



FOOTPATHS OF THE HOLY MOUNTAIN

FROM PHILOTHEOU TO KARAKALOU

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 is along tracks but the second part follows a fantastic descending footpath (stone paved in places).

Once at *Karakalou* it is possible to continue on footpaths to the *Kellia (cells) of Provata* (about 45 minutes) or to the *Arsanas* of the Monastery situated on the *Lavra to Iviron* main road (about 20 minutes). Although not described here, they may be reached by following the signs close to the Monastery and/or the tracks contained in the gpx file.

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 . . .

1 Leave **Philotheou Monastery** entrance and KSO/L on descending track towards open area (parking / manoeuvring area for vehicles) with garden wall on R.

150

2 Arrive at open area. KSO/R still on track.

Note: Turning L here and following descending FP at far side of open area (signed *Arsanas Philotheou*), leads to *Arsanas* of the Monastery in 2.4 Km. This route is mainly on an attractive, shaded, broad FP (K).

120

3 Ignore ascending track to back R. KSO.

- 320 **4** Fork R, off main track, onto less-used track signed *Karakalou*.
- 100 **5** At fork bear R, ascending, signed *Karakalou*. Ignore level FP to L after 40m.
- 100 **5A** Ignore descending grassy track to L. KSO.
- 380 **6** Just before track reaches open area, turn L onto descending FP (signed *Karakalou*).
- 70 **7** Cross stream bed.
- 80 **8** Pass shrine/fountain with kiosk, table and benches on R.
- 20 **9** Ignore FP to R to *Timiou Prodromou Kelli* (cell). KSO.
- 60 **9A** Pass chapel and ruined cell of **Agios Georgios** on L. KSO, ignoring FP to back L leading to the cell **10**.
- 80 **11** Ignore FP to R. KSO (signed). **Agios Nikolaos Kelli** is visible at a distance on L.
- 110 **12** Ignore FPs to L leading to **Agios Nikolaos Kelli** and to R. KSO.
- 520 **13** FP emerges at track. Cross track and descend steps. KSO/L towards concrete track with building on L.
- 40 **14** Turn hard R on concrete track between buildings. Then immediately turn L onto descending *K* towards the Monastery main gate.
- 100 **15** Arrive at **Karakalou Monastery** main gate.

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.