



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KARYES TO IVIRON VIA KOUTLOUMOUSIOU

Distance: 4.9 km; Journey Time 1 ½ - 2 hours
(5.5 km with detour to *Kellion Panagouda*)

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This route descends from 350m to sea level. Apart from a possible detour, almost the entire route is along a fine, broad *kalderimi* path which for much of the way follows the course of a river, initially on the right bank, latterly on the left bank. The route is through trees until the valley broadens to give views of *Mount Athos*, *Iviron* and the sea. It is possible to make a short detour to visit *Kellion Panagouda*, the former home of Elder Paisios.

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: *ΙΒΗΡΩΝ* = *Iviron*; *ΚΑΡΥΕΣ* = *Karyes*;
ΚΟΥΤΛΟΥΜΟΥΣΙΟΥ = *Koutloumousiou*

Description of Route:

Walk (m) And then . . .

- 1** From the square in *Karyes* where the buses arrive, follow the main street, passing the fountain, bar, *Epistasia* and *Protaton* on the R. Bear R following main street.
- 200
- 2** Ignore lane (*K*) up R, (which is the historic route from *Karyes* to *Daphni*). KSO/L past bakery, down out of town.
- 180
- 3** Pass through gate into the grounds of *Koutloumousiou Monastery*. (FP to R of gate leads to *Philotheou*.) KSO through second gate, close to Monastery.
- 300
- 4** Entrance to *Koutloumousiou Monastery* on R, KSO.
- 100
- 5** Pass through gate to leave Monastery grounds and KSO downhill along concrete road.

200

6 Just before buildings, leave concrete road and turn R onto track downhill (signed *Ivion, Kellion Panagouda and other Cells*).

Note: This is a detour as the upper part of the original FP, which started 100m ahead, has been blocked due to landslide.

Continue on main track, ignoring minor track which leads to cell on L.

210

6A At fork, turn L still on main concrete track (signed) ignoring minor track to cell ahead.

240

6B Ignore minor track to cell coming from back R. KSO/L still on main track (signed).

110

6C With cell in view ahead, turn R off track onto FP (signed) which enters into the woods.

180

7 Arrive at main Karyes to Ivion FP close to metal bar on L (this bar blocks the entrance to the upper part of the original FP due to landslide). Turn R onto original FP (*kalderimi*) signed *Ivion*.

140

8 At open rocky area, FP bends R (signed *Ivion*) and then back L a few metres later, although there is an alternative short cut across rocks ahead. Ignore small FP to L (signed *Koutlounousiou Skete* across the river).

50

9 Cross stream on wooden footbridge and KSO with river on L. Ignore FP on R, signed *Panagouda*, KSO along *K*, signed *Ivion*.

250

10 At second FP on R, signed *Panagouda*:

To visit ***Kellion Panagouda***, former home of Elder Paisios, turn R here, uphill. After 100m turn R in front of gate (signed) for a further 200m to reach cell. Then retrace steps.

Otherwise, KSO along FP (partly *K*).

250

11 Cross stone bridge over stream and bear L, now uphill.

Note: Just before the end of this section, there is a fallen tree on the route (as in May 2024), but it is easy to pass under it.

- 1100 **12** Pass fountain on R as path turns L.
- 130 **13** Cross fine stone bridge over river in gorge. KSO on FP.
- 550 **14** Pass chapel on R.
- 350 **15** Cross track; KSO, signed *Iviron*. Valley soon widens with *Iviron* visible ahead.
- 800 **16** At fork at approach to Monastery, bear R past kiosk (on L).
- 40 **17** Arrive at entrance to *Iviron 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.