



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KOUTLOUMOUSIOU TO ITS ARSANAS AT KALIAGRA

Distance: 4 km Journey Time: 1 – 1½ hours

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This walk leads over a combination of roads, tracks and paths from the monastery down to its small port (*arsanas*) at *Kaliagra*, intersecting along the way with roads and paths to *Stavronikita* and *Iviron*. There is a variety of scenery and features to enjoy along the way, including a bridge across a busy stream, open fields, and stretches of shaded *kalderimi*.

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 Monastery*** and turn R down paved FP.
- 100 Pass through gate to leave monastery grounds and KSO downhill along concrete road.
- 350 Ignore FP on R signed *Iviron*. KSO past old bridge on R.
- 450 Where road bends to L, signed Karyes and Stavronikita, KSO on track that goes straight on, signed *Iviron* and *Koutloumousiou Skete*. Ignore track to R, signed *Koutloumousiou Skete*.
- 220 At junction where main track bends sharply to R, KSO going L on minor track, signed *Iviron* and *Stavronikita*.
- 350 Where this track bends sharply to R, KSO/L onto rough track which curves R.
- 10 Fork L off track onto narrow FP
Caution: May be difficult to spot

- 400 At T-junction in FP, turn L, downhill (not signed).
- 250 Cross Stream (Cross fixed to plane tree on R immediately beforehand).
Caution: FP has become narrow and dangerous in parts of this next section due to erosion.
- 400 Cross stone bridge and continue on FP, now uphill. FP may be seasonally overgrown but eventually broadens to become track.
- 500 Reach edge of olive grove with rough crossroads. Turn R to along R edge of grove with trees to R.
Alternatively, to avoid steep descent, KSO along to track for 90m to road. Turn R along road for 200m to pick up FP again on L where it crosses road marked † below.
- 50 Ignore narrow FP to R. KSO to pick up K FP under trees ahead (signed back to *I C Koutloumousiou* and *Karyes*)
- † 200 Descend very steeply down bank to reach road. KSO on FP which continues on far side of road.
- 250 FP emerges onto track. Turn R along track.
- 90 At bend in track, ignore minor track to R into field. Immediately afterwards, bear R off track onto FP under trees (signed *Iviron*).
- 450 FP emerges onto coastal track between *Iviron* and *Stavronikita* with small dwelling on L, opposite *arsanas* tower. Turn L for ***Koutloumousiou Arsanas*** (and ***Stavronikita***; R leads to *Iviron*).
- 60 Arrive at ***Koutloumousiou Arsanas***, on R.

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.