

K A L Y M N O S



KALYMNOS SPORT CLIMBING • OCT 2026

A guided week of limestone, learning, and Mediterranean island life

Your Kalymnos Adventure

Join Acadia Mountain Guides for an unforgettable week of climbing on the sun-drenched Greek island of Kalymnos—one of the world's premier destinations for sport climbing.

This trip is designed for climbers who want to **climb a lot, improve their skills, and become more confident leading or following sport routes**. We'll spend our days on the limestone cliffs, working moderate sport climbs (5.8 – 5.10+) and exploring the incredible variety of Kalymnos' climbing areas. With experienced AMGA guides coaching along the way, you'll learn not just how to climb harder, but how to climb smarter.



The focus is on **learning the nuances of sport climbing and developing the skills to lead with confidence**. Depending on your experience, instruction may include clipping and managing the rope, efficient movement and pacing, route reading, lead belaying, cleaning anchors, lowering and rappelling, assessing routes and conditions, partner rescue and developing sound decision-making at the crag. There will be plenty of opportunity to practice these skills on real routes while receiving personalized coaching from your guide.

Kalymnos offers an incredible setting for this progression. Expect **quality, well protected sport climbing on beautiful limestone**, spectacular sea views, and a huge variety of routes that make it easy to tailor each day to the group. Whether you are relatively new to sport climbing or looking to refine your existing sport-climbing skills, the goal is to leave the island climbing with greater confidence, independence, and a deeper understanding of the sport. And when the climbing day is done, the adventure doesn't stop. Spend your late afternoon or

evenings swimming in the **Mediterranean Sea**, relaxing on the beach, enjoying a meal in a seaside taverna, or simply taking in the laid-back rhythm of island life. Kalymnos offers the perfect balance of focused climbing days and time to unwind.

All-inclusive except for travel and dinner meals, so you can focus on climbing, learning, and enjoying the island. Your guides will take care of the logistics and climbing experience while you settle into a week of great rock, warm water, good food, and unforgettable days in Greece.

Come for the limestone. Stay for the Mediterranean. Leave a better sport climber.



Who This Trip Is For

Kalymnos is an ideal destination for climbers with a variety of experience levels and goals.

With a maximum **4:1 climber-to-guide ratio**, we can create smaller groups based on each climber's experience, confidence, and objectives. Some participants may concentrate on top-roping and building comfort on outdoor rock, while others may work on leading, improving their limestone technique, or simply getting in as many quality routes as possible.

To get the most out of the week, we recommend arriving with the ability to **top-rope around 5.9 indoors**. This provides a solid foundation for enjoying a full week of climbing and making meaningful progress on the island.



WHAT YOU BRING

- Harness, Helmet, Climbing shoes, Chalk bag
- Approach shoes
- Climbing pack (at least 30 liter)
- Travel bag (ie. 70 liter Patagonia Black Hole) (preferred over a suitcase for packability)
- Aperture Style belay device (ie. ATC)
- Assisted locking belay device (ie. Grigri), optional as we have plenty
- 4+ locking carabiners, HMS style preferred
- Personal anchor system if used
- Short loop of 5 – 6 mm cord for rappel backup
- Small first-aid kit (we will have a bigger kit)
- Headlamp
- Charged phone
- Chalk brush, Tape
- Snacks and drinks
- Clothing for climbing – mix of shorts and lightweight long pant along with tees or tanks and long sleeve hoodies
- Lightweight fleece pullover or jacket
- Lightweight rain / wind shell
- Sunglasses, High-SPF sunscreen
- Clothing and footwear for town
- Personal items and toiletries, medications
- Shower sandals
- Passport along with a photocopy
- Insurance information
- Plug adapter (Greece uses European sockets),
- Copy of travel plans

WHAT WE BRING

- Climbing ropes 70/80m
- Climbing hardware (many quickdraws)
- Medical kit
- Experience and **STOKE!**

If you plan to lead climb, you are welcome to use AMG ropes and quick draws or bring your own gear as long it good shape and less than 5 years old. If you bring your own we suggest:

- 70m+ single rope
- 12 – 15 quickdraws
- 2 alpine runners
- 5m cordellette (either 7mm nylon or 5 - 5.5m high strength cord) or 240 cm Dyneema sling

TRIP LEADERS



Jon Tierney **IFMGA/AMGA Mountain Guide, Flight Paramedic/RN**

Jon Tierney is the founder of Acadia Mountain Guides and a longtime climbing and wilderness educator with decades of experience guiding, teaching, and exploring some of the world's most spectacular climbing destinations. For this Kalymnos adventure, Jon will focus on the island's excellent moderate routes, bringing his extensive experience, steady pace, and emphasis on climbing technique, technical rope skills, safety, and enjoying the experience. While Jon may be a little older than some of his climbing partners, he knows that good climbing is about more than chasing grades—and he's always happy to let the younger climbers lead the charge on the harder routes!

Morgan Poppenberger **AMGA Assistant Rock Guide, Wilderness First Responder**



Morgan Poppenberger is an accomplished climber and guide with Acadia Mountain Guides who brings energy, enthusiasm, and a willingness to push the limits. Morgan will be your go-to leader for those looking to challenge themselves on Kalymnos' harder sport routes. Whether it's exploring a new crag, trying a more demanding grade, or simply getting in as much climbing as possible, Morgan will bring the motivation and experience to help climbers step up their game.

Together, Jon and Morgan offer the best of both worlds: Jon will seek out the classic moderate climbs and savor the experience, while Morgan will be ready to chase the steeper, harder routes. No matter your ability or goals, you'll have experienced AMG leaders to help make your Kalymnos climbing adventure memorable.

Risk, Reward and Stewardship



Enjoying the outdoors necessitates a certain degree of risk-taking. You are participating in this trip at your own risk.

You are choosing to engage in an activity in which participants have been injured and killed. While such accidents are rare, they may occur at any time and be out of our control.

Our guides draw upon solid guide education coupled with extensive experience to manage significant hazards inherent to sport climbing. Some of the hazards that can lead to injury or death associated with this trip include but are not limited to climbing falls, rock fall, extreme weather, poor communication, and vehicle transportation. Please be sure that you are fully aware of such risks.

Your guides interpret the environmental, situational and group variables and make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience. Self-reliance in the face of adversity is expected. Rescue may not be automatic.

We are visitors to this wonderland and must leave minimal impact by packing out waste, respect other climbers, area closures, private property, wildlife, and local bolting ethics.

Finally, this is a group trip and good expedition behavior is critical. Participants are asked to stay with the group until everyone has safely left the climbing areas for the day.

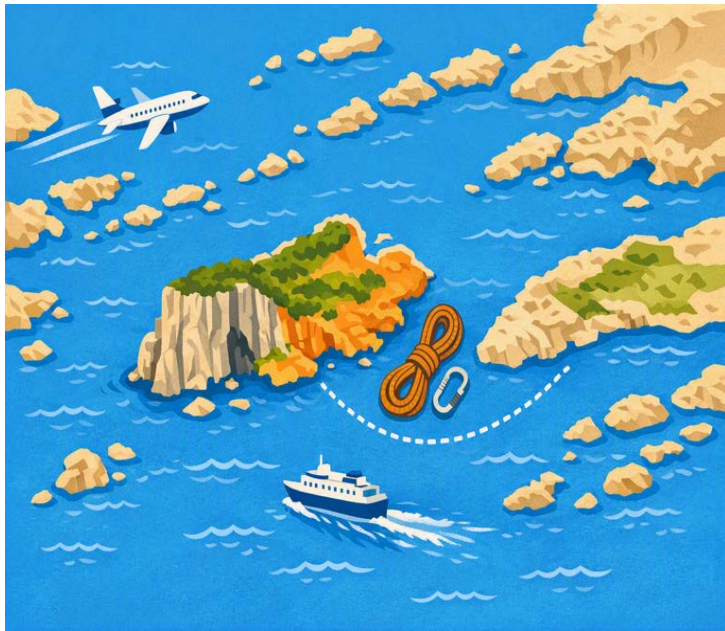
Tuition

The price will be based on the total number of participants and is based on a minimum of 3 participants and maximum of 8. Rates per person.

6+ climbers	\$1,900.00	5 climbers	\$2,200.00
4 climbers	\$2,700.00	3 climbers	\$3,600.00



Travel to Kalymnos



We recommend flying from Athens (ATH) to Kos (KGS) then take a taxi transfer to Mastichari. This takes less than 30 minutes and costs roughly €14 to €25. Roundtrip flights ATH – KGS cost roughly \$110 – 200 USD.

The ferry from Mastichari to Kalymnos (Pothia) is one of the most popular ways to travel, serviced by leading operators including Dodekanisos Seaways, Anem Ferries, Lafasi, ANEKalymnou, and Blue Star Ferries.

The ferries depart throughout the day and usually complete the crossing in around 40 minutes or less. Cost varies depending on what you bring but expect €15 to €50. Ferry schedule and reservations.

One of our guides will meet you at ferry terminal.

What is Covered in the Tuition

Inclusions

- 5+ days of guided climbing and instruction at 4:1 or less ratio of clients to guides
- Guiding by senior IFMGA/UIAGM guide and AMGA Assistant Rock Guide
- 6 nights lodging in Kalymnos
- Car transport to / from crags and town center
- 6 breakfast meals
- Technical climbing gear (ropes, quickdraws, etc)

Exclusions

- Travel expenses to reach/depart Kalymnos
- Dinner meals. You may choose to curate your own dinner meals or sample one of the many nearby restaurants.
- Alcoholic beverages
- Personal injury / travel insurance
- Personal climbing gear (harness, helmet, shoes, etc)
- Guide gratuities — optional

Where do we stay?

Fantasia Villas located on Kalymnos Island at the top of Panormos Village with nice ocean and mountain view, lovely mornings and fantastic sunsets. Three level home with five bedrooms and four bathrooms. Fully air conditioned, LCD tv's, BBQ area, WIFI.

Here are a few pics of where we plan to stay on the trip:



How Fit Do I Need to Be?

Good general fitness is important, as each day includes hiking and climbing, but you don't need to be a high-level climber. You can expect to walk ½ - 2 miles, mostly gently uphill to access the crags. Guides will match climbers with appropriate partners and routes based on ability, fitness, and goals. Good technique, flexibility and movement matter far more than strength, and your guides will help you improve while keeping the experience fun and rewarding.

Will I be okay if most of my climbing has been in a gym?

Absolutely. You don't need extensive outdoor experience, but some climbing fitness will help you enjoy the week. We recommend being comfortable top-roping around 5.9 indoors. Your guides will help you transition from gym climbing to outdoor limestone and introduce you to outdoor systems.

Can I lead climb?

Lead climbing is not required. Participants with previous lead experience may lead once they demonstrate solid climbing skills, safe belaying and rope handling, and clear communication. Those interested in developing their lead skills will work with the guides throughout the week, with safety, awareness, and good decision-making always taking priority.



What about dietary restrictions?

Meals are primarily traditional Greek restaurant food. Gluten-free and vegetarian options are often available, though vegan or strict celiac needs can be harder to accommodate. Share all dietary requirements with Acadia Mountain Guides before departure so the team can discuss realistic options.

How large is the group?

The max client to guide ratio is 4:1, and price is per person. It takes a minimum of 3 people for the trip to operate at the stated price.

Age requirement

Anyone younger than 18 may be permitted to climb on a case-by-case basis, but must be in the presence of a parent or legal guardian. Make it a family trip!

Kalymnos, October 2026



Come for the limestone. Stay for the Mediterranean.

Leave a better sport climber.



ACADIA MOUNTAIN GUIDES CLIMBING SCHOOL
Sea to Summit • Guiding and instruction since 1993

Plan your next adventure with Acadia Mountain Guides

AcadiaMountainGuides.com • 207 288 8186 • Bar Harbor, ME