

FOOTPATHS OF THE HOLY MOUNTAIN



FROM IVIRON TO KARYES VIA KOUTLOUMOUSIOU

Distance 4.9 km Journey Time 2 – 2 ½ hours.
(5.5 km with detour to *Kellion Panagoudes*)

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This route ascends from sea level to over 300m; the climb is well-graded since almost the entire route is along a fine, broad *kalderimi* path which for much of the way follows the course of a river, initially to the left of the path, latterly to the right. Once the path leaves the broad valley in which *Iviron* lies, it is almost entirely through trees. It is possible to make a short detour to visit *Kellion Panagouda*, the former home of Fr Paisios.

Note: All distances given (in metres) should be taken as approximate. The route described is liable to unpredictable change: for example, forestry work, road or track construction and plant growth may alter the route, or its appearance. Signposts may disappear or new ones appear. The Friends of Mount Athos strives to keep this description correct and up to date but takes no responsibility for its accuracy.

Abbreviations: L = Left; R = Right; KSO = Keep straight on;
FP = Footpath; K = *Kalderimi* (stone-paved FP or track)

Description of Route:

Walk (m) And then . . .

- 0 Leaving *Iviron* entrance, KSO, slightly uphill, with kiosk on R. Ignore paved path R down to *arsanas* and sea.
- 40 At fork, with gate and steps ahead, bear L up K, with valley to L (views back to Monastery as FP climbs).
- 800 Cross track. KSO on K.
- 350 Pass chapel on L. KSO on K.
- 600 Cross bridge over river which is now on R.
- 150 Fountain ahead/L as path turns to R.
- 950 Cross bridge over stream, keep L following wall.
- 220 Note FP to L signed to *Kellion Panagouda*.

To visit *Kellion Panagouda*, former home of Elder Paisios, turn L here. After 100m turn R in front of gate

(signed) for a further 200m to reach cell. Then retrace steps. (*There are alternative more direct routes from the Kellion to **Koutloumousiou** and **Karyes***).

Otherwise, KSO along K.

- 250 Ignore second FP to L signed to *Kellion Panagouda* and KSO to cross stream.
- 50 Ignore small FP ahead/R (which crosses valley to Koutloumousiou Skete). Bear L on K across rocky area.
- 700 FP ends at concrete road. Turn hard L, uphill along road.
- 100 After buildings on L, track meets road from L. (One route from ***Kellion Panagouda*** joins the route here.)
- 200 Concrete road ends. KSO through gates with ***Koutloumousiou Monastery*** ahead.
- 100 Entrance to ***Koutloumousiou*** is on L. For ***Karyes***, KSO.
- 300 KSO through gates out of ***Koutloumousiou*** grounds.
- 180 Ignore K up L opposite bakery. Bear R along K, with ***Protaton*** ahead/L and, KSO along ***Karyes*** main street.
- 200 Arrive at ***Karyes*** square where the buses arrive.

This description has been produced by ***The Friends of Mount Athos***, a charitable organisation which, among other activities, works with monasteries to keep this, and certain other footpaths on the Holy Mountain, open. Copies of this and similar descriptions are available, free, from the Friends website, www.athosfriends.org and in a number of places on or associated with the Holy Mountain.