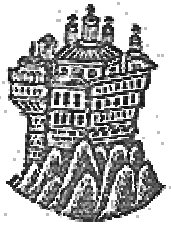


FOOTPATHS OF THE HOLY MOUNTAIN



FROM THE SKETE OF TIMIOU PRODROMOU TO MEGISTI LAVRA

Distance: 4.7 km

Journey Time: 1.5 hours

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This journey is an attractive alternative to the road route. Initially it climbs steadily, mostly along a track/road but then descends on path following the last part of the route which has come from *Simonopetra*, via *Ag. Pavlou*, *Ag. Anna*, *Mount Athos Summit* and the ‘desert’ (*erimos* in Greek) and continues to *Megisti Lavra*.

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 **33** Leave the entrance of the *Skiti Timiou Prodromou* and follow broad road, uphill.
- 400 **36** Road bend sharply R. Continue on road, ignoring various turn-offs.
- 1130 **35** At junction with a less-wide track/road, turn hard L ascending.
- 470 **34** Just before main gate of a *kellion*, turn L onto FP, following orange tapes. FP ascends gently, passing an olive grove and then two concrete water tanks, all of them on R.
Pass the water trough on L and continue on FP.
- 250 **24** At junction (signed) bear R, descending.
- 380 **25** K has collapsed. Follow ‘improvised’ pathway through undergrowth.
Rejoin K and continue, descending.

- 820 **26** FP descends to concrete road (signed opposite direction). Turn L onto road (ignoring the old route which continues above the road to L).
- 460 **27** Just after concrete ends, turn R onto FP (signed).
- 390 **28** Ignore FP to the L (signed to cave of *Koukouzelis*, the famous chanter) and KSO.
- 90 **29** KSO on FP (*K*) having ***Megisti Lavra Monastery*** in plain view ahead, ignoring track to R before gardens on R (signed opposite direction). Pass gardens, on R (towards the sea), and the ossuary and the police station on L to reach Monastery wall.
- 360 **30** After following Monastery wall arrive at the entrance of ***Megisti Lavra Monastery***.

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.