

## ERMIONIDA CLIMBING FESTIVAL 2023 Event Schedule

Friday, October 20th		
TIME	EVENT	LOCATION
17:00 – 22.00	<b>Reception open</b> (info-registration)	Katafyki Climbing Crag
17:00 – 22.00	<b>Climbing Wall MELITZZANOS</b>	Ermioni, Mandrakia
19:00 – 22.00	<b>Movies Night</b>	Katafyki Climbing Crag

Saturday, October 21st		
TIME	EVENT	LOCATION
8:30	<b>Reception open</b> (info-registration)	Katafyki Climbing Crag
9:00 – 10:30	<b>Hatha Yoga in Nature, with Nadine Strobl.</b> Come join us with your yoga mat and comfortable clothes. <i>Registration required.</i>	Katafyki climbing crag
10.00 – 18.30	<b>FREE CLIMBING FOR EVERYONE</b>	Climbing Crag of Ermionida
9:30 - 18.30	<b>Multi-Pitch Climb Marathon.</b>	Pleiades Crag
10:30 -14:30	<b>An introduction to climbing for people of any age.</b> Certified instructors and experienced climbers, providing all the necessary gear will guide everyone interested in a first taste of rock climbing.	Katafyki climbing crag, sector Welcome
10:30 -18:30	<b>Slackline.</b> Give a try to this exciting sport and develop your balancing and focusing skills.	Katafyki climbing crag
14:00 -15:00	<b>First Aid Basics Seminar.</b> By Hellenic Rescue Team.	Katafyki Climbing Crag
15:30 – 17.00	<b>Intro to Multi-Pitch Climbing Workshop</b> with Mountain Guide <b>Kostas Tsoukleidis.</b>	Katafyki Climbing Crag
17:00 – 18.30	<b>Shiatsu Massage Workshop</b>	Ermioni
17:00 – 22.00	<b>Climbing Wall MELITZZANOS</b>	Ermioni
20:30	<b>Live Music &amp; BBQ.</b> Come and let's party all together	Katafyki Climbing Crag

## Sunday, October 22nd

TIME	EVENT	LOCATION
8:30 – 10:00	<b>Yoga in Nature, with Matheos Dinakis.</b> Come join us with your yoga mat and comfortable clothes. <i>Registration required.</i>	Katafyki climbing crag
10.00 - 17.00	<b>FREE CLIMBING FOR EVERYONE</b>	Climbing Crag of Ermionida
10:00 -17:00	<b>First Ascent Competition</b>	Castle Thermisia Crag
10:30 -14:30	<b>An introduction to climbing for people of any age.</b> Certified instructors and experienced climbers, providing all the necessary gear will guide everyone interested in a first taste of rock climbing.	Katafyki climbing crag, sector Welcome
10:30 -17:00	<b>Slackline.</b> Give a try to this exciting sport and develop your balancing and focusing skills.	Katafyki climbing crag
10:30 -17:00	<b>Bouldering.</b> Enjoy your favorite sport on the unique boulders on the foothills of Thermisia Castle.	Southern foothills of Castle of Thermisia.
10:00-12:30	<b>Hiking in Katafyki with the Mountaineering Club of Tripolis.</b> Hiking on the easy, scenic “Path of Persephone” – a 10 km loop. <i>Registration required.</i>	Katafyki climbing crag, chapel of Agios Nikolaos
12:00-17:00	<b>Climbing Wall MELITZZANOS</b>	Ermioni
13:00-15:00	<b>Mountain Rescue Simulation</b> by Hellenic Rescue Team.	Katafyki climbing crag
17.00	<b>End of the Festival</b>	

## USEFUL INFORMATION

### CLIMBING CRAGS

<b>KATAFYKI</b> (37.419639, 23.214111)	<b>MT. DIDYMO</b> (37.475354, 23.2121502)
<b>CASTLE THERMISIA</b> (37.421028, 23.303333)	<b>PILLARS OF THE WIND</b> (37.477762, 23.286695)
<b>PETROGERAKAS</b> (37.421957, 23.219936)	<b>ROCK OF AGES</b> (37.499417, 23.237611)
<b>FRAGTHI CAVES</b> (37.422528, 23.131167)	<b>DARDIZA</b> (37.410556, 23.279167)
<b>BOULDERING</b> (37.417739, 23.305997)	<b>SUNCASTLE</b> (37.416528, 23.250806)

## CLIMBING IN ERMIONIDA GUIDEBOOK

Scan this QR code to download for FREE the Climbing in Ermionida guidebook.

### More information and direct contact:

- **Web:** [www.climbermionida.com](http://www.climbermionida.com)
- **Instagram:** @climbermionida
- **Facebook:** @climbermionida

