



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KARAKALOU TO PHILOTHEOU

Distance: 2.3 km Journey Time: ¾ hour

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This is a pleasant short route, almost entirely through woods in peaceful scenery. The initial section follows a fantastic ascending footpath (stone paved in places) and the second part is along forest tracks.

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: *ΚΑΡΑΚΑΛΟΥ* = *Karakalou*; *ΦΙΛΟΘΕΟΥ* = *Philotheou*;
ΑΡΣΑΝΑΣ = *Arsanas*

Description of Route:

Walk (m) And then . . .

- 15** Turn R out of **Karakalou Monastery** main gate on ascending *K* track. Pass fountain on R and continue between Monastery buildings following signs, still on *K* track.
- 100
- 14** *K* becomes concrete track. Turn R here onto concrete track and then immediately hard L, with generator building on R, towards big black water tank with building on R.
- 40
- 13** Just before tank, ascend steps to cross track and continue onto ascending FP (signed *Philotheou*) on the other side of track.
- 520
- 12** Ignore FPs to R (leading to *Agios Nikolaos* cell) and to L. KSO (signed *Philotheou*).
- 110
- 11** Ignore FP to L. KSO (signed).
- 70
- 10** Ignore FP that forks R leading to ruined cell and chapel of **Agios Georgios**. KSO, passing chapel on R.

- 70 **9** Ignore FP to L to *Timiou Prodromou Kelli* (cell). KSO.
- 20 **8** Pass shrine/fountain with kiosk, table and benches on L.
- 80 **7** Cross stream bed.
- 70 **6** FP emerges at track. KSO/R, now on ascending track (signed *Philotheou*), ignoring minor tracks to L and R.
- 480 **5** At fork bear L, descending, (signed *Philotheou*).
- 100 **4** Track emerges at main track coming from back R. KSO/L now on main track (signed *Philotheou*).
- 320 **3** At fork, ignore ascending track to L. KSO/R (signed *Philotheou*).
- 120 **2** Arrive at open area (parking / manoeuvring area for vehicles). KSO/L towards Monastery, still on track.
- Note:** Turning R here and following descending FP (signed *Arsanas Philotheou*) at far side of open area, leads to the *Arsanas* of the monastery in 2.4 Km. This route is mainly on an attractive, shaded, broad FP (*K*).
- 150 **1** Arrive at ***Philotheou Monastery*** main gate.
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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 and in a number of places on or associated with the Holy Mountain.