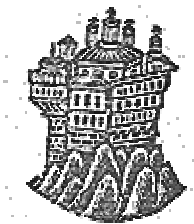


FOOTPATHS OF THE HOLY MOUNTAIN



FROM IVIRON TO KARYES VIA KOUTLOUMOUSIOU

Distance 4.9 km Journey Time 2 – 2 ½ hours.
(5.5 km with detour to *Kellion Panagouda*)

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This route ascends from sea level to over 300m; the climb is well-graded since almost the entire route is along a fine, broad *kalderimi* path which for much of the way follows the course of a river, initially to the left of the path, latterly to the right. Once the path leaves the broad valley in which *Iviron* lies, it is almost entirely through trees. It is possible to make a short detour to visit *Kellion Panagouda*, the former home of Elder Paisios.

Note: All distances given (in metres) should be taken as approximate. The numbers shown in the form **1** are Waypoints to be found in associated GPS tracking. 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)

Transliterations: *Ιβήρων* = *Iviron*; *Καρυές* = *Karyes*;
Κουτλουμουσίου = *Koutloumousiou*

Description of Route:

Walk (m) And then . . .

- | | |
|-----|--------------------------------------------------------------------------------------------------------------------------------------|
| 0 | 17 Leaving <i>Iviron</i> entrance, KSO, slightly uphill, with kiosk on R. Ignore paved path R down to <i>arsanas</i> and sea. |
| 40 | 16 At fork, with gate and steps ahead, bear L up <i>K</i> , with valley to L (views back to Monastery as FP climbs). |
| 800 | 15 Cross road. KSO on <i>K</i> . |
| 350 | 14 Pass chapel on L. KSO on <i>K</i> . |
| 550 | 13 Cross fine stone bridge over river in gorge. KSO on FP, now uphill. |
| 130 | 12 Fountain ahead/L as path turns to R. |

- 1100 **11** Cross bridge over stream, keep L following wall.
- 250 **10** Note FP to L signed to *Kellion Panagouda*.
 To visit ***Kellion Panagouda***, former home of Elder Paisios, turn L here. After 100m turn R in front of gate (signed) for a further 200m to reach cell. Then retrace steps. (*There are alternative more direct routes from the Kellion to **Koutloumousiou** and **Karyes***).
- Otherwise, KSO along *K*. Pass but ignore second FP to L signed to *Kellion Panagouda*.
- 250 **9** KSO to cross stream.
- 50 **8** At rocky area, FP bends L and a few metres later bends back R, but there is a short cut across rocks ahead. Where short cut rejoins main path, keep L uphill, signed *Koutloumousiou*. (To R, a narrow FP descends to cross valley, signed *Koutloumousiou Skete*).
- 600 **7** FP ends at concrete road. Turn hard L, uphill along road.
- 100 **6** After buildings on L, track meets road from L. (One route from ***Kellion Panagouda*** joins the route here.)
- 200 **5** Concrete road ends. KSO through gates with ***Koutloumousiou Monastery*** ahead.
- 100 **4** Entrance to ***Koutloumousiou*** is on L. For ***Karyes***, KSO.
- 300 **3** KSO through gates out of ***Koutloumousiou*** grounds.
Note: FP back L here leads to ***Philotheou***.
- 180 **2** Ignore *K* up L opposite bakery (which is the historic route from ***Karyes*** to ***Daphni***). Bear R along *K*, with ***Protaton*** ahead/L and, KSO along ***Karyes*** main street.
- 200 **1** Arrive at ***Karyes*** square 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.