This journey is an attractive alternative to the road route. Initially it climbs steadily, mostly along a track/road but then descends on path following the last part of the route which has come from Simonopetra, via Ag. Pavlou, Ag. Anna, Mount Athos Summit and the ‘desert’ (erimos in Greek) and continues to Megisti Lavra.

**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:**
- ΤΙΜΙΟΥ ΠΡΟΔΡΟΜΟΥ = Timiou Prodromou;
- ΜΕΓΙΣΤΗ ΛΑΥΡΑ = Megisti Lavra

**Description of Route:**

**Walk**  

And then . . .

33 Leave the entrance of the Skiti Timiou Prodromou and follow broad road, uphill.

400 Road bend sharply R. Continue on road, ignoring various turn-offs.

1130 At junction with a less-wide track/road, turn hard L ascending.

470 Just before main gate of a kellion, turn L onto FP, following orange tapes. FP ascends gently, passing an olive grove and then two concrete water tanks, all of them on R.

Pass the water trough on L and continue on FP.

250 At junction (signed) bear R, descending.

380 K has collapsed. Follow ‘improvised’ pathway.
Rejoin K and continue, descending.

820 FP descends to concrete road (signed opposite direction). Turn L onto road (ignoring the old route which continues above the road to L).

460 Just after concrete ends, turn R onto FP (signed).

390 Ignore FP to the L (signed to cave of Koukouzelis, the famous chanter) and KSO.

90 KSO on FP (K) having Megisti Lavra Monastery in plain view ahead, ignoring track to R before gardens on R (signed opposite direction). Pass gardens, on R (towards the sea), and the ossuary and the police station on L to reach Monastery wall.

360 After following Monastery wall arrive at the entrance of Megisti Lavra 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.