

KALYMNOS GREECE

CAAL - GDAE
Viagem de Escalada
6 a 13 de Abril 2006



Kalymnos the Greek holiday island

Kalymnos

Kalymnos está situada a cerca de 300 km sudoeste de Atenas e a 100 Km a Noroeste de Rhodes. Tem uma população de 15.000 habitantes, que vivem na sua maior parte em Pothia, a capital da Ilha. É conhecida pelo facto de ser uma ilha de pescadores de esponjas. O mar foi sempre o elemento fundamental das suas vidas e que tem ajudado a preservar a cultura e tradições. É uma ilha montanhosa com impressionantes falésias rochosas, rodeada por inúmeras pequenas ilhas, das quais somente duas são habitadas, Pserimos e Telendos.

Pothia é uma cidade pitoresca construída num anfiteatro natural sobre o porto. Todos os serviços principais podem ser encontrados aqui, bancos, correios, hospital, etc., possui também uma vida comercial intensa.

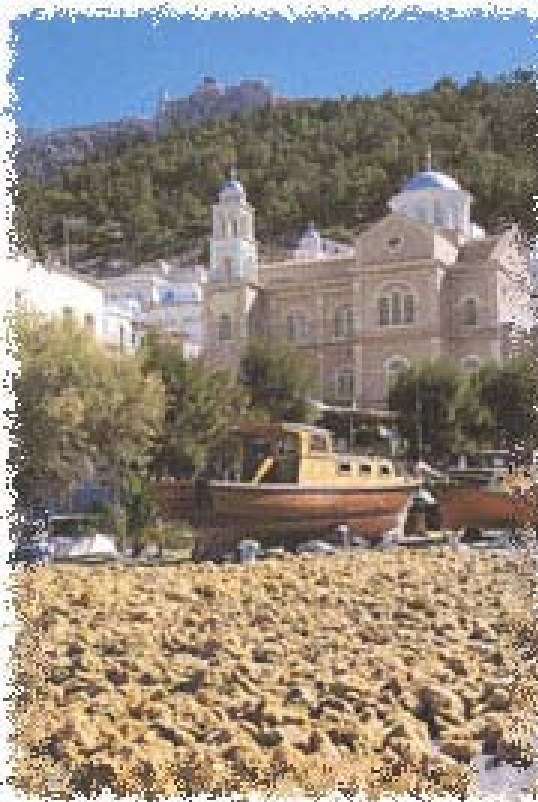


Praias

Embora com algum turismo, Kalymnos continua fora das grandes rotas do turismo de massas. Conseguem-se encontrar pequenas praias desertas, outras apenas acessíveis de barco, mesmo as mais populares como Massouri nunca são demasiado movimentadas.

São também recomendadas as praias de Myrties, Rina, Emborios, Platis Gialos. Em Vlychadia existe uma calma baía onde se desenrolam as actividades de mergulho.

Na estrada principal para norte encontramos Kantouni, Panormos e Linaria. Kantouni tem uma bonita praia de areia branca com ondas. Em todas elas existem sempre as célebres Tavernas onde se pode provar os petiscos locais.





Que fazer ?

Kalymnos tem um conjunto de monumentos históricos importante que merecem uma visita. Castelos, mosteiros, igrejas, museus, pequenas templos espalhadas um pouco por toda a ilha.

Pequenos povoados debruçados sobre o mar cheios de paisagens deslumbrantes merecem um a visita.

Para os descobrir podemos alugar um carro, uma bicicleta, uma scooter ou simplesmente caminhar. Existem inúmeros trilhos de pastores que nos levam a praias desertas ou a pequenas aldeias escondidas por detrás das montanhas.

Podemos ainda deixarmo-nos perder nas ruelas de Pothia, observar o comercio local e provar os petiscos locais. Atravessar de barco para Telendos ou fazer um cruzeiro à volta da ilha, mergulhar e descobrir os fundos marinhos ou fazer uma visita a um navio afundado,... Não faltam motivos de interesse.

História

Na ilha encontramos vestígios que datam do principio do século XI AC, quando a ilha foi primeiramente habitada pelos Karres.

Um pouco por toda a parte na ilha existem traços da actividade de antigos habitantes.

Em Pothia é possível visitar o museu arqueológico, onde são exibidos objectos desde da pré-história 5000 AC até à era Bizantina. O Museu Náutico em Pothia faz uma mostra da vida dos pescadores de esponjas. A área do Castelo no centro da cidade é da era Bizantina com construções da época e uma fantástica vista sobre o porto.

A nossa viagem até Kalymnos

Saimos de Lisboa no voo Iberia IB3119 pelas 7h05 do dia 6 de Abril e chegamos a Madrid pelas 9h15. Pelas 11h35 seguimos para Atenas-Venizelos no voo IB3884 que chega pelas 16h05.

Após recolher as bagagens e passamos ao Terminal doméstico donde saímos num voo A3 226 da Aegean Airlines para Kos. A partida far-se-à pelas 18:05 e a chegada a Kos será por volta das 19h00.

Chegados a Kos, apanhamos um taxi ou o autocarro da Olympic até ao porto de Mastichari

O ferry-boat para Pothia leva cerca de 45 minutos a percorrer a distância entre as duas ilhas e têm os seguintes horários

Ferry: Kos (Mastichari) - Kalymnos F/B

Adromitis / Apollon ferry Kos/ Mastichari and Kalymnos f/b

From Mastichari (45 min.)	From Pothia (45 min.)
Everyday 09:00 - 16:30 - 22:00	Everyday 07:00 - 15:15 - 19:15
Wednesday - thursday - friday - Saturday	from Kalymnos 12:00 and from Mastichari (Kos) 13:00

Em a Pothia há que apanhar de novo o taxi desta vez para Armeos e para o Lambrinos Studios onde vamos ficar alojados nessa semana.



Dormida

Nos últimos anos e devido à procura turística as zonas de Massouri, Myrtes e Armeos tem visto aumentar a oferta de alojamentos.

Armeos será a nossa base, mesmo no centro da área de escalada. Os apartamentos foram recomendados pelo Aris Theodoropoulos, um dos equipadores de Kalymnos e autor do Guia de Escalada.

Cada apartamento está equipado com cozinha, frigorífico, água quente, ar condicionado ou aquecimento, varanda sobre o azul do mar e a ilha de Telendos.

A partir daqui grande parte dos sectores fica a uma distância de 10 a 30 minutos a pé. Para os sectores mais distantes iremos alugar as célebres "scooters" muito populares em Kalymnos

Alimentação

As refeições podem ser tomadas nos apartamentos para quem pretender, existem diversas lojas e supermercados, ou simplesmente ir ao restaurante. O almoço como de costume será junto às vias.

Restaurantes recomendados:
Tsopanakos, Kokkinidis e Mbarmba Giannis

Outros desportos

Para além da escalada existem outras alternativas desportivas na ilha. O mergulho, o windsurf, a bicicleta de montanha, as caminhadas e o yachting vela.

Windsurf. Pode ser particado na zona entre as ilhas de Kalymnos e Telendos onde o vento sopra geralmente a velocidades entre 3 e 5 na escala de Beaufort. As pranchas podem ser alugadas na praia



Bicicleta de montanha. Podemos simplesmente pedalar na estrada costeira entre Armeos e Emborio aproveitando as magnificas vistas para o mar e para Telendos. Para os mais radicais existe uma estrada de terra batida que continua de Emborio para a costa Noroeste. Outro bom trajecto é começar em Pothia e seguir na direcção do Mosteiro de Saint Catherine e grutas de Kefala.

Caminhadas. Para caminhar existem um bom conjunto de percursos com durações que vão de 1 a 3 horas e com soberbas vistas para o mar Egeu.

Percursos recomendados:

- Arginonda-Vathi
- Kantouni-Saint Fotis
- Telendos-Saint George Castle
- Towards Panayia Kyra Psili and Pezonta
- Kefala cave - Saint Andreas - Pithari monastery

Passeios de barco. Em Pothia é possível alugar barcos que nos levam em percursos de circum-navegação à ilha. É uma boa forma de conhecer a ilha e descobrir Pequenas praias inacessíveis, a costa, as grutas da parte Nordeste.

Mergulho. Um dos grandes atractivos de Kalymnos é o mergulho. Kalymnos é conhecida como uma ilha de pescadores de esponjas. O centro desta actividade e área de mergulho está circunscrito à região de Vlychadia .

A escalada

História

O conhecido escalador italiana Andrea di Bari descobriu a escalada na ilha em 1996, faz agora 20 anos. Passava férias na ilha com a mulher também escaladora, não tendo trazido equipamento na altura regressaram em Maio de 97 com o intuito de abrirem vias. Quando regressaram a casa deixaram para trás 43 vias nos sectores Arch, Odyssey e Poets. Em Outubro voltaram com o fotógrafo Andrea Gallo para fazerem um artigo para a revista "Alp".

Desde então os equipamentos não pararam de aumentar e em 20 anos temos 43 sectores conhecidos e mais de 600 vias de escalada.

Escalar em Kalymnos

Escaladores vem a Kalymnos de todo o mundo e durante todo ano. Como todos eles dizem, Kalymnos contém um conjunto de características que a tornam num local único e um destino de top para a escalada mundial. Afinal o que é que os atrai a Kalymnos ?

- **Rocha de grande qualidade.** Comparavel à rocha Tailandesa.
- **Fácil acesso.** Grande parte das falésias fica a 10 minutos a andar ou no máximo 20 minutos de viatura.
- **Vias de todos os niveis.** Não importe se tu és um pricipiante ou um escalador de topo existem vias e sectores para todos.
- **Potencial de crescimento enorme.** Um numero reduzido de sectores foi explorado, muito há para descobrir. Kalymnos aguarda os novos abridores de vias.





- **Excelentes condições climáticas.** O período das chuvas começa em Dezembro e termina em Março, mas mesmo nesse período as chuvas são raras.
- **Possibilidade de combinar férias de família e desportivas.** A possibilidade de a família ficar na praia ou na piscina enquanto escalamos mesmo ao pé da porta.
- **O suporte Municipal.** O município de Kalymnos através do seu departamento de turismo providencia todas as informações necessárias, fornece o equipamento necessária para quem pretenda abrir vias, trata de abrir os caminhos necessários com as respectivas marcações dos sectores.

Alguns números de telefone que podem ser úteis. (22430)

Posto de turismo 48611, 29310 Policia 29301 Hospital 23025 taxi 50300

PROGRAMA

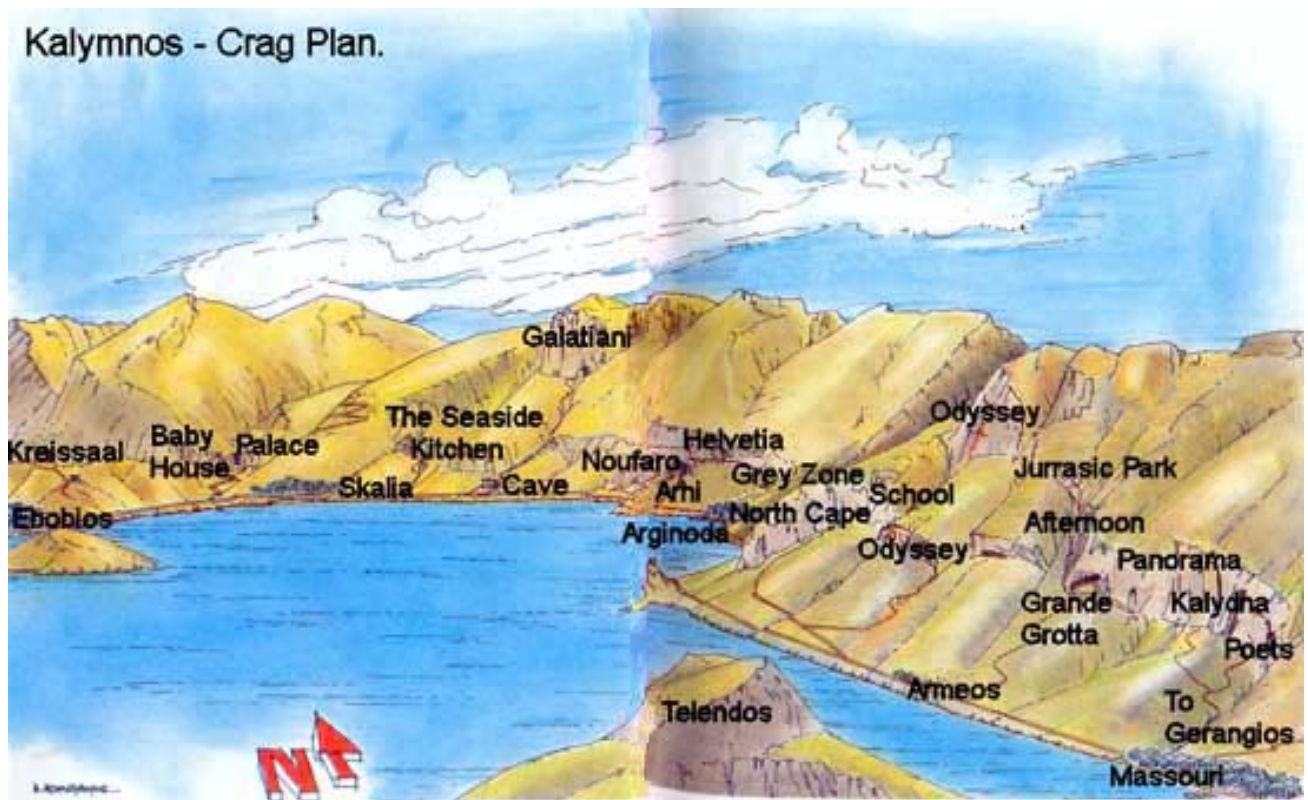
06 de Abril	5ª Feira	Viagem Lisboa-Kalymnos
07 de Abril	6ª Feira	Escalada em Kastelli Jantar em Armeos
08 de Abril	Sábado	Aluger de Scooter Escalada em Arhi Fim do dia em Emborio Jantar em Massouri
09 de Abril	Domingo	Escalada em Poets/Ocean Dream Visita à Ilha de Telendos Fim do dia em Pothia e Jantar
10 de Abril	2ª Feira	Escalada em North Cap e School (big wall) Fim do dia em Vathi e Jantar
11 de Abril	3ª Feira	Bus para Kandouni Escalada em Monastery Jantar em Armeos/Massouri
12 de Abril	4ª Feira	Escalada em Afternoon e Regresso a Kos Jantar e Dormida no Tasty Palace em Masthiari
13 de Abril	5ª Feira	Kos – Atenas Visita ao Partenon Viagem Atenas - Lisboa

ANEXOS

(informação não traduzida)

Climbing

The island is well known for its dry climate. You can generally climb all year round on Kalymnos, even in summer on the groups of pitches that are in the shade. There is always a pleasant sea breeze to make climbing bearable. Most of the pitches face west or Southwest and are in the shade in the morning. However, the best periods are spring and autumn, while the end of October, all tourist services (hotels, restaurants etc) are in full operation. Actually even in the winter good weather are not rare. The approaches to the various crags need at the most 20 to 30 minutes.



Monastery.

In a characteristic 'bowl' formed by an open streambed above the sea. Beautiful grey slabs to the left of the gorge. The pitches are on well-secured slabs of high quality. Do not forget to visit the picturesque little church of 'Saint Fotis'.



1) Petoiva - 6a - 30m *.	9) Luna Calante - 5c/6a - 25m *.
2) Mythos - 6b - 30m *.	10) Baby - 5c/6a - 13m *.
3) Cresme - 5b - 30m *.	11) Tobacco e Venere - 6a+ - 25m *.
4) Prep - 7a - 20m *.	12) Il Sifio Di Eolo - 6b+ - 25m *.
5) Aftershave - 6c - 25m *.	13) Nikita - 6c+ - 25m *.
6) Ragh - 6c - 25m *.	14) Sherpani - 6b - 25m *.
7) Octopodi - 6a - 20m *.	15) L'Orsetto - 6c - 25m *.
8) Privato - 5c - 20m *.	16) Task Force - 7c - 25m *.

Sun: after 12.00. South facing and hot.

Access: From the left (south) end of Kantouni beach, you follow a good path parallel to the sea for twenty minutes. As soon as you meet the yellow marks, follow them to the rocks (5-10 minutes) which are in an open gorge which ends at the sea (total: 25-30 minutes).

Austrians

A new sector with small but overhanging pitches on not very good rock. Two routes in a small cave on reasonable rock. To the right are the amazing short overhanging routes on a yellow wall.



1) Pax - 6a+ - 10m.	3) Broken Hammer - 7a+ - 15m.
2) Garzperlenspiel - 7b+/7c ? - 20m. .	9) NRG - 7b+ - 20m.
3) Orca - 6b - 15m *.	10) Eureka Boulder Traverse - Font. 7a+ *.
4) Read Tiers - 6b - 10m.	Starts right of 'NRG' - 26 moves leftwards.
5) Gemini - 7b - 20m *.	Both the start and the finish are marked.
6) Alamgest - 8a - 20m.	11) Gibt's Doch Garnet - 6c - 20m.
7) Happy Birthday Magic - 8a - 15m.	

Sun: comes after 16.00, West facing.

Access: Take the path below the church at Kantouni, just as for Monastery. After two hundred metres leave the main path following red marks to the left for fifteen minutes.

Gerakios. A slab, on somewhat bad rock. Not recommended.



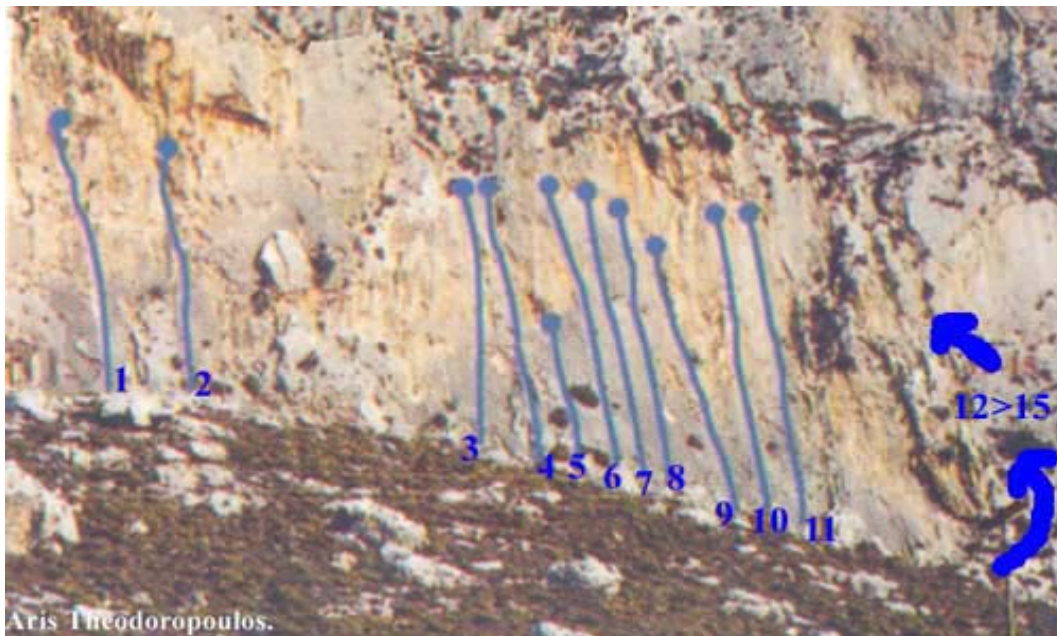
1) Stefanos - 6c.	2) Zio Gio - 6c.	3) Little Gio - 6a
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Sun: after 12.30. South West.

Access: Head towards Mryties from Panormas. After the long downhill stretch, turn right onto a cement road which ascends zig zagging, follow this until it becomes level. Here to your right there are yellow marks on a wall that lead to the field.

Poets.

The wall with the 'waterholes', the lovely pitches on the slab vary from 6a to 6c. Further right there is another grey slab with the last four routes.



1) Quando Tramonta Il Sol - 6b.	6) Alceo - 6b *.	11) Ione - 7a+.
2) Mustass - 6a.	7) Licimnio - 6c *.	12) Oyzo - Bo - 6a - 20m.
3) Omero - 6c *.	8) Alocamne - 6c *.	13) Metaxas - 6a - 20m.
4) Saffo - 6a *.	9) Anacreonte - 5c *.	14) Kalimera - 6a+ - 18m.
5) Pindaros - 5c.	10) Ibria - 6b+ *.	15) Kalispera - 6b+ - 18m.

Sun: after 12.30, Southwest.

Access: After the village 'Masouri' you park at the hotel 'Continental' take a steep uphill road to the right and follow the blue marks for twenty minutes.

Kalydna.

A large cliff-face situated between 'Panorama' and 'Poets'.



1) No Name - Project.	2) Fragment - 1st Pitch 5c, 2nd Pitch 6c.
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Sun: after 13.00, South facing.

Access: As to the 'Poets' but after ten minutes follow a path from the goats on the left, no signs there. Twenty-five minutes walk to the cliff.

Panorama.

A steep grey wall with a fantastic view and many possibilities.



1) Stein Pilz - 6c+ - 30m *.	3) Tufeli - 7a - 30m *.	5) Bommerang - 6c - 30m *.
2) Chnosi Family - 6c+ - 30m *.	4) Mecki Messer - 7a - 30m *.	

Sun: after 13.00, Southwest.

Access: The same as to the 'Afternoon'. After the 'large caves' turn right. Twenty-five minute walk.

Grande Grotta.

An impressively large cave with potential for incredibly difficult routes.



1) Knollennase - 7b+ ? **. 2) DNA - Project.

Sun: after 15.00 to the left side of the cave. Southwest facing.

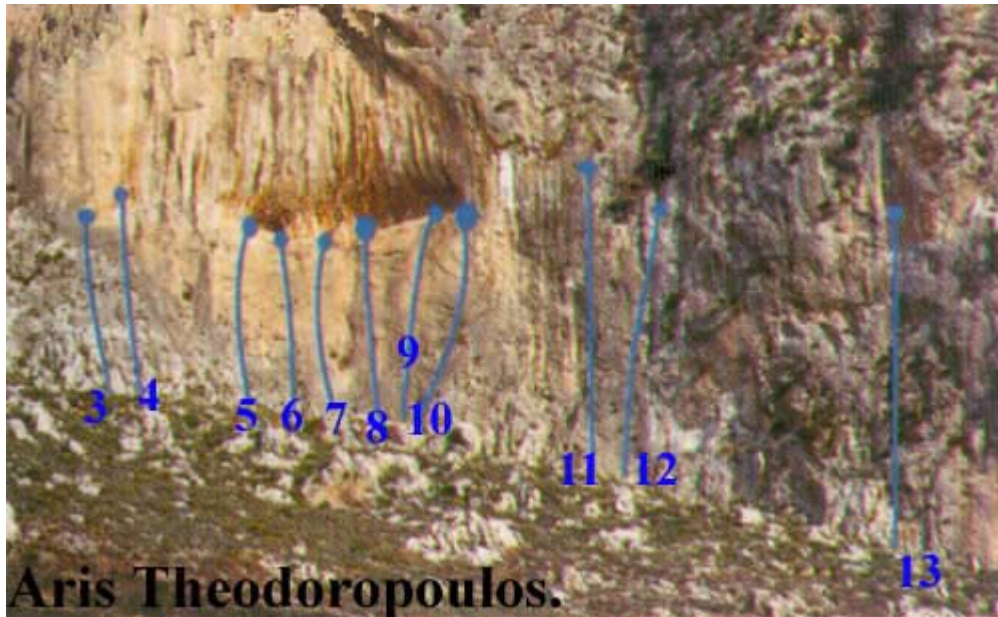
Access: The same as to the 'Afternoon', twenty minutes walk.

Afternoon.

A beautiful grey slab to the left of the large cave. Recommended for the hot summer days.



1) Geissen Schnucki - 5c - 30m. 2) Alexis Zorbas - 7a/7b - 20m.



3) Finger Piercing - 4a.	9) Kalo Taxidi - 6a.
4) Energy 4 May 2000 - 4b.	10) Blu - 6a+.
5) Origano - 5a.	11) Bye Bye Doc - 6c *.
6) Nonno Ringo - 5c.	12) Janas Kitchen - 6b *.
7) L'amico Ralph - 5c.	13) Swiss Baby - 6a+ *.
8) L'uomo Che Non Credeva - 6b.	

Sun: The pitches to the right are always in the shade, while those to the left (fairly sharp rock) see the sun after 15.00. North facing.

Access: After the village 'Masouri' look for the hotel 'Filoxenia' and park there. Take a steep uphill path follow the red marks at the right flank of the valley until the large olive tree and continue to the 'Large cave'. Then turn left. Twenty minutes walk.

Jurassic Park.

A new sector in a cave with stalactites.

1) Neolithic Line - 7c *.	3) Paleolithic Line - 7b+ *.
2) Nicola La Tigre - 7c/8a *.	

Sun: after 15.00, Southwest.

Access: The same as 'Afternoon', then follow the blue signs. Forty to fifty minutes walk in total.

Odyssey.

The main sector up to now and perhaps the best rock on the island. From easy route on slabs of the fourth grade to overhanging tuffa lines up to 8a+.



1) Bonnie - 6c.	21) Why Not? - 7a.
2) Clyde - 6b+.	22) The Beast - 7b+.
3) Mythos - 6c *.	23) Imia - 6b+ *.
4) Arugliopulos - 7c/8a.	24) Eumeo - 4c.
5) Elias - 7a/7b *.	25) Argo - 4c.
6) Feta - 6c *.	26) Telemaco - 5b *.
7) Island In The Sun - 7b. Belay anchor after the roof.	27) Penelope - 6a.
8) Lucky Strike - 7b+ **.	28) Haryvdi - 6a.
9) Island Highway - 7a (1st Pitch 6b+) *.	29) Mikrotera Kalamarakia - 6b+ *.
10) Andromeda - Project *.	30) Poly Retsina No Good - 6a+ *.
11) Orion - Project *.	31) Itaca - 6c+ *.
12) Meltemi - 7b.	32) Ciao Vecio - 6c+ **.
13) Lucky Luka - 7a+. Finishes at the fixed karabiner. 8b/8c Project to the belay.	33) Ulisse Coperto Di Sale - 7a+ *.
14) Marci Marc - 7b+ **.	34) Calipao - 6c+ **.
15) Sirene - 7b+.	35) Alcinoos - 7b *.
15a)New - Fourtouna - 7b/7b+.	36) Omiros - 7b+ *.
16) Odisseo - 6a+.	37) Atena - 6b+ **.
17) Nausicaa Nausica - 6a+.	38) Circe - 6b **.
18) Gaia - 8a+/8b *.	39) Femio - 6a+ *.
19) Polifemo - 7c **.	40) Nessuno - 5c *.
20) Alfredo Alfredo - 7b+ **.	

Sun: Because of the directions the cliff faces, you can climb here even in the summer, as the sun comes round about 15.00, but only on the routes on the right wing. West facing.

Access: Park before Kasteli near a small church, after the restaurant Galene and 'the Big Blue Bar'. Follow the blue marks up a track until you reach a flat piece of road that is still under construction. Follow this to the right until you meet a large rock with a pylon on it. With a good motorbike you can leave yourself with a walk of only seven to eight minutes (Total fifteen to twenty minutes walking time).

Ocean Dream.

Very good quality rock with many more possibilities. Worth a visit.



1) Ocean Dream - 6a *.	4) Octopus - 6b *.	7) Zeus - 5b - 30m.
2) Marina - 6a/6a+ - 30m.	5) Stachelino - 5c+.	8) Calliope - 4a - 25m.
3) Guiliana - 6a - 30m.	6) Sara - 6a - 30m.	9) Callisto - 4a - 25m.

Sun: after 10.00, Southwest facing.

Access: From the right side of the sector 'Odyssey' green signs lead to the foot of the big wall in front over twenty-five minutes from 'Odyssey'.

North Cape.

A big south face. Possibilities for new routes.



1) No-Fly Zone - 6a - 30m.	4) Magic Del Acqua - Project ? - 36m.	7) Scanner - 6a - 30m.
2) BEB - 6a - 30m.	5) Rosso Di Sera - 8a - 30m.	8) Funatiker - 7a - 22m *.
3) Galup - 6a - 25m.	6) Grazie - 6a - 30m.	9) Helios - 8a+ 10) 7c

Sun: after 11.00, south.

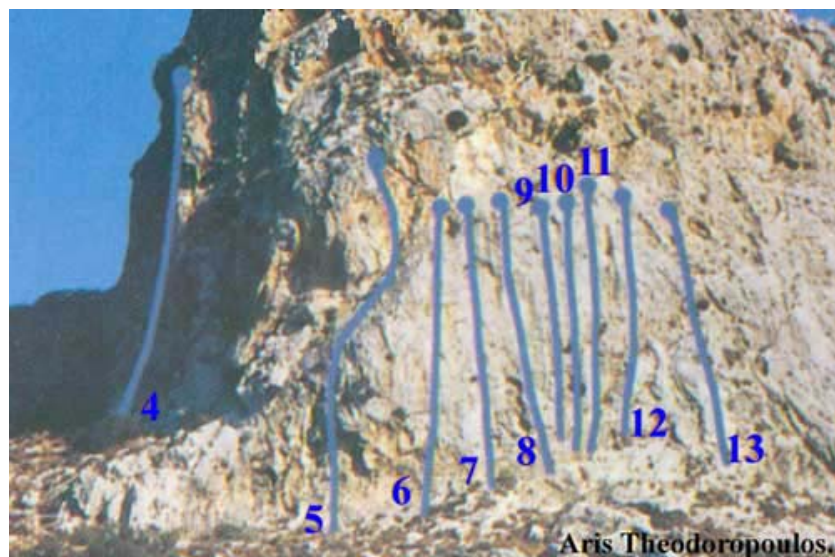
Access: Park as for Odyssey. When you reach the flat road, go left and head for the characteristic grey slabs over difficult ground towards the left cave. Also approachable from the curve of the road in the level of 'Casteli'. A ten to fifteen minutes walk.

Kasteli.

Right next to the sea, steep and sharp slabs with many possibilities from 4a to 6a. It is on the West Side of the conical hill, above the sea, on which stands the ruined Byzantine castle of Kasteli.



1) Tsarouhis - 6a.	3) Gikas - 4c.	5) Mikros Prigipas - 6a - 30m
2) Gyzis - 5b.	4) Pillar Of The Sea - 6a *.	



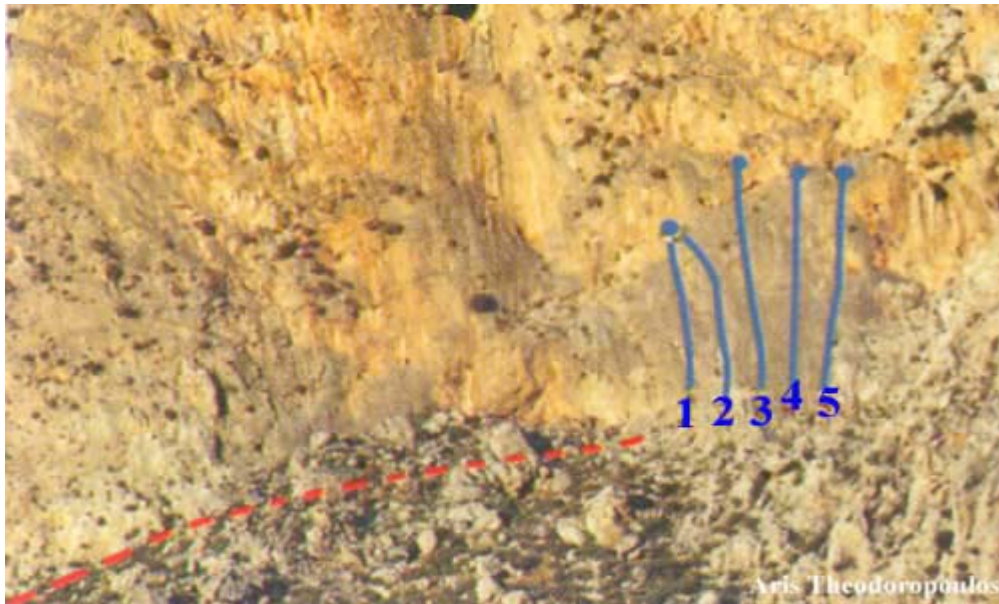
6) Ruheloser Pirat - 6a+.	10) Gruselino - 5c.
7) Gefearliche Brandung - 6a+.	11) Gonegli kiz - 5c.
8) Piccolo Diavolo - 6a.	12) Scarabeus - 5b.
9) Hocla - 5c *.	

Sun: after 14.00 from the end of the routes till Mikros Pringipas. Northwest facing.

Access: Heading from Masouri to Arginonta, after passing the 'Odyssey' crag follow the right slope of the hill. A five to six minutes walk.

Grey Zone.

A characteristic compact grey slab with good rock.



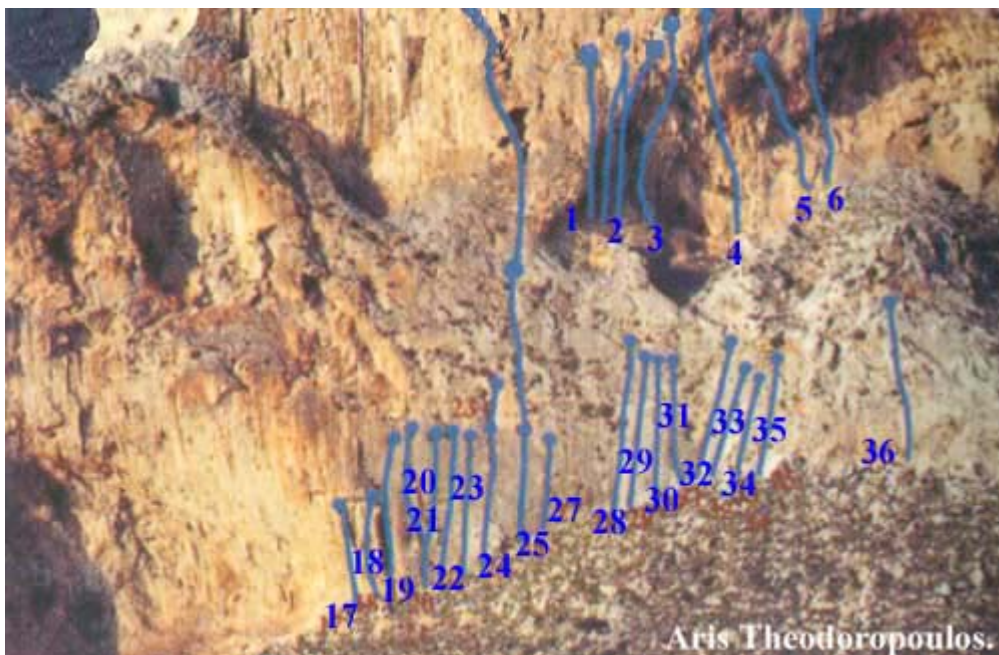
1) Berliner Kindl - 5b *.	4) Graue Zone - 6b **.
2) Arginonta Beach - 5a *.	5) Kill The Cock - 6a+ *.
3) Fakir - 6b *.	

Sun: after 12.30, south west facing.

Access: One hundred metres after the last houses of Arginonta, enter the gorge on the right with the grey rocks, and then leave on the right. Red marks show the way. A five minutes walk to the cliff.

Helvetia.

A new hard field with amazing holes and tuffas.



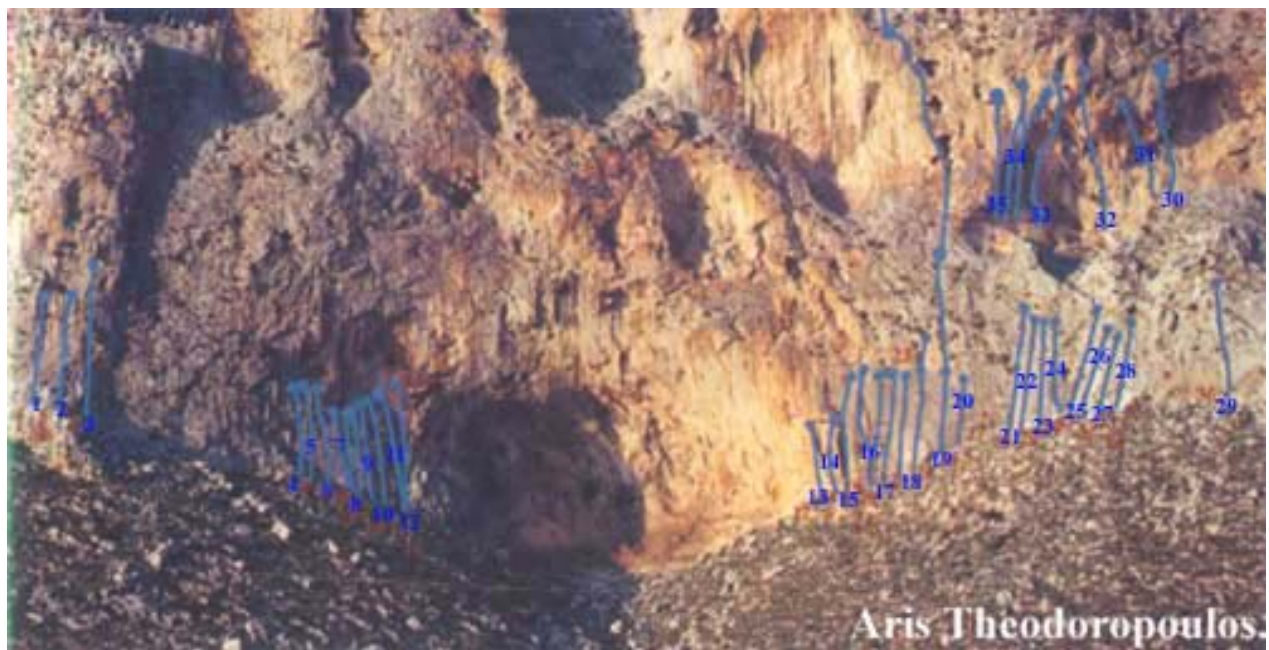
1) Swiss Kiss - 7a *.	4) Zange - Project.
2) Grune Feigen - 7c ?.	5) M40 - 7a.
3) Mr Souflaki - Project.	6) Fracaso - Project.

Sun: after 11.30, south facing.

Access: Right and above to Arche. Five to six minutes walking. Also approachable from Grey Zone. No signs at both.

Arhi

An amazing field, in the centre there is a vast tuffa with some lines on it for the opening of extremely difficult pitches. Right now there are pitches on tuffas with overhangs and slabs, from 5a to 6a. Three beautiful routes with difficulty 6b/6b+. Height difference of fifteen to twenty metres with small approach. A few routes are secured in a curious way. Safety depends on your height, there was probably no pre-planning and the bolts were placed at roughly three to four metre intervals. The first three routes are far left, on a fantastic compact grey slab.



1) Thia Fotisi - 6c *.	13) Pegaso - 6a.	25) Perseo - 5a+ *.
2) Dodo - 6a+ - 28m *.	14) Centauro - 6c.	26) Kalymian Cheese - Project *.
3) Ewa - 6a - 26m *.	15) Ercole - 6c.	27) Minotaro - 6c *.
4) Apoplus - 6a.	16) Zivi - 5c.	28) Carlo Non Farlo - 5b *.
5) Dell Mabul - 6a.	17) Il Pittore - 6b+ *.	29) Optassia - 6b *.
6) Adonis - 6b.	18) Teti - 6b **.	30) Arianna - 5a.
7) Phobos - 6c+.	19) Poseidon - 6b+ *.	31) Cerbero - 5b *.
8) Deimos - 6b.	20) Nereidi - 6a+.	32) Arhagellos - 5a.
9) Pares - 6a.	21) Icaro - 6c+.	33) Caronte - 4c.
10) Scacco - 5c+.	22) Orione - 6a *.	34) Pinipion - 4c.
11) Argonauti - 5b/5c.	23) Dedalo - 6a *.	35) Aristos - 5b *.
12) Teseo - 5a.	24) Medusa - 6a+/6b *. Hard finish.	

Sun: after 11.30, south facing.

Access: Pass the last houses of Arginonta where the road begins to climb. After five hundred metres you reach a bridge above a dry stream. Park immediately after the bridge and follow the path towards the pitches. They are near the yellow rifle that can be seen afar. A six to eight minutes walk to the cliff.

Noufaro.

A new sector, to the left of 'Arthe'. A red wall in front and a grey slab to the left.



1) Samba - 5a - 25m.	4) Jive - 5b/5c - 26m.
2) Blues - 6a - 23m.	5) Cha Cha - 6a+/6b - 26m.
3) Boogie - 5b - 26m.	6) Rhumba - 6a+ - 25m.



7) Tango - 6b+ - 25m.	9) Salsa - 6c - 25m.
8) Mambo - 6c - 25m *.	

Sun: after 13.00, south facing.

Access: Two hundred behind sector 'Arthe' you will find red signs on the road and on the path. A four to five minute walk to the cliff. You will meet first 'Tango'. One hundred metres left of 'Tango' you will find six more routes on a grey slab.

Galatiani (Calkite Cave).

A large cliff-face after Noufaro. The beginning of a new route of five pitches.

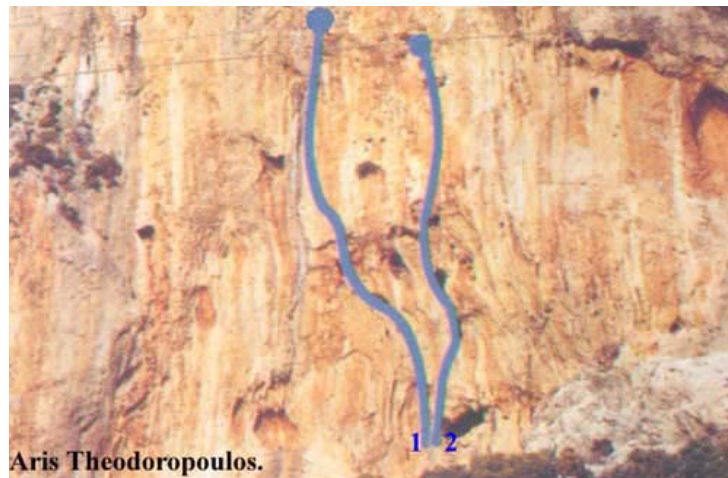
1) No Name - 6c 35m (Multi Pitch Project).

Sun: after 13.00, south facing.

Access: Four hundred and fifty metres after sector 'Arche' (seventy metres before 'The Seaside Kitchen') walk uphill. No path, no signs. Thirty minutes walk to the cliff.

Cave.

Caves close to the road. On the left of the routes there is another nice and deep cave with a door in front.



1) No Name - ? 2) No Name - 7a/7b ?.

Sun: after 13.00, south facing.

Access: Five hundred metres behind sector 'Arche' you will find yellow signs on the road and on the path. Four to five minutes walk to the cliff.

The Seaside Kitchen.

An amazing tuffa on each side of medium difficulty slabs. A beautiful grey slab to the right with 'Zyklop'.



1) Totenhansel - 6c (7a after roof). 2) Zyklop - 6a - 23m *.

Sun: after 16.00 for 'Kyklop', Southwest facing.

Access: Two point three kilometres after Arginonta. A twenty-minute walk to the cliff without path or signs.

Palace.

A rock arch gives a special note to the landscape. A relatively limited area of average quality rock but with amazing formations. The rock overhangs with tuffas and holes, a fine place for photographs.



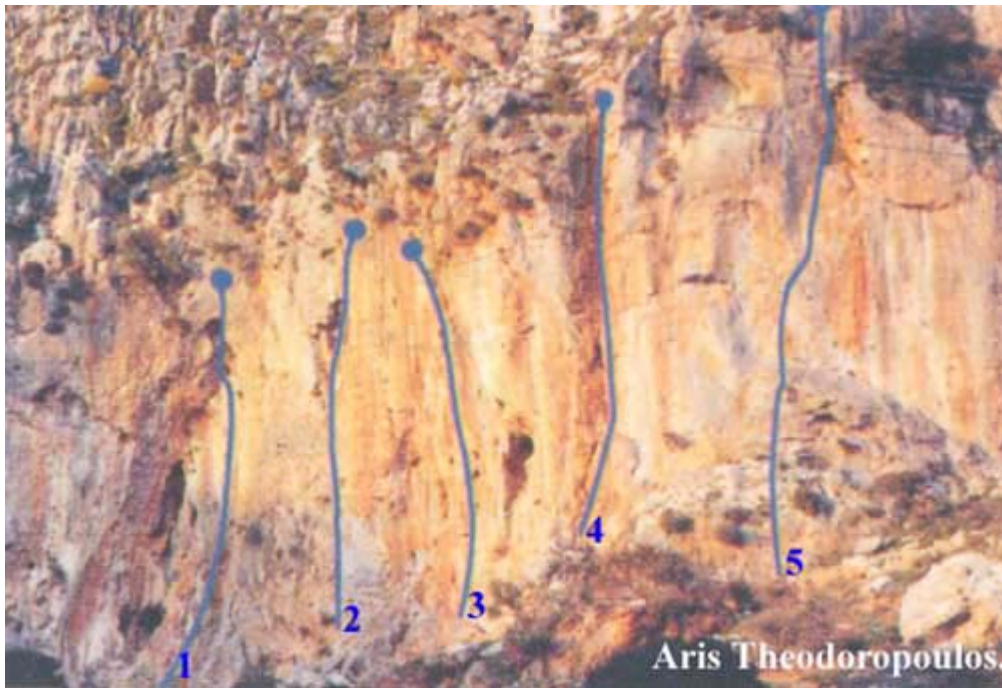
1) Room 13 - 7b *.	4) Mia's Place - 6a+ **.
2) The Roof On Fire - 7a+ *.	5) Royal Suite - 7a+ *.
3) Ballroom - 5b *.	6) Balcony - 6c *.

Sun: after 12.30, south facing.

Access: It is at the north end of the island. Turn right after Skalia onto a road under construction and after three hundred metres turn left onto a track for one hundred and fifty metres. Park in front of the gate for the goats. Unlock the gate, pass through and close it again. Follow red marks on the path, from the olive tree, for about three to five minutes.

Baby House.

A completely new field, to the left of Palace, with the same access. Interesting sector on red rock with holes and athletic steep routes.



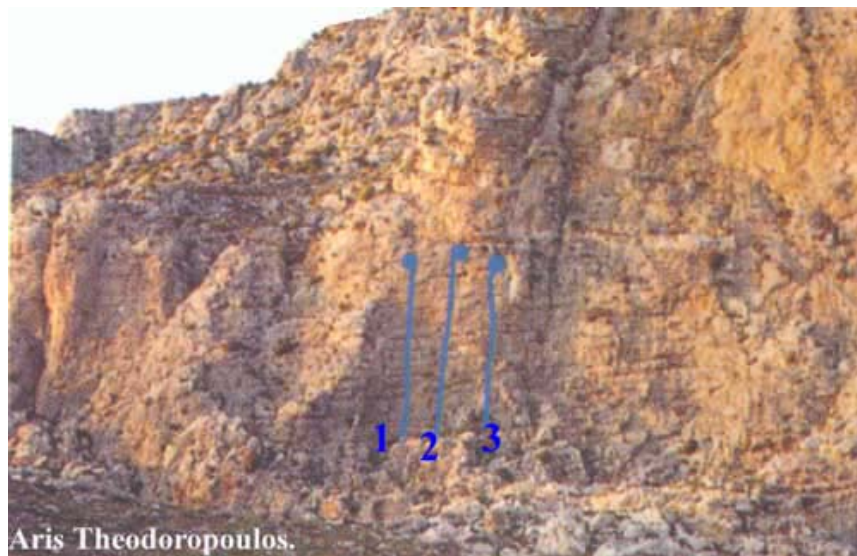
1) Saia - 6b+ *.	4) Silvia (Melis) - 6b.
2) Totta - 7a **.	5) Hello Baby Yo Yo - 5c *.
3) Martina - 7b+ **.	

Sun: after 12.30, south facing.

Access: With the Palace on your left, continue along a level path for fifty metres.

Kreissaal/Maternity Clinic (Emborios).

A new field on a grey slab, above the upper houses of the village of Emporios. Sharp grey rock with horizontal steps. At present three pitches of about 6a. Worth a visit to the ancient castle 'Kastri'.



1) Ovulation - 5c - 30m.	3) Embryo - 6a - 30m.
2) Climax - 6a - 30m.	

Sun: after 12.30, south facing.

Access: From the curve of the road in the entrance of the village Emborios follow the right flank of the valley till the cliffs and the ancient wall and then turn left to the grey slab, left of the big cave. In total twenty minutes. No signs.

Saint Constantine, Telendos.

A new field on the small and remote island of Telendos, opposite Myrties village. Very sharp grey and red rock. At present three equipped pitches. Also worth visiting the small old monastery and the ancient castle. The routes are on the wall down from the monastery and the flag. Good as an afternoon option.

Sun: in the morning. In the shade after 14.00, East facing.

Access: From Telendos port follows a good path, parallel to the sea, to the north with signs for the monastery. In total one hour from the port.

Another option is to hire a boat from the dock beneath the monastery. Twenty minutes from the dock.

MUNICIPAL ATHLETIC ORGANIZATION OF KALYMNOS.



SOME TREKKING ROUTES.

1. SKALIA – PALIONISOS.

From Skalia village towards Emborios you will meet a dirt road under construction on your right. Following this, you will reach the top of the mountain with a church on your left. From this point you have a panoramic view of the north part of the island with Leros on your left. Continue downwards. On your left you will meet a path to Sykati bay. Ahead but to your right you will reach Palionisos, a small quiet village, with a beach for a nice swim. You can also cool down with a refreshment at the village tavern or have a quick snack. If you don't want to use the dirt road you can take the small path starting on the right side of the road opposite the church mentioned above and walk along the hillside downwards to Palionisos. This was once the main path connecting Skalia and Palionisos.

Total length: ~ 4,5 km (easy route).

2. ARGINONDA – VATHI.

Heading from Casteli towards Arginonda just before the last turn for the village, on the right side of the main road you meet the beginning of a dirt road which goes through fields with olive trees. Follow the blue marks to a narrow gully which will lead you to the top and the right of the main gorge of the village. Keep on the well-marked track following the blue marks. After 30min walking slightly uphill you are at the top south – eastern side of the valley of Arginonda. Continue slightly to your right always following the blue marks through some small cedar trees. On your left and below you can see the bay of Pezonda, the island of Kalolimnos and on your right over the edge you have the valley of Vathi. Take a rest at the ruins of Montorito, an Italian army base. Walking to the north east you will come upon a cistern (water tank) from where you begin walking downwards to the valley of Vathi or return the same way back to Arginonda. Otherwise, if you don't want to return on foot you can catch the bus from Vathi to Pothia.

Total length: ~ 6,5 km (easy route).

3. VATHI – KIRA PSILI.

Beginning from Platanos, a neighborhood located at the center of the valley of Vathi you take the cement road between the primary school and the tavern. Heading north east towards a narrow road climbing uphill and after an hour's walk you meet a small church at the top of the hill. From there you follow the well made path to your right and after about 25min you are at the end of the route with the church of Kyra Psili standing like a fortress above you. You can visit the church from where you have a great view of Pezonda bay, the village of Palionisos and the mountains of Leros located north of Kalymnos. If you wish to have a swim at Pezonda bay below you, paths which lead to the beach are visible and clearly marked.

Total length : ~ 3 km (easy route).

Useful Tip: It is possible to connect route no 2 and 3 thus making your walk longer. For this you must continue from the cistern (route no 2) not downhill to the valley but upwards and left keeping close to the top until you meet the small church which is at the beginning of the path for Kyra Psili (route no 3).

4. POTHIA – VATHI.

Before the main motorway to the village of Vathi was built, this path was very much in use by the locals connecting the capital of the island with the valley of Vathi. This route is paved in many parts of it and is known as " the Italian road ".

The route starts from the northern part of Pothia close to the church of Agia Triada. The first part is uphill with the small church of Anastasi at the top of the hill. Then, to the right the land continues almost flat, then uphill again and then downhill to the valley. The downhill part becomes quite steep as you are getting closer to Vathi and the route is not so clear but the red marks will help a lot. Take the path straight down to the area called " Platanos".

Total length: 6km.

5. POTHIA – ST GEORGE.

A short route, south of Pothia leading to the small church of St George.

On your way to Vothyni and Vlihadia, two villages on the south part of the island, stop just before the sharp right turn which leads to the monastery of St Savvas. On your left there is a café. The route actually begins a few meters before following the hillside to the south almost at the same level as the main road. Keep on the clearly formed path, always at the same level, over quite easy ground. After walking for about 2km you will find the little church where you can have a rest while admiring the sea view with the island of Kos in the distance.

Total length: 2km.

6. ARGOS – AG. KONSTANTINOS – AG. ANDREAS – KEFALA – ST KATERINA.

Argos is a village/plateau located in the south – western part of the island. It is surrounded by mountains with the airport, under construction, on the northwest side of the village. To approach the village, as you are heading from Hora to Panormos take the sharp left turn after the cemetery of Limniotisa. The road is flat, at the beginning but after 100m it starts winding up the hillside. After about 1,5km you reach the plateau and the beginning of the village. From here you can see a dirt road on the southwestern side of the village leading to the top of the hill towards some antennas. This road is actually the beginning of the route with a fence gate at the start of it. Passing the gate and walking upwards on the loose rock dirt road for 500m you will arrive at the small church of Ag Konstantinos where you can have a short rest. From there continue south, walking downwards through a narrow galley towards the sea. After 10 – 15 mins take the lefthand side of the gorge (south) and follow the path through some large, scattered rocks towards a wider, flat-landed gorge, about 200meters from sea level. (Below you, on your right, lies the bay of Pythari with its convent) Walking through the flat gorge, continue east to the church of Ag. Andreas. The yard of the church offers shade for a quick rest. If you wish you can walk straight down to the small beach for a swim or from the chapel continue to your left (east) following the path which will lead you to the cave of Cefala.

7. KANTOYNI – ST.FOTIOS.

From the left side of Kantouni Beach (southwest) take the path which starts below the church of St Athanasios and continues along the coast towards the west. The path is clearly distinguishable from long use, and in good condition. The route offers wonderful sea views and peaceful landscapes. There is quite a steep stretch leading to a whitewashed wall – Aeraki and then a downhill walk will take you to a level path at the end of which you will come to a chapel where you can have a rest. This is St Fotios. If you choose this route for a afternoon walk it is well worth staying until the sun sets. But if you choose to continue it is possible to get as far as the end of the cape (Trahilas). It is a level path and will not take more than 15mins more.

Total length: 2,5 km.

8. TELENDOS – ST. KONSTANTINOS

From the port of Myrties taxi boats can take you across to the island of Telendos. This trip lasts 10min and you will arrive at the main harbour which is located in the center of the island. From there you head towards the right side of the seafront road (north east) in front of the cafes and restaurants which flank the port. After a 10 – 15 min walk (and having passed "paradise beach") slightly uphill to your left, you will meet the sign " Agios Konstandinos". This signposts the beginning of the route. Continue walking uphill until you meet a gully. Walk through it and uphill again. It is now possible to see the path which runs from high up downwards and then continues parallel to the coastline. After a 10min walk you continue slightly uphill until you meet a sharp left turn. From here starts the most difficult part of the route because the path becomes much steeper but it eventually leads you to the monastery . St. Konstantinos was built at an altitude of 250mtrs and is surrounded by the ruins of a Byzantine settlement with a watchtower rising at its highest point.

Total length: 4km

You can get further information on these and many other routes from the Rock Climbing Kiosk in Massouri, below "Odyssey" May-October, 8a.m.-2 p.m. Tel: 22430-59445 or at the Municipal Athletic Organisation, all the year round. Tel/Fax: 22430-51601

e-mail: mao@klm.forthnet.gr

[http:// www.kalymnos-isl.gr/](http://www.kalymnos-isl.gr/)

PLACES TO VISIT

BEACHES AND RESORTS

THERMA and GEFIRA

The "town" beaches. Therma has a taverna. Both close to Pothia- the main town.

VLICHADIA

The main resort to the south of the island. Beautiful bay. Nice for swimming. Plenty of tavernas/accommodation. A little remote.

KANTOUNI/LINARIA

Main resorts. Kantouni has a beautiful sandy beach but there are no sunbeds and there is only a small amount of shade. Plenty of hotels/apartments, Kantouni Beach is main hotel.

PLATY YIALOS

Wonderful sandy beach. Sea shelves steeply and sea is quite wild. Taverna on beach serves good food. A few sunbeds available. Looks out to Ag. Kyriaki- a small deserted islet. Extremely popular at weekends.

MELITSACHAS

Wonderful small beach(shingle). Looks right out towards Telendos(neighbouring isle). Sunbeds available and the taverna at the end serves wonderful food. Several apartments to rent. Popular with locals at weekends.

MYRTIES

Small but pleasant shingle beach. From the jetty catch the little ferry boats across to Telendos. Hotels and apartments in abundance. Shops and tavernas all close by.

TELENDOS

Extremely hot in the height of the season. Little shade. Main beach is Chohlakas and is quite a trek in the heat to the other side of the island from the jetty but is worth the walk. Other swimming along the side of the island facing Kalymnos including a nudist beach and a new sandy beach. Yes! They've imported the sand. Plenty of tavernas. Beautiful church. Some rooms to rent.

MASSOURI

Main resort on the island. Very large sand/shingle beach. Plenty of sunbeds and a few watersports to hire. Wonderful swimming but beware of current far out. Shelves gently, water really clear, the fish swim right up to the waters'edge as it warms up. Couple of tavernas accessible direct from the beach. Others are reached by several sets of steps along the beach. They're a long climb on the way up of an evening! BUT it's worth it. Tavernas/shops/hotels/apartments/bars all close by. To watch the sun setting over Telendos from the beach in the evening is truly to be in Paradise!

ARGINONDAS

Small pebbly beach at the end of a "fjord". Sunbeds available. Quiet. Taverna at end and slightly uphill serves traditional well cooked food. Wonderful views out to sea towards the fish farms, which are well away from wonderful swimming area.

EMBORIOS

Small fishing village with beach and good swimming. Very laid back and remote. Rooms/apartments to rent. Picturesque with beautiful church. Lovely village to wander around. A few tavernas- nice food.

VATHIS

Tiny but amazing fishing village on the other side of the island. Best approached from the sea but the trip boats never give you long enough there. Swimming area. Couple of excellent tavernas. So laid back it's almost stopped! A MUST to visit. In the most fertile valley on the island, the smell of the citrus fruit grown there is almost overpowering in the growing season. There is a "canal" which runs through the village and is teeming with fish. Another great place to wander around.

AKTI

Minute beach on the road to Vathis . Apart from Massouri my second favourite. Pebbly but the water is crystal clear. The only taverna is run by an English woman married to a Kalymnian and serves basic food. The goat stew is lethal-don't touch it unless you want to be seriously ill! Beach is reached by a precarious "road"- an exhilarating experience driving a hire car- goodness knows what it's like on a bike but well worth the effort.

There are other numerous small beaches dotted around the island but you need a bike to get there. Also some which can only be reached by boat. Great experience- hire a water taxi from Vathis and get them to drop you off at a beach (usually pebbly). They then come back to collect you at an agreed time later in the day. A real castaway feel but make sure you take water and everything you need with you

PSERIMOS

This is a small island reached by boat departing Pothia every day at 9am returning 4.30pm. This is THE MOST WONDERFUL BEACH in the area, and could almost be in the Caribbean. Long with fine golden sand the beach lays in an arc around a turquoise bay of shallow warm water. Tavernas line the edge of the beach. The local herb seller wanders along the beach with his basket and later the nut seller comes. Only a couple of vehicles on the island, the local donkey is brought down for his drink. A few rooms to stay if you want. Celebrations are held on the beach and Kalymnians visit e.g Paraskevi. IDYLLIC, HEAVEN ON EARTH! Gets busy with trip boats from Kos but they only stay an hour.

OTHER PLACES TO VISIT

CHORIO

The old capital of the island. Some interesting Kafenion and Ouzeria if you want to go native i.e. octopus and Ouzo! Above the village are the ruins of the castle and the old settlement which are fantastic to wander around but it's a mammoth climb so go early in the morning or out of season.

KEFALA

Reached by boat trip, the caves are again quite a walk but well worth the effort.

OTHER CAVES

Daskalio reached by caique from Vathis.

Kolonostilo reached by walking from Emborio.

Skalia, Damos, Panagia, Chriso, Agia Varvara and Chostos (haven't been to these yet)

VILLAGES

Argos, Platanos, Vothini and Metochi all traditional small villages.

CHURCHES

As to be expected, there are numerous churches and chapels dotted all over the island. I have visited many of them, the chapels at Massouri and on Telendos being well worth a visit.

AG. SAVVAS

The jewel in the crown as far as churches go. Overlooking Pothia high up on the hill, the illuminated cross at night looks like a beacon offering safe haven for shipping at night. A MUST but it's a hard climb in Summer. Take a taxi- it's easier.

RESTAURANTS

MASSOURI RESTAURANT

Just off the square in Massouri, behind two large trees and with a wonderful terrace out the back from which to dine and watch the sun set over Telendos, it is run by Stelios and Maria who came from Skiathos two seasons ago. The food is wonderful, they will cook anything to order provided you see them the day before. They have three young children, are a wonderful couple and it's just that little bit up-market in terms of presentation, service etc.

SUNSET RESTAURANT

Run by Panayiotis(the local butcher), his wife and Themis his daughter plus the rest of the family! The meat here is second to none. Located next door to the Plaza Hotel and by a set of steps to the beach, they remember each and every customer they have and now have an extended family of all us regulars who return to Kalymnos year after year.

PUNIBEL RESTAURANT

Right in the centre of Massouri, perfect for romantic meals(they use candles) and providing you don't mind not seeing clearly what you are eating, the food is very good. Good service, traditional food.

AEGEAN RESTAURANT

Located between Massouri and Myrties this is THE restaurant to go to for that extra special meal but it does get hot being located under a covered roof and set back from the road. Their Kleftiko is to die for but is not always on the menu so keep an eye on the board during the day. The service is excellent, bread comes warm as a mini loaf complete with breadknife and you are always given Loukoumades free at the end of the meal. Extensive menu – traditional and other, good service . Very popular.

GLAROS SNACK BAR

Run by Sue and Steve, an English couple who have lived and worked on the island for many years, it is located at the top end of Massouri and is ideal for a light meal. Mainly used by regulars in the evenings as a place to enjoy a drink and unwind or for after dinner drinks, Sue and Steve are the real asset here. Steve speaks Greek, knows everything you need to know and they both act as an informal tourist information office. They will help anyone with anything, from advice on where to shop to where to stay and know all the local gossip! A wonderful safe haven. They even serve the "Full English" for those who can't do without it!

ARGIOSTOLI(?) RESTAURANT

Just before you arrive at Arginonda, on the left hand side and with no sign outside but down some of the prettiest steps on the island is this traditional taverna run by a couple(perhaps grandparents) and their son. It is almost always deserted but they always have good basic food on the menu. Rather like being in a time warp, they have private steps down to the sea from which you can swim and are always warmly invited to do so. The view across the bay is amazing and for a quiet, simple meal I can think of nowhere else better.

SELENE RESTAURANT

Run by JANE and YIANNI HALKITIS (but sold as from the end of this season). Located just on the edge of Myrties as you walk down from Massouri. Good food and service. Jane is English but has lived permanently on the island for the past ten years and is a very active member of the community. She has much to say about what is happening to the island and has been quite instrumental in motivating members of the web Community to which I belong into trying to get publicity for the island.

JANE AND YIANNI WILL BE IN RESIDENCE AT SELENE UNTIL AROUND 20TH OCTOBER THIS YEAR. HAVE JUST RECEIVED A MESSAGE FROM HER SAYING IF YOU DO MAKE IT TO KALYMNOS IN SEPTEMBER YOU ARE INVITED TO DINE THERE. Jane would be a very useful person to talk to re.What's happening to the island and would no doubt be able to give you other useful contacts.

SEA BREESE.

Run by YIANNI (who always wears a cap and looks like a sea captain) and his wife, located at the top of the hill from Elies Square, before you go down again towards Platy Yialos beach, this is an all-time favourite both of mine and friends who I have introduced to the island. Wonderful, wonderful food in a traditional setting with the bougainvillea blowing gently around the edges of the terrace with spectacular views across the bay towards the monastery and Kantouni. (Until very recently, there was a monk living in this monastery, which is located high up on the mountain and every morning he could be seen walking down the mountain to collect his bread and milk and back up again, later on. I was told he was over 90 years old! but never had this confirmed).

ZORBAS RESTAURANT

Located on Telendos directly opposite as you get off the boat from Myrties. The restaurant is 3 metres from the waters' edge. Mikes is very welcoming but watch out for the village sausages- they're very spicy! Beautiful location, good food. Excellent spinach pies.

MARTHAS RESTAURANT

Located in Pothia- traditional Greek restaurant- specialises in fresh fish. As you approach the harbour Martha's is along the waterfront to the extreme right just before the road starts climbing out of town towards Vathis.

DOLMUS

Kantouni beach. Run by Michalis whose English is so perfect he can even mimic accents- widely acknowledged by the locals as being one of the best restaurants on the island to go to. Very posh with linen table cloths etc. The only restaurant it's advisable to book.

LA TRATA

Also at Kantouni. Run by Panayotis and Poppi.

NOUFAROU

Top end of Massouri. Has a fountain and again "posh". Excellent food but a little lacking in character.

PARADISE

Opposite Plaza hotel in Massouri. Run by Maria. They also have just opened another restaurant at the top end of Massouri. (Can't remember the name) just past Glaros Bar.

THEMIS HOTEL/RESTAURANT

Near the church in Myrties, has a wonderful balcony on which to have dinner over the sea.

