



# FOOTPATHS OF THE HOLY MOUNTAIN

## TABLE OF FOOTPATHS WITH CONDITIONS, WALKING TIMES & LINKS TO DESCRIPTIONS AND GPS TRACKS

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This table contains the latest information available to *The Friends of Mount Athos* on the condition of the footpaths of Mount Athos (subject to the disclaimers at the end). Routes are listed alphabetically by the Greek name of the monastery, skete or other landmark at which each path begins. Names beginning with “Saint” (St. Anne, St. Paul, St. Dimitrios) are under Agias/Agiou. The Great Lavra is listed as “Megisti Lavra”.
















Pilgrims are recommended to refer to [Practical Information about Walking the Footpaths of Mount Athos](#) before setting out, and to use the [Pilgrim Map of Mount Athos](#) along with the footpath descriptions in both planning and making their pilgrimages.









Most of the information in the table is from the [FoMA project to clear and restore the footpaths of Mount Athos](#), or from pilgrimages made by members of the project team, as specified under "source and date of information". If you have current information on path conditions or the timings shown below, *The Friends of Mount Athos* would greatly appreciate your report. We invite you to contribute to this service by e-mailing [The FoMA Footpaths Team](#).











### Explanations:













1. Footpaths are shown in preference to roads or tracks.
2. Path Condition is at date of latest information.  
Key: 'Good' means path can be followed with ease  
'Passable' means that the path is easy to find but may be overgrown in places.  
'Blocked' means that the path can no longer followed at present.  
'Unknown' means that the condition of the path is unknown
3. Underlining indicates that the Friends of Mount Athos provides a detailed path description on its website, <http://www.athosfriends.org>. Underlining corresponds to links in the online list.
4. The GPX symbol in the GPS Tracks column indicates that GPS tracking is available on the Friends website.
5. To cover the complete route, several dates may appear under Source and Date of Information.

















FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Agias Annis, Skete ( <i>St Anne</i> )	Kafsokalyvia, Ag. Triados Skete		Good, footpath	3.30	FoMA team member March 2016
	<u>Megisti Lavra</u> ( <i>Great Lavra</i> )		Good, footpath	6.00	FoMA team member November 2015 and FoMA team May 2017
	Mount Athos Summit		Good, footpath	8 hrs. return	FoMA team member May 2015
	<u>Nea Skiti</u> (Skiti Theotokou)		Good, footpath	0.45	FoMA team May 2015 and FoMA team member March 2016.
	<u>Agiau Pavlou</u>		Good, footpath	1.15	FoMA team member March 2016
	<u>Prodromou, Skete</u>		Good, footpath	5.00	FoMA team member November 2015 and FoMA team May 2016.














FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Agiou Dimitriou, Skete	<u>Vatopedi</u>		Good, path and track	0.45	FoMA team May 2017
Agiou Pavlou	<u>Dionysiou</u>		Good, footpath and track	1.00	FoMA team May 2017
	<u>Agias Annis, Skete (St Anne)</u>		Good, footpath	1.15	FoMA team member March 2016
	<u>Nea Skiti (Skiti Theotokou)</u>		Good, footpath	0.45	FoMA team member March 2016
Bogoroditsa, Skete	<u>Pantokrator</u>		Passable to Good, path and track	1.30	FoMA team May 2016 and May 2017
	<u>Profitis Ilias, Skete (Prophet Elijah)</u>		Passable to Good, mainly path	1.00	FoMA team member October 2016. FoMA team May 2017
<i>Chilandar: see below, Hilandar</i>					
Daphni	Koutloumousiou & Karyes		From Daphni to Stavros = road. From Stavros to Karyes = Good, path and track – follow last part of <u>Simonopetra - Karyes</u> ,	3.30 - 4.00	Karyes-Stavros by FoMA team May 2017 (remainder = road)
	<u>Panteleimonos</u>		Good, path and track	1.45	FoMA team member January 2016
	<u>Xeropotamou</u>		Good, path and track	0.45	FoMA team member January 2016
Dionysiou	<u>Agiou Pavlou</u>		Good, path and track	1.00	FoMA team May 2017
	<u>Grigoriou</u>		Good, footpath	2.00	FoMA team member October 2016. FoMA team May 2017
Dochiariou	<u>Konstamonitou via Arsanas Konstamonitou</u>		Good, footpath and track	1.45	FoMA team member March and FoMA team May 2017
	Koutloumousiou and Karyes		Passable to Good, footpath and track. Follow <u>Dochiariou to Vatopedi to WP 13</u> and then <u>Hilandar to Karyes from WP 27</u>	4.30 - 5.00	FoMA team May 2014, May 2016 May 2017
	<u>Vatopedi</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2014, May 2016 May 2017
	<u>Xenophontos</u>		Good, path and track.	0.25	FoMA team member January 2016
Esphigmenou	<u>Hilandar</u>		Good, track	0.45	FoMA team May 2017
	<u>Koutloumousiou and Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team member March 2017, FoMA team May 2017
	<u>Vatopedi</u>		Good, path and track	3.00 - 3.30	FoMA team member October 2016, FoMA team May 2017
	<u>Zographou via Vagenokamares</u>		Good, footpath and track.	2.30 - 3.00	FoMA team May 2017




FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Grigoriou	<u>Dionysiou</u>		Good, footpath	2.00	FoMA team member October 2016. FoMA team May 2017
	<u>Simonopetra</u>		Good, footpath and track	1.20	FoMA team member October 2016
Hilandar	<u>Esphigmenou</u>		Good, track	0.45	FoMA team May 2017
	<u>Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team member March 2017, FoMA team May 2017
	<u>Vatopedi via Esphigmenou</u>		Good, track and footpath	3.45 - 4.15	FoMA team member October 2016. FoMA team May 2017
	Vatopedi via Chera		Passable to good, mainly footpath along the Way of the Bey. Follow <u>Hilandar to Karyes</u> to WP <b>33</b> (Chera), then <u>Zographou to Vatopedi via Chera</u> from WP <b>11</b>	5.00 - 5.30	FoMA team May 2017
	<u>Zographou</u>		Good, path and track	2.30 – 3.00	FoMA team May 2017
Iviron	Karakalou		Good, road to Karakalou arsanas, then footpath	2.00	FoMA team May 2017
	<u>Koutloumousiou &amp; Karyes</u>		Good, footpath	2.00	FoMA team May 2017
	<u>Philotheou via coast road</u>		Passable to good. Main road towards Megisti Lavra, then footpath just before Philotheou Arsanas.	2.00	FoMA team May 2017
	<u>Philotheou via Skiti Iviron</u>		Dangerous bridge close to Philotheou. Otherwise Good, footpath and track.	2.00	FoMA member May 2016 and FoMA team May 2017
	<u>Stavronikita</u>		Good, mainly footpath	1.00	FoMA team May 2017
Kaliagra ( <i>Arsanas Koutloumousiou</i> )	<u>Koutloumousiou &amp; Karyes</u>		Occasionally passable, otherwise Good, mainly footpath	1.30 - 2.00	FoMA team May 2017
Kafsokalyvia, Ag. Triados Skete	Agias Annis, Skete ( <i>St Anne</i> )		Good, footpath	3.30	FoMA team member March 2016
	Megisti Lavra ( <i>Great Lavra</i> )		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2014, FoMA team May 2017
Karakalou	Iviron		Good, footpath to Karakalou arsanas, then road	2.00	FoMA team May 2017
	Koutloumousiou & Karyes		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team May 2014 and May 2017
	Megisti Lavra ( <i>Great Lavra</i> )		Good, footpath to Karakalou arsanas, then road	6.00	FoMA team May 2017 to arsanas (remainder = road)
	<u>Philotheou</u>		Good, mainly footpath	0.45	FoMA member May 2017
	Provata		Passable to good, mainly footpath	0.45	FoMA team members November 2015

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
<i>Karyes: see below: Koutloumousiou &amp; Karyes</i>					
Konstamonitou	<u>Dochiarou via Konstamonitou arsanas</u>		Good, footpath and track	1.30	FoMA team member March 2016. FoMA team May 2017
	<u>Karyes</u>		Passable to good. Path and track via Way of the Bey	c.4.30	FoMA team member March 2017, FoMA team May 2017
	<u>Vatopedi via Chera</u>		Good, mainly footpath	3.00	FoMA team May 2017
	Vatopedi <i>(crosses the ridge to the South of Chera)</i>		Good, Path and track. Follow <u>Konstamonitou to Karyes to WP 27</u> then <u>Dochiarou to Vatopedi</u> from WP 13	3.30 – 4.00	FoMA team May 2017
	Xenophontos		Good, path and track via Dochiarou (see relevant entries)	2.00	FoMA team member January and March 2016. FoMA team May 2017
	<u>Zographou</u>		Good, mainly footpath	2.00	FoMA team May 2017
	Koutloumousiou & Karyes	Bourazeri, Cell		Good (= first part of <u>Pantokrator</u> path)	0.30
Daphni via Stavros			Good, path and track (follow start of <u>Karyes - Simonopetra</u> ); remainder Road	3.00	Karyes-Stavros: FoMA team May 2017 (remainder = road)
Dochiarou			Passable to Good, Path and track. Follow <u>Karyes to Hilandar to WP 27</u> then <u>Vatopedi to Dochiarou</u> from WP 13	c. 4.30	FoMA team May 2014, May 2017
<u>Esphigmenou</u>			Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team member March 2017, FoMA team May 2017
<u>Hilandar</u>			Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team member March 2017, FoMA team May 2017
<u>Iviron</u>			Good, mainly footpath	1.30	FoMA team May 2017
<u>Kaliagra (Arsanas Koutloumousiou)</u>			Occasionally passable, otherwise Good, mainly footpath	1.00 - 1.30	FoMA team May 2017
Karakalou			Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team May 2014, May 2017
<u>Konstamonitou</u>			Good. Path and track via Way of the Bey	c.4.30	FoMA team member March 2017, FoMA team May 2017
Panteleimonos			Good. Path and track to Stavros (follow first part of <u>Karyes - Simonopetra</u> ); then road to Xeropotamou; then mainly footpath (follow <u>Xeropotamou - Panteleimonos</u> ).	3.15	Karyes – Stavros by FoMA team May 2017. Xeropotamou – Panteleimonos by FoMA team member January 2016
<u>Pantokrator</u>			Good, path and track	1.30	FoMA team May 2017, FoMA team member September 2014
<u>Philotheou</u>			Dangerous bridge close to Philotheou. Otherwise Good, Path and track	3.00	FoMA team member October 2016. FoMA team May 2017

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<a href="#"><u>Simonopetra</u></a>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016. FoMA team May 2017.
	<a href="#"><u>Stavronikita</u></a>		Good, path and track	1.15 - 1.30	FoMA team May 2017
	Stavros (on the Karyes-Daphni Road)		Good, path and track. Follow first part of <a href="#"><u>Karyes - Simonopetra</u></a>	0.45 - 1.0	FoMA team May 2017
	<a href="#"><u>Vatopedi</u></a>		Good, mainly footpath	3.00 - 3.30	FoMA team May 2017
	Xenophontos		Good, mainly track	2.30	FoMA team member Sept 2011
	Xeropotamou		Good, path and track to Stavros (follow first part of <a href="#"><u>Karyes - Simonopetra</u></a> ); then road	2.30	Karyes-Stavros by FoMA team May 2017 (remainder = road)
	Zographou		Good, Path and track. Follow <a href="#"><u>Karyes to Hilandar</u></a> to WP <b>33</b> (Chera), then <a href="#"><u>Vatopedi to Zographou via Chera</u></a> from WP <b>11</b>	5.00 – 5.30	FoMA team May 2017
Kolitsou	Vatopedi		Passable to Good, path and track. See <a href="#"><u>Pantokrator to Vatopedi via Kolitsou</u></a>	1.30 - 2.00	FoMA team May 2017
Megisti Lavra (Great Lavra)	<a href="#"><u>Agias Annis, Skete (St Anne)</u></a>		Good, footpath	6.00	FoMA team member November 2015 and FoMA team May 2017
	Kafsokalyvia, Ag. Triados Skete		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2014, FoMA team May 2017
	<a href="#"><u>Prodromou, Skete</u></a>		Good, path and track	1.30	FoMA team May 2017
Nea Skiti (Skiti Theotokou)	<a href="#"><u>Agias Annis, Skete (St Anne)</u></a>		Good, footpath	0.45	FoMA team member March 2016
	<a href="#"><u>Agiou Pavlou</u></a>		Good, footpath	0.45	FoMA team member March 2016
Panteleimonos	<a href="#"><u>Daphni</u></a>		Good, path and track	1.45	FoMA team member January 2016
	Koutloumousiou & Karyes		Good. Mainly footpath to Xeropotamou (follow <a href="#"><u>Panteleimonos - Xeropotamou</u></a> ); then road on to Stavros; then footpath and track to Karyes (Follow last part of <a href="#"><u>Simonopetra - Karyes</u></a> ).	3.15	Panteleimonos - Xeropotamou by FoMA team member January 2016. Stavros – Karyes by FoMA team May 2017.
	<a href="#"><u>Xenophontos</u></a>		Good, mainly track	1.00	FoMA team member January 2016
	<a href="#"><u>Xeropotamou</u></a>		Good, mainly footpath	1.15	FoMA team member January 2016
Pantokrator	<a href="#"><u>Bogoroditsa, Skete</u></a>		Passable to Good, path and track	1.30 - 2.00	FoMA team May 2016, May 2017
	<a href="#"><u>Koutloumousiou &amp; Karyes</u></a>		Good, path and track	1.45 - 2.15	FoMA team May 2017 and FoMA team member September 2014

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Profitis Ilias, Skete (Prophet Elijah)</u>		Good, footpath	0.45 - 1.00	FoMA team May 2017
	<u>Stavronikita</u>		Good, footpath	0.45 - 1.00	FoMA team May 2017
	<u>Vatopedi</u>		Good, mainly footpath	2.30 - 3.00	FoMA team May 2017
	<u>Vatopedi via Kolitsou</u>		Passable to Good, path and track	2.30 - 3.00	FoMA team May 2014, and team member May 2017
Philotheou	<u>Ivion via Skiti Ivion</u>		Dangerous bridge close to Philotheou. Otherwise Good, footpath and track	2.00	FoMA member May 2016 and FoMA team member October 2016 May 2017
	<u>Ivion via coast road</u>		Passable to good. Footpath towards Philotheou Arsanas and then main coast road to Ivion.	2.00	FoMA team May 2017
	<u>Karakalou</u>		Good. Mainly footpath	0.45	FoMA team May 2017
	<u>Koutloumousiou &amp; Karyes</u>		Dangerous bridge close to Philotheou. Otherwise Good, path and track	3.00	FoMA team member October 2016. FoMA team May 2017.
Prodromou, Skete	<u>Megisti Lavra (Great Lavra)</u>		Good, path and track	1.30	FoMA team May 2017
	<u>Agia Anna, Skete (St Anne)</u>		Good, footpath	5.00	FoMA team member November 2015 and FoMA team May 2017
Profitis Ilias, Skete (Prophet Elijah)	<u>Pantokrator</u>		Good, footpath	0.30 - 0.45	FoMA May 2017
	<u>Bogoroditsa, Skete</u>		Passable to Good, mainly footpath	1.30	FoMA team member October 2016. FoMA team May 2017
Provata	<u>Karakalou</u>		Passable to good, mainly footpath	0.45	FoMA team members November 2015
Simonopetra	<u>Daphni</u>		Road only, no footpath	2.30	
	<u>Grigoriou</u>		Good, mainly footpath with track at the end	1.20	FoMA team member October 2016
	<u>Koutloumousiou &amp; Karyes</u>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016. FoMA team May 2017
Stavronikita	<u>Ivion</u>		Good, mainly footpath	1.00	FoMA team May 2017
	<u>Karyes</u>		Good, path and track	1.30 - 2.00	FoMA team May 2017
	<u>Pantokrator</u>		Good, footpath	0.45 - 1.00	FoMA team May 2017
Stavros (on the Karyes-Daphni road)	<u>Koutloumousiou &amp; Karyes</u>		Good, path and track. Follow last part of <u>Simonopetra - Karyes</u>	0.30	FoMA team May 2017
Vatopedi	<u>Agiau Dimitriou, Skete</u>		Good, path and track	0.45	FoMA team May 2017

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Dochiariou</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2014, May 2017
	<u>Espighmenou</u>		Good, path and track	3.00 - 3.30	FoMA team member October 2016. FoMA team May 2017
	<u>Hilandar via Espighmenou</u>		Good, footpath and track	3.45 - 4.15	FoMA team May 2017 and FoMA team member October 2016
	Hilandar via Chera		Passable to good, mainly path, via Way of the Bey. Follow <u>Vatopedi to Zographou via Chera</u> as far as Chera, WP <b>11</b> , then <u>Karyes to Hilandar</u> from WP <b>33</b> .	5.00 - 5.30	FoMA team May 2017
	Kolitsou		Passable to good, path and track. See <u>Pantokrator via Kolitsou</u> below	1.30 - 2.00	FoMA team May 2017
	<u>Konstamonitou via Chera</u>		Good, mainly footpath	3.00	FoMA team May 2017
	Konstamonitou (crosses the ridge to the South of Chera)		Good, Path and track. Follow <u>Vatopedi to Dochiariou</u> to WP <b>13</b> then <u>Karyes to Konstamonitou</u> from WP <b>27</b>	3.30 – 4.00	FoMA team May 2017
	<u>Koutloumousiou &amp; Karyes</u>		Good, mainly footpath	3.30 - 4.00	FoMA team May 2017
	<u>Pantokrator</u>		Good, mainly footpath	2.30 - 3.00	FoMA team May 2017
	<u>Pantokrator via Kolitsou</u>		Passable to good, path and track	2.30 - 3.00	FoMA team May 2014 and May 2017
	<u>Zographou via Chera</u>		Good, path and track	2.30	FoMA team May 2017
Xenophontos	<u>Dochiariou</u>		Good, path and track	0.25	FoMA team member January 2016
	Konstamonitou		Good, path and track via Dochiariou (see relevant entries)	2.00	FoMA team member January and March 2016. FoMA team May 2017
	<u>Panteleimonos</u>		Good, mainly track	1.00	FoMA team member January 2016
Xeropotamou	<u>Daphni</u>		Good, footpath and track	0.45	FoMA team member January 2016
	Koutloumousiou & Karyes		Good. Road as far as Stavros; then footpath and track to Karyes (Follow last part of <u>Simonopetra - Karyes</u> ).	2.45	FoMA team May 2017 from Stavros to Karyes (remainder = road)
	<u>Panteleimonos</u>		Good, mainly footpath	1.15	FoMA team member January 2016
Zographou	Arsanas Zographou		Good, all but short initial and final parts are track	1.00	FoMA team member January 2016
	<u>Espighmenou via Vagenokamares</u>		Good, footpath and track	2.30 – 3.00	FoMA team May 2017
	<u>Hilandar</u>		Good, footpath and track	2.30 – 3.00	FoMA team May 2017

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Konstamonitou</u>		Good, mainly footpath	2.00	FoMA team May 2017
	Koutloumousiou & Karyes		Good, footpath and track. Follow <u>Zographou to Vatopedi via Chera to WP 11</u> and then Hilandar to <u>Karyes from WP 33</u>	5.00 – 5.30	FoMA team May 2017
	<u>Vatopedi via Chera</u>		Good, path and track	2.30	FoMA team May 2017
The Far South	The southern part of the <i>Athonite</i> peninsula, between <i>Agia Anna</i> and <i>Megisti Lavra</i> , covers the southern slopes of the <i>Athos</i> 'massif'. It is the heartland of Athonite asceticism and lacks any type of road or track. Many footpaths connect the main settlements of the area; the most important of them can be found in the gpx file below.				FoMA team May 2015, May 2017 and FoMA team members November 2015
					
The Way of the Bey	This historically important path follows the ridge down the spine of the Athonite peninsula. The full Northern section is now passable to good from Hilandar to the Vatopedi/Karyes road at Stavros Makrygenous. Paths lead off these sections of the Way of the Bey towards Esphigmenou, Zographou, Konstamonitou, Dochiariou and Vatopedi. South of Stavros Makrygenous, the Way of the Bey is now mostly road or track.				FoMA team member March 2017, FoMA team May 2017

This information is produced and maintained by **The Friends of Mount Athos**, a charitable organisation which, among other activities, works with monasteries to keep footpaths on the Holy Mountain, open.

The condition and signing of paths and tracks on the Holy Mountain are subject to continual change. The Friends of Mount Athos strive to keep this information correct and up to date but cannot take responsibility for its accuracy.

Copies of footpath 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.