



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KARYES TO IVIRON VIA KOUTLOUMOUSIOU

Distance: 4.9 km; Journey Time 1 ½ - 2 hours
(5.5 km with detour to *Kellion Panagouda*)

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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
- 2** Ignore lane (K) up R, (which is the historic route from *Karyes* to *Daphni*). KSO/L past bakery, down out of town.
- 180
- 3** 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
- 4** Entrance to *Koutloumousiou Monastery* on R, KSO.
- 100
- 5** Pass through gate to leave Monastery grounds and KSO downhill along concrete road.

- 200 **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.)
- 100 **7** Turn hard R onto FP (*kalderimi*) signed *Iviron* (before ford).
- 600 **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).
- 50 **9** Cross stream and KSO with river on L. Ignore FP on R, signed *Panagouda*.
- 250 **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*.
- 250 **11** Cross bridge over stream and bear L, now uphill.
- 1100 **12** Pass fountain on R as path turns L.
- 130 **13** Cross fine stone bridge over river in gorge. KSO on FP.
- 550 **14** Pass chapel on R.
- 350 **15** Cross track; KSO, signed *Iviron*. Valley soon widens with ***Iviron*** visible ahead.
- 800 **16** At fork at approach to Monastery, bear R past kiosk (on L).
- 40 **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.