

## FOOTPATHS OF THE HOLY MOUNTAIN



### FROM IVIRON TO PHILOTHEOU VIA COAST ROAD

Distance: 5.5 km

Journey Time: 2 hours

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This is an alternative to the route via *Skiti Iviron*. Initially it follows the main coast road southwards toward *Megisti Lavra* and is less interesting but has good views. The second half, however, ascends on an attractive *Kaldirimi* path through trees from the coast road to the Monastery.

**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:** ΦΙΛΟΘΕΟΥ = *Philotheou*; ΚΑΡΑΚΑΛΟΥ = *Karakalou*;  
ΙΒΗΡΟΝ = *Iviron*; ΑΡΣΑΝΑΣ = *Arsanas*

#### Description of Route:

Walk (m)    And then . . .

- 40    **20** Leave *Iviron Monastery* entrance and KSO, slightly uphill, passing kiosk on R.
- 150    **37** Turn R onto paved path which descends to *Arsanas* and the sea.
- 150    **36** At *Arsanas*, with sea ahead, turn R onto main coast road, southwards towards *Philotheou* and *Megisti Lavra*. Continue to follow main road ignoring all side turnings.

- 280 **35** Road crosses ford and turns R inland, having cell on L and stream bed and Monastery on R.
- Note:** If the stream is too deep, use modern footbridge 100m upstream.
- After 200m, road turns hard L and then R, now parallel to the shore.
- 1000 **34** Cross ford with nice footbridge on R (use footbridge if stream is too deep). Road turns L and continues parallel to the shore.
- 700 **33** Ignore track that forks L towards ***Kathisma (Cell) Agios Efstathios (Mylopotamos)***. KSO/R still on main road which soon turns R, inland.
- 680 **32** Road crosses ford and turns L. Good views of the shore and of *Milopotamos'* famous vineyards.
- 680 **31** Arrive at major fork where the main road continues L towards ***Arsanas Philotheou*** (after 500m), ***Arsanas Karakalou*** (after 1.6 km) and ***Megisti Lavra*** (after 16.8 km) and road to R is signed *Philotheou*. Take R fork which soon starts to climb and bends sharply to R.
- 170 **30** After sharp bend, turn L off road onto FP (*K*) uphill, signed *Philotheou*.
- 170 **29** Cross track with concrete tank on R. KSO on FP ahead, uphill.
- 200 **28** Cross road close to bend. KSO on FP ahead, uphill.
- 300 **27** Cross road again. KSO on FP ahead, uphill.
- 50 **26** Cross road again. KSO on FP ahead, uphill.
- 430 **25** Ignore FP back L which leads to cell.KSO.
- 115 **24** At junction, follow FP (*K*) sharply to L, uphill (signed). Do not continue along FP/track which continues ahead.
- Caution: Easy to miss.**
- 220 **23** Cross track with metal cross to back R. KSO on *K*, uphill.
- 220 **22** FP ends at road at open area (parking / manoeuvring area for vehicles). Turn R along road towards Monastery, now visible ahead.

**1** Arrive at *Philotheou Monastery* main gate.

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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.