

## FOOTPATHS OF THE HOLY MOUNTAIN



### FROM KARYES TO IVIRON VIA KOUTLOUMOUSIOU

Distance: 4.9 km; Journey Time 1 ½ - 2 hours  
(5.5 km with detour to *Kellion Panagoudes*)

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This route descends from 350m to sea level. Apart from a possible detour, almost the entire route is along a fine, broad *kalderimi* path which for much of the way follows the course of a river, initially on the right bank, latterly on the left bank. The route is through trees until the valley broadens to give views of *Mount Athos*, *Iviron* and the sea. 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 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 From the square in **Karyes** where the buses arrive, follow the main street, passing the fountain, bar, **Epistasia** and **Protaton** on the R. Bear R following main street.
- 200 Ignore lane/K up R; KSO/L past bakery, down out of town.
- 180 Pass through gate into the grounds of **Koutloumousiou Monastery**. KSO through second gate.
- 300 Entrance to **Koutloumousiou Monastery** on R, KSO.
- 100 Pass through gate to leave Monastery grounds and KSO downhill along concrete road.
- 200 Ignore track to R just before buildings. (This is an alternate shorter route to **Kellion Panagouda** to that noted below but is less straightforward.)

- 100 Turn hard R onto FP (*kalderimi*) signed *Iviron* (before ford).
- 700 After crossing rocky area FP bears R. Ignore small FP to L (which crosses valley to *Koutloumousiou Skete*).
- 50 Cross stream and KSO with river on L. Ignore FP on R.
- 250 Note second FP on R, signed *Panagouda*.
- To visit **Kellion Panagouda**, former home of Elder Paisios, turn R here, uphill. After 100m turn R in front of gate (signed) for a further 200m to reach cell. Then retrace steps.
- Otherwise, KSO along *K*.
- 220 Cross bridge over stream and bear L, now uphill.
- 950 Pass fountain on R as path turns L.
- 150 Cross bridge over river; path continues with river now on R.
- 600 Pass chapel on R.
- 350 Cross track; KSO, signed *Iviron*. Valley soon widens with ***Iviron*** visible ahead.
- 800 At fork at approach to Monastery, bear R past kiosk (on L).
- 40 Arrive at entrance to ***Iviron Monastery***.

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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.