



SHARING THE CRAGS!



a simple guide
to sustainable climbing



The Parnon Mountains, including the Leonidio area, host more than 500 species of plants, and yet the full extent of this botanical wealth is still being discovered. About 56 are endemic (found exclusively in Greece) and 2/3 of them are cliff plants. To be more precise, 18 unique species of cliff plants can be spotted on the Leonidio rocks and can be affected by climbing activity.

The Dafnonas Gorge in the Leonidio valley and the area around Elona Monastery are also home to four endangered bird species.

The aim of this booklet, promoted and sponsored by the Management Unit of the Southern Peloponnese Areas (an authority operating under NECCA.), is to raise climbers' awareness of the environment that hosts them, since these places are of great environmental importance.

NATURAL ENVIRONMENT AND CLIMATE CHANGE AGENCY

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NECCA oversees the 24 Management Units of Greece's protected areas, which make up the National System of Protected Areas in the country.

The Management Unit of The Southern Peloponnese Protected Areas operates under NECCA's Protected Areas Management Directorate (Sector B), based in Astros Arcadia with a branch office in Areopolis Laconia.

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Welcome to the Parnon mountains!

by Stela Vlajos Gomez, botanist and climber

In Tsakonian, the local dialect, we call them Malevos. Parnon is a biodiversity hotspot where you can find many unique plants and animals co-existing in more than 20 different habitats. It combines from forests dominated by the endemic fir *Abies cephalonica*, the chestnut trees or the relict juniper *Juniperus drupacea*, to wetlands in Moustos where migratory birds find shelter during their travels. And for sure one of the most impressive and **unique habitats are the limestone cliffs. Yes, the ones that we climb in!** Protected by the European Directive, these cliffs must be preserved because of their environmental importance, diversity value and fragility.

Cliff ecosystems

As bare and uniform as they might appear, cliffs have a highly heterogeneous nature with different microsites such as ledges, crags and crevices, that allow astonishing ecological communities to form. **Plants, insects, birds, bats, lizards and fungi, a great variety of life is present on cliffs.**

Surviving can be hard on the crags, but maybe for this very reason the cliffs represent the ideal shelter for many plant species: the low competition for resources, the relatively few disturbances from humans and herbivores and the availability of stable microsites have allowed plants on cliffs to survive great climatic changes throughout evolutionary history. These plants have adapted to vertical life by acquiring special characteristics like specialized root systems, stress-resistant leaves, visually appealing flowers to attract pollinators despite the scarcity of vegetation and dispersal focused on keeping the seeds on the cliffs.

Many of these specialist cliff plants are endemic (they are restricted to a certain locality), rare and relict species. Most of them are constrained to just a few populations, and classified as threatened according to the International Union for Conservation of Nature (IUCN).

Despite that cliffs have been, so far, among the least human-disturbed ecosystems, many of them are now under pressure. The reason? Stability and inaccessibility, **the two main features that have granted such suitable microenvironments are now in danger: climate change compromises the long-standing stability, while inaccessibility is threatened by the increasing popularity of climbing (we are speaking of an increase rate of 15-20% per year!!).**

Recent studies have shown how increase of human pressure due to the climbing **threatens many endemic and rare plants, disturbs rock-dwelling animals and increasingly affects the unique biodiversity of cliffs**. The most devastating effects seem to come from the development of new climbing sectors, primarily for sport climbing, as equipping and ensuring safety has been associated with “cleaning” everything, leaving crags perfectly bare for the future visitors.

Is this the development we want? Of course not!

Reducing the impact of climbing

Thankfully, climbing as well as other mountain activities, have long been linked with a **tradition of respect and admiration for nature**.

In recent years, climbing communities have been advocating for sustainable climbing and there are many examples of both local and worldwide initiatives and projects that promote responsible climbing and cooperation between climbers, locals, researchers and conservationists.

There are easy and quite obvious things to do to minimize our impact, not only on the walls but also around the crags and throughout our visits. Our footprint gets crucial as our number increases, starting from our traveling and parking requirements on the crags, our impact during the approach or our “footprint” around the crag, where we rest or belay.

Conscious actions and choices must be made to preserve the beauty of this place, while enjoying its cliffs:

Please, **pick up your garbage, be quiet and have a “leave nothing behind” mentality on the crags, the approaches and even on rest days at the beach, the forest, the village**. Human impact can harm in many ways and the goal is to co-exist, not disturb other living creatures.

Please, **do not harm the plants that grow on the walls while climbing, avoid routes where endangered species are present, even restrain from visiting specific crags during bird’s nidification period**.

Climbers are welcome to actively participate in local initiatives and in conservation or restoration projects. Sharing information with the conservation managers and the other climbers is also crucial, if you see an endangered species or a bird nest. Last but not least, taking a look at local guidebooks, informative signs and other materials can help you familiarize with the unique biodiversity of your climbing destination and the initiatives to preserve it.

Climbers, route-setters, researchers, authorities and locals, **we all can work together to preserve the area’s unique biodiversity now and all the years to come**.

Centaurea leonidia Kalpoutzakis & Constantinidis

It is said that *Centaurea* flowers took their name from Centaur Chiron, teacher of Achilles and Apollo.

In Greece we can find around 140 species and half of them are endemic. Many of them inhabit vertical cliffs where they have survived from the glaciation periods. **One of these extraordinary *Centaureas* only appears in the cliffs around Leonidio.** It was named *Centaurea leonidia* by botanists Constantinidis and Kalpoutzakis in honour of the village.

It is a narrow endemic species with silver leaves and the characteristic thistle-like morphology.

It flowers purple blooms in late May until Early June.

It has been described only in three locations around Leonidio (Kokkinovrachos, Sintza, Puntos) on scarcely vegetated vertical cliffs, mostly east or south-facing.

It is considered a Critically endangered species.

The massive bolting of the area - especially in Kokkinovrachos - has caused great damage to the species.



Campanula asperuloides (Boiss. & Orph.) Harms

Campanulas (or little bells, as their name deriving from latin suggests) are a group of flowering plants with the characteristic bell shaped (mostly purple or blue) flowers that can be found in various habitats. Associated with Afrodite (Venus), these flowers are linked to stories of love, heartbreak, beauty or vanity in many different tales of different cultures.



You can spot *Campanula* species in many cliff areas of the Mediterranean basin, from the Pyrenees to the South of Greece.

The one you can spot in Parnonas is *Campanula asperuloides* a narrow endemic present only in the main mountain regions of the Peloponese.

It takes a cushion like form coming out from crags and crevices, and has small round leaves with a slightly rough surface (hence the name *asperuloides* from latin *asperum*). It has a lot of fragile flowers with narrow petals (blue or pale purple) that appear in the Leonidio area around June.



It prefers shaded walls with a lot of humidity, so it is mostly found in north- or northwest facing crags (in crags close to Elona and Sintza monasteries).

It is evaluated as an endangered species, that can be threatened by intensive climbing activity, bolting and re bolting and maintenance of the routes.

Potentilla arcadiensis Ιατρού

The 'little powerful one', is the meaning of the scientific name of this plant (from the latin potens = powerful, and illa a suffix meaning small): infact it has strong medical properties in a small flower.

Potentilla arcadiensis belongs to the roses family (Rosaceae) and is a strict cliff- specialist surviving inside rock fissures in semi-shady and protected spots.

It forms compact tufts and produces delicate five-petaled white flowers from mid June to mid July.

Endemic to the southern Peloponnese, **it is known from only a few locations, including two within the climbing areas of Leonidio and Elona.**

Its extreme rarity and habitat specialization make it highly vulnerable; it is classified as Endangered.



Bubon arachnoideum (Boiss. & Orph.) Hand



This rare and remarkable plant **is found only on the cliffs of the southeastern Peloponnese.**

What makes it truly special (and very difficult to spot!) is its unusual life cycle: **it flowers only once in its lifetime – and this can take up to 10 – 20 years!**



Until then, it waits quietly, growing slowly on rocky ledges. When it finally blooms (June–July), it produces a striking flower stalk that's hard to miss.

Bubon arachnoideum is listed as Vulnerable to extinction, and each individual plant is precious.

If you spot one on your climb, consider yourself lucky – and please don't disturb it. Its survival depends on the cliffs staying pristine and undamaged.

Teucrium aroanium Orph. ex Boiss.

Teucrium plants, commonly known as germanders, are a diverse group of plants in the family of mint and thyme, with beautiful flowers and fragrant leaves.

Teucrium aroanium is a cliff specialist plant **restricted to the Peloponnese cliffs** and has been assessed as Vulnerable.

Like many other species in its genus, **it has developed effective mechanisms for drought resistance.** Its small leaves, covered by tiny trichomes (the small hairs that give the leaves a velvety look) retain water so that it is not lost during the hottest hours of the day. It is also capable of clinging to crevices where soil is minimal and competition low.

All the above are key traits for survival in harsh Mediterranean habitats.

Flowering occurs from May to August.



Teucrium francisci-wernerii Rech.f.



This charming germander is one of the most common cliff plants encountered in the climbing sectors around Leonidio.

Unlike many cliff specialists, which are rare and hidden, *Teucrium francisci-wernerii* grows in plain sight, often right beside climbing routes.

It can be recognized by its heart-shaped, softly hairy leaves and purple flowers.

It is a Greek endemic with a limited distribution and is protected by Presidential Decree due to its rarity and vulnerability.



Despite being relatively abundant in Leonidio, it is under considerable pressure from rock climbing, especially in popular sectors where physical disturbance can damage individuals or their fragile habitat.

Flowering occurs from June to September.

Minuartia pichleri (Boiss.) Maire & Petitm.

This delicate, cushion-forming plant is a member of the carnation family (Caryophyllaceae), that thrives on steep, rocky cliffs.

Its small white flowers and compact growth make it easy to overlook, but **it is a highly specialized cliff species with a narrow ecological niche.**

It is found on cliffs of different Peloponnesian mountain ranges including Parnon. **In our area it can be seen in the crags around Leonidio, where it is not common.**

Due to its limited range and habitat specificity, *Minuartia pichleri* is listed as Vulnerable and is at risk of extinction.

Flowering occurs from April to July.



Petrorhagia grandiflora Ιατρού



As the name implies, Petro (from greek stone) -rhagia (from greek crag) this plant grows in small crags of vertical cliffs.

Its long, slender stems and delicate white flowers, decorated with fine red lines on the petals, make it easy to recognise.



Endemic to the Peloponnese, *Petrorhagia grandiflora* is considered Rare and is restricted to a few localities on the eastern slopes of Mount Parnon. **In the Leonidio area, it is found near the Elona Monastery, on cliffs above the road to Leonidio,** and along the coastal rocks toward Sampatiki.

Flowering occurs from May to July.

Stachys chrysantha Boiss. & Heldr.

With its soft silver, velvety leaves and bright yellow flowers, *Stachys chrysantha* is perfectly adapted to the harsh, sun-drenched conditions of vertical limestone faces and rocky sites in the South Peloponnese area.

Its distinctive silvery foliage not only conserves water but also protects it from intense sunlight.

Endemic to the Peloponnese, it blooms mainly from April to July offering an important source of nectar for local pollinators.

Keep an eye out as you climb, in the Leonidio area, you'll spot it in many climbing sectors, sometimes right beside popular routes, at a wide range of altitudes.



Pentanema verbascifolium

(Willd.) D.Gut.Larr., Santos-Vicente, Anderb., E.Rico & M.M.Mart.Ort.

Pentanema verbascifolium, a silver leaved specialists, appears often in our sectors.

It belongs to the daisy family (Asteraceae) and thrives on rocky slopes throughout the southern Mediterranean. In Leonidio, it often grows right alongside climbing routes, especially in exposed, dry sectors where its woolly, light-grey leaves help it reflect sunlight and conserve moisture.



This tough perennial is well adapted to life in cracks and shallow soils, where its deep roots anchor it securely.

It blooms from April to July, with bright yellow flower heads that attract bees and butterflies.

Its densely hairy leaves form a silvery rosette, helping to reflect sunlight and to retain moisture. In summer, tall stems rise above the foliage bearing large, golden-yellow flower heads, a beacon for pollinators among the rocks.

Keep an eye out for its soft, downy foliage clinging to vertical rock.



Pentanema verbascifolium is a classic example of how cliff plants combine beauty with extreme survival skills.

Brassica cretica* subspecies *laconica

M.A.Gust. & Snogerup

This wild cabbage is a close relative of *Brassica oleracea*, the species behind many of our familiar vegetables, like cabbage, broccoli, and kale.

Unlike its cultivated cousins, *Brassica cretica* grows freely on sun-exposed cliffs and rocky slopes, adapted to survive heat, drought, and poor soils.

These wild relatives of crop plants are crucial for agriculture: they carry genetic traits that may help future crops adapt to climate change.

As biodiversity declines and modern farming relies heavily on uniform crops, species like this become vital for research and resilience.

The subspecies *laconica* is endemic to southeastern Peloponnese. Protecting it helps safeguard both natural heritage and agricultural sustainability.

Flowering occurs from March to May.



Erysimum corinthium (Boiss.) Wettst.



A true cliff specialist, *Erysimum corinthium* belongs to the mustard family (Brassicaceae), known for its cross-shaped flowers.

It grows exclusively in rocky crevices and narrow crags, where it forms compact rosettes of leaves that cling to the limestone surface.

This species is particularly notable for its early flowering: **bright yellow blossoms may appear as early as December or January, well before most other plants bloom.**



Its ability to grow and reproduce in exposed, nutrient-poor environments makes it highly adapted to life on cliffs.

Endemic to southern Greece, it is found in a limited number of sites, including several rocky outcrops around the Leonidio gorge and along the road towards Tsitalia.

Daphne jasminea subspecies *jarmilae* Halda

The myth of **Daphne, the nymph that became a tree to maintain her freedom despite Apollo's desire**, has inspired countless artistic representations.

Daphne jasminea bears fragrant, jasmine-like white flowers that stand out against the harsh rock.

It is strictly adapted to vertical limestone cliffs, where it roots in tiny crevices with minimal soil.

Like other cliff specialists, it avoids competition and grazing thanks to its inaccessible habitat.

Endemic to parts of Greece and Libya, the subspecies *jarmilae* is restricted to a few locations in the southern Peloponnese, including cliffs near Leonidio.

Its rarity, elegance, and ecological importance make it a highlight of the Leonidio cliff flora.

Flowering occurs from April to August.



Lomelosia crenata subspecies ***breviscapa***
(Boiss.&Heldr.) Greuter & Burdet



Lomelosia hymettia
(Boiss. & Spruner) Greuter & Burdet



These two species might be really hard to tell apart when you see them on the cliffs.

Their impressive lilac flowers are composite (many small flowers arranged into dense, rounded “cephalia” and **are very effective in attracting pollinators such as bees or butterflies.**

Their leaves and stems are often softly hairy, helping reduce water loss in the intense Mediterranean sun.

You’ll spot them in many climbing sectors around Leonidio, growing from cracks and ledges with very little soil. Although identification may require a closer look, or even a botanist’s eye, their vibrant blooms are unmistakable. These *Lomelosia* species are perfect examples of how floral elegance thrives even in the harshest cliff environments.

Flowering late May to September.

Asperula taygetea Boiss. & Heldr.

Asperula taygetea is a small, cushion-forming plant that clings tightly to limestone cliffs and crevices, often in shaded or north-facing exposures.

Endemic to the Peloponnese and named after Mount Taygetos, **it is a relict of ancient floras, surviving only in stable, undisturbed rock niches.**

Its presence on the cliffs of Leonidio marks one of its easternmost outposts, where cool, moist microclimates persist even in summer.

Its whorled leaves form neat rosettes, from which emerge delicate, four-petaled flowers in pale pink or whitish hues.

Flowering occurs from April to July, depending on altitude and exposure.

This species, same as the following two species, belongs to the bedstraw family (Rubiaceae).



Asperula boryana (Walp.) Ehrend.



Asperula boryana is a slender, trailing perennial of rocky habitats, often found rooted in crevices or hanging lightly from shaded cliffs and steep slopes.

Endemic to southern Greece, including the Peloponnese and several Aegean islands, it prefers limestone substrates and can thrive from mid elevations to alpine zones.

Its fine stems bear whorls of narrow, pointed leaves, and from spring to early summer, it produces small, star-like flowers orange-white.

A member of the Rubiaceae family, this species is named after the 19th century French botanist Bory de Saint-Vincent.

Asperula boryana is more delicate in appearance than its high-altitude relative *A. taygetea*, but equally adapted to harsh rock environments.

In Leonidio, it can be seen trailing gracefully over cool cliff faces, an understated but nice presence among the rocks.



Asperula elonea Iatroú & T.Georgiadis

Asperula elonea is a very local and little-known species, **restricted to the southeastern Peloponnese and described only in recent decades.**

It inhabits steep limestone cliffs and rocky slopes, often at mid to high elevations, where it grows mostly on rocky substrates and at the base of cliffs.

This perennial forms low mats or tufts of small, pointed leaves arranged in whorls.

From late spring to early summer, it produces tiny, pale pink to whitish flowers, each with the characteristic four-lobed corolla of the Rubiaceae family.

Asperula elonea is named after the monastery of Elona.

Its highly restricted range and specific habitat make it particularly vulnerable to disturbance and climate change.



Odontites linkii Heldr. & Sartori ex Boiss.



Odontites linkii is a small, wiry plant with reddish stems and delicate, tubular yellow flowers.

Endemic to Greece, it grows in dry, rocky places, often clinging to cliffs or sparse ledges exposed to full sun.

This annual or short-lived perennial belongs to the broomrape family (Orobanchaceae) and **is partially parasitic: it taps into the roots of nearby plants to obtain nutrients, a strategy that helps it survive in nutrient-poor soils.**



The narrow, toothed leaves and **late-season flowering (typically from July to November)** give it a distinctive appearance during the driest months.

Though modest in size, *Odontites linkii* plays a quiet role in the complex web of cliffside ecology.

In Leonidio, it can be spotted along rocky paths and ledges, an understated but resilient presence.

Climbing and birds - a delicate balance

by Nikos Tsiopelas, Ornithologist

Rare and endangered species of birds are nesting on ledges and crevasses or roosting in caves and holes. These birds, and especially raptors, are particularly sensitive to disturbance, which during the nesting season may have significant negative impacts on their breeding success, possibly causing abandonment of the site temporarily or even permanently. This could have a deadly impact on eggs and chicks.

What can one do, to avoid harming unwittingly the birds?

The season that requires the greatest awareness, is the breeding season (February – June for Leonidio area). The area of interest does not only include the inland crags but also coastal rocks.

During a climb, if a climber notices birds getting flushed in the air, observes stressed or agitated behavior, or comes by an active nest, it is advised to retreat as soon as possible with a steady pace, trying to be as silent as possible.

In case there is information about nests of sensitive species along a route, it is suggested to avoid it, choosing to climb somewhere else. Moreover, it is important to share information with fellow climbers, inform the authorities responsible for the protection of nature and jointly take precautionary measures if needed.



Bonelli's Eagle (*Aquila fasciata*)

The Bonelli's eagle is a medium-sized species of raptor that we can find around Leonidio. The adults are characteristically black and white (black wings and white chest) and the juveniles are rufous brown.

In comparison to its big relative, the golden eagle, it is fonder of lowlands and warmer regions. Despite being smaller it is equally strong and aggressive, so these two species are considered



antagonistic and cannot live in proximity, since they compete for the same food resources and nesting sites.

The Bonelli's eagle's nest is very similar to the one that the golden eagle constructs. They both prefer inaccessible cliffs and deep gorges. Sometimes, the Bonelli's eagle is nesting directly above the sea, given that there is a wall big enough to accommodate its nests with safety.

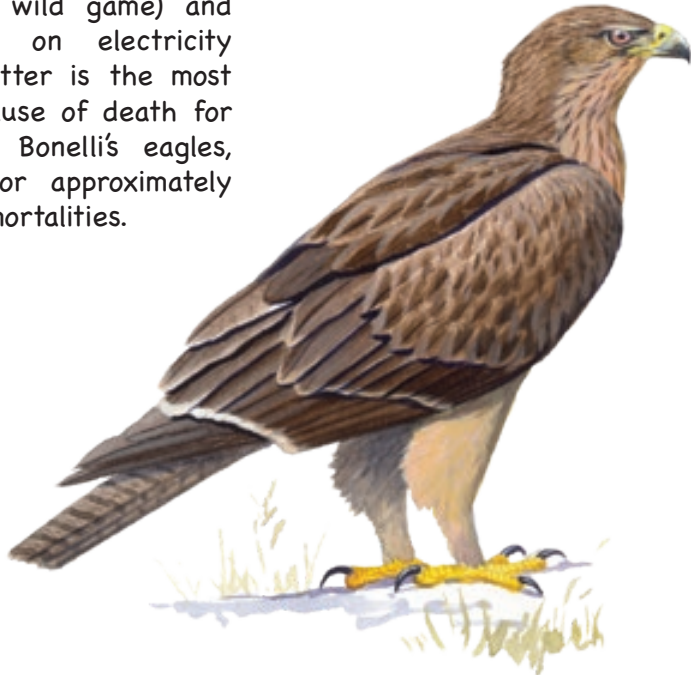
The Bonelli's eagle breeding season is approximately one month earlier, starting in February and ending in early June.

Each nest ven after the chicks have flown off the nest, it is advisable to avoid the areas for a couple of weeks more, since the eaglets stay close to the nest, gradually



building their confidence to fly further away. This species is quite sensitive to human disturbance.

In the past it used to be much more common but within the last decade or so, its population in the Peloponnese has decreased severely. The main drivers for this decrease are habitat loss, direct persecution from humans (mainly because they consider it preys on domestic poultry and wild game) and electrocution on electricity poles. The latter is the most significant cause of death for the juvenile Bonelli's eagles, accounting for approximately half of the mortalities.



Eagle owl (*Bubo bubo*)

The Eagle Owl is the largest owl species in the world. It has a wingspan of 1,5 m and it can weigh up to 4kg. It has characteristic bright orange eyes and tufted "ears".



It is a resident breeder in Leonidio area, with pairs present in various habitats all around the area. It prefers rocky outcrops and caves in the cliffs to nest and hide during the day. The nest normally does not have any substrate, although in some occasions the eagle owls can take over nest of other species such as corvids. Lastly, it is not improbable of finding one nesting in an abandoned building.

The breeding period starts in late winter (January–February) and lasts until the end of May. In the beginning of the breeding season eagle owls are very vocal and their deep, booming call ("oo-hu") can be heard during the nights.

The eagle owl hunts mostly at night, using its excellent vision and silent flight. It is a very powerful predator, able to take prey of great size, although it mostly prefers small mammals such as rodents and hedgehogs and birds, which it usually predated while they roost. The eagle owl can even pose a threat to the chicks of big diurnal birds of prey, such as the golden and Bonelli's eagles, in case the parents are not alert. That is the reason why these species are rarely found nesting close to each other.

The Eagle Owl normally hides in caves and crevasses during the day, so it can be more tolerant of human disturbance than the eagles.

Nevertheless, this cryptic behavior is responsible for some last-minute discoveries of eagle owl's nest by climbers while they climb. Such encounters can potentially cause an attack by the owl, especially there are some chicks in the nest, although usually they prefer to fly away.

When the chicks are old enough to walk out of the nest, before they can even fly, they scatter around the nesting hole and sometimes they end up at the base of the cliff.

In such cases the best advice for climbers is to move the chicks at a safe spot where they are out of reach of terrestrial predators and then leave the area. The parents are able of finding and take care of them even at a distance from the actual nest.

The main threat for eagle owls is electrocution on electricity poles.

In addition, preying upon rodents in urban or agricultural areas can cause poisoning by the gradual concentration of rodenticides in the owl's body. Lastly, many owls are victims of cars, due to their habit of hunting on the road.



Rock nuthatch (*Sitta neumayer*)



The rock-nuthatch is a small but rather bold bird that lives in rocky habitats. This species distribution spreads from the coast of the Adriatic Sea (Croatia, Montenegro, Albania) through Greece and Turkey westwards to Iran. In the area of Leonidio, rock-nuthatch is a rather common species, found in all areas, as long as there are rocks available.

Its presence is best advertised by its loud, characteristic song, resembling – as its Greek name “tsopanakos” suggests – a whistling shepherd. Apart from its call, it can be recognized by its distinctive black eye stripe, pale underparts, and the strong, long bill. It can be usually seen climbing with ease, even on vertical or overhanging walls, in search of insects and other invertebrates that consist most of its diet.



It constructs a unique, flask-shaped nest made of mud, on rocks, cliffs or buildings. The nest sometimes can be really well camouflaged and not visible until one gets quite close to it. The nest normally is not re-used, although in some occasions it might be re-occupied, always after maintenance by the pair.

The rock-nuthatch can tolerate human disturbance, given that there a certain border of tolerance is respected. This border is not always clear, but in most cases 50m from the nest is enough for nuthatch and climbers to co-exist.

As in all cases, climbers are advised to proceed with caution and observe the birds' reactions. In case they spot an agitated behavior or abandonment of the nest, they have to increase their distance.

Rock-nuthatch is threatened by land-use change and by agrochemicals.



Golden Eagle (*Aquila chrysaetos*)

Golden eagle is, undoubtedly, the king of the cliff. It has a wingspan of over 2m, making it the biggest bird of prey breeding in the area and an apex predator. The adults are chocolate brown with golden napes (thus the name) and the juveniles have white patches on the underside of their wings, that gradually fade away while becoming adults.



The nest the golden eagle constructs is a huge basket on a rock ledge or cave, made of sticks, sizing up to 3 m in diameter. Usually, each pair maintains several nests on the same cliff, using them alternatively from year to year. All eagles are highly territorial birds. As a result, once they settle in an area, they stay there for the rest of their lives, that can be up to 20 years or more. Golden eagles are monogamous (mate for life) and one can often see the pair flying and hunting together. We can find golden eagles breeding in medium to high altitudes, most often in gorges and ravines. Its favorite prey are tortoises which are thrown from great heights on rocks, in order to break open. Active and abandoned

nests are frequently full with empty shells of tortoises and also bones and feathers from other prey items of the eagles.

In the Peloponnese, the golden eagles' breeding period is from March to June. The pair is bringing up one (seldom two) chick which can fly off the nest in the end of June. During this period the eagles are very sensitive to human disturbance. Despite their great size they will not attack a human intruder but rather leave the nest and return only when they feel safe. This means that the egg or the chick are being left alone during this time, something that can have disastrous results. Moreover, **if the disturbance is continuous the eagles can abandon the area completely, and since eagles' territories are more or less fixed, this means that a breeding pair is lost permanently from the area.**

The greatest threats for golden eagles in the area are habitat loss, lack of prey, human disturbance and persecution. The latter include poison baits that are a significant mortality cause for the species since it can occasionally feed on carrion, especially during the winter.

Sightings Log

plants

species (scientific name)	first seen (date)	location	notes
<i>Centaurea leonidia</i>			
<i>Campanula asperuloides</i>			
<i>Potentilla arcadiensis</i>			
<i>Bubon arachnoideum</i>			
<i>Teucrium aroanium</i>			
<i>Campanula asperuloides</i>			
<i>Potentilla arcadiensis</i>			
<i>Bubon arachnoideum</i>			
<i>Teucrium francisci-wernerii</i>			
<i>Minuartia pichleri</i>			
<i>Petrorhagia grandiflora</i>			
<i>Stachys chrysantha</i>			
<i>Pentanema verbascifolium</i>			
<i>Brassica cretica</i>			
<i>Erysimum corinthium</i>			
<i>Daphne jasminea</i>			
<i>Lomelosia crenata</i>			
<i>Lomelosia hymettia</i>			
<i>Asperula taygetea</i>			
<i>Asperula boryana</i>			
<i>Asperula elonea</i>			
<i>Odontites linkii</i>			

birds

species (common name)	first seen (date)	location	notes
Bonelli's Eagle			
Golden Eagle			
Eagle owl			
Rock nuthatch			

This booklet is promoted and sponsored by the Management Unit of the Southern Peloponnese Areas, an authority operating under NECCA (Natural Environment and Climate Change Agency).

The aim of this initiative is to raise climbers' awareness of the natural environment that hosts them, as these places are of great environmental importance

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