



FOOTPATHS OF THE HOLY MOUNTAIN

TABLE OF FOOTPATHS WITH CONDITIONS, WALKING TIMES & LINKS TO DESCRIPTIONS AND GPS TRACKS

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This table lists the major walking routes on Mount Athos. The entry for each route contains a link (or links) to a detailed Path Description and to GPS tracking where these are available. It also contains the latest information available to *The Friends of Mount Athos* on the condition of the route (all subject to the disclaimers at the end).


Routes are listed alphabetically by the Greek name of the monastery, skete or other landmark at which each path begins. Names beginning with "Saint" (St Anne, St Paul, St Dimitrios) are under Agias/Agiou. The Great Lavra is listed as "Megisti Lavra".


















Pilgrims are recommended to refer to [Practical Information about Walking the Footpaths of Mount Athos](#) before setting out, and to use the [Pilgrim Map of Mount Athos](#) along with the footpath descriptions in both planning and making their pilgrimages.

















Most of the information in the table is from the FoMA project to clear and restore the footpaths of Mount Athos, or from pilgrimages made by members of the project team, as specified under "source and date of information". If you have current information on path conditions or the timings shown below, *The Friends of Mount Athos* would greatly appreciate your report. We invite you to contribute to this service by e-mailing [The FoMA Footpaths Team](#).










Explanations:













1. Footpaths are shown in preference to roads or tracks.
2. Path Condition is at date of latest information.
Key: 'Good' means path can be followed with ease
'Passable' means that the path is easy to find but may be overgrown in places.
'Blocked' means that the path can no longer followed at present.
'Unknown' means that the condition of the path is unknown
3. Underlining indicates a link to a detailed path description.
4. The GPX symbol in the GPS Tracks column provides a link to GPS tracking where available..
5. To cover the complete route, several dates may appear under Source and Date of Information.





















FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Agias Annis, Skete (<i>St Anne</i>)	Kafsokalyvia, Ag. Triados Skete		Good, footpath	3.30	FoMA team members September 2017 and April 2023
	<u>Megisti Lavra</u> (<i>Great Lavra</i>)		Good, footpath	6.00	FoMA team September 2022 and FoMA team members September 2019 and April 2023
	Mount Athos Summit		Good, footpath	8 hrs. return	FoMA team members May 2022-and April 2023



















FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Nea Skiti</u> (Skiti Theotokou)		Good, footpath	0.4	FoMA team members April 2023
	<u>Agiou Pavlou</u>		Good, footpath	1.15	FoMA team members April 2023
	<u>Prodromou, Skete</u>		Good, footpath	5.00	FoMA team members September 2019 and April 2023
Agiou Dimitriou, Skete	<u>Vatopedi</u>		Good, path and track	0.45	FoMA team May 2019
Agiou Pavlou	<u>Dionysiou</u>		Good, footpath and track	1.00	FoMA team members May 2023
	<u>Agias Annis, Skete</u> (<i>St Anne</i>)		Good, footpath	1.15	FoMA team members April 2023
	<u>Nea Skiti</u> (Skiti Theotokou)		Good, footpath	0.45	FoMA team members-April 2023
Bogoroditsa, Skete	<u>Pantokrator</u>		Passable to Good, path and track	1.30	FoMA team September 2022 and April 2023
	<u>Profitis Ilias, Skete</u> (<i>Prophet Elijah</i>)		Passable to Good but Barely Passable-close to Pr.Ilas due to fallen trees-, mainly path	1.00	FoMA team April 2023
<i>Chilandar: see below, Hilandar</i>					
Daphni	Koutloumousiou & Karyes		From Daphni to Stavros = road. From Stavros to Karyes = Good, path and track – follow last part of <u>Simonopetra - Karyes</u> ,	3.30 - 4.00	Karyes-Stavros by FoMA team May 2017 (remainder = road)
	<u>Panteleimonos</u>		Good, path and track	1.45	FoMA team members January 2018 and April 2023
	<u>Xeropotamou</u>		Good, path and track	0.45	FoMA team member January 2018
Dionysiou	<u>Agiou Pavlou</u>		Good, path and track	1.00	FoMA team members May 2023
	<u>Grigoriou</u>		Good, footpath	2.00	FoMA team members April 2023
Dochiariou	<u>Konstamonitou via Arsanas</u> <u>Konstamonitou</u>		Good, footpath and track	1.45	FoMA team members April 2023
	Koutloumousiou and Karyes		Passable to Good, footpath and track. Follow <u>Dochiariou to Vatopedi to WP 13</u> and then <u>Hilandar to Karyes from WP 27</u>	4.30 - 5.00	FoMA team May 2018, June 2021 and team members May 2022
	<u>Vatopedi</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2018, June 2021 and team member March 2022
	<u>Xenophontos</u>		Good, path and track.	0.25	FoMA team members April 2023
Esphigmenou	<u>Hilandar</u>		Good, track	0.45	FoMA team members April 2023










FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Koutloumousiou and Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team September 2022 and team members May 2022
	<u>Vatopedi</u>		Passable to good, path and track	3.00 - 3.30	FoMA team members April 2023
	<u>Zographou via Vagenokamares</u>		Passable to good, footpath and track. Minor diversion needed just before Zographou.	2.30 - 3.00	FoMA team September 2020, June 2021 and May 2022
Grigoriou	<u>Dionysiou</u>		Good, footpath	2.00	FoMA team members April 2023
	<u>Simonopetra</u>		Good, footpath and track	1.20	FoMA team members September 2022
Hilandar	<u>Esphigmenou</u>		Good, track	0.45	FoMA team members April 2023
	<u>Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team September 2022 and team members May 2022
	<u>Vatopedi via Esphigmenou</u>		Passable to good, track and footpath	3.45 - 4.15	FoMA team members April 2023
	Vatopedi via Chera		Passable to good, mainly footpath along the Way of the Bey. Follow <u>Hilandar to Karyes</u> to WP 33 (Chera), then <u>Zographou to Vatopedi via Chera</u> from WP 11	5.00 - 5.30	FoMA team members May and September-2022
	<u>Zographou</u>		Good, path and track	2.30 – 3.00	FoMA team September 2022
Iviron	Karakalou		Good, road to Karakalou arsanas, then footpath	2.00	FoMA team May 2019
	<u>Koutloumousiou & Karyes</u>		Good, footpath	2.00	FoMA team members April 2023
	<u>Philotheou via coast road</u>		Passable to good. Main road towards Megisti Lavra, then footpath just before Philotheou Arsanas.	2.00	FoMA team May 2017
	<u>Philotheou via Skiti Iviron</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	2.00	FoMA team members April 2023
	<u>Stavronikita</u>		Good, mainly footpath	1.00	FoMA team member March 2022
Kaliagra (Arsanas Koutloumousiou)	<u>Koutloumousiou & Karyes</u>		Occasionally passable, otherwise Good, mainly footpath	1.30 - 2.00	FoMA team September 2022
Kafsokalyvia, Ag. Triados Skete	Agias Annis, Skete (St Anne)		Good, footpath	3.30	FoMA team members September 2017 and April 2023
	Megisti Lavra (Great Lavra)		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2017, FoMA team September 2022
Karakalou	Iviron		Good, footpath to Karakalou arsanas, then road	2.00	FoMA team May 2019

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Koutloumousiou & Karyes		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team members September 2019 and April 2023
	Megisti Lavra (<i>Great Lavra</i>)		Good, footpath to Karakalou arsanas, then road	6.00	FoMA team May 2019 to arsanas (remainder = road)
	<u>Philotheou</u>		Good, mainly footpath	0.45	FoMA team members September 2019
	Provata		Passable to good, mainly footpath	0.45	FoMA team members November 2015 and May 2019
<i>Karyes: see below: Koutloumousiou & Karyes</i>					
Konstamonitou	<u>Dochiariou via Konstamonitou arsanas</u>		Good, footpath and track	1.30	FoMA team members April 2023
	Karyes		Original FP blocked due to landslide between Konstamonitou and the ridge. Follow <u>Konstamonitou to Vatopedi via Chera</u> to WP 30 , then <u>Hilandar to Karyes</u> from WP 30	5.00 – 6.00	FoMA team members May and September 2022
	<u>Vatopedi via Chera</u>		Good, mainly footpath with some track (WP 12 – 11)	3.00	FoMA team members May and September 2022
	Vatopedi (<i>crosses the ridge to the South of Chera</i>)		FP Blocked due to landslide between Konstamonitou and the ridge.		FoMA team members March, May and September 2022
	Xenophontos		Good, path and track via Dochiariou (see relevant entries)	2.00	FoMA team members April 2023
	<u>Zographou</u>		Good, mainly footpath	2.00	FoMA team members April 2023
Koutloumousiou & Karyes	Bourazeri, Cell		Good (= first part of <u>Pantokrator</u> path)	0.30	FoMA team September 2022
	Daphni via Stavros		Good, path and track (follow start of <u>Karyes - Simonopetra</u>); remainder Road	3.00	Karyes-Stavros: FoMA team May 2017 (remainder = road)
	Dochiariou		Passable to Good, Path and track. Follow <u>Karyes to Hilandar</u> to WP 27 then <u>Vatopedi to Dochiariou</u> from WP 13	c. 4.30	FoMA team May 2018, June 2021, and team members May and September 2022
	<u>Esphigmenou</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team members May and September 2022
	<u>Hilandar</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA members May and September 2022
	<u>Iviron</u>		Good, mainly footpath	1.30	FoMA members April 2023
	<u>Kaliagra (Arsanas Koutloumousiou)</u>		Occasionally passable, otherwise Good, mainly footpath	1.00 - 1.30	FoMA team September 2022
	Karakalou		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team members September 2019 and April 2023

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Konstamonitou		Original FP blocked due to landslide between the ridge and Konstamonitou. Follow <u>Karyes to Hilandar to WP 30</u> , then <u>Vatopedi to Konstamonitou via Chera</u> from WP 30	5.00 – 6.00	FoMA team members May and September 2022
	Panteleimonos via Xeropotamou		Good. Path and track to Stavros (follow first part of <u>Karyes - Simonopetra</u>); then road to Xeropotamou; then mainly footpath (follow <u>Xeropotamou - Panteleimonos</u>).	4.30	Karyes – Stavros by FoMA team May 2017. Xeropotamou – Panteleimonos by FoMA team members April 2023
	<u>Panteleimonos via Paleomonastiro</u>		Passable to Good. Path, track and road	4.00	FoMA team September 2021 and September 2022
	<u>Pantokrator</u>		Good, path and track	1.30	FoMA team September 2022
	<u>Philotheou</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	3.00	FoMA team members April 2023
	<u>Simonopetra</u>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016. FoMA team May 2017.
	<u>Stavronikita</u>		Good, path and track	1.15 - 1.30	FoMA team September 2021 and September 2022
	Stavros (on the Karyes-Daphni Road)		Good, path and track. Follow first part of <u>Karyes - Simonopetra</u>	0.45 - 1.0	FoMA team May 2017
	<u>Vatopedi</u>		Good, mainly footpath	3.00 - 3.30	FoMA team September 2022 and April 2023
	Xenophontos		Good, mainly track	2.30	FoMA team member Sept 2011
	Xeropotamou		Good, path and track to Stavros (follow first part of <u>Karyes - Simonopetra</u>); then road	2.30	Karyes-Stavros by FoMA team May 2017 (remainder = road)
	Zographou		Good, Path and track. Follow <u>Karyes to Hilandar to WP 33</u> (Chera), then <u>Vatopedi to Zographou via Chera</u> from WP 11	5.00 – 5.30	FoMA team members and September 2022
Kolitsou	<u>Pantokrator</u>		Passable to good, path and track	1.30	FoMA team September 2021
	<u>Vatopedi</u>		Passable to Good, path and track	1.30	FoMA team May 2019
Megisti Lavra (Great Lavra)	<u>Agias Annis, Skete (St Anne)</u>		Good, footpath	6.00	FoMA team September 2022 and FoMA team members September 2019 and 2023
	Kafsokalyvia, Ag. Triados Skete		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2017, FoMA team September 2022
	<u>Prodromou, Skete</u>		Good, path and track	1.30	FoMA team September 2022
Nea Skiti (Skiti Theotokou)	<u>Agias Annis, Skete (St Anne)</u>		Good, footpath	0.45	FoMA team members April 2023

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Agiou Pavlou</u>		Good, footpath	0.45	FoMA team members April 2023
Panteleimonos	<u>Daphni</u>		Good, path and track	1.45	FoMA team members January 2018 and April 2023
	<u>Koutloumousiou & Karyes via Xeropotamou</u>		Good. Mainly footpath to Xeropotamou (follow <u>Panteleimonos - Xeropotamou</u>); then road on to Stavros; then footpath and track to Karyes (Follow last part of <u>Simonopetra - Karyes</u>).	4.30	Panteleimonos - Xeropotamou by FoMA team April 2023. Stavros –Karyes by FoMA team May 2017.
	<u>Koutloumousiou & Karyes via Paleomonastiro</u>		Passable to Good. Path, track and road	4.00	FoMA team September 2021 and September 2022
	<u>Xenophontos</u>		Good, mainly track	1.00	FoMA team April 2023
	<u>Xeropotamou</u>		Good, mainly footpath	1.15	FoMA team April 2023
Pantokrator	<u>Bogoroditsa, Skete</u>		Passable to Good, path and track	1.30 - 2.00	FoMA team September 2022 and April 2023
	<u>Kolitsou</u>		Passable to Good, path and track	1.30	FoMA team September 2021
	<u>Koutloumousiou & Karyes</u>		Good, path and track	1.45 - 2.15	FoMA team September 2022
	<u>Profitis Ilias, Skete (Prophet Elijah)</u>		Good, footpath	0.45 - 1.00	FoMA team-September 2022
	<u>Stavronikita</u>		Good, footpath	0.45 - 1.00	FoMA team September 2022
	<u>Vatopedi</u>		Good, mainly footpath	2.30 - 3.00	FoMA team September 2022 and April 2023
	<u>Vatopedi via Kolitsou</u>		Passable to Good, path and track	2.30 - 3.00	FoMA team May 2019, September 2021
Philotheou	<u>Ivion via Skiti Ivion</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	2.00	FoMA team members April 2023
	<u>Ivion via coast road</u>		Passable to good. Footpath towards Philotheou Arsanas and then main coast road to Ivion.	2.00	FoMA team May 2017
	<u>Karakalou</u>		Good. Mainly footpath	0.45	FoMA team members September 2019
	<u>Koutloumousiou & Karyes</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	3.00	FoMA team members September 2022 and April 2023
Prodromou, Skete	<u>Megisti Lavra (Great Lavra)</u>		Good, path and track	1.30	FoMA team September 2022
	<u>Agia Anna, Skete (St Anne)</u>		Good, footpath	5.00	FoMA team members September 2019-and April 2023
Profitis Ilias, Skete (Prophet Elijah)	<u>Pantokrator</u>		Good, footpath	0.30 - 0.45	FoMA team September 2022

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Bogoroditsa, Skete</u>		Barely Passable close to Pr.Illas due to fallen trees; otherwise Passable to Good, mainly path	1.30	FoMA team April 2023
Provata	Karakalou		Passable to good, mainly footpath	0.45	FoMA team members November 2015 and May 2019
Simonopetra	Daphni		Road only, no footpath	2.30	
	<u>Grigoriou</u>		Good, mainly footpath with track at the end	1.20	FoMA team member September 2022
	<u>Koutloumousiou & Karyes</u>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016. FoMA team May 2017
Stavronikita	<u>Ivion</u>		Good, mainly footpath	1.00	FoMA team member March 2022
	<u>Karyes</u>		Good, path and track	1.30 - 2.00	FoMA team September 2021 and September 2022
	<u>Pantokrator</u>		Good, footpath	0.45 - 1.00	FoMA team September 2022
Stavros (on the Karyes-Daphni road)	Koutloumousiou & Karyes		Good, path and track. Follow last part of <u>Simonopetra - Karyes</u>	0.30	FoMA team May 2017
Vatopedi	<u>Agiou Dimitriou, Skete</u>		Good, path and track	0.45	FoMA team May 2019
	<u>Dochiariou</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2018, June 2021 and team member March 2022
	<u>Esphigmenou</u>		Passable to good, path and track	3.00 - 3.30	FoMA team April 2023
	<u>Hilandar via Esphigmenou</u>		Passable to good, footpath and track	3.45 - 4.15	FoMA team April 2023
	Hilandar via Chera		Passable to good, mainly path, via Way of the Bey. Follow <u>Vatopedi to Zographou via Chera</u> as far as Chera, WP 11 , then <u>Karyes to Hilandar</u> from WP 33 .	5.00 - 5.30	FoMA team members May and September-2022
	<u>Kolitsou</u>		Passable to good, path and track	1.30	FoMA team May 2019
	<u>Konstamonitou via Chera</u>		Good, mainly footpath with some track (WP 11 – 12)	3.00	FoMA team May and September 2022
	Konstamonitou (crosses the ridge to the South of Chera)		FP Blocked due to landslide between the ridge and Konstamonitou.		FoMA team members March, May and September 2022
	<u>Koutloumousiou & Karyes</u>		Good, mainly footpath	3.30 - 4.00	FoMA team September 2022 and April 2023
	<u>Pantokrator</u>		Good, mainly footpath	2.30 - 3.00	FoMA team September 2022 and April 2023
<u>Pantokrator via Kolitsou</u>		Passable to good, path and track	2.30 - 3.00	FoMA team May 2019 and September 2021	
<u>Zographou via Chera</u>		Good, path and track	2.30	FoMA team September 2022	

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Xenophontos	<u>Dochiariou</u>		Good, path and track	0.25	FoMA team members April 2023
	Konstamonitou		Good, path and track via Dochiariou (see relevant entries)	2.00	FoMA team members April 2023
	<u>Panteleimonos</u>		Good, mainly track	1.00	FoMA team members April 2023
Xeropotamou	<u>Daphni</u>		Good, footpath and track	0.45	FoMA team member January 2018
	Koutloumousiou & Karyes		Good. Road as far as Stavros; then footpath and track to Karyes (Follow last part of <u>Simonopetra - Karyes</u>).	2.45	FoMA team May 2017 from Stavros to Karyes (remainder = road)
	<u>Panteleimonos</u>		Good, mainly footpath	1.15	FoMA team members April 2023
Zographou	Arsanas Zographou		Good, all but short initial and final parts are track	1.00	FoMA team member January 2016
	<u>Esphigmenou via Vagenokamares</u>		Passable to good, footpath and track. Minor diversion necessary soon after departing Zographou.	2.30 – 3.00	FoMA team September 2020, June 2021 and May 2022
	<u>Hilandar</u>		Good, footpath and track	2.30 – 3.00	FoMA team September 2022
	<u>Konstamonitou</u>		Good, mainly footpath	2.00	FoMA team members April 2023
	Koutloumousiou & Karyes		Good, footpath and track. Follow <u>Zographou to Vatopedi via Chera</u> to WP 11 and then <u>Hilandar to Karyes</u> from WP 33	5.00 – 5.30	FoMA team members May and September 2022
	<u>Vatopedi via Chera</u>		Good, path and track	2.30	FoMA team September 2022
The Far South	The southern part of the <i>Athonite</i> peninsula, between <i>Agia Anna</i> and <i>Megisti Lavra</i> , covers the southern slopes of the <i>Athos</i> 'massif'. It is the heartland of Athonite asceticism and lacks any type of road or track. Many footpaths connect the main settlements of the area; the most important of them can be found in the gpx file below.				FoMA team May 2015, May 2017, May 2019 and FoMA team members November 2015, September 2017, May 2022 and April 2023
					
The Way of the Bey	This historically important path follows the ridge down the spine of the Athonite peninsula. The full Northern section is now passable to good from Hilandar to the Vatopedi/Karyes road at Stavros Makrygenous. Paths lead off these sections of the Way of the Bey towards Esphigmenou, Zographou, Konstamonitou, Dochiariou and Vatopedi. South of Stavros Makrygenous, the Way of the Bey is now mostly road or track.				FoMA team members May and September 2022

This information is produced and maintained by **The Friends of Mount Athos**, a charitable organisation which, among other activities, works with monasteries to keep footpaths on the Holy Mountain, open.

The condition and signing of paths and tracks on the Holy Mountain are subject to continual change. The Friends of Mount Athos strive to keep this information correct and up to date but cannot take responsibility for its accuracy.

Copies of footpath descriptions are available, free, from the Friends website, www.athosfriends.org and in a number of places on or associated with the Holy Mountain.