

FOOTPATHS OF THE HOLY MOUNTAIN



FROM PHILOTHEOU TO IVIRON 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 descends on an attractive *Kaldirimi* path through trees as far as the coast road. The second half, however, follows the main coast road northwards via *Arsanas Iviron* and is less interesting but has good views.

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 . . .

- 1** Leave ***Philotheou Monastery*** entrance and KSO/L on descending road towards open area (parking / manoeuvring area for vehicles) with garden wall on R.
- 150 **22** Arrive at open area. Turn L off road and cross open area to find descending FP (K) signed *Arsanas Philotheou*.
- 220 **23** Cross track with metal cross to L. KSO on K, downhill.
- 220 **24** FP bends sharply R, downhill. Ignore FP/track up to L.
- 115 **25** At fork bear L (R fork leads to cell).
- 430 **26** Cross road. KSO on FP ahead, downhill.
- 50 **27** Cross road again. KSO on FP ahead, downhill.
- 300 **28** Cross road close to bend. KSO on FP ahead, downhill.

- 200 **29** Cross track with concrete tank on L. KSO on FP ahead, downhill.
- 170 **30** FP ends at road. Turn R downhill onto road which immediately bends sharply to L.
- 170 **31** Arrive at main road at fork. KSO/L onto main road which leads to *Ivion* and *Karyes*.
- Note:** Back R leads to *Arsanas Philotheou* (after 500m), *Arsanas Karakalou* (after 1.6 km) and *Megisti Lavra* (after 16.8 km).
- Continue to follow main road ignoring all side turnings. *Kathisma (Cell) Agios Efstathios (Mylopotamos)* with its famous vineyards becomes visible on R. Road turns L, inland.
- 680 **32** Cross ford. Road turns sharply to R towards sea and *Mylopotamos*.
- 680 **33** Track from *Mylopotamos* joins from back R. KSO on main road now parallel to the shore.
- 700 **34** Cross ford with nice footbridge on L (use footbridge if stream is too deep). Road turns R and continues parallel to the shore.
- Road turns L (inland) and after few meters turns hard R towards the shore, with cell on R and stream bed and *Ivion Monastery* on L.
- 1000 **35** Road reaches the coast, turns L and crosses stream at ford. KSO on road parallel to shore towards *Arsanas*.
- Note:** If the stream is too deep, turn back on road and use modern footbridge 100m upstream.
- 280 **36** Arrive at *Arsanas Ivion*. Turn L to ascend paved track uphill towards Monastery.
- 150 **37** Turn L, passing kiosk (on L) to reach *Ivion Monastery* main entrance **20** in 40m.

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.