

LA VITA È BELLA

Climbing Guidebook

2023 EDITION

A hands-on account

General information, access guide, panoramas and topos

MOLYMPUS



ARMA PARNITHA
LA VITA È BELLA
ATTICA

GREECE

An Olympus Mountaineering

Trad Climbing Guidebook



Bird's-eye View

LA VITA È BELLA

Route: La Vita è Bella (K. Lafogiannis, A. Papandreou)

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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 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.



ATTICA - Fylis
ACCESS TO THE ROCK
 Access from Athens towards Arma

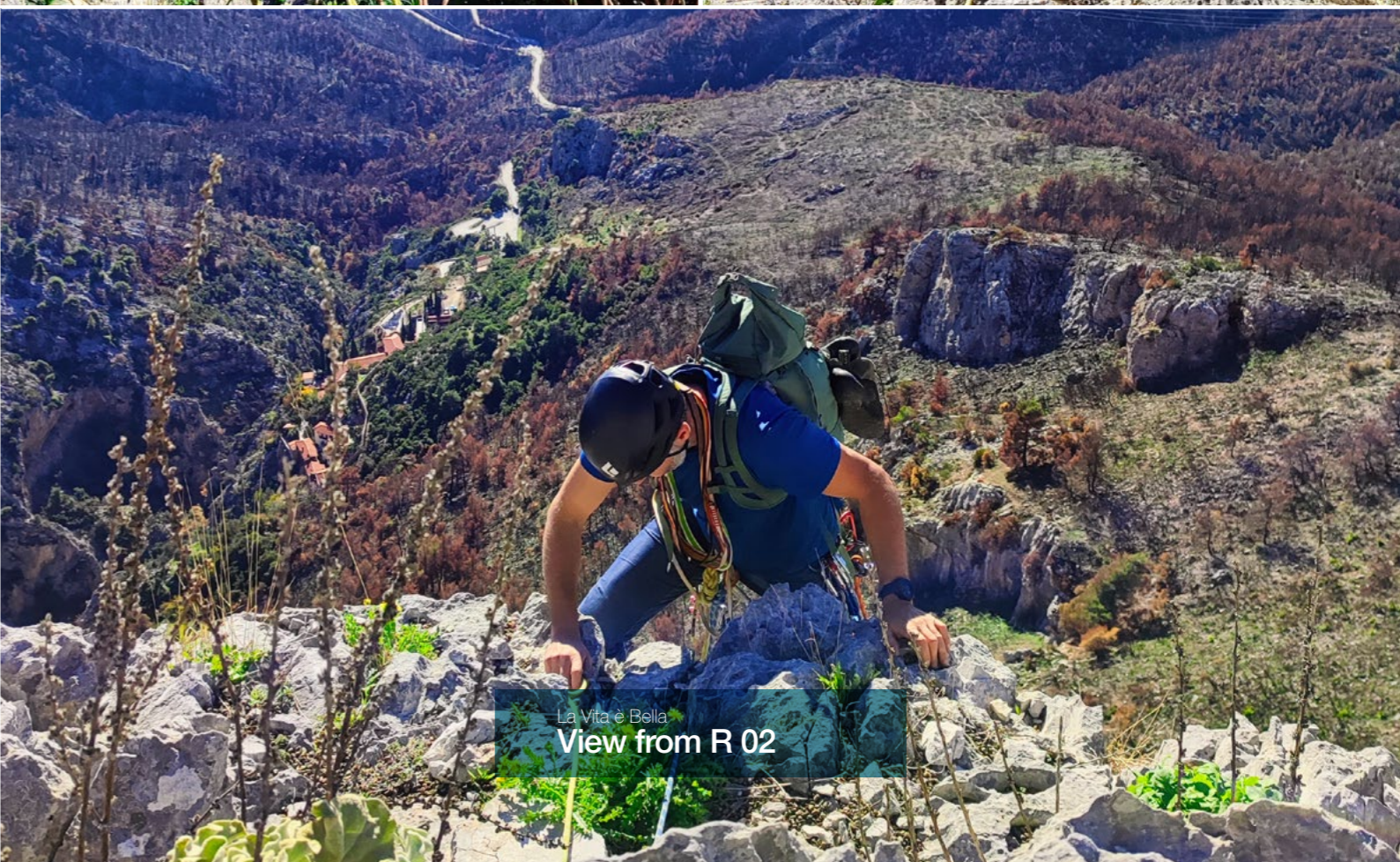
Access

From **Attiki Odos Exit #6**, follow **Fylis Avenue** towards Fyli/Chasia (north/west). Follow the road for **500m** until big roundabout.

Take the third exit and continue on Fylis Avenue. 3,1 km after the roundabout you will see a golden-domed church on your right hand (Panagia Kanala) and a football pitch on your left.

Continue and go further than the Fyli village and follow the direction towards **Monastery Kliston**. You will drive further on from **Monastery Kliston** till the following location **38.133639, 23.650956**.

As soon as you park, follow the red signs which they lead to the Via Ferrata and the beginning of the route is located here: **38.135403, 23.655060**





LA VITA È BELLA

VI- | 60 m. ★★★★★ Arma Parnitha - Attica

1st Ascent: 5/12/2021

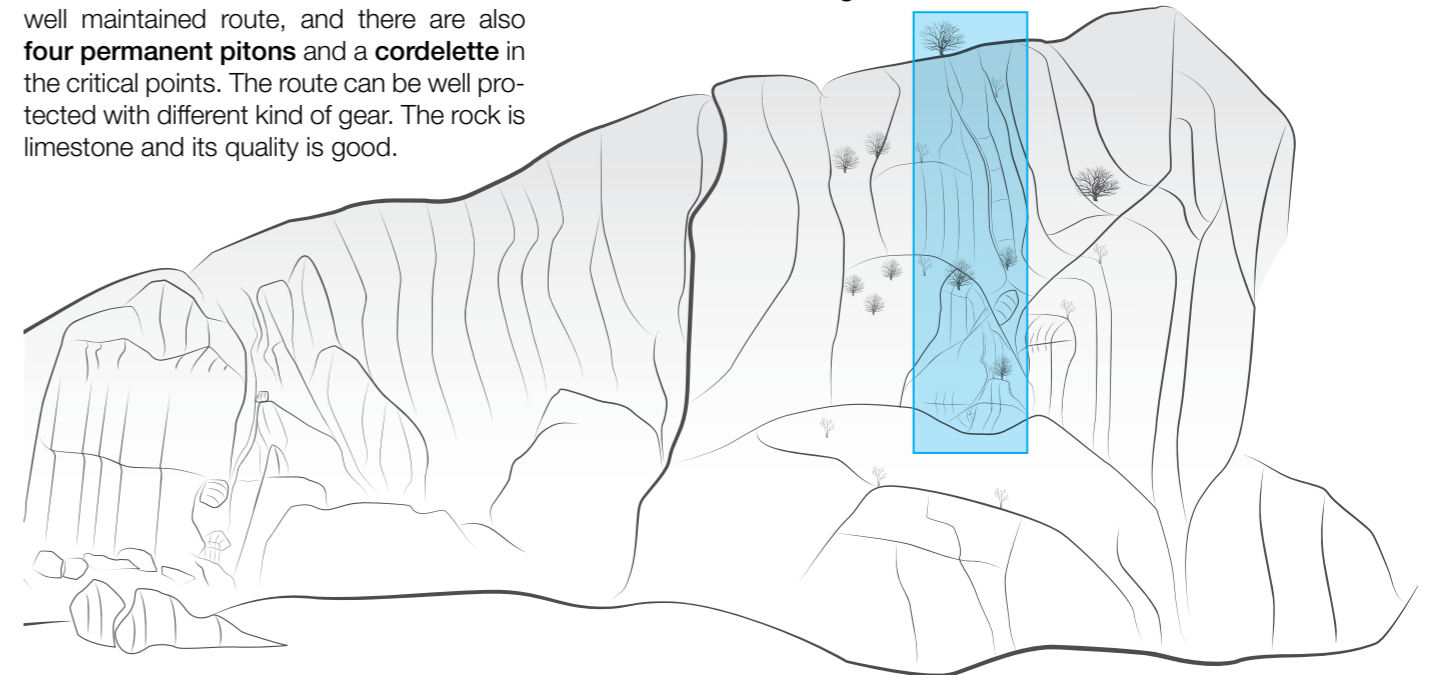
1st Ascensionists: K. Lafogiannis, A. Papandreou

General route information

La Vita è Bella (VI- UIAA, 60 m.) is one of the newest routes that was established in **Arma** area and specifically in the **Southern Arma** sector.

The route is located on the rock formation known as **Arma** (Fyli area) and due to its proximity to the city center of Athens and the excellent rock quality (limestone) it has been of a great interest to the Greek rock climbing community.

La Vita è Bella can be described as an “intermediate” Trad Climbing route in **Arma**. It is a clean from loose rock and well maintained route, and there are also **four permanent pitons** and a **cordelette** in the critical points. The route can be well protected with different kind of gear. The rock is limestone and its quality is good.



VI- 60 m. ★★★★★
LA VITA È BELLA

1st Ascent: 5/12/2021

1st Ascensionists: K. Lafogiannis, A. Papandreou

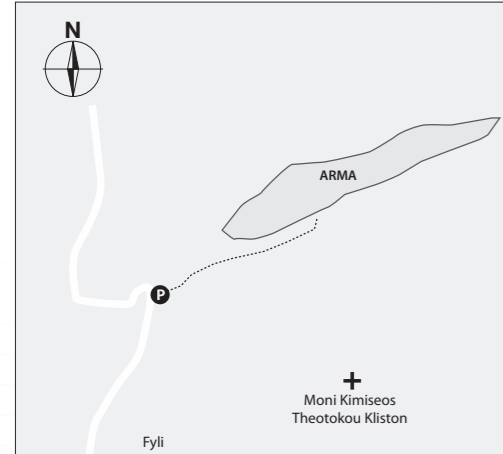
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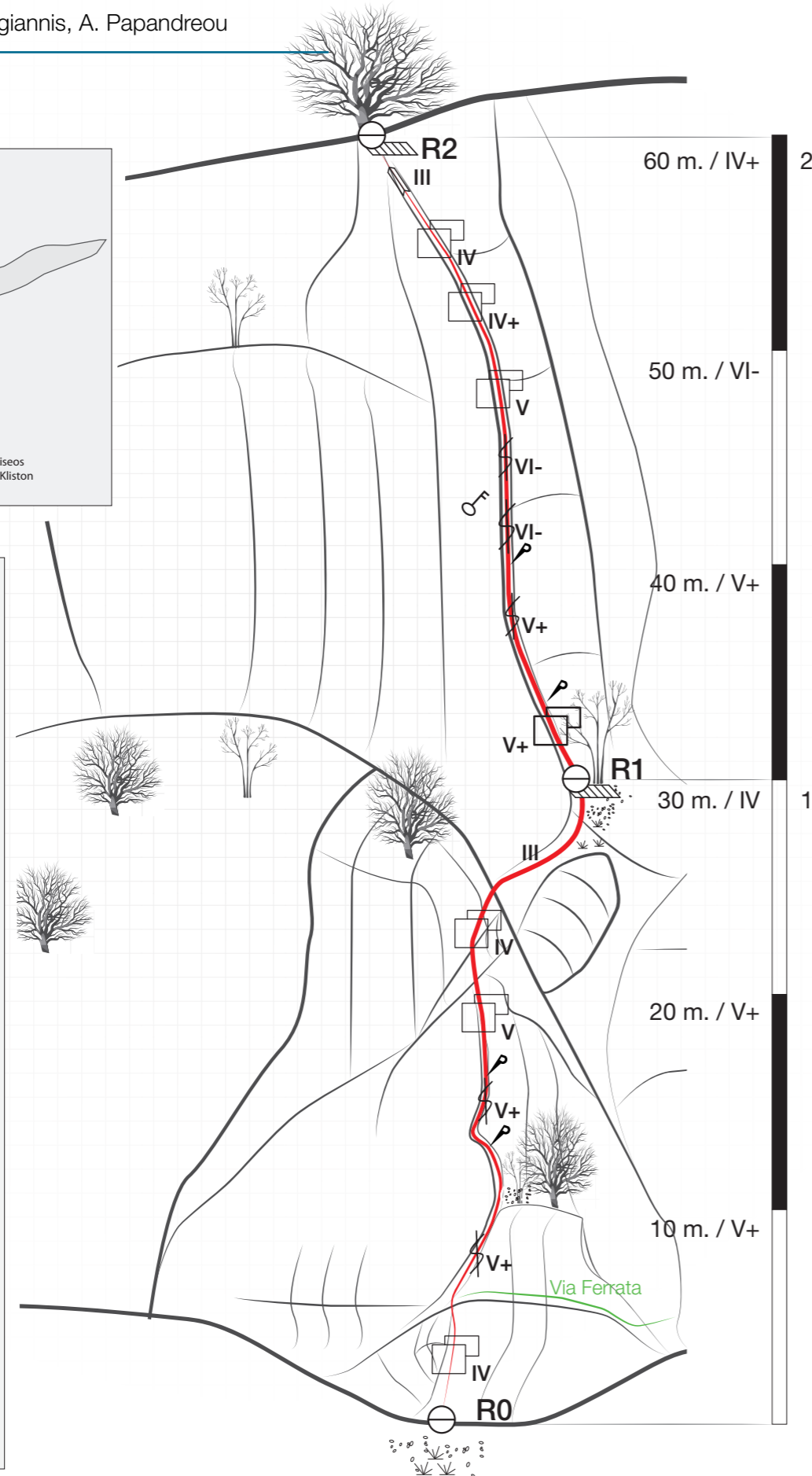
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Approach plan view - map



LEGEND

- Trees
- Rubbles
- Grass
- Ledge
- Belay
- Abseil
- Crux
- Slab/Rock wall
- Crack
- Ridge
- Dihedral
- Chimney
- Cordelette
- Pitton



LA VITA È BELLA

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Route description

R0-R1 | V+ UIAA 30 m.

The established commencement point of the **Arma Via Ferrata** marks the inception of the original route. However, we have identified a **more practical alternative, commencing the ascent approximately 5 meters below**. At this juncture, a spacious ledge affords increased convenience, facilitating the orderly deployment and management of ropes. The initial segment of the ascent entails navigating a straightforward **IV UIAA-rated slab** for approximately **5 meters**. This section concludes upon reaching the **Via Ferrata cable** and encountering the initial **crack** in the route.

Securing the crack with appropriate gear becomes essential as we ascend to surmount a **V+ UIAA** rated. Progressing onto a small ledge housing a tree, we encounter a strategic vantage point. At this juncture, a **visible cordelette offers an opportunity to employ a quickdraw**, ensuring a reliable and **secure gear placement**.

Subsequently, we adhere to the inherent trajectory of the ascent, encountering a gradual increase in difficulty. Notably, post the cordelette, **two strategically positioned pitons come into view on the rock**. This juncture serves as the **crux of the initial pitch**, with a **V+ UIAA** grade, demanding a cautious and deliberate approach for safe navigation.

Upon surmounting the crux of the initial pitch, the terrain progressively mellows, transitioning into sections of **IV UIAA**. This ease continues until reaching the summit of the rock. However, prior topping up, a **recommended maneuver involves traversing to the right**. This positions us strategically to access a conspicuous tree, ideal for establishing our **first anchor, denoted as R1**. The belay position is very comfortable.

Important: While the traverse itself presents as straightforward, caution is paramount owing to the presence of scree in the gully. Exercise heightened care throughout the traverse to mitigate potential risks associated with the loose debris.

R2-R3 | VI- UIAA 30 m.

The **second pitch**, notably more challenging, commences slightly to the left of the tree serving as the anchor point. From this anchor point, a **visible permanent piton** not only offers a critical location for secure protection but also provides a clue to the route ahead.

The initial segment of **Pitch 2** is graded at approximately **V+ UIAA**, with the difficulty gradually escalating. Progressing beyond this section, we encounter a visually appealing yet **challenging crack**, roughly the size of a closed fist. In proximity to the route's pivotal **crux**, there is another strategically positioned piton. The crux itself, rated at about **VI- UIAA**, demands a significant level of skill and precision to climb it securely.

For safeguarding this particular section, the first ascensionists advise employing **two size 11 Hex nuts**, a gear option we regrettably lacked. Nonetheless, this segment provides an exceptional climbing experience, demanding not only proficient climbing skills but also a resilient mental approach. Having climbed the challenging crux of the route, the ascent transitions into a more manageable phase, with the grade descending gradually from **VI- UIAA to V UIAA**. The concluding section transforms into an **easy scramble of III UIAA**. Upon reaching the summit, a conspicuous **tree comes into view, serving as an optimal anchor point for establishing R2**.



LA VITA È BELLA
RETURN FROM THE ROCK
 How to return from the top of La Vita è Bella route

Return

From the top of the rock, we have **two options**.
 The first is to **abseil down** the route "Loxi" (Λοξή) (make sure to have 2x60 meters half ropes) or to **follow the trail** which leads to the beginning of the via Ferrata trail.



Approach and Descent from the route

Necessary equipment

To repeat any route one needs the following items:

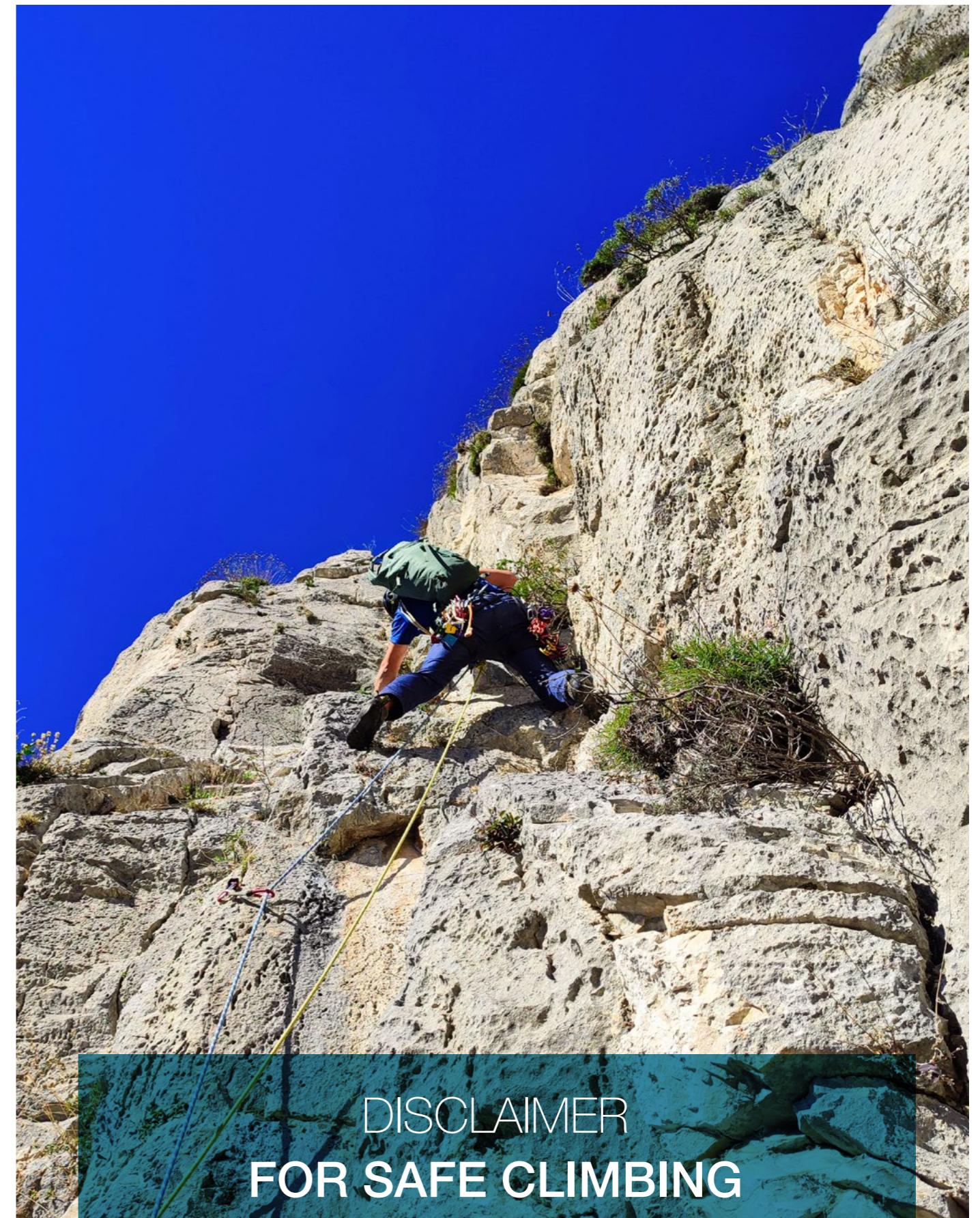
- Wire nuts 1-10
- Friends/Cam up to #2
- Hex Nut size 11 or similar Cam
- Slings/Lanyards
- Kevlar cordelette
- 2 x 60 m. 1/2 ropes

Useful coordinates

Parking spot: 38.133639, 23.650956
Beginning of the route: 38.135403, 23.655060
Highest point: 38.135600, 23.655001
Point of descent: 38.135020, 23.654464

Retreat

In case of emergency, a retreat might be possible by abseiling from trees.



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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