

FOOTPATHS OF THE HOLY MOUNTAIN



FROM STAVROS ON THE DAPHNI ROAD TO KOUTLOUMOUSIOU AND KARYES

Distance: 1.9 – 2.2 km

Journey Time: ½ hour

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Stavros is at the top of the pass from which the road from *Daphni* begins to descend towards *Karyes*. For walkers, this steeply descending path provides a much shorter and more attractive route than the road, with good views down 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 . . .

- 0 At the clearing by the cross, with the main road behind, take the left-hand track, signed *Koutloumousiou*.
- 100 Turn hard L onto FP heading down.
- 400 FP joins track descending from L. KSO/R down track. Track surface soon begins to contain stretches of *K*. Ignore track joining from R.
- 900 Soon after kelliion on R, where track turns sharp R, bear L onto FP (*K*).
- 300 Arrive at T-junction opposite *Karyes* bakery.

For *Koutloumousiou Monastery*

Turn R along *K*.

- 180 Pass through gate into the grounds of ***Koutloumousiou Monastery***.
- 300 Arrive at entrance to ***Koutloumousiou Monastery***, on R.

For **Karyes**

Turn L along *K*, with *Protaton* ahead and, keeping it on L, continue along Karyes main street, past bar and fountain.

200 Arrive at square in **Karyes** where the buses arrive.

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.