

FOOTPATHS OF THE HOLY MOUNTAIN



FROM KARYES AND KOUTLOUMOUSIOU TO STAVROS ON THE DAPHNI ROAD

Distance: 1.9 – 2.2 km

Journey Time: 3/4 – 1 hour

© The Friends of Mount Athos, 2007 – 2012. All rights reserved. – Version 1.2

Stavros is where the road from *Karyes* reaches the ridge before it begins to descend towards *Daphni*. This steeply ascending path provides a much shorter and more attractive route than the road, with good views back to *Karyes* and across the peninsula.

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 . . .

From Karyes

- 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 Turn R up lane (K) opposite bakery.
(Continue at Combined Routes below.)

From Koutloumousiou Monastery

- 0 Turn L out of ***Koutloumousiou*** and follow main path up.
- 300 KSO through gates out of *Koutloumousiou* grounds.
- 180 Turn L up lane (K) opposite bakery.

Combined Routes

- 300 Emerge onto track and turn R, uphill, along track, passing large kellion on L.
- 650 Track divides. Take R fork.

- 200 As track bears R, turn L up FP (*K*), signed *Xeropotamou* and *Daphni*.
- 400 FP emerges onto track. Turn hard R along track.
- 100 Arrive at clearing at **Stavros** and main Karyes – Daphni road.

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.