It is the largest area (regarding the number of the bolted routes). It was discovered in 2017 and well-equipped by the Polish equipping team. Apart from the seaside sectors of Chickens Bay (1.7), Proni (1.10) and Forge of Hephaestus (1.8), all the crags are situated in the beautiful, forest covered valley. Depending on the time of day, you can always find routes in the shade. The approach to the most distant crag does not exceed 15 minutes. Routes range from 5a to 7c. As the rock tends to be fragile, please remember about the helmet and safe belaying. The largest sector, Eiar (1.4), offers beautiful, continuous routes on a slightly overhanging wall. It is highly recommended to start climbing from here. Nice climbing is also in sectors Forge of Hephaestus (1.8) and Proni (1.10).

There are several accommodation options in the village of Adia as well as a two restaurants, so that it is a good destination for climbing trips. The charming, intimate Chickens Bay (1.7) beach with short and easy climbing routes is also worth visiting.

**Access by car**

Drive to the village of Adia. At the only junction in the village turn towards the sea. After 200m park at the sandy parking place near the water. (P1 GPS: 35°33'31"N 27°06'17"E). To get to the sector of Forge of Hephaestus (1.8) pass the village of Adia and go further uphill for about 2.6 km. Park your vehicle 200 m before the last sharp turn to the left (P4 GPS: 35°34'06"N 27°05'59"E). If you have already reached a small church, it means you are too far. On the left you should find a parking place for several cars and a big boulder with a painted smile.