

EK TOU ANASFALOUS

Climbing Guidebook

2023 EDITION

MOLYMPUS

General information

General information, access guide, panoramas and topos

A full-page background photograph of a climber on a steep, reddish-brown rock face. The climber is wearing a blue helmet, a red backpack, and dark clothing. They are positioned in the upper left quadrant of the frame, facing right. The rock face is textured and has some small green plants growing on it. In the background, there are more rock formations and some pink flowers. The sky is blue with wispy white clouds. The title text is overlaid on the lower half of the image.

EK TOU ANASFALOUS KARATHONA

GREECE

An Olympus Mountaineering

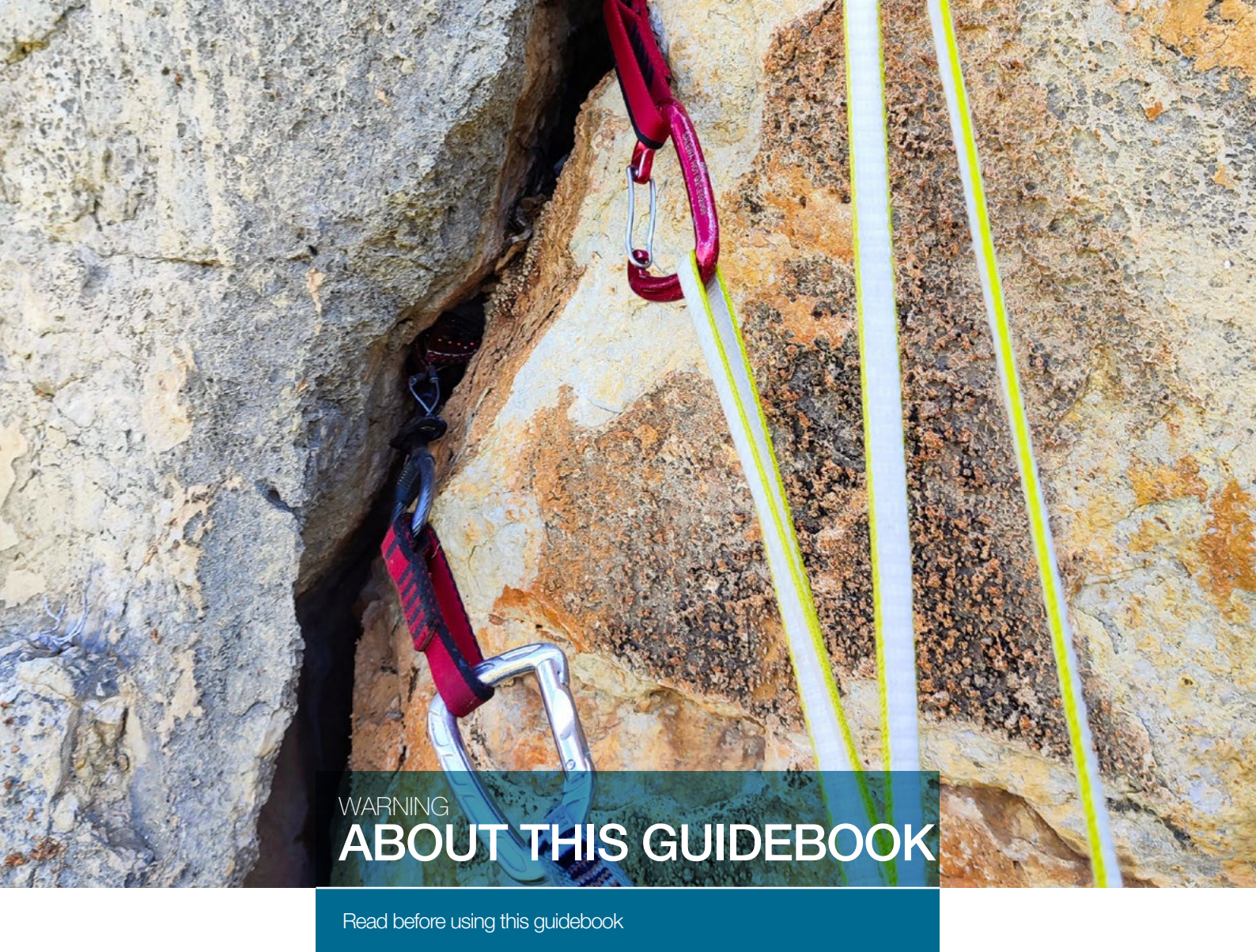
Trad Climbing Guidebook



Pitch 1
Beginning of the route
Route: Ek Tou Anasfalous

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Warning

This guidebook is a compilation of unverified information gathered from many different climbers.

The author cannot ensure the accuracy of any of the information in this book, including topos and route descriptions, difficulty ratings, and protection ratings.

These may be incorrect or misleading, as ratings of climbing difficulty and risk are always subjective and depend on the physical characteristics (for example, height), experience, technical ability, confidence, and physical fitness of the climber who supplied the rating. Additionally, climbers who achieve first ascents sometimes underrate the difficulty or risk of the climbing route.

Therefore, be warned that you must exercise your own judgment on where a climbing route goes, its difficulty, and your ability to safely protect yourself from the risks of rock climbing.

Examples of some of these risks are: falling due to technical difficulty or due to natural hazards such as holds breaking, falling rock, climbing equipment dropped by other climbers, adverse weather conditions, failure of your own equipment, and failure or absence of fixed protection.

Here are some ways to use this guidebook more safely.

1. Consultation: You should always consult with other climbers about the difficulty and risks of a particular route before attempting it. Most local climbers are glad to provide advice on routes in their area; we suggest that you contact locals to confirm ratings and safety of particular routes and to obtain first-hand information about the route of your choice.

2. Instruction: Most climbing areas have local climbing instructors and guides available. We recommend that you engage an instructor or guide to learn safety techniques and to become familiar with the routes and hazards of the areas described in this book. Even if you are already proficient in climbing safely, occasionally hiring a guide is a safe way to raise your climbing standard and learn advanced techniques.

3. Fixed Protection: Some of the routes in this book may use fixed bolts and pitons that have been pre-placed on the rock. Because of vari-

ances in the manner of placement, weathering, metal fatigue, the quality of the metal used, and many other factors, these fixed protection pieces should always be sceptically considered and should be backed up when possible by your own gear.

Never depend on a single piece of fixed protection for your safety, because you can never tell whether it will single-handedly hold weight. In some cases, fixed protection may have been removed or is now missing.

However, climbers should avoid adding new pieces of fixed protection, unless they deem the pre-placed protection faulty and are looking to replace it. Existing protection can be tested by an experienced climber, to determine its strength. The ethics of climbing also strongly discourage adding bolts or drilled pitons to a pre-existing route, intending the route to be climbed as it was meant to be by the first ascent party.

Be aware of the following potential inaccuracies while using this guidebook:

1. Incorrect Descriptions of Routes:

If you are climbing a route and you have a doubt as to where it goes, you should not continue unless you are sure that you can go that way safely. Route descriptions and topos in this book could be inaccurate or misleading.

2. Incorrect Difficulty Rating:

A route might be harder than the rating indicates. Do not be lulled into a false sense of security by a low difficulty rating.

3. Incorrect Protection Rating:

If you are climbing a route and you are unable to arrange adequate protection through the use of fixed pitons or bolts and by placing your own protection devices, do not assume that there is adequate protection available higher above just because the route protection rating is not determined as an X or an R. Every route is potentially an X (a fall may be deadly), due to the inherent hazards of climbing—including, for example,

failure or absence of fixed protection, your own equipment's failure, faulty protection placement, or improper use of climbing equipment.

4. Failure to Warn of a Particular Hazard:

Although an effort has been made to warn of known hazards on particular routes, this guide does not cover every hazard on every route. Climb carefully and be watchful.

There are no warranties, whether expressed or implied, that this guidebook is accurate or that the information contained in it is reliable.

There are no warranties of fitness for a particular purpose or that this guide is merchantable. Your use of this book indicates your assumption of the risk that it may contain errors and is an acknowledgment of your own sole responsibility for your climbing safety.



About Nafplio

One of the most beautiful towns in the area of Argolis (in eastern Peloponnese) as well as one of the most romantic cities all over Greece, **Nafplio** was the first capital of the newly born Greek state between 1823 and 1834.

According to mythology, the town was founded by **Nafplios**, the son of god **Poseidon** and the daughter of Danaus (Danaida) Anymone. The town's history traces back to the prehistoric era when local soldiers participated in the Argonautic expedition and the Trojan War alike. The town recessed during the Roman times and flourished again during the Byzantine times.

In the summer, take an invigorating swim on the beaches of **Arvanitia**, **Karathonas**, **Nea Kios**, **Miloi** and **Kiveri**. You will also find a nice beach offering all kinds of facilities in Tolo, only 15 min away from the town.



About Argolis

The **Argolis** peninsula, which separates the Saronic and Argolic Gulfs, is steeped in legend and history. The town of Argos is thought to be the longest continually inhabited town in **Greece**.

Argolis was the foremost seat of power of the **Mycenaeans** that dominated Greece from around **1500 to 1200 BC**.

Traces of this mighty civilisation lie scattered across the region in the shape of tholoi (bee-hive-shaped tombs), citadels and ancient theatres. The **Venetian seafront town of Nafplio**, the first capital of modern Greece, makes a handy base for exploring the surrounding countryside.

The Argolis is an archaeological treasure house and thus a tourist trade centre: **Mycenae** (Mykines) was the home of Agamemnon, Tiryns the birthplace of Heracles, **Epidauros** (Epídavros) the home of an ancient healing cult. In ancient times the Gulf of Argolis gave Greece access to trade and exchange of ideas from Crete and Egypt. The city of Árgos gave its name to the

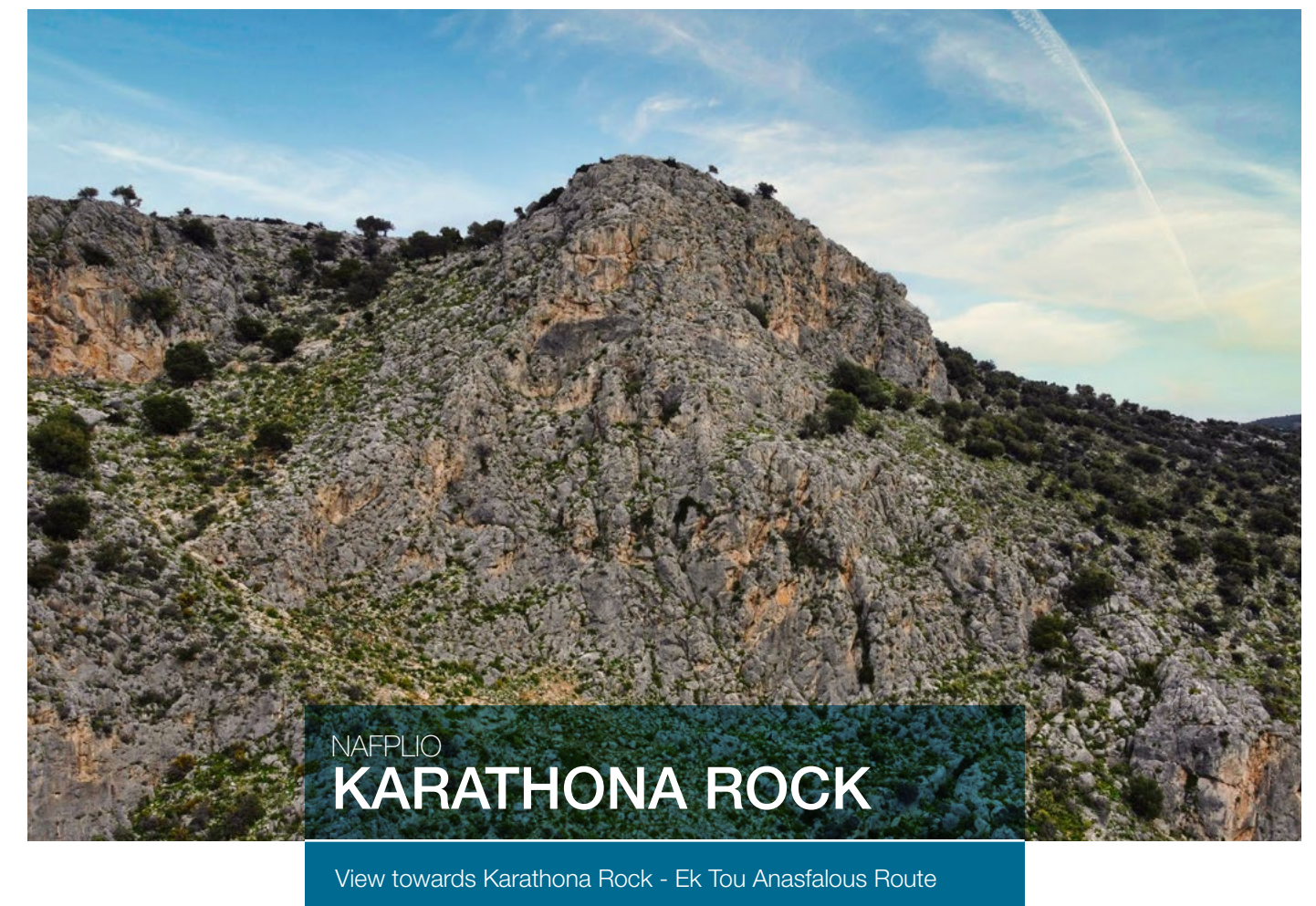
plain; Nauplia (Nafplio) is a seaport and seaside resort. It was also the first capital of an independent Greece in the 19th century

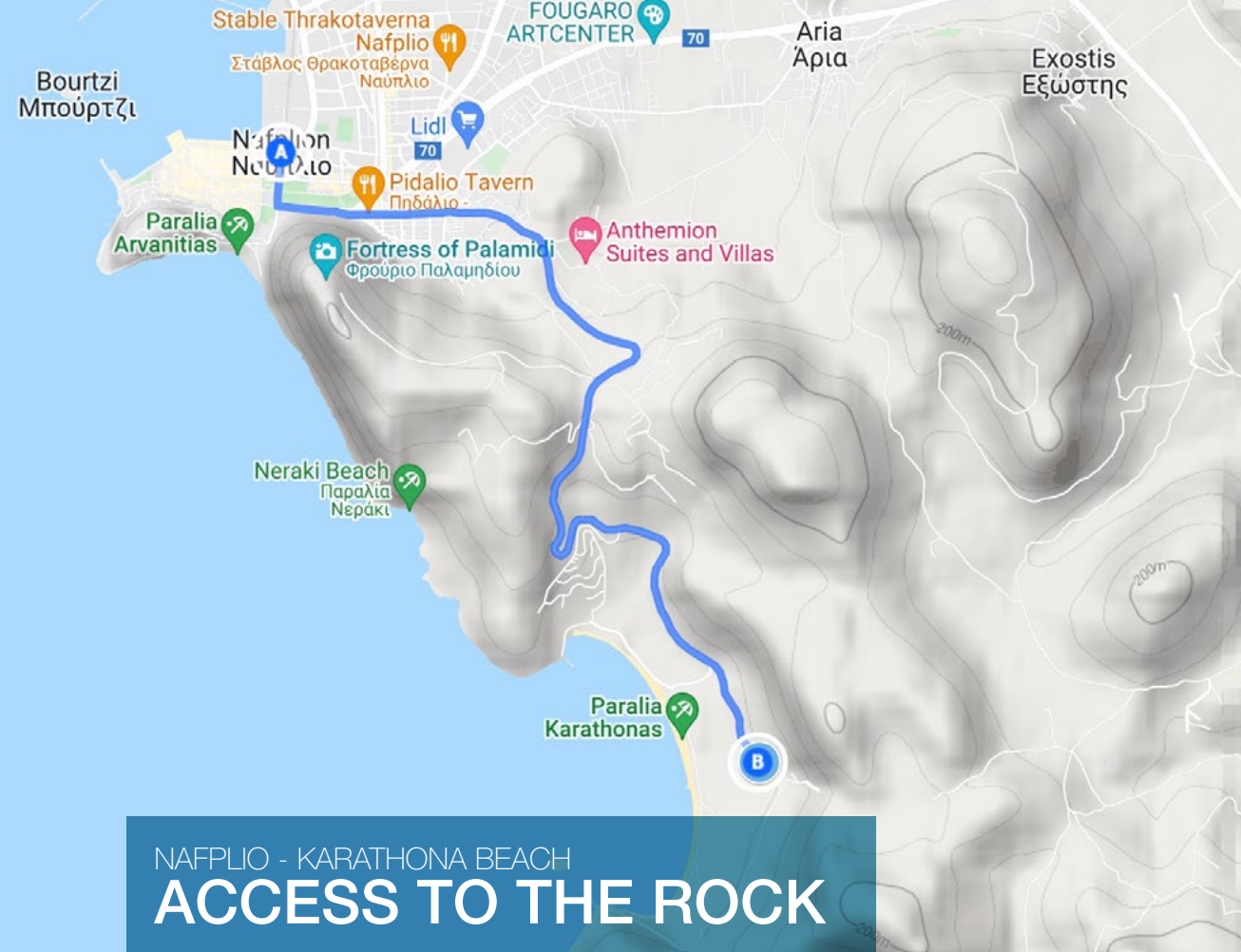
The southern knob of the peninsula proper, centred on the agricultural town of **Kranidi**, features the small resorts of **Porto Heli**, 4km south of Kranidi, and **Ermioni**, 4km east of Kranidi. Few travellers venture to the northeast, yet the zigzagging drive along the coast is spectacular.

Useful links:

General Info: Olympus Mountaineering Climbing Guides
Climbing in Ermionida

Climbing Crag Trad Climbing in Asini
Charamos Crag Kandia
Agios Andreas Crag
Repodina/Arcadia Crag





NAFPLIO - KARATHONA BEACH ACCESS TO THE ROCK

Access from Nafplio towards Karathona beach

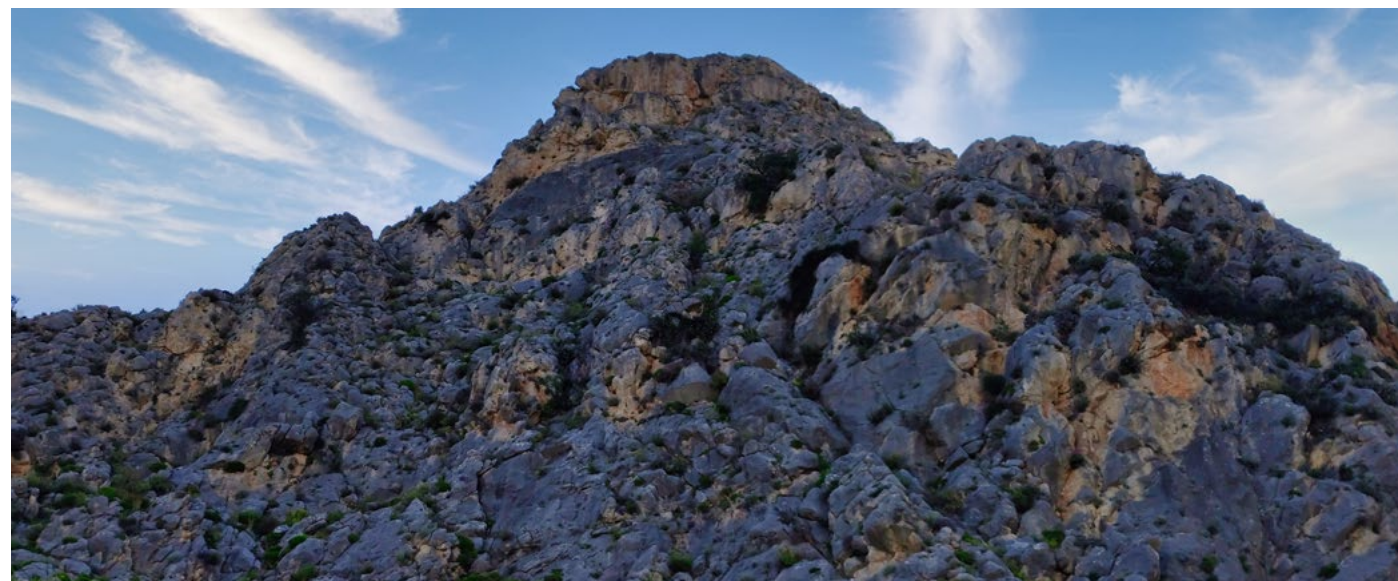
Access

Only a **10 minute** drive from Nafplio. We take the road that leads **Palamidi Castle** and to **Karathona** beach. On the fork that leads to the castle, we continue straight towards the seaside.

We follow the road and just before reaching the

Katakekrimeni Climbing Crag, we park the car on the following spot: **37.542000, 22.826482**

From the parking spot, you start a **10 minutes hike** following the goat trails until you will reach the beginning of the route on this point: **37.542950, 22.829169**



Ek Tou Anasfalous - Karathona Beach
First Pitch



Ek Tou Anasfalous - Karathona Beach
Third Pitch



Ek Tou Anasfalous - Karathona Beach
View from R 02



VI 90 m. ★★☆☆☆

EK TOU ANASFALOUS

1st Ascent: 26/12/2020

1st Ascensionists: Christos Rigas & Aris Georgopoulos

EK TOU ANASFALOUS

VI | 90 m.

★★★☆☆

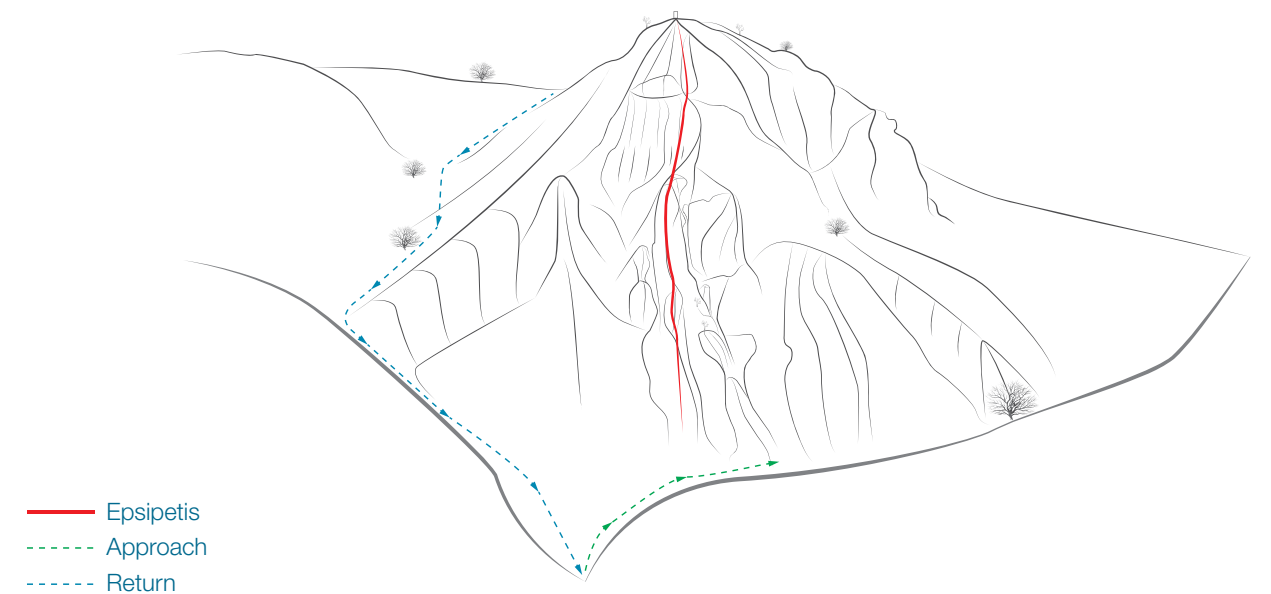
Karathona, Nafplio

1st Ascent: 26/12/2020

1st Ascensionists: Christos Rigas & Aris Georgopoulos

General route information

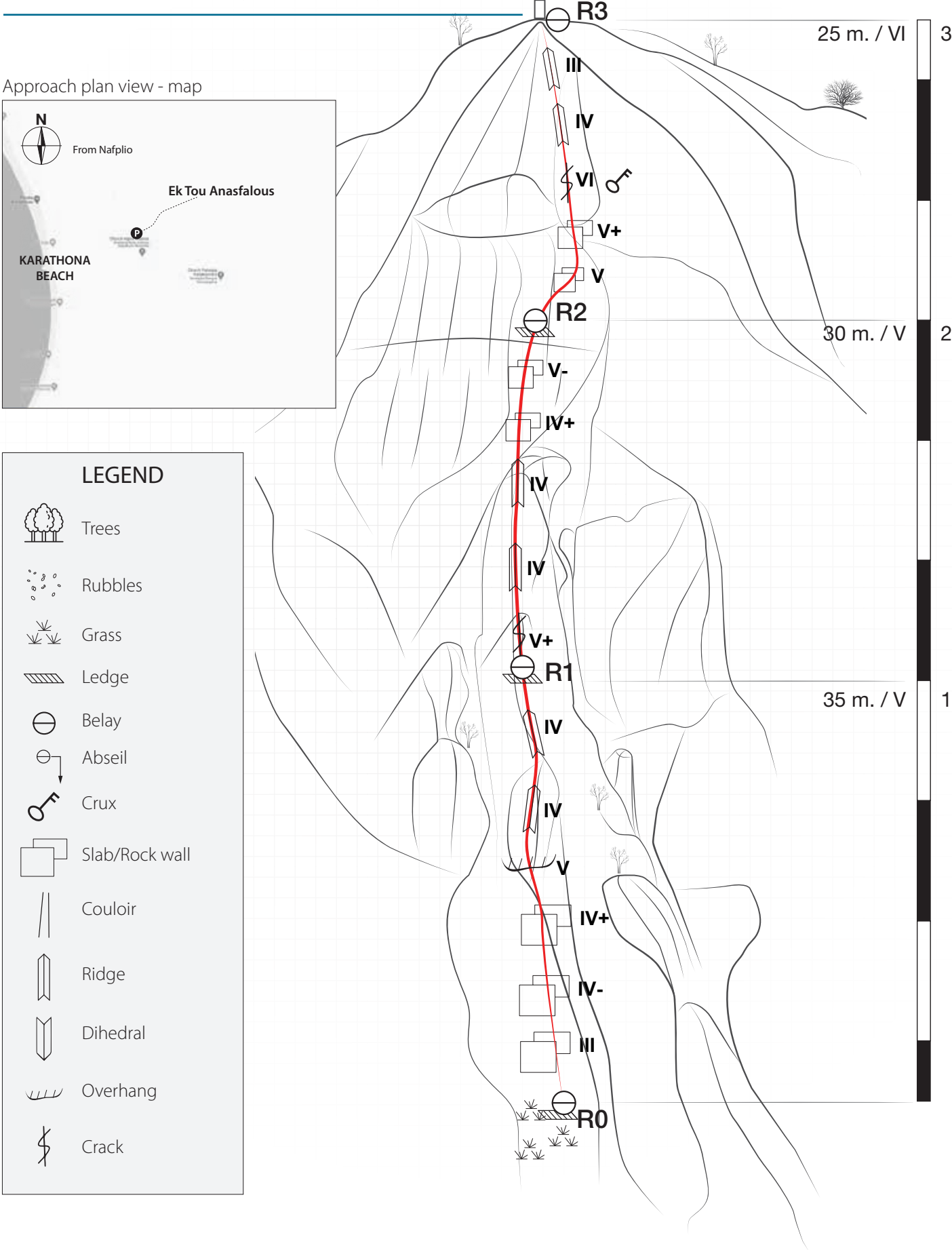
“Ek Tou Anasfalous” (VI, 90 m.) (Εκ του Ανασφαλούς in Greek) was first ascended on **December 26th, 2020** by **Christos Rigas** and **Aris Georgopoulos**. The route is situated on the rock formation at **Karathona** beach in **Nafplio** and offers a challenging traditional multi-pitch climb with diverse climbing styles, including slab, ridge, and crack climbing.



EK TOU ANASFALOUS

VI | 90 m. ★★★★★ Karathona, Nafplio

1st Ascent: 26/12/2020
1st Ascensionists: Chritos Rigas & Aris Georgopoulos



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On **April 23rd, 2022**, the first repeat ascent of the route was achieved by **C. Rigas** and **Olympus Mountaineering**.

Approach

The route is located in **Karathona beach**, in Nafplio, Argolis - Greece. Its orientation is south. Approaching **R0** requires **10 minutes** of hiking on a goat trail.

Parking spot coordinates: 37.542000, 22.826482
Beginning of the route: 37.542950, 22.829169

Route description

R0 - R1 | V 35 m.
The route commences with the **first pitch** (35 m.) located to the right of the south face of the rock and roughly **15 meters** west of the **Epsipetis** route.

The initial section of the pitch involves an easy climb of approximately **5 meters**, graded at **IV UIAA**, leading up to a dihedral that is traversed from the left. From this point, we must ascend to a boulder featuring an overhang with a difficulty of **UIAA V**. Exercise caution while navigating this section as there **might be some loose rocks**. Once we surpass the **overhang**, we arrive at the prominent ridge of the route where the terrain becomes somewhat easier with a grade of around **IV UIAA**. We follow the ridge to a **large block** with a **conspicuous crack**.

At this juncture, we can establish the **first belay**. The belay stance is ideal, comfortable, and offers a **spectacular view** of **Karathona beach**.

R1 - R2 | V- 35 m.
The second pitch commences **directly above R1**, requiring us to ascend the large rock formation via the **prominent crack**. This section represents the **crux** of the pitch, with a maximum difficulty of **V+ UIAA**. Upon surmounting the crack, we must tackle a ridge with a grade of **IV UIAA** until we arrive at the dark grey slab.

Climbing the slab is a true delight as the rock quality is superb. However, we must exercise caution as although the difficulty of the slab is up to **V- UIAA**, there are limited opportunities for reliable gear placement to safeguard against falls.

Upon reaching the top of the grey slab, we encounter a ledge just beneath the red rock, which serves as the location for **R2**. Take care to set up **R2 slightly to the left** of the continuation of the route and not directly below it.

R2 - R3 | V 25 m
The third and final pitch is the **shortest yet the most challenging**, containing the **crux** of the entire route.

Beginning with a **V UIAA slab**, where adequate handholds are available, the climber must maintain a stable body position and perform moves with a **maximum difficulty of V+ UIAA**. After ascending approximately **6-8 meters**, we encounter the **stunning crack that represents the crux of the route**. The crack poses a maximum difficulty of **VI UIAA**, which is more challenging than the average grade and necessitates strong climbing technique and significant confidence.

The **crux involves a continuous sequence of moves** until we reach the top and the final section of the route - a ridge that leads to the summit.

To set up the belay on this pitch, we can utilize one of the large boulders with a double-sized sling or kevlar cordelette. Reaching this point provides us with a unique view of **Karathona Beach**, **Astros**, and **Mount Parnon**.



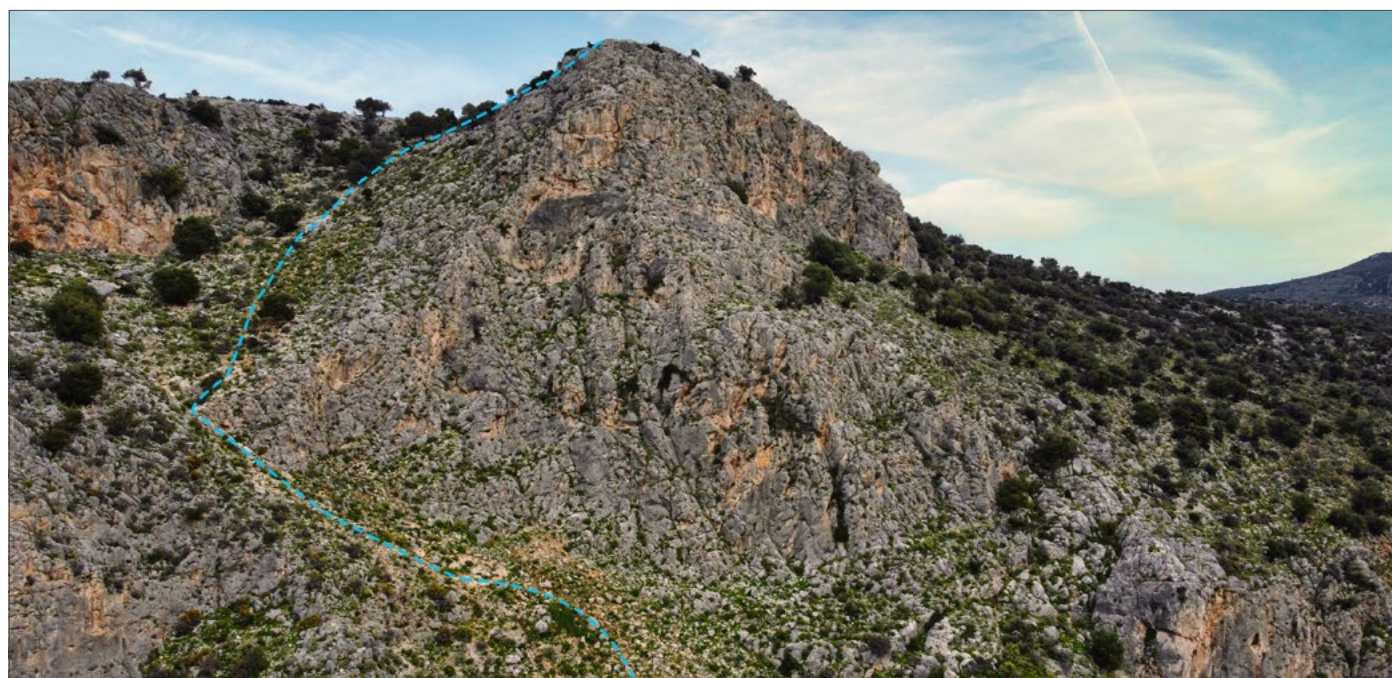
KARATHONA BEACH RETURN FROM THE ROCK

How to return from the top of Ek Tou Anasfalous route

Return

Our return route starts from the top of the route. We initially go north and on point **37.543471, 22.830226** we change direction towards the west. The descent is through a goat trail.

The descent takes about **15** minutes.



Return from the route

Necessary equipment

To repeat any route one needs the following items:

- Wire nuts 1-10
- Friends/Cam up to #2
- Slings/Lanyards
- Kevlar cordelette
- 2 x 60 m. 1/2 ropes

This ascent was done with temporary protection.
R1, R2 and R3 also with temporary protection.

Useful coordinates

Parking spot: 37.542000, 22.826482
Beginning of the route: 37.542950, 22.829169
Highest point: 37.543390, 22.830351
Point of descent: 37.543471, 22.830226

Retreat

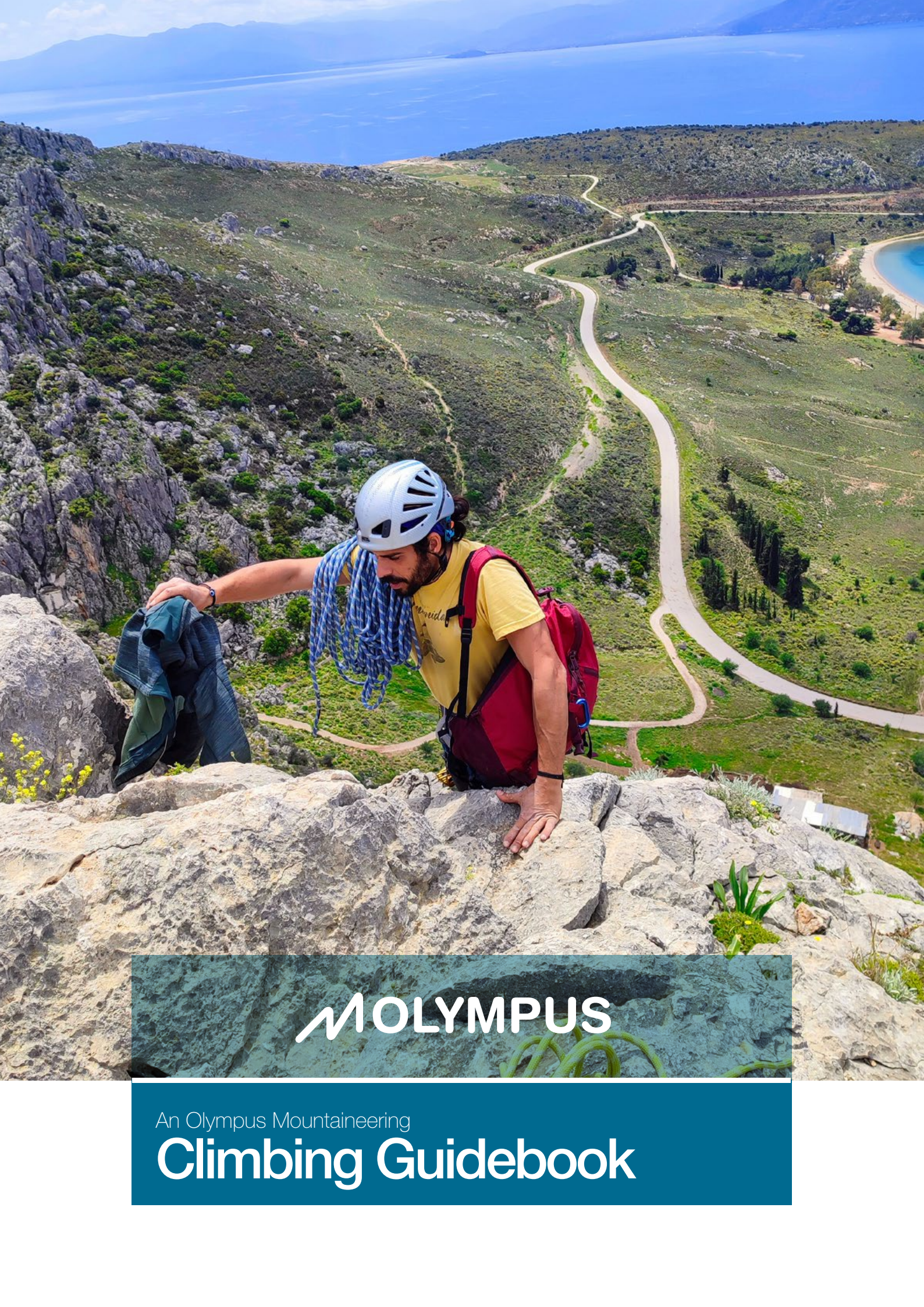
In case of emergency, might be possible by using your own emergency gear.



DISCLAIMER FOR SAFE CLIMBING

Rock climbing and mountaineering in general is a dangerous pastime that can lead to serious injury or worse. You should not undertake these without proper training or equipment.

By using this document you acknowledge that the information therein may be out of date or inaccurate and you agree that Olympus Mountaineering cannot be held liable for any damage that may be caused by use of this document.



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