This journey is an attractive alternative to the one that follows the main road to *Megistis Lavras* and then the ascending path from *arsanas* to *Philotheou*. At the beginning it ascends along path and roads passing close to *Skiti Timiou Prodromou* (also known as *Skiti Iviron*) and then joins the route coming from *Koutloumousiou* and *Karyes*. While the initial and final sections are mainly along traditional *kalderimi* paved stone paths, a long middle section follows roads. But there are fine views from the roads down to *Iviron* and along the adjacent coast.

**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:** *ΚΑΡΥΕΣ* = Karyes; *ΚΟΥΤΛΟΥΜΟΥΣΙΟΥ* = Koutloumousiou; *ΙΒΗΡΩΝ* = Iviron; *ΤΙΜΙΟ ΠΡΟΔΡΟΜΟΥ* = Timiou Prodromou; *ΦΙΛΟΘΕΟΥ* = Philotheou; *ΚΑΡΑΚΑΛΟΥ* = Karakalou

**Description of Route:**

**Walk (m)**  
0  
20 Leave *Iviron* entrance and turn L on track (K) between buildings and garden wall and then under archway.

210  
19 Cross stone bridge (signed). At fork after the bridge, with former shrine on L, KSO/L on track (signed *Skiti Timiou Prodromou)*.

50  
18 Turn R off track (signed *Philotheou*) to cross open area / wood yard towards small bridge (not visible from this point).

90  
17 Cross bridge and turn R now on FP.
1. Arrive at Philotheou Monastery entrance.

2. At top, turn R to arrive at track and buildings with cemetery chapel on L; KSO on K between buildings towards Monastery ahead, ignoring tracks to L and R.

3. Cross bridge with fountain and waterfall, both on R. Path then climbs steeply up other side of valley.


5. At junction, fork L off road onto track leading gently downhill (signed Philotheou).


7. Cross watercourse and bear L, now uphill.

8. Ignore track up R and track L; KSO on road (signed Philotheou).

9. At major junction, turn L ascending, signed to kellia and Philotheou. (Straight on, uphill goes to Karyes.)

10. At fork ignore track to L. KSO still on road (signed Karyes and Daphni).

11. Ignore ascending track to back R (signed Timiou Prodromou). KSO uphill (signed Karyes and Daphni).

12. At fork, KSO uphill (signed Karyes and Daphni).


Note: If time allows fork R here onto nice shaded FP to visit Skiti Iviron (Skiti Timiou Prodromou) Kyriakon in 600m. To continue from Kyriakon towards Philotheou, take track that meets the road at 11 below (for these routes look at gpx file).

15. FP emerges at road. Turn R along road (signed Skiti Iviron and Philotheou).

16. Arrive at T-junction of FPs. Turn R uphill (signed Skiti Iviron and Philotheou). The FP (K in parts) ascends in the woods, steeply in places.
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.