

* Updated on January 11, 2017 (new grades + error corrections)

SECTOR FRYGANI: 37.931712, 22.533892

A large limestone and conglomerate vertical wall similar to the legendary Meteora, but with more solid rock and an abundance of features (pockets, holes and flakes). Another important difference: the bolting in Frygani is much denser! Climbing is technical, balancy and varied. All names are written at the base of the routes.

Conditions: Good for climbing year-round. In winter, climb here in the morning. In spring, fall and summer, if it is sunny and hotter than 20C make sure you are in the shade.

Shade: In the afternoon, after 15:30. **Exposure:** E

Gear: 60m rope (80m for the extensions); 12 QDs (up to 20m), 16 QDs (up to 30m), 22 QDs (up to 40m).

Kids: The main cliff is one of the best crags for kids, with minimal walking and some child-friendly terrain nearby.

Approach: From Athens, take the motorway in the direction of Corinth then Patra. Exit towards Kiato (exit #15) and drive south towards Stymphalia for another 23km. Pass the intersection to Klimenti and Kaisari villages and look for the crag on the right-hand side of the road. Park on the lane off to the side and walk up the cairn-marked path.

Walking time: 3 minutes.

1	In the Shadow of Dourdouvana	3★	5c+	35m	8	Daphne's Club	3★	6a	20m
	Pleasant climbing up a wall, crack and slab.					Pleasant wall climbing with good pockets.			
2	Kataigida	3★	5c	25m	9	Mina	3★	6b	20m
	A nice slab and crack climb.					A steep start on good but hidden holds.			
3	Sikyona Municipality	3★	6a	30m	10	Armonia	🎵	6a+	23m
	Steep wall, then corner with handy crack.					A beautiful line on the steep wall adorned with many huecos.			
4	Sikyona Municipality Ext	2★	6a+	40m	11	Arxontiko Kefalari	🎵	6b	25m
	A steep wall with small pebbles.					Fantastic climbing from hole to hole and a dynamic move to a "thank God" jug!			
5	Kiato	2★	5b	20m	12	Arxontiko Kefalari Ext	2★	6b+	35m
	Steady climbing on good sideholds and cracks.					Tricky finale on the headwall.			
6	Vrohi	2★	5b+	20m	13	Papidoux	2★	6b+	27m
	A steep wall start leads to lower-angle climbing on a wall and flake.					A crack/flake leads to a bulge and a grey water- streak.			
7	Katogi Strofilia	3★	5c	20m	14	Ladolea	🎵	6b	30m
	A vertical/slightly overhanging wall with big holds.					Two bulge sections with cool flowing moves through jugs.			

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- 15 Nemea Wineland** 2★ 6b 30m
Nice connected holes and a demanding headwall.
- 16 Filoxenia** 2★ 6a+ 30m
Trad-style climbing that weaves through a crack, flakes and a corner.
- 17 Alkyon Resort** 3★ 6b+ 25m
A red/black slightly overhanging wall full of jugs leads to an easier low-angle pillar.
- 18 Alkyon Resort Ext** 3★ 6b+ 40m
A thoroughly enjoyable long line with a perplexing final bulge.
- 19 Stymphalia** 3★ 6c 20m
A steep wall with some nice two-finger pockets.
- 20 Corinthia Hotel Association** 3★ 6c+ 20m
Nice and continuous climbing up small pockets and crimps.
- 21 Tourix** 3★ 6b+ 20m
There are pockets exactly where you need them. If you can find them!
- 22 Efharis Filoxenon** 3★ 6a 16m
A handy flake leads to pleasant moves from jug to jug.
- 23 Pleiades-Patriko** 3★ 5b+ 20m
Yet another pleasant climb with a great variety of holds and moves.
- 24 Xani Miltiadi** 3★ 5b+ 20m
Friendly cracks and a shapely corner.
- 25 Zafiropoulos** 3★ 5b 18m
A slab full of good holds.
- 26 Alexiou** 3★ 5a+ 18m
A pocket parade on this slab and crack.
- 27 Velina** 3★ 7a 20m
Intense climbing with hidden pockets and challenging footwork.
- 28 Elisson** 3★ 6c+ 20m
Beautiful moves on a slab with small edges and pockets.
- 29 Astra** 3★ 7b+ 20m
Climb with the tips of your fingers and the occasional mono. Ends with bigger pockets.
- 30 Pygolampida** 3★ 7a+ 20m
A slightly overhanging wall with edges and pockets, and a stunning upper part!
- 31 Feneos** 3★ 7a 20m
Exciting climbing and a hard final wall.
- 32 Steki** 3★ 6c+ 20m
An easy start leads to a demanding wall.
- 33 Melpomeni** 3★ 6b+ 20m
The steep (but juggy) start leads to an easier wall up gorgeous rock.
- 34 Kastania** 3★ 6b 20m
- 35 Siagas Beach** 3★ 6c+ 20m
- 36 Polymnia** 2★ 6a+ 20m
- 37 Evaggelia** 2★ 6a 23m
- 38 Natural Mineral Water Zireia** 2★ 6a 28m
A technical wall with an easier upper part.

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SECTOR MYLOS: 37.914493, 22.530868

Sector **Mylos** is almost directly opposite the main cliff, Frygani. **Mylos** means "mill" in Greek (not surprisingly, there is a renovated stone mill just below). The orientation of sector Mylos is the opposite of Frygani, i.e. there is shade in the morning and sun in the afternoon.

Sector **Mylos** features only 10 routes at the moment, but the cliff is big enough to offer the potential for many more lines. The developers do plan to equip more routes here in a variety of grades to make climbing possible in the morning of even the hottest days. The rock is limestone similar to that of Frygani, but with less conglomerate features.

Shade: In the morning, until 13:30. **Exposure:** W

Gear: 60m rope (80m for the extensions); 12 QDs (up to 20m), 16 QDs (up to 30m), 22 QDs (up to 40m).

Kids: Not good; even though there is not much walking, the path can be steep.

Approach: From Kefalari village, go to the Kiato-Stymphalia main road. Turn right. At the first intersection, turn left and drive to the mill with the cliff sitting above it (approximately 2km from Kefalari village). Park next to the building. Walk up the dirt road and path for about 3 minutes. This will bring you to the right side of the sector. To go to the left side (grey slab), walk along the base of the cliff up and left for another 5 minutes. **Walking time:** 3-8 minutes.

39	Kaliani	2★	6c	20m
40	Alkyon	2★	5c	20m
41	Stymphalia Traditional Dairy	2★	6a	20m
42	Gefsi + Oenos	2★	5a	20m
43	Magas	3★	7a+	22m
	Climbing through handy holes and cracks.			
44	Elena	🎵	7b+	25m
	A thin wall with a single colonette.			
45	Arxontiko Kefalari 1880	3★	6a	20m
	There are some old bolts left over by unknown climbers after an incomplete attempt.			
46	Pagos	2★	7a	25m
47	Armonia Boutique	3★	7b	22m
	An easy start with good holds leads to an overhang and the holds get much smaller. Finale up a slopey slab.			
48	Ydor	3★	7b	22m
	Intense climbing keeps you on your fingertips and challenges the feet with smears and friction.			