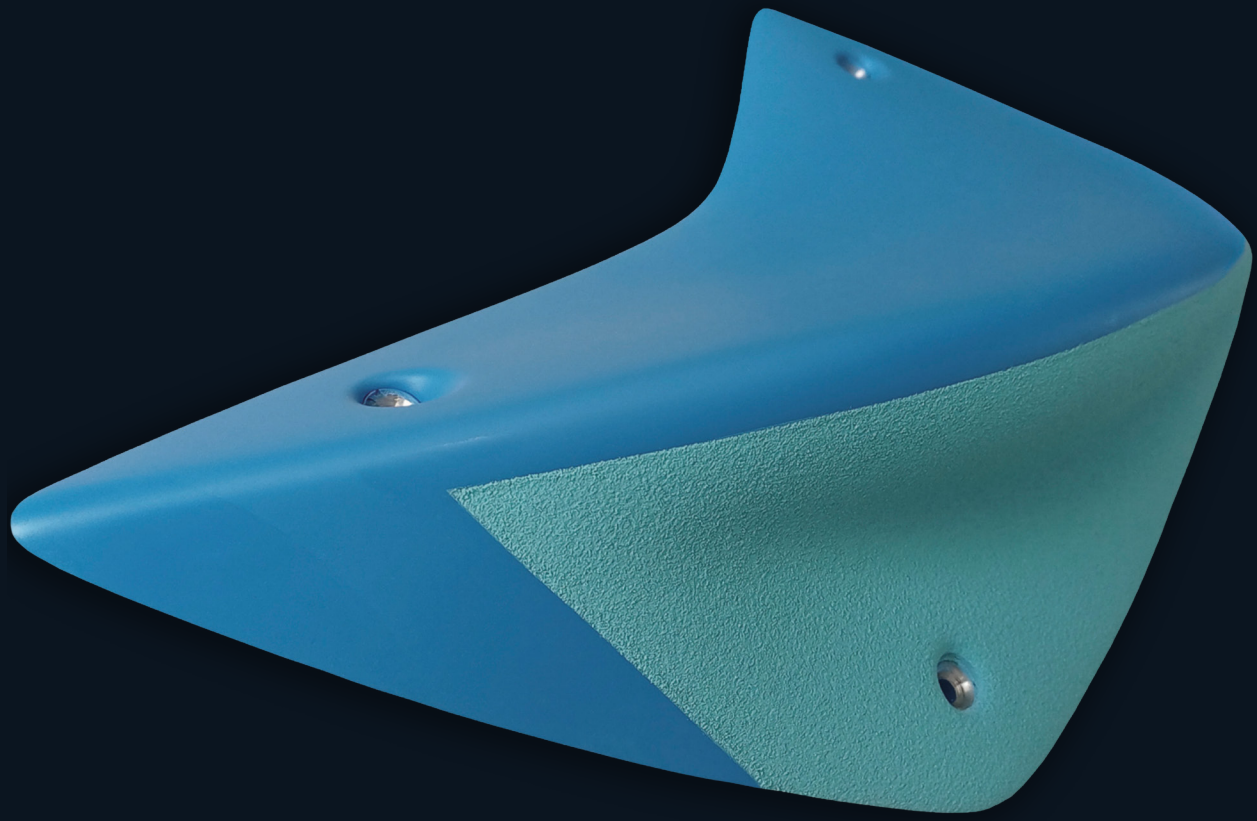
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Crampa πU is a cutting-edge technology designed for producing dual-textured climbing holds and macros.

It uses a high-performance polyurethane developed specifically for the climbing industry as its base material.
The colour is integrated directly into the casting process, eliminating the need for paint or varnish, which can wear off over time.
The grip surface is made of aluminium oxide and epoxy resin, providing exceptional durability while remaining skin-friendly. This technology ensures the holds can endure years of intense use without compromising comfort or performance.
Crampa πU combines the flexibility and strength of polyurethane with the long-lasting, high-quality grip surface, offering climbers a reliable and innovative solution.



Different colors are possible on request.
You can order dual-color macros and holds.

9005	7011	7001	9016	5015
5005	4008	6027	6018	6002
3020	2004	1023		



Lóchann 01

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**2,7 kg**	**42/25/7** **50/25/8** **51/20/6**



Lóchann 02

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3,2 kg**	**50/25/9** **45/22/8** **50/32/13**



Lóchann 03

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3 kg**	**42/34/7** **50/32/9** **40/30/10**



Lóchann 04

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

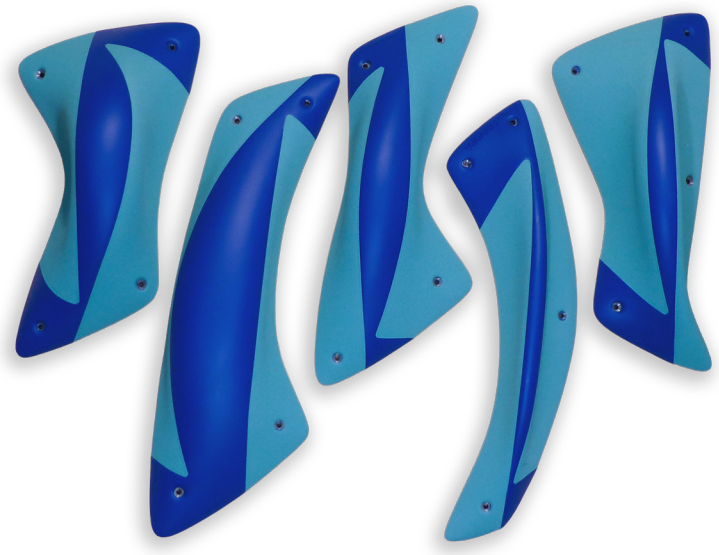
Surface type	Weight per set	Dimensions
Dual texture, matte	**2,9 kg**	**48/25/6** **44/28/5** **47/36/7**



Egocentric

10 Mega Holds
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**6 kg**	**av. 37/2/7**



Duality

5 Pinches
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**4,5 kg**	**av. 50/15/8**



Dominant

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3,3 kg**	**50/30/9.5** **45/27/10** **38/27/12**



Obsessive

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3,3 kg**	**46/21/9** **46/25/9** **48/23/8**



Sophisticated

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3,3 kg**	**44/36/8** **57/27/8** **48/24/6**



Superior

3 Macros
Size **S**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**3 kg**	**35/26/12** **38/23/11** **38/32/11**



Arrogant

10 Mega Holds
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**5,3 kg**	**av. 37/20/7**



Selfish

10 Holds
Size **L**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**2,5 kg**	**av. 25/12/5**

CRAMPA

Fβ

The **Crampa Fβ** series offers premium fiberglass macros in both full-texture and dual-texture options.

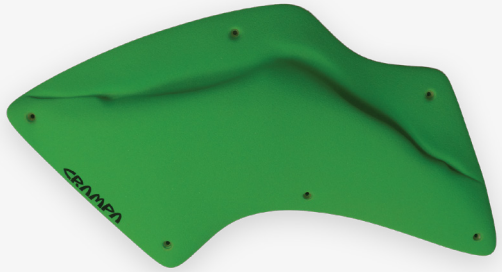
Each piece features an exclusive design that combines eye-catching aesthetics with advanced ergonomics and innovative grip zones.
Built for durability, the high-resistance surface ensures long product life and consistent high performance, even under intensive use.



Different colors are possible on request.
You can order dual-color macros and holds.

9005	7011	7001	9016	5015
5005	4008	6027	6018	6002
3020	2004	1023		

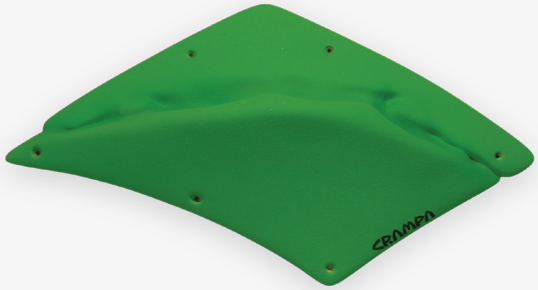
Rimrock



Rimrock
Macro 1

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**1,6 kg**	**67/35/7**



Rimrock
Macro 2

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**1,7 kg**	**75/35/11**



Rimrock
Macro 3

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**2 kg**	**75/34/13**

Rimrock is available as **individual macro**, allowing you to compose your sets freely.

Rimrock



Rimrock
Macro 4

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**1,8 kg**	**63/40/12**



Rimrock
Macro 5

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**2 kg**	**84/33/8**



Rimrock
Macro 6

Fiberglass Macro, Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight	Dimensions
Full texture	**1,8 kg**	**65/35/8**

Rimrock is available as **individual macro**, allowing you to compose your sets freely.



Bohemian Jug

3 Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Full texture	**6 kg**	**63/40/13** **70/45/13** **63/45/14**

Bohemian Jug **Macro 1**

Weight	Dimensions
2 kg	**63/40/13**



Bohemian Jug **Macro 2**

Weight	Dimensions
2 kg	**70/45/13**



Bohemian Jug **Macro 3**

Weight	Dimensions
2 kg	**63/45/14**



Bohemian Jug is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian Jug Dual

3 Dual texture Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**6 kg**	**63/40/13** **70/45/13** **63/45/14**

Bohemian Jug Dual
Macro 1

Weight	Dimensions
2 kg	**63/40/13**



Bohemian Jug Dual
Macro 2

Weight	Dimensions
2 kg	**70/45/13**

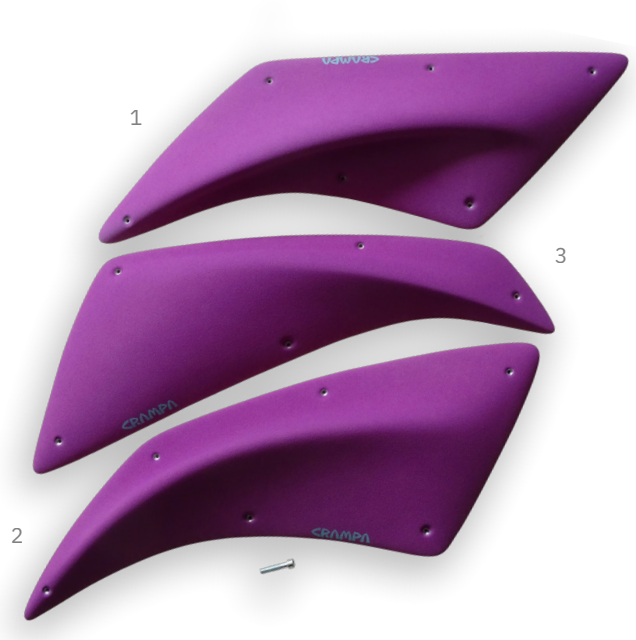


Bohemian Jug Dual
Macro 3

Weight	Dimensions
2 kg	**63/45/14**



Bohemian Jug Dual is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian SlimFit

3 Fiberglass Macros
Size **M/L**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Full texture	**6,6 kg**	**100/32/12** **100/34/12** **93/37/9**

Bohemian SlimFit
Macro 1

Weight	Dimensions
2,2 kg	**100/32/12**



Bohemian SlimFit
Macro 2

Weight	Dimensions
2,2 kg	**100/34/12**

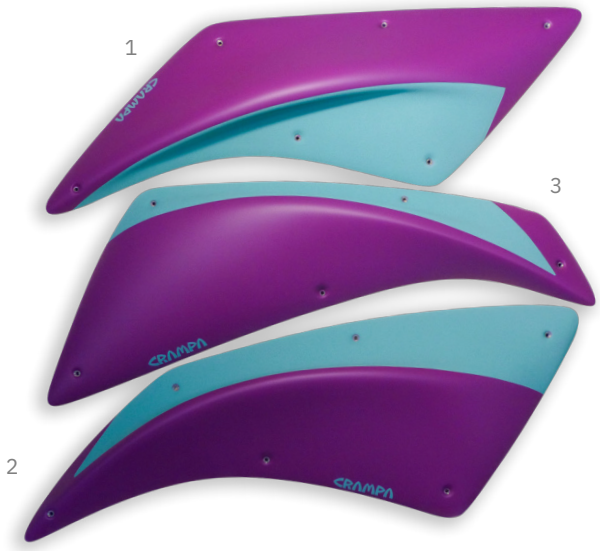


Bohemian SlimFit
Macro 3

Weight	Dimensions
2,2 kg	**93/37/9**



Bohemian SlimFit is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian SlimFit Dual

3 Dual Texture Fiberglass Macros
Size **M/L**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**6,6 kg**	**100/32/12** **100/34/12** **93/37/9**

Bohemian SlimFit Dual **Macro 1**

Weight	Dimensions
2,2 kg	**100/32/12**



Bohemian SlimFit Dual **Macro 2**

Weight	Dimensions
2,2 kg	**100/34/12**

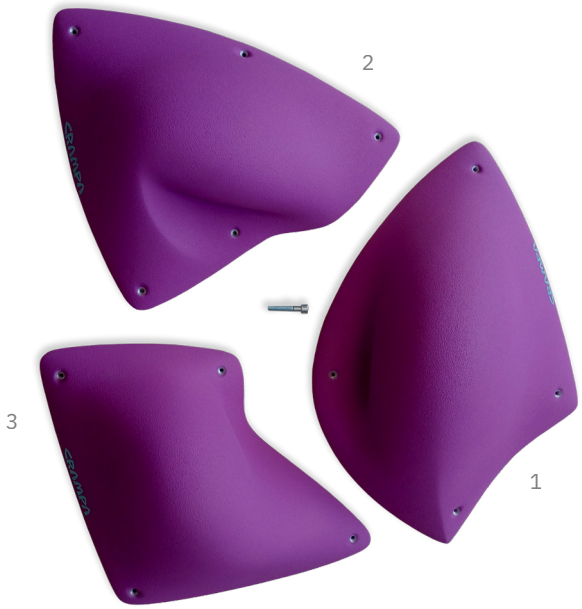


Bohemian SlimFit Dual **Macro 3**

Weight	Dimensions
2,2 kg	**93/37/9**



Bohemian SlimFit Dual is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian Sloper

3 Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Full texture	**5 kg**	**61/43/18** **52/43/14** **56/35/16**

Bohemian Sloper
Macro 1

Weight	Dimensions
2 kg	**61/43/18**



Bohemian Sloper
Macro 2

Weight	Dimensions
1,5 kg	**52/43/14**

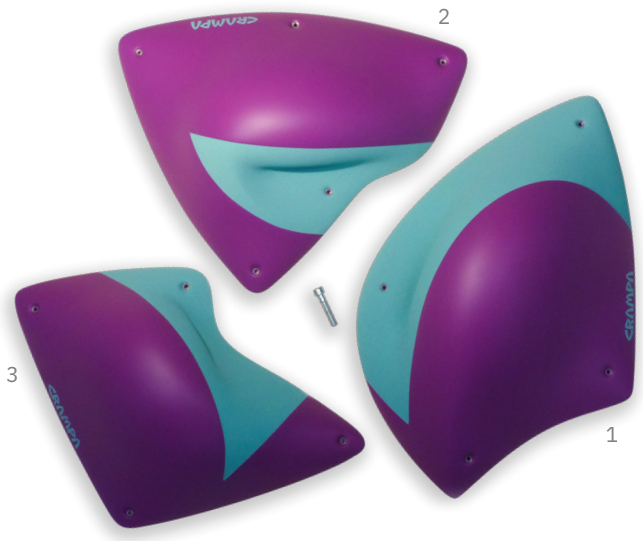


Bohemian Sloper
Macro 3

Weight	Dimensions
1,5 kg	**56/35/16**



Bohemian Sloper is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian Sloper Dual

3 Dual Texture Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**5 kg**	**61/43/18** **52/43/14** **56/35/16**

Bohemian Sloper Dual
Macro 1

Weight	Dimensions
2 kg	**61/43/18**



Bohemian Sloper Dual
Macro 2

Weight	Dimensions
1,5 kg	**52/43/14**



Bohemian Sloper Dual
Macro 3

Weight	Dimensions
1,5 kg	**56/35/16**



Bohemian Sloper Dual is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



Bohemian Stereo

3 Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Full texture	**4,9 kg**	**64/40/12** **57/48/12** **61/52/10**

Bohemian Stereo
Macro 1

Weight	Dimensions
1,7 kg	**64/40/12**



Bohemian Stereo
Macro 2

Weight	Dimensions
1,7 kg	**57/48/12**



Bohemian Stereo
Macro 3

Weight	Dimensions
1,5 kg	**61/52/10**



Bohemian Stereo is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.



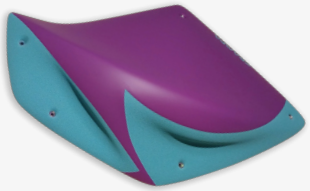
Bohemian Stereo Dual

3 Dual Texture Fiberglass Macros
Size **M**
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Dual texture, matte	**4,9 kg**	**64/40/12** **57/48/12** **61/52/10**

Bohemian Stereo Dual
Macro 1

Weight	Dimensions
1,7 kg	**64/40/12**



Bohemian Stereo Dual
Macro 2

Weight	Dimensions
1,7 kg	**57/48/12**



Bohemian Stereo Dual
Macro 3

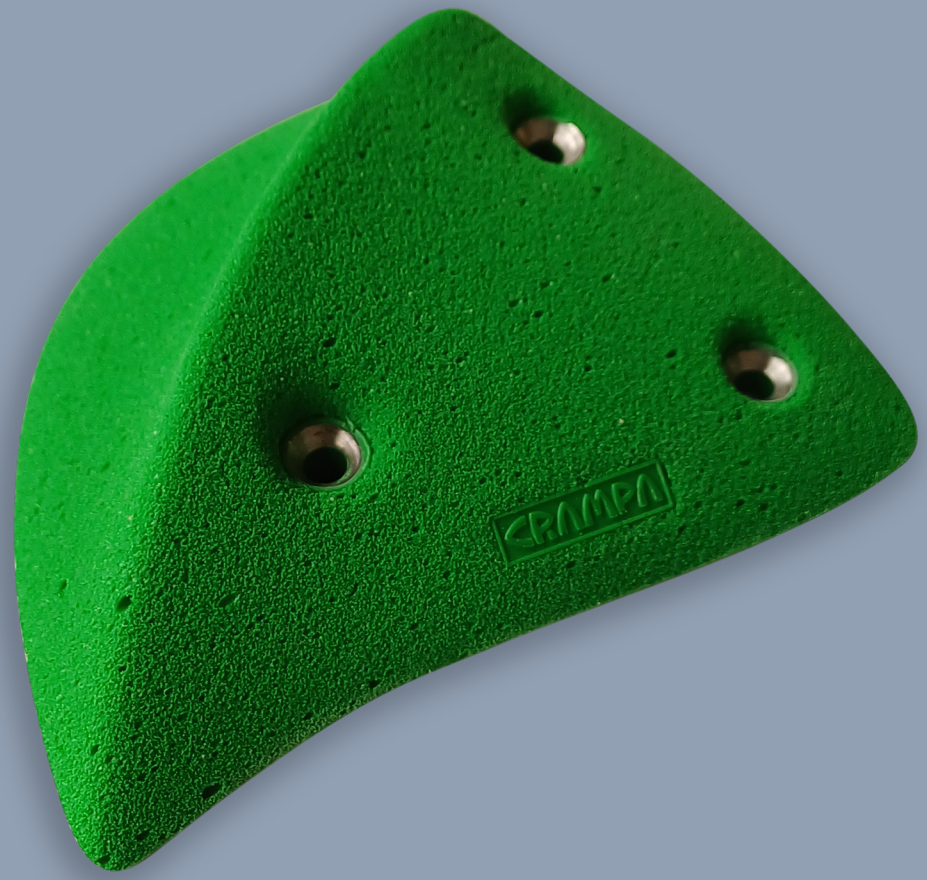
Weight	Dimensions
1,5 kg	**61/52/10**



Bohemian Stereo Dual is available both as complete **set** and as **individual macro**, giving you the flexibility to choose exactly what you need.

CRAMPA Hδ

The **Crampa Hδ** series offers a selection of holds and footholds designed to complement other Crampa lines perfectly. Their shapes and sizes allow creative route setting across all wall angles and difficulty levels.
Available in high-performance polyester or polyurethane, the series takes into account the benefits of both materials to meet every customer's preference and setting style.



Different colors are possible on request.

9005	7011	7001	9016	5015
5005	4008	6027	6018	6002
3020	2004	1023		





Crimps S1

15 Holds,

Size **S**

(available both as polyurethane and polyester castings)
Compatible with:
Screws **4.5** or **5 mm**, fixation **2** screws per hold

Surface type	Weight per set
Polyurethane	**1 kg**
Polyester	**1,4 kg**

Crimps M1

20 Holds,

Size **M**

(available both as polyurethane and polyester castings)
Compatible with:
Screws **4.5** or **5 mm**, fixation **3** screws per hold

Surface type	Weight per set
Polyurethane	**2,5 kg**
Polyester	**3,7 kg**



Footholds XS1

30 Holds,

Size **XS**

(available both as polyurethane and polyester castings)

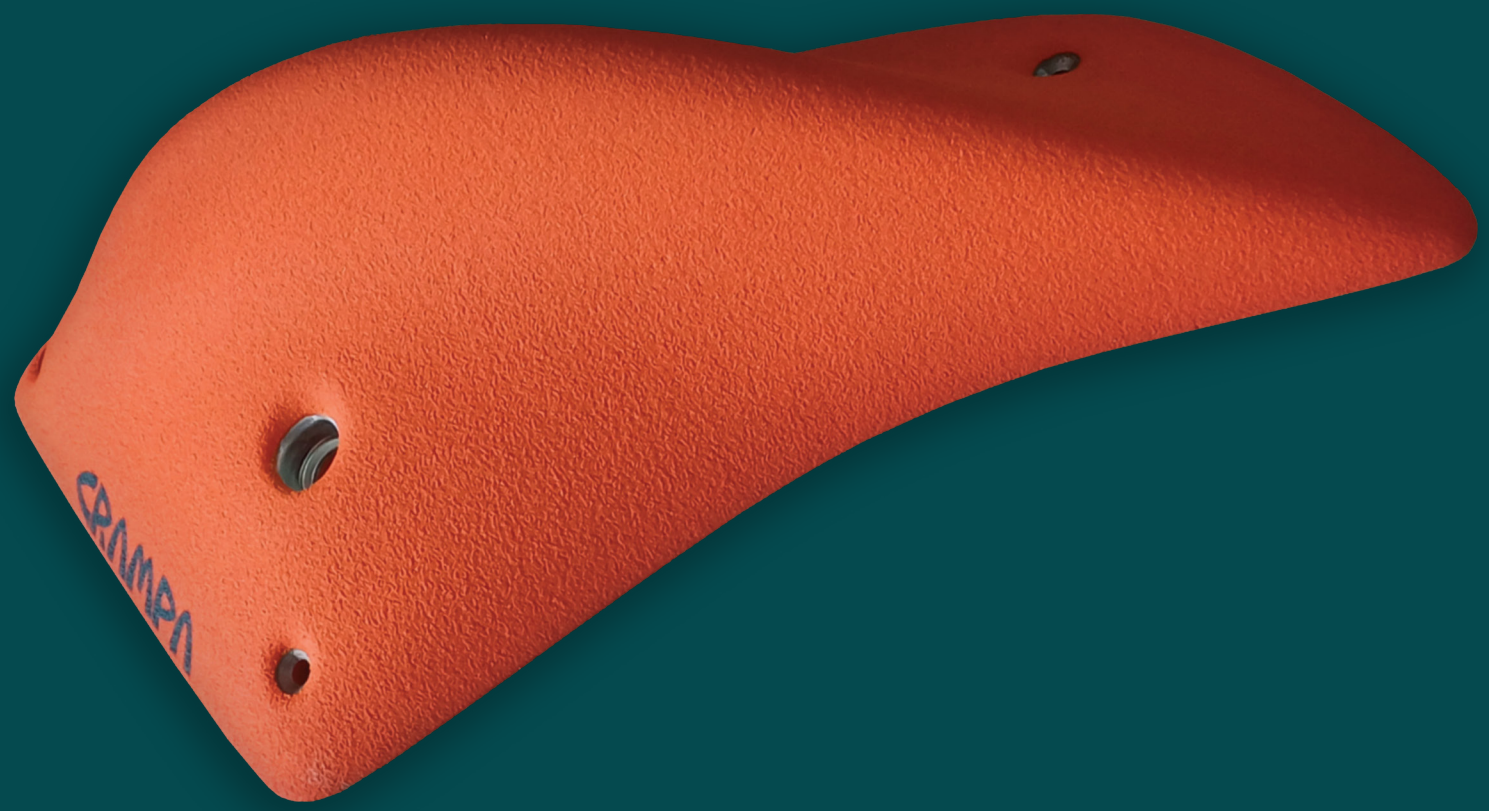
Compatible with:

Screws **4.5** or **5 mm**, fixation **2** screws per hold

Surface type	Weight per set
Polyurethane	**0,75 kg**
Polyester	**1,1 kg**

Holds and macros in the **Crampa πE** line are crafted using our specific technology for superior performance.

Each polyester cast is reinforced with a chopped fibreglass mat, resulting in enhanced strength and structural integrity.
The added surface texture is similar to the fiberglass technology. This innovative approach simplifies bolt and screw placement, reduces production costs, and significantly shortens manufacturing lead times.



Different colors are possible on request.
You can order dual-color macros and holds.

9005	7011	7001	9016	5015
5005	4008	6027	6018	6002
3020	2004	1023		





Obstructive

5 Mega Holds
Compatible with:
01. Screws **4.5** or **5 mm**
02. Bolts (for the whole set 1 bolt **10/50 mm**, 3 bolts - **10/100 mm** and 1 bolt - **10/120 mm**)

Surface type	Weight per set	Dimensions
Full texture	**5,5 kg**	**40/17/7** **44/18/7** **32/20/9** **39/20/7** **40/20/5**

Imperious

5 Mega Holds
Compatible with:
Screws **4.5** or **5 mm**

Surface type	Weight per set	Dimensions
Full texture	**7,5 kg**	**42/15/7** **46/18/7** **36/17/7** **42/15/9** **40/19/9**



CRAMPA

W

All our **wooden products** are handmade with high precision and meticulous attention to detail. The grips are designed to be ergonomic and comfortable.

Crampa portable fingerboards are specifically designed for travelling climbers. Their shape and adjustable fixation system let you easily change the angle and access multiple grip positions, making it the perfect tool for an effective, versatile workout wherever you are.
We use a variety of high-quality woods to ensure strength, durability, and a natural aesthetic that looks as good as it performs.
Every product reflects our commitment to craftsmanship and sustainability.
By choosing sustainably harvested wood, we are helping preserve the natural environment for future generations.



Gripfour

A portable and lightweight fingerboard, **Crampa Gripfour** is perfect for traveling climbers.

A single point fixation system allows varying the angle. The design includes **4** different grip types.

An accessory cord and high-quality bag are included.

Type of wood	Weight	Dimensions
Beech	**800 gr**	**42 cm long, ø7 cm**



Gripfour S

A portable and lightweight fingerboard, **Crampa Gripfour** is perfect for traveling climbers.

A single point fixation system allows varying the angle. The design includes **4** different grip types. Crampa Gripfour S is compact and specially designed for **warm-up** before rock climbing.

An accessory cord and high-quality bag are included.

Type of wood	Weight	Dimensions
Beech	**650 gr**	**32 cm long, ø7 cm**



Campus Board Rungs

Crampa rungs are custom rung profiles. Their ergonomic design makes training comfortable and effective.

Each campus board rung comes complete with screws.

Surface type	Dimensions	Edge size
Beech	**50 cm long**	**S - 23 mm** **M - 32 mm** **L - 37 mm**



Contact us

office@crampa.com
+359 898 66 49 90
www.crampa.com