

FOOTPATHS OF THE HOLY MOUNTAIN



FROM KOUTLOUMOUSIOU ARSANAS AT KALIAGRA TO KOUTLOUMOUSIOU MONASTERY

Distance: 4 km Journey Time: 1½ – 2 hours

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This walk climbs from the small port (*arsanas*) of *Koutloumousiou* at *Kaliagra* up to the monastery itself. Much of the way is along shaded paths, but there are higher stretches along tracks and roads. There are a handful of junctions along the way where it is possible and easy to take a wrong turning and where particular care should be taken.

Note: All distances given (in metres) should be taken as approximate. 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: ΚΟΥΤΛΟΥΜΟΥΣΙΟΥ = *Koutloumousiou*; ΚΑΡΥΕΣ = *Karyes*;
ΚΑΛΙΑΓΡΑ = *Kaliagra*

Description of Route:

Walk (m) And then . . .

Leave ***Koutloumousiou Arsanas*** and turn L onto coastal path towards ***Iviron***, with the sea to the L.

60

A few metres after path leading up to small dwelling on R, turn R up narrow FP beside garden. At the fork in the path, keep right and pass to the right of the large water butt.

Caution: easy to miss.

450

FP emerges onto track at bend. KSO/L uphill along track, ignoring minor track to L into field.

90

Turn L off track onto FP up steep bank (signed / *C Koutloumousiou*).

Caution: easy to miss.

- 250 FP emerges onto road. KSO up steep bank on far side to pick up similar FP (signed *SK Koutloumousiou* and *Karyes*).
- Alternatively**, to avoid steep ascent, turn R along road for 200m before turning L onto track with gated track approximately opposite. In 90m, KSO on track which passes point marked † below.
- 200 FP emerges at edge of olive grove at sign to *I C Koutloumousiou* and *Karyes* (being careful of barbed wire across the path near the sign). KSO on level with trees to L. Ignore narrow FP to L.
- † 50 Reach track at rough T junction and turn L along track, now slightly downhill and through gate. Track soon becomes FP which may be seasonally overgrown.
- 500 FP descends to cross stone bridge. KSO, now uphill.
- Caution: FP has become narrow and dangerous in parts of section after bridge due to erosion.**
- 400 Cross stream (cross fixed to plane tree immediately afterwards on L).
- 180 FP turns R.
- 80 At junction of FPs, turn/bear R following sign to ***IM Koutloumousiou***.
- Note:** FP ahead leads to ***Koutloumousiou Skete***.
- 400 FP emerges onto track. Turn R along track.
- 15 Ignore track to L (possibly barred by chain).
- 80 Another track joins from back L. KSO on track, uphill.
- 270 At junction with larger track from L at sharp bend, KSO/R along track.
- 220 Track emerges at concrete road, on bend. Ignore track to L signed *Koutloumousiou Skete*. KSO/L along road, initially downhill.
- 450 Pass old bridge on L and, 50m later, FP on L signed *Iviron*. KSO on road, now uphill.

- 350 Road ends at gates into *Koutloumousiou* grounds with Monastery in view ahead. KSO through gates and up paved path.
- 100 Arrive at ***Koutloumousiou Monastery*** entrance.

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.