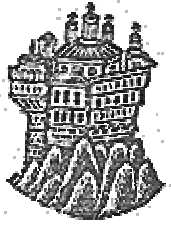


FOOTPATHS OF THE HOLY MOUNTAIN



FROM MEGISTI LAVRA TO THE SKITI OF TIMIOU PRODROMOU

Distance: 4.7 km

Journey Time: 1.5 hours

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This journey is an attractive alternative to the road route. The first half involves a steady climb along the route (partly overgrown) from *Megisti Lavra* which leads up to the ‘desert’ (*erimos* in Greek), and thence on to *Mount Athos Summit, Ag. Anna* and *Ag. Pavlou*, ending up at *Simonopetra*. The route then leaves this path and descends, mostly along a track/road, to the Romanian *Skiti Timiou Prodromou*.

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)

Description of Route:

Walk And then . . .

- 0 **30** Turn L out of *Megisti Lavra Monastery* main entrance and follow the *K* up to the L, around the side of the Monastery. Continue on FP (signed) past police station and ossuary on R and gardens on L towards the sea.
- 360 **29** At the end of the garden area, ignore track to the L. KSO, now on *K* (signed).
- 90 **28** Ignore FP to the R (signed to cave of *Koukouzelis*, the famous chanter) and KSO.
- 390 **27** FP joins road just before it becomes concrete. Turn L, along road.
Note: Ignore the old route which continues off and above the road to R.
- 460 **26** Bear R (signed) off road onto FP which climbs steadily. Where *K* has collapsed, follow ‘improvised’ pathway.

- 820 **25** Rejoin *K* and continue, climbing steadily.
- 380 **24** At junction (signed 'well-50m') bear L, signed *Timiou Prodromou*. Pass the water trough on R (after 50m) and continue on FP, now gently descending, past two concrete water tanks on L (seawards), following orange tapes and sign. Continue down past olive grove on L.
- 250 **34** With main gate of a *kellion* on L, turn R onto wide track/road.
- 470 **35** Track/road joins an even wider road. Turn hard R and continue, ignoring various turnoffs, downhill towards the ***Skiti Timiou Prodromou***, in plain view ahead.
- 1130 **36** Road bends sharply L. Ignore old FP to R which ascends to pass under aqueduct.
- 400 **33** Arrive at the entrance of the ***Skiti Timiou Prodromou***.

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.