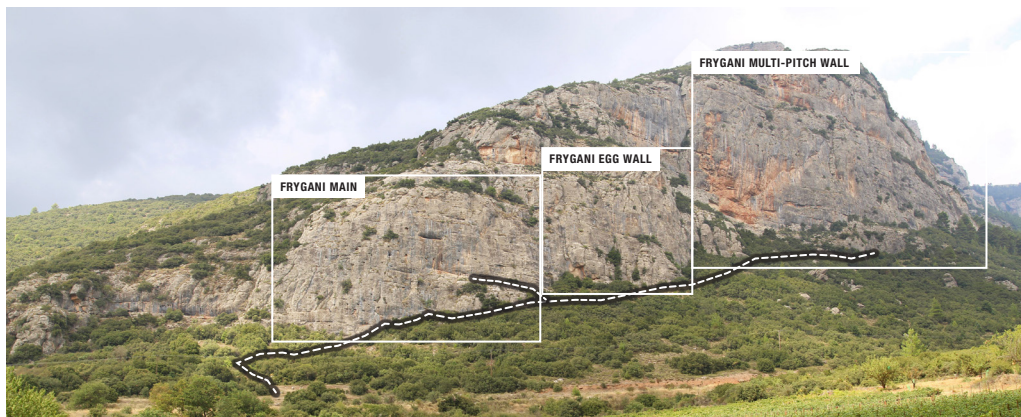


# Frygani

GPS | 37.931712, 22.533892



The first of the new sectors is **Kefalari**—a small cliff next to the village of the same name and near the EOF mountain refuge. To the right of Frygani Main is a new training sector called **Egg Wall**. Further right still along Frygani Main, at a big wall of up to 150-180m, **four long fully bolted multi-pitches** were added. Opposite Frygani, on the left of sector Mylos, a small new cliff called **Astra** added 20 new routes to the area.

This project was funded by the Municipality of Sikyona. All names are fixed at the base of the routes on little stainless steel plaquettes courtesy of Lappas Climbing. The bolting team comprised Aris Theodoropoulos, Kostas Grafanakis, Dimitris Economou, Claude Idoux, and Katie Roussos.

## Gear

A single 60m rope (80m for extensions).  
 For routes up to 20m: 12 QDs.  
 For routes up to 30m: 16 QDs.  
 For routes up to 40m: 22 QDs.

## Conditions

Good for climbing all year long. In winter, climb at the main cliff in the morning. In spring, fall, and summer, make sure to stay in the shade, unless the day is cloudy and cool.

## Orientation

**Kefalari:** S  
**Frygani Main:** E  
**Mylos, Astra:** W

## Shade/exposure

**Kefalari:** Lots of sun; shade only after 17:00.  
**Frygani Main:** Afternoon shade (after about 15:30).  
**Mylos, Astra:** Morning shade (until about 14:00).

## Kids

Nearly perfect. Walking is minimal, with several flat/suitable areas at the foot of the various cliffs.

## Approach to Frygani Main (37.931712, 22.533892)

From Athens, take the highway in the direction of Corinth and Patras. Exit at Kiato. Drive in the direction of Stymfalia (south) for 23km. Pass the intersections to villages Klimenti and Kaisari. The main cliff is on the right-hand side. Park on the narrow side road and follow cairns up the narrow path for three minutes.

Note: Due to some car break-ins a few years ago, we would suggest **not** parking below Frygani Main. It is best to drop off your partner(s) and gear at the parking area, then drive a bit further, either to the parking lot of taverna **MAGKAS** (1.4km) or opposite at a small shop selling traditional products (37.921729, 22.527051). From there, it is a 15-minute walk back to the cliffs.

## NEW ROUTES IN GREECE / 2021

# Frygani Kefalari

SHADE | Almost never; routes on the left get some shade after 17:00



A small new sub-sector just outside the village of Kefalari and near the EOF refuge.

### Approach (walking time: 5 minutes)

Shortly before you reach the main square of Kefalari with the large plane tree, turn right and follow the signs to EOF. Park approximately 250m further (37.924987, 22.514793). The cliff is above and left of the road.

1	KARAOULI	2★	5a	10m
2	AMPELI	2★	5b	10m
3	MOUGOSTO	2★	5b	10m
4	FRED ROUHLING WAS HERE	2★	5a	10m

5	FLAMPOURITSA	2★	5b	10m
6	PIPERIS	3★	7b	20m
7	KEFALOVERS	2★	5b	12m
8	ADONIS CYLLENEA	2★	6a	14m
9	TRYGOS	3★	6c+	20m
10	NTOUSIA	1★	6b+	30m

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## NEW ROUTES IN GREECE / 2021

### Frygani Main

#### Egg Wall

SHADE | After about 15:30

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#### Approach (walking time: 10 minutes)

Go to Frygani Main (p. 1), then walk to the right.

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1	STEGI	3★	6b+	20m
2	EGG TRACK	2★	6a+	25m
3	FASKOMILO	3★	5b	28m
4	KARDAMO	♯	5a+	28m
5	LOUIZA	3★	5b	27m

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6	GARIFALO	3★	5b	30m
7	MARATHO	3★	5a	25m
8	KRITAMO	3★	4c	25m
9	TSOUKNIDA	2★	5b	25m
10	GLYKANISO	3★	5a+	25m
11	VATOMOURO	2★	4b	20m

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# Frygani Main

## Multi-pitch wall

SHADE | After about 15:30



The big wall to the right of Frygani Main has been home to a few old trad routes from the 1980s. Four new, fully bolted sport multi-pitches were added to this cliff face; for the new routes, only quickdraws are needed. Nevertheless, we are including info about the old trad routes here as well. The trad routes were opened the old-fashioned way, i.e. ground-up. They are adventure routes from a different climbing era, so don't be fooled by their seemingly easy grades: they are challenging routes demanding the right combination of skill and experience in this type of climbing.

### Approach (walking time: 15-20 minutes)

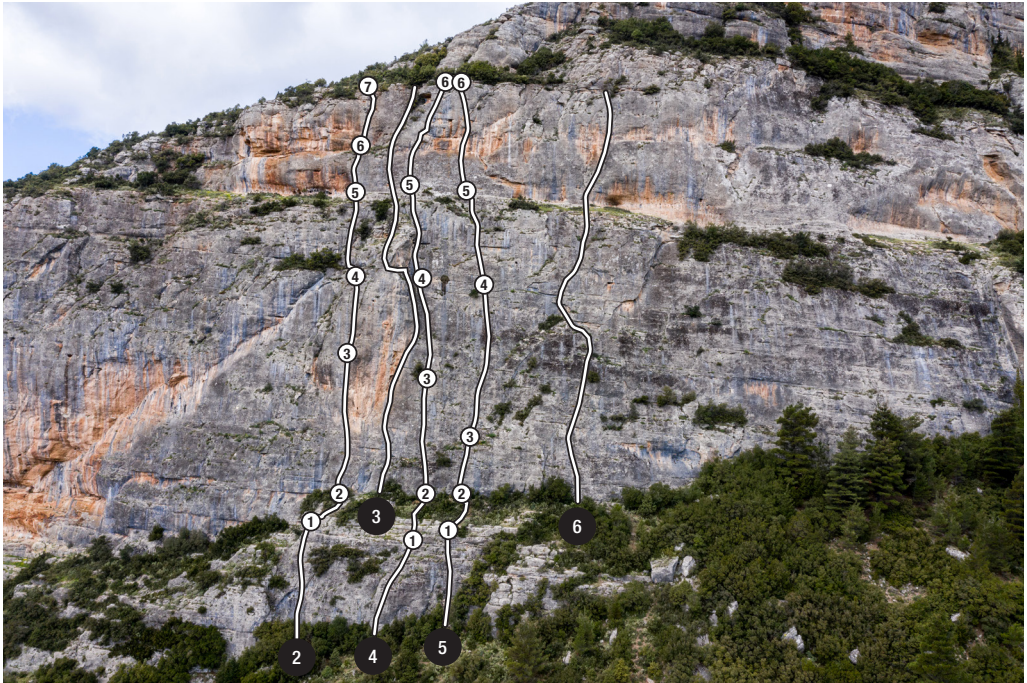
Go to Frygani Main (p. 1), then continue to the right. Walk past Egg Wall for another 5-10 minutes.

**Return:** Rappeling is recommended. It is also possible to walk down a path as shown in yellow above. (The path is occasionally overgrown and there are some scrambling and/or fixed rope sections).

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1	<b>GAGNAN</b>	VI-	80m
	An old trad multi-pitch up the distinctive geometric dihedral. Placement of nuts and Friends required. A Theodoropoulos, S Apostolopoulos 1985		
2	<b>ILLUSION</b>	3★	7a 145m
	A 7-pitch sport route. 16 QDs. P1: 5b 25m P2: Walk 5m P3: 7a 35m P4: 6b 20m P5: 5c 25m P6: 6b 15m P7: 6b 20m Return: Rappel x 4 (1 x 35m, 1 x 40m, 1 x 40m, 1 x 25m). K Grafanakis, D Economou, A Theodoropoulos 2021		

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**3** **ARTEMIS** **VI 130m**  
 An old trad multi-pitch. Placement of nuts and Friends required. A Theodoropoulos, S Apostolopoulos 1986

**4** **PAN'S LABYRINTH** **3★ 6b 150m**  
 A 6-pitch sport route. 16 QDs.  
 P1: 5c 25m  
 P2: 3 15m  
 P3: 6a 25m  
 P4: 6a+ 25m  
 P5: 6b 25m  
 P6: 6b 35m  
 Return: Rappel x 4 (1x 35m, 1x 40m, 1x 25m, 1x 25m).  
 K Grafanakis, A Theodoropoulos 2021

**5** **MIRAGE** **3★ 6c 155m**  
 A 6-pitch sport route. 19 QDs.

P1: 5a 20m  
 P2: Walk 10m  
 P3: 6a+ 20m  
 P4: 6b+ 40m  
 P5: 5c 30m  
 P6: 6c 35m  
 Return: Rappel x 4 (1x 35m, 1x 20m, 1x 40m, 1x 40m).  
 K Grafanakis, D Economou, A Theodoropoulos 2021

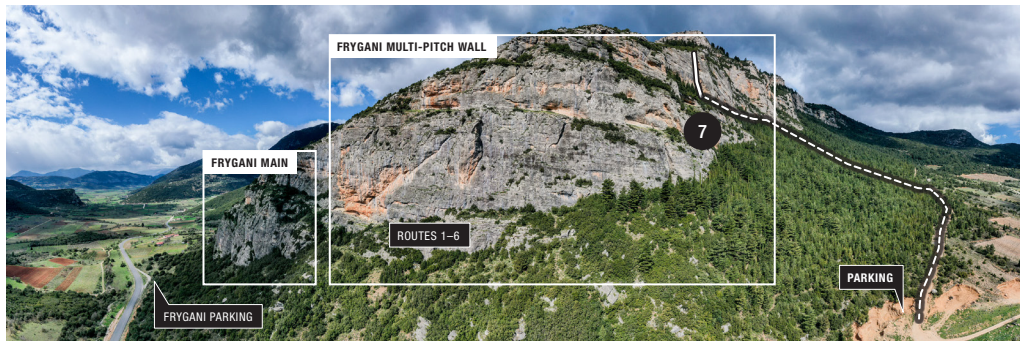
**6** **THE DAY AFTER** **VI 140m**  
 An old trad multi-pitch. Placement of nuts and Friends is required.  
 A Theodoropoulos, D Sotirakis, S Apostolopoulos 1985



# Frygani Main

## Multi-pitch wall

SHADE | After about 15:30



### Approach (walking time: 30 minutes)

From the parking area of Frygani Main (above), drive in the direction of Kiato. 800m further, turn left, then immediately left again. Park at a large open space (37.936472, 22.535734). Walk along a poor dirt road for about 200m, then turn left (37.938215, 22.536346). Walk uphill on a bad, marked path through the trees.



- 
- 7** **CORNERSTONE** **3★ 6c 100m**  
A 4-pitch sport route up a beautiful, chiseled corner. 15 QDs.  
P1: 4c 20m  
P2: 6b+ 25m  
P3: 6c 20m  
P4: 6c 35m  
Return: Rappel x 3 (1x35m, 1x20m, 1x40m).  
D Economou, A Theodoropoulos 2021
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## Frygani

### Mylos (new sub-sector Krótala)

SHADE | Until 14:00

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Sector Mylos is almost directly across the road from Frygani Main. It sits above a renovated stone watermill and faces in the opposite direction, therefore it gets shade in the morning.

There are only 10 routes at Mylos, but there is potential for many more. In the summer of 2019, seven more routes were added to the left, comprising a small new sub-sector called **Krótala**. The routes were equipped by Dimitris Titopoulos, Thanos Pappas, and Aris Theodoropoulos, and funded by the municipality of Sikyona. They are densely bolted and very good for climbing schools and new climbers. The limestone is similar to Frygani Main, only with much fewer conglomerate features.

These routes are published for the first time.

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1	STYMFALOS	2★	6a+	25m
2	HERACLES	2★	6b	22m
3	MAGUFALA	2★	5c	20m
4	KRÓTALA	2★	6a+	20m
5	STYMPHALIAN BIRDS	2★	6a	18m
6	ARATUS	1★	5c	18m
7	FULVIA	1★	5b	15m

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## NEW ROUTES IN GREECE / 2021

### Frygani

#### Astra

SHADE | Until 15:00 (left); until 13:00 (right)

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**Astra** is a new sub-sector to the left of Mylos. It is a roadside cliff starting just above the road to Asprokampos village. At first glance the cliff looks crumbly, but contrary to appearances it is very solid and compact. Astra does not have conglomerate features like Frygani—instead, it is full of great little pockets. Astra faces in the same direction as sector Mylos, therefore it gets shade in the morning. Routes on the left stay in the shade longer, until 15:00; routes on the right have shade until 13:00.

#### Approach (walking time 0-1 minutes)

From the parking area of Frygani Main (p. 1), drive in the direction of Kiato for another 3km. Turn right onto the road to Asprokampos. The cliff is 2km further on the left-hand side (37.927301, 22.551818). Park just beneath the cliff.



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1	HYPERION	3★	7a	30m	11	ATLAS	3★	5c	25m
2	SOLARIS	2★	7b	28m	12	TITAN	3★	6a+	25m
3	PHOENIX	3★	6c+	22m	13	DISCOVERY	?★	7c?	30m
4	SATURN V	3★	6b+	22m	14	POCKETMANIA	2★	6b	30m
5	SKYLAB	2★	6a+	22m	15	PICASSO LICHENS	2★	6a	28m
6	GEMINI	2★	5c+	25m	16	STARSHIP	3★	6a	28m
7	MAKE MAKE	3★	6a	25m	17	SPUTNIK	3★	6a+	30m
8	CREW DRAGON	3★	6a	25m	18	INTERSTELLAR	2★	6a	15m
9	SOYUZ	3★	5c	25m	19	GALILEO	2★	6b	17m
10	GAGARIN	3★	5b	25m	20	SPACE SALAD	3★	6c+	20m

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