

NESTANI CRAG - TRIPOLI

Climbing Guidebook

2023 EDITION

A hands-on account

General information, access guide, panoramas and topos

MOLYMPUS



CLIMBING IN NESTANI TRIPOLI

GREECE

An Olympus Mountaineering

Climbing Guidebook



View from
Nestani Crag

Climber: A. Rigopoulos



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WARNING
ABOUT THIS GUIDEBOOK

Read before using this guidebook

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 variances

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 specific potential hazards that could arise in using this book:

1. Incorrect Descriptions of Routes:

If you climb 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 more difficult than the rating indicates. Do not be lulled into a false sense of security by the difficulty rating.

3. Incorrect Protection Rating:

If you climb a route and you are unable to arrange adequate protection from the risk of falling 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 just because the route protection rating indicates the route does not have an X or an R rating. 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 warn of every hazard that exists on every route. Climb carefully and be watchful for potential hazards.

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.



GREECE

NESTANI - ARCADIA

Panoramic view of Nestani

About Nestani

Nestani is a charming village located in the municipality of **Tripoli**, Greece. Situated in the heart of the Peloponnese region, Nestani offers a serene and picturesque setting that attracts both locals and visitors seeking a peaceful retreat.

History of Nestani

Nestani, formerly known as Nostea in ancient times, holds a significant historical legacy. **Pausanias**, a notable ancient traveler, documented his visit to **Nestani** in the 2nd century and mentioned the remarkable acropolis walls and the presence of a sanctuary dedicated to the **goddess Demeter**.

Nestani served as a crucial passage between **Mantineia** and Argos during this period. Subsequently, during the Byzantine era, the village underwent a name change and became known as **Tsipiana**, a name it retained until 1927.

Attractions

Nestani offers several attractions that showcase its natural beauty and historical landmarks. One such site is the **Church of Panagia**, a beautiful **Byzantine church** that stands as a testament to the village's religious heritage.

Its exquisite architecture and religious artwork make it a must-visit destination for history enthusiasts and architecture lovers.

Additionally, **Nestani** is surrounded by breathtaking landscapes, making it an ideal destination for **nature lovers** and **outdoor enthusiasts**.

The village is nestled amidst lush green hills and picturesque valleys, providing ample opportunities for hiking, trekking, and exploring the scenic countryside.

Hospitality and Gastronomy

Nestani is known for its warm and welcoming hospitality, which is deeply rooted in the local culture. Visitors to the village can expect to be greeted with genuine kindness and friendliness by the locals. The residents take great pride in sharing their traditions, history, and way of life with visitors, creating an immersive and memorable experience.

Accommodations in **Nestani** range from cozy guesthouses to traditional stone-built hotels. These accommodations often feature charming interiors that reflect the rustic beauty of the village.

The **gastronomy of Nestani** showcases the rich flavors and culinary traditions of the Peloponnese region. Local cuisine is characterized by its simplicity, freshness, and the use of high-quality ingredients sourced from the surrounding countryside.

One of the highlights of **Nestani's** gastronomy is its meat dishes. Traditional stews and grilled meats are popular choices, often prepared using

locally raised lamb or pork. These dishes are typically slow-cooked to perfection, resulting in tender and flavorful meat that melts in your mouth.

Nestani is also renowned for its variety of pies and pastries. These homemade delights are made with love and care, using traditional recipes that have been passed down through generations.

Useful references:

General Info: Olympus Mountaineering
Tripolis Mountaineering Club

Camping: Option to camp by the crag

Stay: Voulomeni Park
Mainalon Refuge



NESTANI
VOULOMENI PARK

Panoramic view of Voulomeni Park



Discovering the Evolution of Nestani Crag: A Journey Through Time

From conception to realization

Unveiling Voulomeni Crag: A Climbing Oasis Born from Passion and Progress

In a pivotal moment of **September 2000**, the **Mountaineering Club of Tripoli** (E.O.S. Tripolis) breathed life into an extraordinary climbing haven known as **Voulomeni** (nowadays Nestani).

Fuelled by their unwavering dedication to the sport, the club financed the establishment of this breathtaking crag, which would soon become a beacon of adventure in the region.

With an initial offering of **12 meticulously crafted routes**, **Voulomeni** welcomed climbers of all levels, igniting the passion of beginners and seasoned climbers alike.

These awe-inspiring routes, spanning from **5b to 6b** in difficulty and stretching 20m. to 25m. in length, were a testament to the vision and skill of route-setter extraordinaire, **Nikos Hadjis**.

But Voulomeni's allure didn't stop there. It harbored a hidden gem named "**Sophie**," a **Trad route** steeped in history and named after its intrepid creator, **Giannis Kolokas**.

Conquering the vertical frontier in 2016, Kolokas left his mark with this **V+/VI-** route, captivating climbers with its traditional style and a touch of daring adventure.

Unleashing New Horizons: Expansion and Enhancements at Voulomeni Crag

In a momentous **June of 2018**, the **Mountaineering Club of Tripoli** (E.O.S. Tripolis) embarked on an exciting journey of expansion and innovation, forever transforming the Voulomeni climbing sector. Bursting with enthusiasm, the club orchestrated a rock climbing course that set the stage for incredible developments that would take this crag to new heights.

Powered by their collective passion for the vertical realm, the club financed two new routes, emerging as shining testaments to human ingenuity and determination. These newly minted routes, christened "**Tom**" (5b) and "**Combla**" (6c), injected fresh excitement and challenge into the heart of Voulomeni. Bolted with expert precision by the talented **Thomas Michailidis**, these lines beckoned climbers to push their limits and conquer the vertical frontier.

But the spirit of progress didn't stop there. In the scorching summer of the same year, the crag underwent meticulous maintenance, laying the foundation for further growth. Contributions from the dedicated participants of the course fueled the acquisition of essential materials, enabling the creation of not one, but five additional breathtaking routes.

In the following year, **Voulomeni** witnessed the birth of yet another route. Carrying the moniker

“Sara” (5b), this line of vertical adventure was a brainchild of the talented climber and devoted member of the **Mountaineering Club of Tripoli** (E.O.S. Tripolis), **Christos Rigas**. Not content with merely adding a new route, **Rigas extended the existing “Enaeritis,”** creating an exhilarating challenge that promised thrills and triumphs.

Forging Alliances: Unleashing Nestani Climbing Park

In a fateful **summer of 2019**, a collaborative vision took flight as the **Mountaineering Club of Tripoli** (E.O.S. Tripolis) joined forces with the esteemed **Progressive Club of Nestani**. With boundless enthusiasm, the locals eagerly embraced the plans, becoming an integral partner in bringing the shared vision to life.

Fuelled by this newfound energy, the **summer of 2020** witnessed the birth of a thrilling new sector, **Lithari**, on the right side of the Nestani crag. Guided by the expert hands of **Christos Rigas** and the experienced mountain guide **Kostas Tsoukleidis**, two additional sport climbing routes materialized.

Today, **Nestani Climbing Park** stands as a testament to the power of collaboration and shared dreams. It epitomizes the boundless possibilities that arise when like-minded individuals unite in pursuit of a common goal. Join us as we unravel the enthralling tales of these newly opened routes and explore the wonders of the transformed thematic park.

Nestani Crag Enters a New Era of Adventure

Fueled by an unwavering dedication to enriching the climbing experience, a groundbreaking collaboration between **Mountaineering Club of Tripoli** (E.O.S. Tripolis) and the **municipality of Tripolis** has set the stage for an awe-inspiring transformation that will leave climbers in awe.

Get ready to immerse yourself in a world of possibilities as the once single-sector Voulomeni crag blossoms into a sprawling climbing paradise featuring not just one, but **five distinct sectors**.

This grand expansion brings forth an astonishing array of options, boasting an incredible **66 routes** that cater to climbers of all levels. From the exhilarating grades of **5b to the mind-bending challenges of 8b**.

In pursuit of this monumental development, the esteemed **Climb Greece**, led by the experienced **Aris Theodoropoulos** and his team of visionaries, were summoned to breathe life into **Nestani Crag’s new routes**.

Their expertise and passion were poured into every bolt, ensuring a seamless fusion of adventure and exhilaration in this extraordinary climbing haven.

But that’s not all – a mere five minutes away from Nestani Crag lies the dream-like escape of the **Dreamer Crag**. Created by the very hands of Climb Greece, this captivating climbing sanctuary offers an additional **14 routes, stretching from grades 5a to 7a**.

With these extraordinary developments, Nestani catapults itself into the ranks of the most sought-after climbing locations. Joining the ranks of **Leonidio, Ermionida, Kyparissi, and Nafplio**, Nestani Crag promises an adventure like no other.



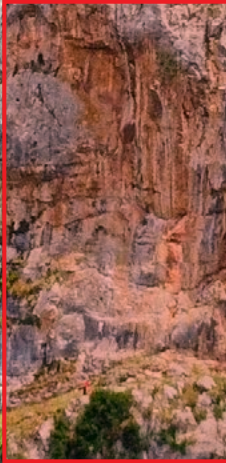


NESTANI
TOWER

MOREAS

VOULOMENI

ARG



SECTOR
NESTANI TOWER

Routes: 9
Grades: 6b up to 8a+

Walk in: 15 minutes

SECTOR
MOREAS

Routes: 11
Grades: 5b up to 7c+

Walk in: 8 minutes

SECTOR
VOULOMENI

Routes: 18
Grades: 5c up to 7a

Walk in: 5 minutes

PANORAMA - NESTANI
5 SECTORS

ON PEDION

LITHARI



SECTOR
ARGON PEDION

Routes: 20
Grades: 5c up to 7c+

Walk in: 10 minutes

SECTOR
LITHARI

Routes: 7
Grades: 6b up to 7a+

Walk in: 10 minutes



66 Routes ★★★★★

NESTANI CRAG

Crag Location: 37.607753, 22.457481

Best Season: Spring - Late Autumn

NESTANI CRAG - TRIPOLI

66 Routes



Nestani, Arcadia

Crag location: 37.607753, 22.457481

Season: Late Autumn - Late Spring | **Walk in:** 5 minutes

General information

A new sport climbing crag has been developed and established near **Nestani** village, located approximately 15 km from Tripoli.

In **September 2000**, **Tripolis Mountaineering Club** with **N. Hadjis**, established the first routes **12 routes**, ranging from 5b to 6b.

Recently, a collaboration between the local Municipality, the **Mountaineering Club** of **Tripoli**, and **Climb Greece** further developed the entire area, creating a total of **66 routes in 5 sectors**.

The rock formation primarily consists of high-quality grey limestone and good quality red limestone, although some routes may have sharp rock formations due to the crag's recent development.

The crag offers **66 routes** suitable for climbers of all skill levels, with grades ranging from **5b to 8b**.

The best time to visit **Nestani Crag** is during **spring through late autumn**, and accessing it requires only a brief hike.

In a Nutshell

Exposure: West

Best Season: Spring - Late Autumn

Sun: From 14.00 up to sunset

Walk in: 10 - 15 minutes

Water: At Voulomeni Park

Family Friendly: Yes

Pet Friendly: Yes

Camping: At Voulomeni Park

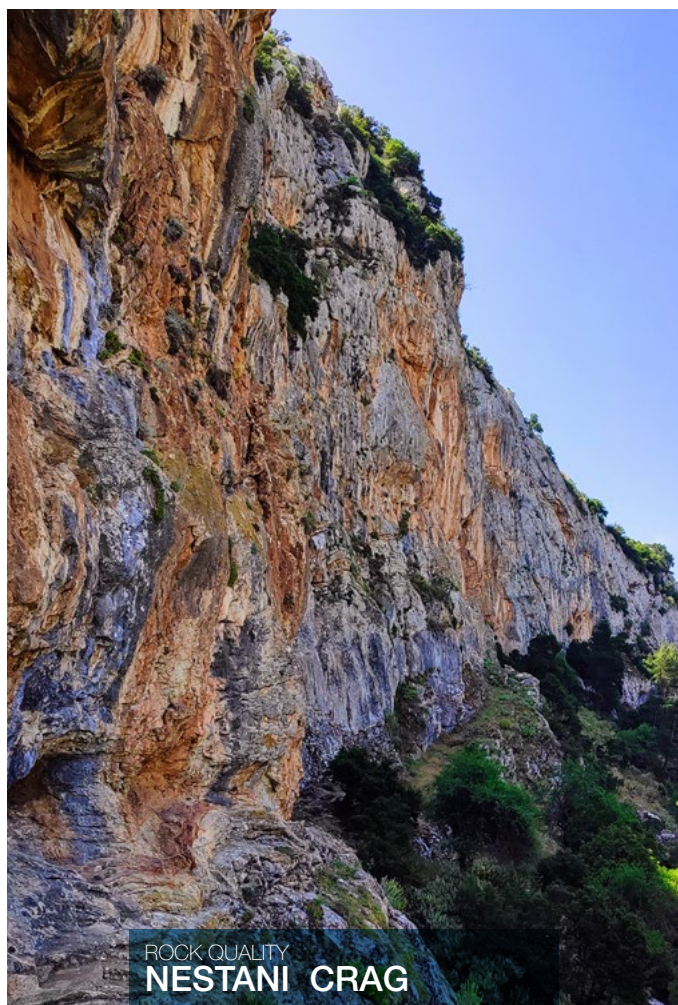
Gear: 80 m. rope, 18 quickdraws

Equipped by: Climb Greece, N. Hadjis, C. Rigas, K. Tsoukleidis



Moreas Sector
AGNO SPRING

Climber: S. Galanis



ROCK QUALITY
NESTANI CRAG

Rock consists of grey and red limestone



Access

To reach **Nestani Crag** from **Tripoli**, you should initially head towards **Kalavriton street** in the direction of Nestani. Drive for approximately 12.5 km, and then make a right turn onto **Epar.Od. Chania - Sagkas**.

Proceed under the bridge, and on your left side,

you will come across **Voulomeni Park**. On your right side, you will be greeted by the majestic view of **Nestani Crag**.

You can park your car near **Voulomeni Park** and embark on a short hike that will lead you to the different sectors of **Nestani Crag**.





MOREAS SECTOR
ZEUS ALTAR 6a

Climber: C. Rigas



PANORAMA
NESTANI TOWER SECTOR

#	Name	Grade	M.	✓
01.	Aegocerus	7a+	25 m.	
02.	Apollo Epicurius	8a?	22 m.	
03.	Atalante	8a+?	25 m.	
04.	The Magic of Pan's Flute	7b+	30 m.	
05.	Curse of Lycaon	8a?	28 m.	
06.	Dorian Invasion	7b+	28 m.	
07.	Pelasgus	7c	26 m.	
08.	Minthe's Pride	7a+	22 m.	
09.	Syrinx	6b	20 m.	

Attention

Please be aware that **bird nests may be present in the area**. To preserve the well-being of the local bird population, we kindly ask you to **refrain from climbing on routes** where nests are identified, particularly during mating season.

Please exercise caution and **choose alternative routes** if you encounter signs of nesting or bird activity.

Let's promote a harmonious coexistence between climbers and the natural environment.



CAMPING EXPERIENCE AT **VOULOMENI PARK**

Voulomeni Park offers an exceptional camping experience for outdoor enthusiasts. To embark on your camping journey at **Voulomeni Park**, it is recommended to make prior arrangements by contacting the park association.

By simply reaching out to the park association through the provided contact numbers: **+30 6974197514** or **+30 6945572782**, you can secure your spot and plan your visit accordingly.



PANORAMA
MOREAS SECTOR

#	Name	Grade	M.	✓
01.	Tantalus	5b	15 m.	
02.	Lycosura Wall	6b+	16 m.	
03.	Agno Spring	6b	17 m.	
04.	Zeus Altar	6a	15 m.	
05.	Twin Eagles	6a	15 m.	
06.	Moreas	6c+	15 m.	
07.	Mantineia Dam	6c	18 m.	
08.	Echidna	6b+	22 m.	
09.	Golden Apples	7c	26 m.	
10.	Hubris	7c	20 m.	
11.	Catharsis	7a+	17 m.	





A. Rigopoulos on
Tantalus 5b



S. Galanis on
Agno Spring 6b+



C. Rigas on
Zeus Altar 6a



PANORAMA
VOULOMENI SECTOR

#	Name	Grade	M.	✓
01.	Kontorevithoúlis	VI+	7 m.	
02.	Skevofylakas	VI+	20 m.	
03.	Enaeritis	6b	20 m.	
04.	Spammer	5c	20 m.	
05.	Sara	5b	20 m.	
06.	Tom	5b	20 m.	
07.	Combla	6c	20 m.	
08.	Kyra Maya	6a	18 m.	
09.	Cusco	5b	18 m.	
10.	Ovelix	5c	18 m.	

#	Name	Grade	M.	✓
11.	Skyla	5b	18 m.	
02.	Argonaut	5c	18 m.	
03.	Geros	5b	14 m.	
04.	Geros etx.	6a	22 m.	
05.	Super Goofy	5b	12 m.	
06.	Kyrios Eforos	6a+	15 m.	
07.	Kavourinos	6a+	15 m.	
08.	Sophie	V+		



C. Kapsalis on
Combla 6c



S. Galanis on
Spammer 5c



A. Rigopoulos on
Super Goofy 5c



PANORAMA
ARGON PEDION SECTOR

#	Name	Grade	M.	✓
01.	Artificial Intelligence	6a+	30 m.	
02.	Tzelati	6a	20 m.	
03.	Tzelati ext.	7a	40 m.	
04.	Malevos	5c	20 m.	
05.	Malevos ext.	6c+	40 m.	
06.	Fidaris	5c	20 m.	
07.	Fidaris ext.	7a+	40 m.	
08.	Argon Pedion	5c	20 m	
09.	Argon Pedion ext.	7b	40 m.	
10.	Callirhoe	5c	20 m.	

#	Name	Grade	M.	✓
11.	Callirhoe ext.	7c+	37 m.	
02.	Stravomytis	6b	20 m.	
03.	Tagari	6b	20 m.	
04.	Tagari etx.	7a	40 m.	
05.	Rite of Spring	6b+	25 m.	
06.	Panigiristra	6c+	25 m.	
07.	Goulas	7b+	37 m.	
08.	Neraidos	6b+	33 m	
09.	Ostrakina	7b	35 m.	
10.	Alisio	?	20 m.	



PANORAMA
LITHARI SECTOR

#	Name	Grade	M.	✓
01.	Mitochondrio	6b	18 m.	
02.	Me palema kai me lithari	6b+	18 m.	
03.	Mpelas	6c	25 m.	
04.	Fall of Tripolitsa	6c+	25 m.	
05.	The dead division	7a+	25 m.	
06.	Clarino	7a	17 m.	
07.	Ntaouli	6b+	12 m.	





14 Routes ★★☆☆☆

DREAMER CRAG

Crag Location: 37.601899, 22.436354

Best Season: All year

DREAMER CRAG - TRIPOLI

14 Routes



Nestani, Arcadia

Crag location: 37.601899, 22.436354

Season: All year | **Walk in:** 15 minutes

General information

A new sport climbing crag has been developed and established near **Nestani** village, located approximately 15 km from Tripoli.

Recently, a collaboration between the local Municipality, the **Mountaineering Club of Tripolis**, and **Climb Greece** spotted and developed a new crag in the area, creating a total of **14 routes**.

The rock formation primarily consists of high-quality grey limestone and good quality red

limestone, although some routes may have sharp rock formations due to the crag's recent development.

Dreamer crag offers **14 routes** suitable for climbers of all skill levels, with grades ranging from **5a to 7a**.

The best time to visit **Dreamer Crag** is all year round. During summer, visit after 15:00, and from morning till afternoon in winter time.

In a Nutshell

Exposure: East

Best Season: All year

Sun: From 08.00 up to 15.30

Walk in: 15 minutes

Water: At Voulomeni Park

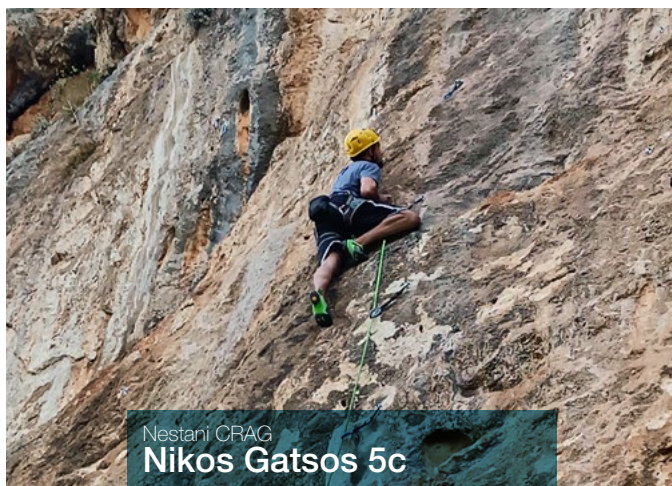
Family Friendly: Yes

Pet Friendly: Yes

Camping: At Voulomeni Park

Gear: 70 m. rope, 14 quickdraws

Equipped by: Climb Greece



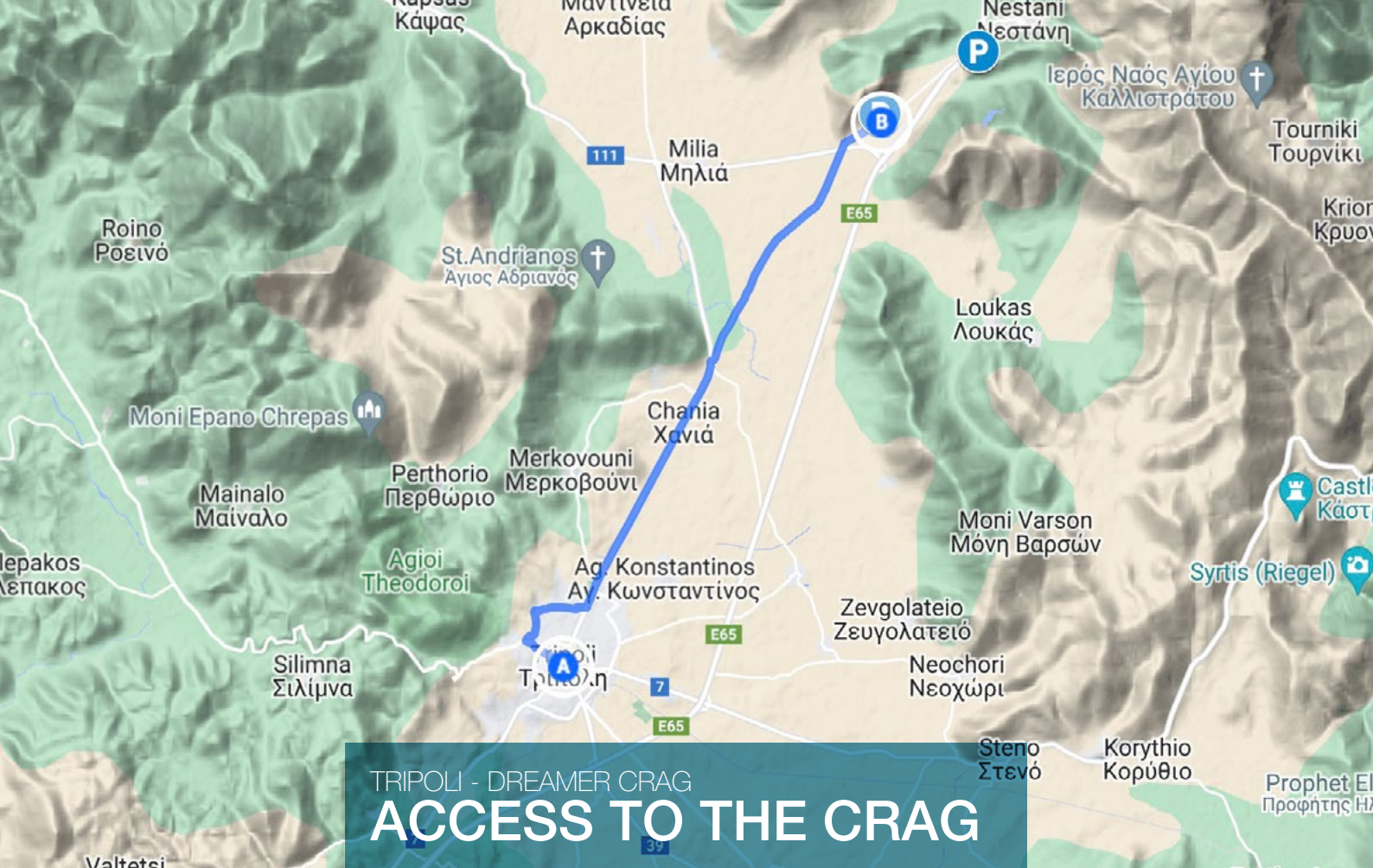
Nestani CRAG
Nikos Gatsos 5c

Climber: S. Galanis



ROCK QUALITY
DREAMER CRAG

Rock consists of grey and red limestone



Access from Tripoli towards Dreamer crag

Access

To reach **Dreamer Crag** from **Tripoli**, you should initially head towards **Kalavriton street** in the direction of Nestani.

Drive for approximately 11 km, and then make a right turn onto **Epar.Od. Chania - Sagkas**.

Proceed further on and turn left on a dirt road that will lead you to the parking spot in the following coordinates: **37.598696, 22.436481**

You can park your car and embark on a 20 minute hike that will lead you to **Dreamer Crag**.





DREAMER SECTOR

NOW AND FOREVER 6b

Climber: S. Galanis



PANORAMA
DREAMER CRAG

#	Name	Grade	M.	✓
01.	Garden of Ingratitude	5a	28 m.	
02.	Dreamer	5b	28 m.	
03.	Callisto	5b	30 m.	
04.	Persephone nightmare	5c	26 m.	
05.	Oblique order	6a+	25 m.	
06.	The North Star	6b+	22 m.	
07.	11th Commandment	7a	25 m.	
08.	Now and Forever	6b	25 m.	
09.	Swallow in a Cage	5c+	25 m.	
10.	Nikos Gatsos	5c	20 m.	
11.	Kostas Karyotakis	5b	20 m.	

#	Name	Grade	M.	✓
12.	Evander	5c	25 m.	
13.	Elegy	5c	22 m.	
14.	Satire	5a	15 m.	

Good to know

Experience the best of **Dreamer Crag** during different seasons: visit **after 15:00** in summer for a captivating sunset, and explore **from morning till afternoon** in **winter** for picturesque wintry landscapes.



D. on
Kostas Karyotakis 5b



S. Galanis on
Now and Forever 6b



D. on
Kostas Karyotakis 5b



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Climbing Guidebook