



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM KOUTLOUMOUSIOU ARSANAS AT KALIAGRA TO KOUTLOUMOUSIOU MONASTERY

Distance: 4 km      Journey Time: 1½ – 2 hours

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**This walk climbs from the small port (*arsanas*) of *Koutloumousiou* at *Kaliagra* up to the monastery itself. Much of the way is along shaded paths, but there are higher stretches along tracks and roads. There are a handful of junctions along the way where it is possible and easy to take a wrong turning and where particular care should be taken.**

**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    Leave ***Koutloumousiou Arsanas*** and turn L onto coastal path, with the sea to the L.
- 60    Immediately after small dwelling on R, turn R up narrow FP beside garden.  
***Caution: easy to miss.***
- 450    FP emerges onto track at bend. Ignore minor track to L into field. KSO/L uphill along track.
- 90    Turn L off track onto FP up steep bank (signed).  
***Caution: easy to miss.***
- 250    FP emerges onto road. KSO up steep bank on far side to pick up similar FP.

***Alternatively***, to avoid steep ascent, turn R along road for 200m before turning L onto track with gated track approximately opposite. In 90m, KSO on track which

- passes point marked † below.
- 200 FP emerges at edge of olive grove. Ignore narrow FP to L. KSO with trees to L (signed *I C Koutloumousiou* and *Karyes*).
- † 50 Reach track at rough T junction and turn L along track, now slightly downhill and through gate. Track soon becomes FP which may be seasonally overgrown.
- 500 FP descends to cross stone bridge. KSO.  
**Caution: FP has become narrow and dangerous in parts of this next section due to erosion.**
- 400 Cross stream (cross fixed to plane tree immediately afterwards on L).
- 180 FP turns R.
- 80 At junction of FPs, turn/bear R  
**Caution: easy to go wrong.**
- 400 FP emerges onto track. Turn R along track.
- 10 Track joins larger track on outside of sharp bend. KSO/R along track, uphill.
- 350 At junction with larger track, again at sharp bend, KSO/R along track.
- 220 Track emerges at concrete road, on bend. KSO/L along road, downhill. Ignore track to L signed *Koutloumousiou Skete*.
- 450 Pass old bridge on L and, 50m later, FP on L signed *Iviron*. KSO on road.
- 350 Road ends at gates into *Koutloumousiou* grounds with Monastery in view ahead. KSO through gates and up paved path.
- 100 Arrive at ***Koutloumousiou Monastery*** entrance.

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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](http://www.athosfriends.org) and in a number of places on or associated with the Holy Mountain.