



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM IVIRON TO STAVRONIKITA

Distance: 3.2 km      Journey Time: 1 hour

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**This is an attractive route offering fine views up and down the coast. Note that sections of the path are narrow and involve some scrambling near the edge of a cliff.**

**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:** *ΙΒΗΡΩΝ* = *Iviron*; *ΣΤΑΥΡΟΝΙΚΗΤΑ* = *Stavronikita*;

#### Description of Route:

Walk (m)    And then . . .

- 1** Leave ***Iviron Monastery*** entrance and KSO, slightly uphill, passing kiosk on R. Ignore paved path to R down to *arsanas* and the sea.
- 50
- 2** At fork, with gate and steps ahead, bear R (*K* up to L leads to ***Koutloumousiou*** and ***Karyes***). Then after about 25m take L fork uphill (**not** R fork, down) on track showing traces of *K*.
- 350
- 3** Track levels out to pass field/vineyard on L and former shrine or fountain on R.
- 270
- 4** Track is joined from back L by track from vineyard and descends. KSO.
- 120
- 5** Reach and cross main *Iviron – Karyes* road, continuing on track ahead signed *Stavronikita*.
- 80
- 6** Just before metal gates across track, turn L onto small FP into trees (signed *Stavronikita*).

- 160 **7** At fork in FP, KSO/R descending (look for an old wooden sign *Stavronikita*).
- 80 **8** Bear L along track descending to and along beach.
- 120 **9** Turn L up track off beach towards ***Kaliagra*** buildings (the *arsanas* of ***Koutloumousiou Monastery***).
- 140 **10** Reach ***Kaliagra***.

**Note:** A FP leads from here to ***Koutloumousiou***, ascending to the left of the white cottage on the L of the track just before ***Kaliagra***.

Ignore FP to Koutloumousiou. After ***Kaliagra*** buildings, turn R to descend to beach (signed *Stavronikita*) **11**. When at sea level, with newly built kiosk with shrine on L, turn sharp L and continue along beach.

- 300 **12** Immediately after passing ruined stone fountain, climb steeply up rocks to pick up cliff path (signed *Stavronikita* and *Pantokratoros*) which continues round headland.

**Caution:- This ascent may be difficult and require some scrambling, needing care.**

The FP continues over cliffs, descending to cross two coves.

- 1100 **13** Path emerges onto track. Turn L along track and follow it uphill towards the monastery, which is visible to the R.
- 400 **15** Arrive at ***Stavronikita Monastery*** entrance.

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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](http://www.athosfriends.org) and in a number of places on or associated with the Holy Mountain.