This route descends from 350m to sea level. Apart from a possible detour, almost the entire route is along a fine, broad kalderimi path which for much of the way follows the course of a river, initially on the right bank, latterly on the left bank. The route is through trees until the valley broadens to give views of Mount Athos, Iviron and the sea. 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:  ΙΒΗΡΩΝ = Iviron; ΚΑΡΥΕΣ = Karyes; ΚΟΥΤΛΟΥΜΟΥΣΙΟΥ = Koutloumousiou

Description of Route:

Walk (m)  And then . . .

1  From the square in Karyes where the buses arrive, follow the main street, passing the fountain, bar, Epistasia and Protaton on the R.  Bear R following main street.

200  Ignore lane (K) up R, (which is the historic route from Karyes to Daphni). KSO/L past bakery, down out of town.

180  Pass through gate into the grounds of Koutloumousiou Monastery. (FP to R of gate leads to Philotheou.) KSO through second gate, close to Monastery.

300  Entrance to Koutloumousiou Monastery on R, KSO.

100  Pass through gate to leave Monastery grounds and KSO downhill along concrete road.
6 Ignore track to R just before buildings, signed Kellion Panagouda. (This is an alternate shorter route to Kellion Panagouda to that noted below but is less straightforward.)

7 Turn hard R onto FP (kalderimi) signed Iviron (before ford).

8 At open rocky area, FP bends R (signed Iviron) and then back L a few metres later, although there is an alternative short cut across rocks ahead. Ignore small FP to L (signed Koutloumousiou Skete across the river).

9 Cross stream and KSO with river on L. Ignore FP on R, signed Panagouda.

10 At second FP on R, signed Panagouda.

To visit Kellion Panagouda, former home of Elder Paisios, turn R here, uphill. After 100m turn R in front of gate (signed) for a further 200m to reach cell. Then retrace steps.

Otherwise, KSO along K.

11 Cross bridge over stream and bear L, now uphill.

12 Pass fountain on R as path turns L.

13 Cross fine stone bridge over river in gorge. KSO on FP.

14 Pass chapel on R.

15 Cross track; KSO, signed Iviron. Valley soon widens with Iviron visible ahead.

16 At fork at approach to Monastery, bear R past kiosk (on L).

17 Arrive at entrance to Iviron Monastery.

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.