



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM PHILOTHEOU TO IVIRON

Distance: 5.6 km

Journey Time: 1 ¾ hours

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This journey is an attractive alternative to the one that follows the descending path to *arsanas* and then the main road from *Megistis Lavras* to *Iviron*. At the beginning it follows the route to *Koutloumousiou* and *Karyes* but then descends passing close to *Skiti Timiou Prodromou* (also known as *Skiti Iviron*). 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*; ΦΙΛΟΘΕΟΥ = *Philotheou*; ΚΑΡΑΚΑΛΟΥ =  
*Karakalou*; ΤΙΜΙΟΥ ΠΡΟΔΡΟΜΟΥ = *Timiou Prodromou*

#### Description of Route:

Walk (m)    And then . . .

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**1** Turn L out of **Philotheou Monastery** entrance, with Monastery wall on L. At the end of the wall, bear L on K, passing between buildings ahead.

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**2** Cross track and KSO across open area, passing cemetery chapel on R to reach stone wall ahead. FP starts at gap near R end of the wall, immediately to the R of an inlaid red brick cross.

FP soon bears L (signed *Iviron*, *Koutloumousiou* and *Karyes*), contains increasing amounts of *K* and descends into steep valley.

- 290 **3** Cross bridge with waterfall and fountain on L. Continue on FP (initially *K*), now climbing steadily up the opposite side of the valley.
- 600 **4** Emerge at broad track and turn L (signed).
- 180 **5** Fork R to join road.
- 650 **6** At next fork, ignore track up L. KSO on road.
- 200 **7** Cross watercourse and bear R (uphill for a short while).
- 540 **8** KSO at crossroads (signed *Karyes*, *Iviron* and *Skiti Iviron*), ignoring tracks to L and R.
- 250 **9** At T-junction, turn R, downhill on road, signed *Iviron* (L, uphill goes to **Karyes**).
- 750 **10** Ignore track from back R. KSO signed *Iviron*.
- 620 **11** At fork ignore ascending track to L (signed *Timiou Prodromou*). KSO downhill (signed *Iviron*).
- Note:** If time allows fork L here on track to visit **Skiti Iviron (Skiti Timiou Prodromou) Kyriakon 21** in 660m. To continue from **Kyriakon** towards **Iviron**, take nice shaded FP that meets the road at **14** below (for these routes look at gpx file).
- 230 **12** Ignore track from back R.
- 160 **13** Cross watercourse and bear R.
- 100 **14** FP from **Skiti Iviron Kyriakon** joins from back L. KSO still on main track.
- 70 **15** Turn L off road onto FP in the woods (signed *Iviron*). FP (*K* in parts) starts to descend, steeply in places.
- 450 **16** Arrive at T-junction of FPs. Turn L here.
- 50 **17** At fork, with garden's gate at R, turn L, cross short stone bridge and KSO/R across open area / wood yard.
- 90 **18** Arrive at track. Turn L onto track (signed *Philotheou* opposite direction) towards former shrine.
- 50 **19** With former shrine on R, turn R (signed *Skiti Timiou Prodromou* opposite direction on tree on L) and cross another (much longer) bridge. KSO/R after the bridge. Continue on track (*K*) under archway, between buildings and garden wall.

**20** Arrive at *Iviron 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.