

## Contents

Foreword	1	List of photographers	278
Introduction	8	Acknowledgements	279
How to use this guide	9	Grade conversion table	280
Suggested itineraries	15		
Quick scan	19		

### General

Introduction Egypt	21		
Climbing area Dahab	32	Climbing area Mt Sinai	42
• Wadi Qu'nai	38	• St Catherine	50

### Egypt

Introduction Greece	55		
Climbing area Meteora	66	Climbing area Langada	112
• Meteora	72	• Langada Gorge	116
• Theopetra	76	Climbing area Argolis	120
• Rizoma	79	• Karathona Bay	126
• Pyli	82	• Arvanitia Beach	130
• Mouzaki	86	• Didyma	134
Climbing area Patras	90	• Katafyki Ravine	137
• Varasova	96	Climbing area Kalymnos	140
• Kalogria	100	• Kalymnos	148
• Alepochori	104		
• Chatzouri	108		

### Greece

Introduction Jordan	153
Climbing area Wadi Rum	164
• Wadi Rum	170

### Jordan

Introduction Lebanon	175
Climbing area Mount Lebanon	186
• Faqra	192
• Shangrila	196
• Harissa	200

### Lebanon

Introduction Syria	205
Climbing area Damascus	216
• Sabbourah	222
• Monte Rosa	226

### Syria

Introduction Turkey	231	Climbing area Olympos	258
Climbing area Antalya	242	• Olympos	264
• Geyikbayiri	248	Climbing area Ala Dağlar	
• Feslekan Yayla	252	National Park	268
• Akyarlar	254	• Cimbar Vadisi	274

### Turkey