

FOOTPATHS OF THE HOLY MOUNTAIN

FROM IVIRON TO STAVRONIKITA



Distance: 3.2 km Journey Time: 1 hour

© The Friends of Mount Athos, 2007 – 2011. All rights reserved. – Version 1.0

This is an attractive route offering fine views up and down the coast. But for several stretches the path is narrow and poorly defined, involving some scrambling and going close to the edge of a cliff: anyone likely to be affected by either of these factors is advised to take the (much longer) route along the road.

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 cannot take 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 Leave **Iviron Monastery** entrance and KSO, slightly uphill, passing kiosk on R. Ignore paved path to R down to *arsanas* and the sea.
- 40 At fork, with gate and steps ahead, bear R (to L is FP up to **Koutloumousiou** and **Karyes**). Then after about 10m take L fork uphill (**not** R fork, down) on track showing traces of K.
- 350 Track levels out to pass field/vineyard on L and former fountain on R.
- 300 Track is joined from back L by track from vineyard and descends.
- 90 Reach and cross main road, continuing on track ahead signed *Stavronikita*, *Pantokrator* and *Vatopedi*.
- 50 Just before metal gates across track, turn L onto small FP into trees.

- 250 Bear L along track descending to and along beach.
- 120 Turn L up track off beach towards **Kaliagra** buildings (the *arsanas* of **Koutloumousiou Monastery**).
- 180 Reach **Kaliagra**.
- Note:** A FP leads to **Koutloumousiou** from here, ascending to the left of the white cottage on the L of the track just before **Kaliagra**.
- Ignore FP to Koutloumousiou; turn R past buildings, descend to beach and continue along beach. (Ignore any signs to *Stavronikita* that point above beach as these follow a more circuitous route.)
- 250 Fork L onto cliff path that begins by ruined stone fountain. The FP, which is not always obvious, continues over cliffs, descending to cross two coves.
- 1200 Path emerges onto track. Turn L along track and follow it uphill towards the monastery, which is visible to the R.
- 400 Arrive at **Stavronikita Monastery** entrance.

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.