



Footpaths of the Holy Mountain

TABLE OF FOOTPATHS WITH CONDITIONS, WALKING TIMES & LINKS TO DESCRIPTIONS

© The Friends of Mount Athos, 2007 – 2012. All rights reserved. – Version 2.1

This table contains the latest information available to *The Friends of Mount Athos* on the condition of the footpaths of Mount Athos (subject to the disclaimers at the end). Routes are listed alphabetically by the name of the monastery, skete or other landmark at which each path begins.

Most of the information in the table is from the [FoMA project to clear and restore the footpaths of Mount Athos](#), or from pilgrimages made by members of the project team, as specified under "source and date of information". If you have current information on path conditions or the timings shown below, *The Friends of Mount Athos* would greatly appreciate your report. We invite you to contribute to this service by e-mailing [The FoMA Footpaths Team](#).

Explanations:

1. Footpaths are shown in preference to roads or tracks.
2. Path Condition Key: 'Good' means path can be followed with ease
 'Passable' means that the path is easy to find but may be overgrown in places.
 'Blocked' means that the path can no longer followed at present.
 "Unknown" means that the condition of the path is unknown
3. Underlining indicates that the Friends of Mount Athos provides a detailed path description on its website, <http://www.athosfriends.org>. Underlining corresponds to links in the online list.

FROM	TO	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF INFORMATION
Agios Dimitrios, Skete	Vatopedi	Good, path and track	0.45	FoMA team May 2012
Bogoroditsa, Skete	Pantokrator	Good, path and track	1.30	FoMA team May 2012
	Prophet Elijah, Skete (Profitis Ilias)	Good, mainly path	1.00	FoMA team May 2012
<i>Chilandar: see below, Hilandar</i>				
Daphni	Koutloumousiou & Karyes	From Daphni to Stavros = road, from Stavros to Karyes Good, path and track (= Stavros to Koutloumousiou & Karyes)	3.30 – 4.00	Karyes-Stavros by FoMA team May 2012 (remainder = road)
	Panteleimonos	Good, path and track	1.45	FoMA team member September 2011
	Xeropotamou	Good, path and track	0.45	FoMA team member September 2011
Dionysiou	Grigoriou	Passable, footpath	2.00 - 2.30	FoMA team member September 2010. Pilgrim reports May and July 2012
	Agios Pavlos	Good, path and track	1.00	FoMA team member September 2010. Pilgrim report October 2012
Dochiariou	Koutloumousiou & Karyes	Passable to Good, path and track, via Way of the Bey	4.30 – 5.00	FoMA team May 2012 and team member September 2012
	Konstamonitou via Arsanas Konstamonitou	Good to Passable, mainly footpath	1.30	FoMA team member September 2010
	Vatopedi	Good to Passable, path, track and road	3.30 – 4.00	FoMA team members May and September 2012
	Xenophontos	Good, mainly footpath	0.25	FoMA team member September 2010
Esphigmenou	Hilandar	Good, track	0.45	FoMA team member November 2012
	Koutloumousiou	Good, mainly footpath along the	7.00 - 8.00	FoMA team May 2012

FROM	TO	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF INFORMATION
	and Karyes Vatopedi	Way of the Bey Good, path and track	3.00 - 3.30	FoMA team member November 2012
Grigoriou	Dionysiou	Passable, footpath	2.00	FoMA team member September 2010. Pilgrim report July 2012
	Simonopetra	Good, footpath and track	1.20	FoMA team member September 2012
Hilandar	Esphigmenou	Good, track	0.45	FoMA team member November 2012
	Karyes	Good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2012
	Vatopedi via Chera	Good, mainly footpath along the Way of the Bey	6.00	FoMA team May 2012
	Zographou	Good, path and track	2.30	FoMA team member November 2012
Ivion	Karakalou	Good, road to Karakalou arsanas, then footpath	2.00	FoMA team member September 2012
	Koutloumousiou & Karyes	Good, footpath	2.00	FoMA team May 2012
	Philotheou	Road and footpath.	2.00	Unknown
	Stavronikita	Good, mainly footpath	1.00	FoMA team May 2012
Kaliagra (Arsanas Koutloumousiou)	Koutloumousiou & Karyes	Good, mainly footpath	1.30 – 2.00	FoMA team May 2012
Karakalou	Ivion	Good, footpath to Karakalou arsanas, then road	2.00	FoMA team member September 2012
	Koutloumousiou & Karyes	Good, footpath and track via Philotheou	3.30 – 4.00	FoMA member Sept 2012 as far as Philotheou, remainder by FoMA team May 2012
	Great Lavra	Good, footpath to Karakalou arsanas, then road	6.00	FoMA member September 2012 to arsanas (remainder = road)
	Philotheou	Good, mainly footpath	0.45	FoMA member September 2012
<i>Karyes: see below: Koutloumousiou & Karyes</i>				
Konstamonitou	Dochiariou via Konstamonitou arsanas	Good to Passable, mainly footpath	1.30	FoMA team member September 2010
	Vatopedi	Good, mainly footpath	3.00 - 4.00	FoMA team May 2012
	Vatopedi via Chera	Good apart from occasional Passable sections between Konstamonitou and ridge, mainly footpath	3.00	FoMA team member November 2012
	Zographou	Good, mainly footpath	2.00	FoMA team member November 2012
Koutloumousiou & Karyes	Bourazeri, Skete	Good (= first part of Pantokrator path)	0.30	FoMA team May 2012
	Daphni via Stavros	Good, path and track (= Koutloumousiou & Karyes to Stavros), remainder Road	3.00	Karyes-Stavros by FoMA team May 2012 (remainder = road)
	Dochiariou	Good to passable, footpath and track (via the Way of the Bey)	c.4.30	FoMA team May 2012. Team member Sept 2012
	Esphigmenou	Good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2012
	Hilandar	Good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2012
	Ivion	Good, mainly footpath	1.30	FoMA team May 2012
	Kaliagra (Arsanas Koutloumousiou)	Good, mainly footpath	1.00 – 1,30	FoMA team May 2012
	Karakalou	Good, Footpath and track via Philotheou	3.30 – 4.00	FoMA team May 2012 as far as Philotheou, remainder by FoMA member Sept 2012

FROM	TO	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF INFORMATION
	Konstamonitou	Good, path and track, using Way of the Bey	c.4.00	FoMA team May 2012
	Panteleimonos	Good, road from Stavros to Xeropotamou, then mainly footpath	3.15	FoMA team May 2012. Team member September 2011
	Pantokrator	Good, path and track	1.30	FoMA team May 2012
	Philotheou	Good, Path and track	2.30 - 3.00	FoMA team May 2012
	Simonopetra	Good, mainly track, path at the end		Second half by FoMA team member September 2012
	Stavronikita	Good, path and track	1.00 - 1.15	FoMA team May 2012
	Stavros (on the Karyes – Daphni road)	Good, path and track	0.45 - 1.0	FoMA team May 2012
	Vatopedi	Good, mainly footpath	3.00 - 3.30	FoMA team May 2012
	Xenophontos	Good, mainly track	2.30	FoMA team member Sept 2011
	Xeropotamou	Good, path and track to Stavros, then road	2.30	Karyes-Stavros by FoMA team May 2012 (remainder = road)
Kolitsou	Vatopedi	Good, path and track	1.30 – 2.00	FoMA team May 2012
Great Lavra (<i>Megisti Lavra</i>)	Holy Trinity, Skete (Ag. Triados, Kafsokalyvia)	Good, footpath	3.30 – 4.00	FoMA team member September 2011
	Prodromou, Skete	Good, track	1.00	FoMA team member September 2011
	St. Anne, Skete (Ag. Annis)	Good, footpath	6.00	FoMA team member Sept 2009. Pilgrim report October 2012
Panteleimonos	Xenophontos	Good, mainly track	1.00	FoMA team member Sept 2011
	Xeropotamou	Good, mainly footpath	1.15	FoMA team member Sept 2011
Pantokrator	Bogoroditsa, Skete	Good, path and track	1.30 – 2.00	FoMA team May 2012
	Koutloumousiou & Karyes	Good, path and track	1.30 - 2.00	FoMA team May 2012
	Prophet Elijah, Skete (Profitis Ilias)	Good, footpath	0.45 - 1.00	FoMA team May 2012
	Stavronikita	Good, footpath	0.45 - 1.00	FoMA team May 2012
	Vatopedi	Good, mainly footpath	2.30 – 3.00	FoMA team May 2012
	Vatopedi via Kolitsou	Good, path and track	2.30 - 3.00	FoMA team May 2012
Philotheou	Karakalou	Mainly footpath	0.45	FoMA member Sept 2012
	Koutloumousiou & Karyes	Good, path and track	2.30 – 3.00	FoMA team May 2012
Prophet Elijah, Skete (<i>Profitis Ilias</i>)	Pantokrator	Good, footpath	0.30 - 0.45	FoMA team May 2012
	Bogoroditsa, Skete	Good, mainly footpath	1.00	FoMA team May 2012
St. Anne, Skete (<i>Ag. Annis</i>)	Mount Athos Summit	Good, footpath	8 hrs. return	FoMA team member June 2010
	St. Paul, (Ag. Pavlou)	Good, footpath	1.20	FoMA team member May 2009. Pilgrim report Oct 2012
St. Paul (<i>Ag. Pavlou</i>)	Dionysiou	Good, footpath and track	1.00	FoMA team member September 2010. Pilgrim report Oct 2012
	St Anne, Skete (<i>Ag. Annis</i>)	Good, footpath	1.20	FoMA team member May 2009. Pilgrim report Oct 2012
Simonopetra	Dafni	Road only, no footpath		
	Grigoriou	Good, mainly footpath with track at the end	1.20	FoMA team member Sept 2012
Stavronikita	Ivion	Good, mainly footpath	1.00	FoMA team May 2012
	Karyes	Good, path and track	1.30	FoMA team May 2012

FROM	TO	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF INFORMATION
	Pantokrator	Good, footpath	0.45 - 1.00	FoMA team May 2012
Stavros (on the Karyes-Daphni road)	Koutloumousiou & Karyes	Good, path and track	0.30	FoMA team May 2012
Vatopedi	Agios Dimitrios, Skete	Good, path and track	0.45	FoMA team May 2012
	Dochiariou	Good to Passable, path, track and road	3.30 – 4.00	FoMA team member September 2012
	Esphigmenou	Good, path and track	3.00 - 3.30	FoMA team member November 2012
	Hilandar via Chera	Good, mainly path, via Way of the Bey after Chera	6.00	FoMA team May 2012
	Kolitsou	Good, path and track	1.30 – 2.00	FoMA team May 2012
	Konstamonitou	Good, mainly footpath	3.00 - 4.00	FoMA team May 2012
	Konstamonitou via Chera	Good apart from occasional Passable sections between ridge and Konstamonitou, mainly footpath	3.00	FoMA team member November 2012
	Koutloumousiou & Karyes	Good, mainly footpath	3.30 - 4.00	FoMA team May 2012
	Pantokrator	Good, mainly footpath	2.30 - 3.00	FoMA team May 2012
	Pantokrator via Kolitsou	Good, path and track	2.30 - 3.00	FoMA team May 2012
	Zographou via Chera	Good, path and track	2.30	FoMA team May 2012
Xenophontos	Dochiariou	Good, mainly footpath	0.25	FoMA team member Sept 2010
	Konstamonitou	Good to passable, mainly foot path via Dochiariou	2.00	FoMA team member Sept 2010.
	Panteleimonos	Good, mainly track	1.00	FoMA team member Sept 2011
Xeropotamou	Daphni	Good, footpath and track	0.45	FoMA team member Sept 2011
	Koutloumousiou & Karyes	Good, road as far as Stavros, then path and track.	2.45	FoMA team May 2012 from Stavros to Karyes (remainder = road)
	Panteleimonos	Good, mainly footpath	1.15	FoMA team member Sept 2011
Zographou	Arsanas Zographou	Good, track	1.00	FoMA team member May 2012
	Esphigmenou via Vagenokamares	Good, footpath and track, at just one point (150m) passable	3.30	FoMA team May 2012
	Hilandar	Good, footpath and track	2.30	FoMA team member November 2012
	Konstamonitou	Good, mainly footpath	2.00	FoMA team member November 2012
	Vatopedi via Chera	Good, path and track	2.30	FoMA team May 2012
The Way of the Bey	This is an important path that once ran along the ridge down the spine of the Athonite peninsula. The full Northern section has been cleared from Hilandar, via Chera until the Vatopedi/Karyes road at Stavros Makrygenous. Paths lead off this section of the Way of the Bey towards Esphigmenou, Zographou, Konstamonitou, Dochiariou and Vatopedi.			FoMA team May 2012

This information is produced and maintained by **The Friends of Mount Athos**, a charitable organisation which, among other activities, works with monasteries to keep footpaths on the Holy Mountain, open. The Friends of Mount Athos strives to keep this information correct and up to date but cannot take responsibility for its accuracy.

Copies of footpath descriptions are available, free, from the Friends website, www.athosfriends.org and in a number of places on or associated with the Holy Mountain.