

ALPINA

V | 300 m.



Mount Giona (Aselinon)

1st Ascent: 1959

1st Ascensionists: S. Antypas and D. Karlos

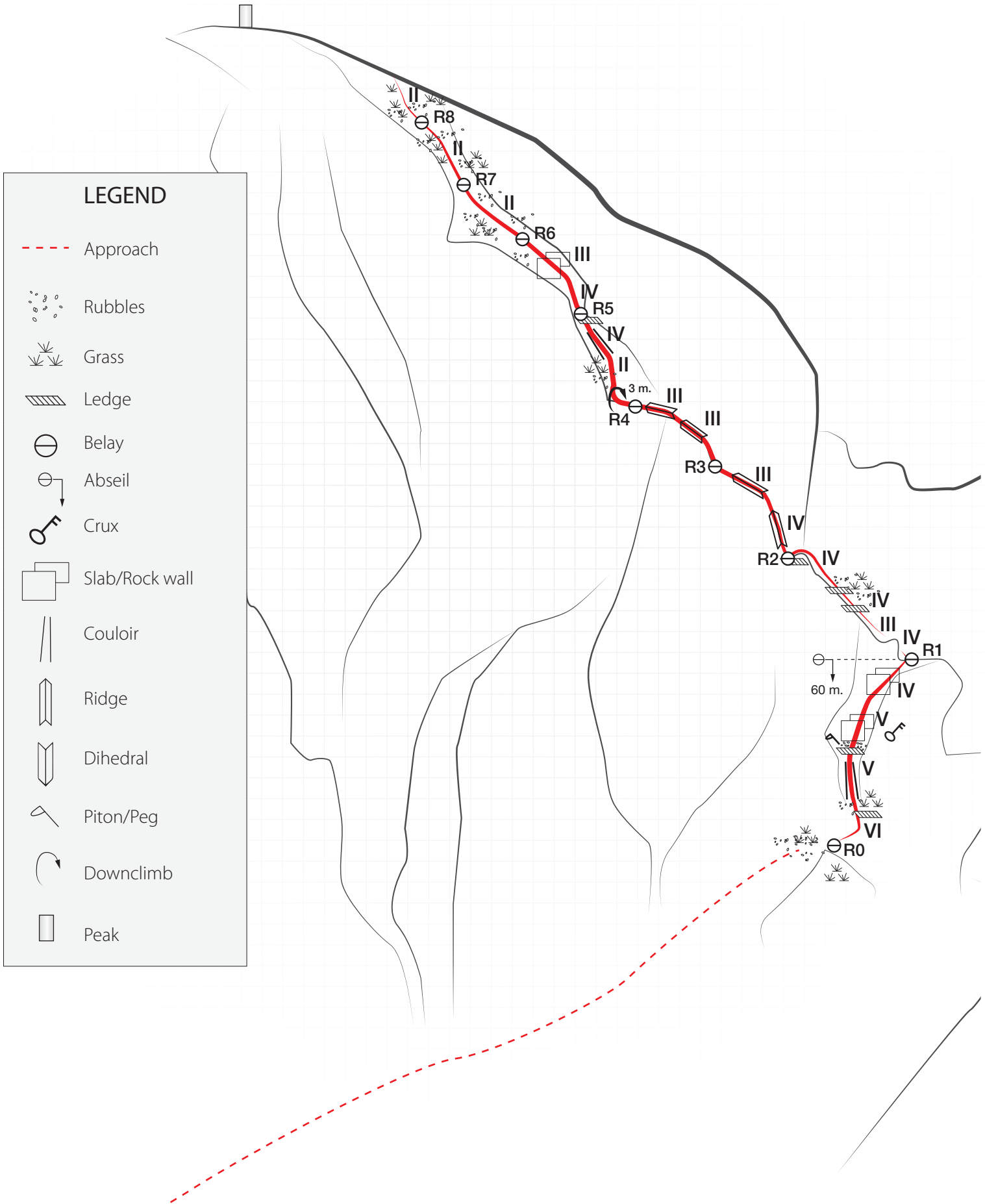


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General route information

"Alpina" (V, 300 m.) first ascent was made in 1959 by S. Antypas and D. Karlos.

The route follows the **North-West ridge** which is located on the **north face of the pyramid of Mount Giona**.

This is a very atmospheric route with great views towards **Lazorema** and **Vathia Laka** with plenty of variety in the climbing style, from slab to dehydral and some scrambling too. **Alpina** is also a great route for winter mountaineering ascents.

Approach

The route is located in **Pyramida** of Mount Giona and specifically on the **north face** of the mountain.

Its orientation is north. Approaching the **R0** requires **1 hour** and **15 minutes** of hiking from the camp site. Hiking to the camp site is about 1 hour from the parking lot.

Parking lot coordinates: 38°39'54.07", 22°16'11.85"

Beginning of the route: 38°39'2.03", 22°15'13.26"

Route description

R0 - R1

The route starts with the first pitch (60 m.) exactly at the base of the **north-west ridge** (38°39'2.03", 22°15'13.26") via the obvious couloir. We climb **IV UIAA** on top of a ledge where there is grass and rubbles and we continue scrambling (attention to the loose rocks) towards the couloir. Entering the couloir we climb a **slab of V UIAA** and then we go on a ledge where we can find an old peg. We continue on a **slab of V UIAA** and we move towards the east (right) where we see an old cordelette. We climb **IV UIAA** up to the obvious belay where there are few old cordelettes. From the belay we can enjoy the magnificent ridge, but also great views towards **Lazorema** and **Vathia Laka**.

R1 - R2

From **R1** to **R2**, we first need to pass from the right side of an obelisk shaped rock. This passage is a **IV UIAA** but quite exposed and in combination with the loose rocks it becomes quite demanding. Having passed the obelisk, the terrain becomes easier (**III UIAA**) and upon that, we climb **IV UIAA** consecutive ledges with some rubbles until we reach the beginning of the beautiful ridge. Belay is a solid spot with good view of the ridge.

R2 - R3

From **R2** to **R3**, there is a **IV UIAA grade** passage on the ridge and soon after the difficulty is max **III UIAA**. Though at that point the ridge becomes really narrow, the typical knife edge ridge. We then climb a **III** passage and we belay on a good spot right in the middle of the ridge.

R3 - R4

From **R3** to **R4**, we continue to follow the ridge with **stunning view to the east** mainly with **scrambling** of **III** grade. This pitch is less exposed and easier compared to the previous pitch.

R4 - R5

From **R4** to **R5**, we first need to downclimb about 3 meters and then to follow (**II UIAA**) the couloir that leads to **R5**. Prior of reaching **R5** we need to climb a short passage of **IV UIAA**. This pitch is not difficult though from this point and on we always need to be very careful with loose rocks.

R5 - R6

From **R5** to **R6**, the pitch starts with a **IV UIAA** passage and then the terrain becomes easier of a maximum **III UIAA** grade.

R6 - R7 - R8 - Peak

From **R6** till the end of the route, we need to follow the obvious path. These pitches are relatively easy, though it is very important to pay attention to the loose rocks and rubbles. Once we exit the route, we have to go towards the east (left) and within a minute we reach the highest peak of mount Giona, 2.510 meters.

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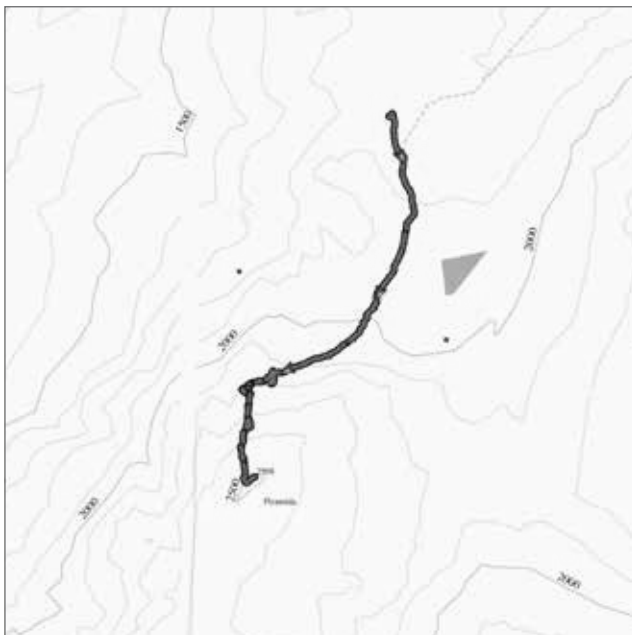
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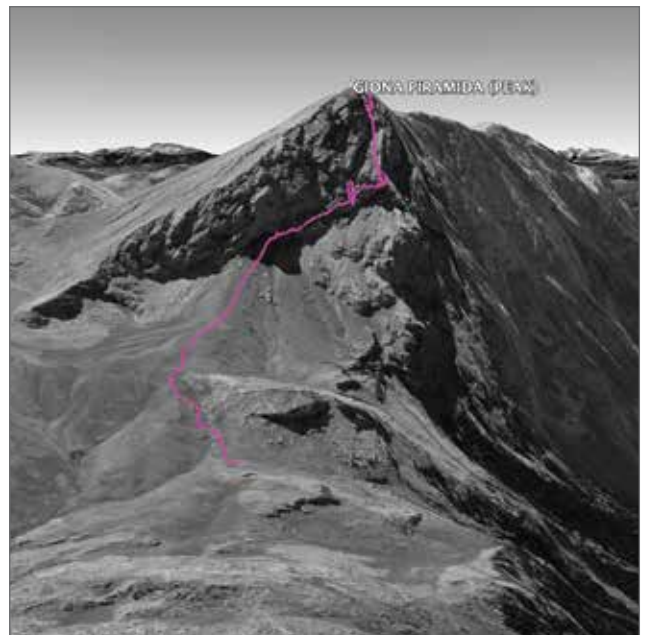
Return

The return starts from the peak of Giona and there is a signed trail towards **Vathia Laka** and from there towards the parking lot.

The descent till the parking lot takes about **2 hours and 15 minutes**.



The entire route on the map



The entire route in 3D

Necessary equipment

For repeating the route one needs the following items:

- Wire nuts 1-14
- Friends/Cams several sizes
- Slings/Lanyards
- Kevlar cordelette
- 2 x 60 m. 1/2 ropes

The route was done by using temporary protection.
Belays are done with temporary protection.

Mount Aselinon (Giona) general information

Mount Aselinon (Giona) is a mountain in Phocis, Central Greece. It is located between the mountains of Parnassus to the east, Vardousia to the west, and Oeta to the north. Known in classical antiquity as the **Aselinon Oros** (moonless mountain), it is the highest mountain south of Olympus and the fifth overall in Greece. **Pyramida** is its highest peak at **2,510 metres** (8,235 ft).

Other peaks include the Perdika 2,484 m, Tragonoros 2,456 m, Platyvouna or Plativouna 2,316 m, Profitis Ilias 2,298 m, Kastro 2,176 m, Vraila 2,177 m, Paliovouni 2,122 m, Pyrgos 2,066 m. It is drained by the river **Mornos** to the west.

Disclaimer

No guarantee is given about the correctness or accuracy of the information contained in this document.
Anything that happens to you while trusting a part or all of the information contained in this post is your sole responsibility.

Useful coordinates

Parking lot: 38°39'54.07", 22°16'11.85"
Beginning of the route: 38°39'2.03", 22°15'13.26"
Highest peak: 38°38'49.91", 22°15'7.74"
Point of descent: 38°38'46.72", 22°15'5.56"
Camp site: 38°39'30.73", 22°15'27.61"

Retreat

In case of emergency you can only retreat safely from R1.
Having passed R1, retreat becomes quite difficult.



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<https://olympusmountaineering.wordpress.com>