



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 2016
	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 2016
Agiou Pavlou	<u>Dionysiou</u>		Good, footpath and track	1.00	FoMA team member March 2016
	<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>		Good, path and track	1.30	FoMA team May 2016 and FoMA team member October 2016
	<u>Profitis Ilias, Skete (Prophet Elijah)</u>		Passable to Good, mainly path	1.00	FoMA team member October 2016
<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 member October 2016 (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 member March 2016
	<u>Grigoriou</u>		Good, footpath	2.00	FoMA team member October 2016
Dochiariou	<u>Konstamonitou via Arsanas Konstamonitou</u>		Good, footpath and track	1.45	FoMA team member March and June 2016
	Koutloumousiou and Karyes		Good, footpath and track. Follow <u>Dochiariou to Vatopedi</u> to WP 13 and then <u>Hilandar to Karyes</u> from WP 27	4.30 - 5.00	FoMA team May 2014, May 2016
	<u>Vatopedi</u>		Good, path, track and road	3.30 - 4.00	FoMA team May 2014, May 2016
	<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 2016
	<u>Koutloumousiou and Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2013, May 2015, May 2016
	<u>Vatopedi</u>		Good, path and track	3.00 - 3.30	FoMA team member October 2016
	<u>Zographou via Vagenokamares</u>		Good, footpath and track.	2.30 - 3.00	FoMA team May 2016
Grigoriou	<u>Dionysiou</u>		Good, footpath	2.00	FoMA team member October 2016
	<u>Simonopetra</u>		Good, footpath and track	1.20	FoMA team member October 2016













FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Hilandar	<u>Esphigmenou</u>		Good, track	0.45	FoMA team May 2016
	<u>Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2013, May 2015, May 2016
	<u>Vatopedi via Esphigmenou</u>		Good, track and footpath	3.45 - 4.15	FoMA team May 2016 and FoMA team member October 2016
	Vatopedi via Chera		Passable to good, mainly footpath along the Way of the Bey. Follow <u>Hilandar to Karyes</u> to WP 33 (Chera), then <u>Zographou to Vatopedi via Chera</u> from WP 11	5.00 - 5.30	FoMA team May 2015, FoMA team member October 2016
	<u>Zographou</u>		Good, path and track	2.30 – 3.00	FoMA team member June 2016
Iviron	Karakalou		Good, road to Karakalou arsanas, then footpath	2.00	FoMA team May 2014
	<u>Koutloumousiou & Karyes</u>		Good, footpath	2.00	FoMA team member October 2016
	Philotheou via coast road		Passable to good. Follow road towards Megisti Lavra then take footpath to right shortly after left fork to Philotheou Arsanas.	2.00	FoMA member May 2016
	<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 member October 2016
	<u>Stavronikita</u>		Good, mainly footpath	1.00	FoMA team member October 2016
Kaliagra (<i>Arsanas Koutloumousiou</i>)	<u>Koutloumousiou & Karyes</u>		Occasionally passable, otherwise Good, mainly footpath	1.30 - 2.00	FoMA team May 2016
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 members May and October 2016
Karakalou	Iviron		Good, footpath to Karakalou arsanas, then road	2.00	FoMA team May 2014
	Koutloumousiou & Karyes		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team May 2014 and FoMA member May 2016
	Megisti Lavra (<i>Great Lavra</i>)		Good, footpath to Karakalou arsanas, then road	6.00	FoMA team May 2014 to arsanas (remainder = road)
	<u>Philotheou</u>		Good, mainly footpath	0.45	FoMA member May 2016
	Provata		Passable to good, mainly footpath	0.45	FoMA team members November 2015


*Karyes: see below:
Koutloumousiou & Karyes*

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Konstamonitou	<u>Dochiariou via Konstamonitou arsanas</u>		Good, footpath and track	1.30	FoMA team member March and June 2016
	<u>Vatopedi</u>		Early sections passable only with difficulty (storm damage) otherwise good, mainly footpath	3.00 - 4.00	FoMA team May 2015, May 2016
	<u>Vatopedi via Chera</u>		Good, mainly footpath	3.00	FoMA team member March 2016 and October 2016
	Xenophontos		Good, path and track via Dochiariou (see relevant entries)	2.00	FoMA team member January, March and June 2016
	<u>Zographou</u>		Good, mainly footpath	2.00	FoMA team member June 2016
Koutloumousiou & Karyes	Bourazeri, Cell		Good (= first part of <u>Pantokrator</u> path)	0.30	FoMA team May 2016
	Daphni via Stavros		Good, path and track (follow start of <u>Karyes - Simonopetra</u>); remainder Road	3.00	Karyes-Stavros: FoMA team member October 2016 (remainder = road)
	Dochiariou		Good, Path and track. Follow <u>Karyes to Hilandar</u> to WP 27 then <u>Vatopedi to Dochiariou</u> from WP 13	c. 4.30	FoMA team May 2014, May 2016
	<u>Espigmenou</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2013, May 2015, May 2016
	<u>Hilandar</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2013, May 2015, May 2016
	<u>Ivion</u>		Good, mainly footpath	1.30	FoMA team May 2016 and FoMA team member October 2016
	<u>Kaliagra (Arsanas Koutloumousiou)</u>		Occasionally passable, otherwise Good, mainly footpath	1.00 - 1.30	FoMA team May 2016
	Karakalou		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team May 2014
	Konstamonitou		Later sections passable only with difficulty (storm damage) otherwise good. Path and track via Way of the Bey	c.4.30	FoMA team members May and October 2016
	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 member October 2016. Xeropotamou – Panteleimonos by FoMA team member January 2016
	<u>Pantokrator</u>		Good, path and track	1.30	FoMA team May 2015, 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
	<u>Simonopetra</u>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016
	<u>Stavronikita</u>		Good, path and track	1.15 - 1.30	FoMA team May 2016

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Stavros (on the Karyes-Daphni Road)		Good, path and track. Follow first part of <u>Karyes - Simonopetra</u>	0.45 - 1.0	FoMA team member October 2016
	<u>Vatopedi</u>		Good, mainly footpath	3.00 - 3.30	FoMA team May 2016
	Xenophontos		Good, mainly track	2.30	FoMA team member Sept 2011
	Xeropotamou		Good, path and track to Stavros (follow first part of <u>Karyes - Simonopetra</u>); then road	2.30	Karyes-Stavros by FoMA team member October 2016 (remainder = road)
	Zographou		Good, Path and track. Follow <u>Karyes to Hilandar to WP 33</u> (Chera), then <u>Vatopedi to Zographou via Chera</u> from WP 11	5.00 – 5.30	FoMA team May 2013, May 2016
Kolitsou	Vatopedi		Passable to good, path and track. See <u>Pantokrator to Vatopedi via Kolitsou</u>	1.30 - 2.00	FoMA team member May 2016
Megisti Lavra (Great Lavra)	<u>Agias Annis, Skete (St Anne)</u>		Good, footpath	6.00	FoMA team member November 2015 and FoMA team May 2016
	Kafsokalyvia, Ag. Triados Skete		Passable to good, footpath	3.30 - 4.00	FoMA team member November 2015 and FoMA team May 2016
	<u>Prodromou, Skete</u>		Good, path and track	1.30	FoMA team May 2016
Nea Skiti (Skiti Theotokou)	<u>Agias Annis, Skete (St Anne)</u>		Good, footpath	0.45	FoMA team member March 2016
	<u>Agiou Pavlou</u>		Good, footpath	0.45	FoMA team member March 2016
Panteleimonos	<u>Daphni</u>		Good, path and track	1.45	FoMA team member January 2016
	Koutloumousiou & Karyes		Good. Mainly footpath to Xeropotamou (follow <u>Panteleimonos - Xeropotamou</u>); then road on to Stavros; then footpath and track to Karyes (Follow last part of <u>Simonopetra - Karyes</u>).	3.15	Panteleimonos - Xeropotamou by FoMA team member January 2016. Stavros – Karyes by FoMA team member October 2016.
	<u>Xenophontos</u>		Good, mainly track	1.00	FoMA team member January 2016
	<u>Xeropotamou</u>		Good, mainly footpath	1.15	FoMA team member January 2016
Pantokrator	<u>Bogoroditsa, Skete</u>		Good, path and track	1.30 - 2.00	FoMA team May 2016
	<u>Koutloumousiou & Karyes</u>		Good, path and track	1.45 - 2.15	FoMA team May 2015 and FoMA team member September 2014
	<u>Profitis Ilias, Skete (Prophet Elijah)</u>		Passable in places but mostly Good, footpath	0.45 - 1.00	FoMA team member October 2016
	<u>Stavronikita</u>		Passable to good, footpath	0.45 - 1.00	FoMA team member October 2016
	<u>Vatopedi</u>		Good, mainly footpath	2.30 - 3.00	FoMA team May 2016 and FoMA team member October 2016

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Vatopedi via Kolitsou</u>		Good, path and track	2.30 - 3.00	FoMA team May 2014, and team member May 2016
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
	<u>Ivion via coast road</u>		Passable to good. Follow Footpath towards Philotheou Arsanas as far as road from Megisti Lavra to Ivion where turn left.	2.00	FoMA member May 2016
	<u>Karakalou</u>		Good. Mainly footpath	0.45	FoMA member May 2016
	<u>Koutloumousiou & Karyes</u>		Dangerous bridge close to Philotheou. Otherwise Good, path and track	3.00	FoMA team member October 2016
Prodromou, Skete	<u>Megisti Lavra (Great Lavra)</u>		Good, path and track	1.30	FoMA team May 2016
	<u>Agia Anna, Skete (St Anne)</u>		Good, footpath	5.00	FoMA team member November 2015 and FoMA team May 2016
Profitis Ilias, Skete (Prophet Elijah)	<u>Pantokrator</u>		Passable in places but mostly Good, footpath	0.30 - 0.45	FoMA team member October 2016
	<u>Bogoroditsa, Skete</u>		Passable to Good, mainly footpath	1.30	FoMA team member October 2016
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 and with track at the end	1.20	FoMA team member October 2016
	<u>Koutloumousiou & Karyes</u>		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016
Stavronikita	<u>Ivion</u>		Good, mainly footpath	1.00	FoMA team member October 2016
	<u>Karyes</u>		Good, path and track	1.30 - 2.00	FoMA team May 2016
	<u>Pantokrator</u>		Passable to good, footpath	0.45 - 1.00	FoMA team member October 2016
Stavros (on the Karyes-Daphni road)	<u>Koutloumousiou & Karyes</u>		Good, path and track. Follow last part of <u>Simonopetra - Karyes</u>	0.30	FoMA team member October 2016
Vatopedi	<u>Agiau Dimitriou, Skete</u>		Good, path and track	0.45	FoMA team May 2016
	<u>Dochiariou</u>		Good, path, track and road	3.30 - 4.00	FoMA team May 2014, May 2016
	<u>Esphigmenou</u>		Good, path and track	3.00 - 3.30	FoMA team member October 2016
	<u>Hilandar via Esphigmenou</u>		Good, footpath and track	3.45 - 4.15	FoMA team May 2016 and FoMA team member October 2016

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Hilandar via Chera		Passable to good, mainly path, via Way of the Bey. Follow Vatopedi to Zographou via Chera as far as Chera, WP 11 , then Karyes to Hilandar from WP 33 .	5.00 - 5.30	FoMA team May 2015, FoMA team member October 2016
	Kolitsou		Passable to good, path and track. See Pantokrator via Kolitsou below	1.30 - 2.00	FoMA team member May 2016
	Konstamonitou		Later sections passable only with difficulty (storm damage) otherwise good, mainly footpath	3.00 - 4.00	FoMA team May 2015, May 2016
	Konstamonitou via Chera		Good, mainly footpath	3.00	FoMA team member March 2016 and October 2016
	Koutloumousiou & Karyes		Good, mainly footpath	3.30 - 4.00	FoMA team May 2016
	Pantokrator		Good, mainly footpath	2.30 - 3.00	FoMA team May 2016 and FoMA team member October 2016
	Pantokrator via Kolitsou		Passable to good, path and track	2.30 - 3.00	FoMA team May 2014 and team member May 2016
	Zographou via Chera		Good, path and track	2.30	FoMA team member October 2016
Xenophontos	Dochiariou		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, March and June 2016.
	Panteleimonos		Good, mainly track	1.00	FoMA team member January 2016
Xeropotamou	Daphni		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 Simonopetra - Karyes).	2.45	FoMA team member October 2016 from Stavros to Karyes (remainder = road)
	Panteleimonos		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
	Esphigmenou via Vagenokamares		Good, footpath and track	2.30 – 3.00	FoMA team May 2016
	Hilandar		Good, footpath and track	2.30 – 3.00	FoMA team member June 2016
	Konstamonitou		Good, mainly footpath	2.00	FoMA team member January 2016
	Koutloumousiou & Karyes		Good, footpath and track. Follow Zographou to Vatopedi via Chera to WP 11 and then Hilandar to Karyes from WP 33	5.00 – 5.30	FoMA team May 2013, May 2015, May 2016
	Vatopedi via Chera		Good, path and track	2.30	FoMA team member October 2016

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
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 <i>Athonite</i> 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 2016 and FoMA team members November 2015
The Way of the Bey	This historically important path follows the ridge down the spine of the <i>Athonite</i> peninsula. The full Northern section is now passable to good from <i>Hilandar</i> to the <i>Vatopedi/Karyes</i> road at <i>Stavros Makrygenous</i> . Paths lead off these sections of the <i>Way of the Bey</i> towards <i>Esphigmenou</i> , <i>Zographou</i> , <i>Konstamonitou</i> , <i>Dochiariou</i> and <i>Vatopedi</i> . South of <i>Stavros Makrygenous</i> , the <i>Way of the Bey</i> is now mostly road or track.				FoMA team May 2013, May 2015, May 2016

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 and in a number of places on or associated with the Holy Mountain.