



Walking the Islands...Kalymnos

REF: DODEC KALYMN CONTENTS LIST

Kalymnos Pack Contents

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DODEC/KALYM/1u	The Old Stone Road to Vathy	Pothia - Vathy via the Old Stone Road	400m climb over 8 Km 2 hours	Old stone road over the ridge to a fertile valley and small harbour	3
DODEC/KALYM/1d	The Old Stone Road to Pothia	Vathy - Pothia via the Old Stone Road	400m climb over 8 Km 2 hours	Old stone road over the ridge back to main port	2
DODEC/KALYM/1pan	Panorama from Chaes on Old Stone Road	Chaes panorama diagram		panorama from near the summit of the old stone road	4
DODEC/KALYM/2u	Thermal Baths and Coastal Walk	Pothia-Therma-Pezoules-Vlichadia	130m climb and return to sea level over 6 Km, 1 ¾ hours	coastal walk round the southeast corner and visit site of ancient thermal baths	2
DODEC/KALYM/2d	Coastal Walk via Thermal Baths	Vlichadia - Pezoules-Therma-Pothia	130m climb and return to sea level over 6 Km, 1 ¾ hours	coastal walk round the southeast corner and visit site of ancient thermal baths	2
DODEC/KALYM/2pan	Panorama from Patela (Kamari)	Patela panorama diagram		details of view from western edge of central ridge	4
DODEC/KALYM/3u	Shrine on the Summit from Pothia	Chora-Profitis Ilias-Vathy	550m climb and return to sea level over 11.5 Km, 3 hours	climb to island summit and visit important hilltop chapel	5
DODEC/KALYM/3d	Shrine on the Summit from Vathy	Vathy-Profitis Ilias-Chora	550m climb and return to sea level over 11.5 Km, 3 hours	climb to island summit and visit important hilltop chapel	5
DODEC/KALYM/3pan	Panorama from Island Summit	Profitis Ilias panorama diagram		details of view from island summit	4
DODEC/KALYM/4u	Cliffs and Coastal Monasteries	Merovigli loop clockwise	300m climb over 16Km, about 4 hours , optional Merovigli ascent extra 1 hour	coastal walk round the southern summit with optional ascent to summit	5
DODEC/KALYM/4d	Coastal Monasteries and a Pirate Lookout	Merovigli loop anticlockwise	300m climb over 16Km, about 4 hours , optional Merovigli ascent extra 1 hour	coastal walk round the southern summit with optional ascent to summit	5

DODEC/KALYM/4pan	Panorama from Southern Summit	Merovigli panorama diagram		details of view from lookout on south summit	3
DODEC/KALYM/5u	A Coastal Shrine	Kandouni- Kapsala- Chorio	400m ascent over 11Km, about 3 hours, optional Kapsala ascent extra 0.5Km, 75m, 20 mins	coastal walk round the southwest corner with short optional ascent to summit	3
DODEC/KALYM/5d	A Clifftop walk and a Coastal Shrine	Chorio-Kapsala- Kandouni	300m ascent over 11Km, about 3 hours, optional Kapsala ascent extra 0.5Km, 75m, 20 mins	coastal walk round the southwest corner with short optional ascent to summit	3
DODEC/KALYM/5pan	Island Panorama from the South	Kapsala panorama diagram		details of view from southwest summit	3
DODEC/KALYM/6u	The Hidden Coves	Kandouni - Linaria - Plati Yialo coastal walk	20m climb over 1.0 Km, 20 minutes.	seaside stroll linking popular beaches	2
DODEC/KALYM/7u	Ravine to the Fertile Valley	Kamari-Chondro Kefali- Lagounara, Vathy	300m over 6.5Km to Stimenia, 3¾ hours, or 550m 9Km to Lagounara, 4½ hours	climb a dry ravine then follow Vathy's northern ridge	4
DODEC/KALYM/7d	Ridge, Ravine and Resort	Lagounara, Vathy- Chondro Kefali-Kamari	300m over 6.5Km from Stimenia, 3¾ hours, or 550m 9Km from Lagounara, 4½ hours	follow Vathy's northern ridge then down a dry ravine	4
DODEC/KALYM/7pan	Panorama from the Lookout	Chondro Kefali and Lagounara panorama diagram		details of view from two points on ridge	6
DODEC/KALYM/8u	To the ruined Byzantine summit fortress	Skalia-Ghalatiani- Lagounara	600m climb over 12.5Km 3½ hours	challenging ascent of the summit of the northern ridge via a climbers' path then airy ridge	3
DODEC/KALYM/8d	An airy ridge and climber's path to the coast	Lagounara-Ghalatiani- Skalia	Total 300m climb and 600m descent over 12.5Km, allow 3¼ hours.	ridge ascent then very steep descent in rock-climbing area	3
DODEC/KALYM/8pan	Panorama from the ruined Byzantine summit fortress	Ghalatiani panorama		details of view from summit of northern ridge	4
DODEC/KALYM/9	Secluded bays near Emborio	Emborio-Alexis- Apitikou Bays	200m ascent over 5.5Km, about 90 minutes	Coastal path to deserted bays and tiny coves with views of northern tip of Kalymnos with steep return	2
DODEC/KALYM/10	Emborio-Kefala circuit	Emborio-Kefala circuit	100m climb and return to sea level over 7Km	A stroll around the easy circumference track on the little round peninsular west of Emborio	2
DODEC/KALYM/11	Up the Stairway to Heaven	Emborio-Patella Ridge via Stairway to Heaven	450m climb and return to sea level over 15.5Km allow 5 hours.	Demanding ridge walk along northern ridge, including cliff climbing and narrow ridge crossing	4
DODEC/KALYM/11pan	Northern ridge panorama	Patela Ridge Panorama diagram		details of view from far northern ridge	4

DODEC/KALYM/12	Exploring the fertile valley	Strolls in Vathy Valley		places to visit in the valley	4
DODEC/KALYM/13	A secret cove	Vathy-Kambi Bay	130m climb and return to sea level over 3Km, 1 hour	scramble round headland to quiet bay	2
DODEC/KALYM/14u	The Tall Madonna	Vathy-Kyra Psili	450m climb over 8.5Km, allow 2 hours	stiff but easy to follow route to mountain monastery	2
DODEC/KALYM/15u	Vathy ridge walks from the valley	Vathy-Kastellas - Monte Rito - Stavri or Lagounara ridge walk	300m climb over 3.5Km allow 1 1/2 hours, various options	Climb through ruins to central point of ridge, to link with other access routes	3
DODEC/KALYM/15d	Vathy ridge walks from the top	Stavri or Lagounara - Monte Rito - Kastellas - Vathy ridge walk	300m descent over 3.5Km allow 1 1/4hours, various options	Descend through ruins from central point of ridge, to link with other access routes	4
DODEC/KALYM/16	Two Old Castles	Kastro Chrysocherias and Pera Kastro	Kastro at Chora 80+ m climb, up to half a day exploring, Chrysocheria 80m climb from Pothia, 1 hour visit	find and explore the two main castles near Pothia and Chora	3
DODEC/KALYM/17	Telendos: The face gazing out to sea	Telendos	To chapel, 225m climb over 4.5Km, 2½ hours, to summit, 460m climb over 6Km, 4¼ hours	climb to ruins of Byzantine fortified hilltop town and cliff-top chapel, then to airy summit	5
DODEC/KALYM/17pan	Telendos Panorama	Telendos summit panorama diagram		details of view from summit of Telendos islet	4
DODEC/KALYM/18	Exploring Pserimos Islet	Pserimos	80mins climb and descent over 3Km, clear track, taking about 45 minutes.	An introduction to the satellite island between Kos and Kalymnos; cross the island to a quiet beach	2
				total	128

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