



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 members September 2017 and September 2019
	<u>Megisti Lavra</u> (<i>Great Lavra</i>)		Good, footpath	6.00	FoMA team May 2019 and FoMA team members September 2019
	Mount Athos Summit		Good, footpath	8 hrs. return	FoMA team member May 2015




















FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Nea Skiti</u> (Skiti Theotokou)		Good, footpath	0.45	FoMA team members September 2019.
	<u>Agiou Pavlou</u>		Good, footpath	1.15	FoMA team members September 2019
	<u>Prodromou, Skete</u>		Good, footpath	5.00	FoMA team members September 2019
Agiou Dimitriou, Skete	<u>Vatopedi</u>		Good, path and track	0.45	FoMA team May 2019
Agiou Pavlou	<u>Dionysiou</u>		Good, footpath and track	1.00	FoMA team members September 2019
	<u>Agias Annis, Skete</u> (<i>St Anne</i>)		Good, footpath	1.15	FoMA team members September 2019
	<u>Nea Skiti</u> (Skiti Theotokou)		Good, footpath	0.45	FoMA team members September 2019
Bogoroditsa, Skete	<u>Pantokrator</u>		Passable to Good, path and track	1.30	FoMA team May 2018
	<u>Profitis Ilias, Skete</u> (<i>Prophet Elijah</i>)		Passable to Good, mainly path	1.00	FoMA team May 2018
<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 Simonopetra - Karyes),	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 members September 2019
	<u>Grigoriou</u>		Good, footpath	2.00	FoMA team May 2019
Dochiariou	<u>Konstamonitou via</u> <u>Arsanas</u> <u>Konstamonitou</u>		Good, footpath and track	1.45	FoMA team May 2019
	Koutloumousiou and Karyes		Passable to Good, footpath and track. Follow Dochiariou to Vatopedi to WP 13 and then Hilandar to Karyes from WP 27	4.30 - 5.00	FoMA team May 2018














FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	<u>Vatopedi</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2018 and May 2019
	<u>Xenophontos</u>		Good, path and track.	0.25	FoMA team May 2018
Esphigmenou	<u>Hilandar</u>		Good, track	0.45	FoMA team May 2019
	<u>Koutloumousiou and Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2018 and May 2019
	<u>Vatopedi</u>		Good, path and track	3.00 - 3.30	FoMA team members April 2018. FoMA team May 2019
	<u>Zographou via Vagenokamares</u>		Good, footpath and track.	2.30 - 3.00	FoMA team May 2019
Grigoriou	<u>Dionysiou</u>		Good, footpath	2.00	FoMA team May 2019
	<u>Simonopetra</u>		Good, footpath and track	1.20	FoMA team May 2019
Hilandar	<u>Esphigmenou</u>		Good, track	0.45	FoMA team May 2019
	<u>Karyes</u>		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2018 and May 2019
	<u>Vatopedi via Esphigmenou</u>		Good, track and footpath	3.45 - 4.15	FoMA team members April 2018. FoMA team May 2019
	Vatopedi via Chera		Passable to good, mainly footpath along the Way of the Bey. Follow Hilandar to Karyes to WP 33 (Chera), then Zographou to Vatopedi via Chera from WP 11	5.00 - 5.30	FoMA team May 2018 and May 2019
	<u>Zographou</u>		Good, path and track	2.30 – 3.00	FoMA team May 2019
Iviron	<u>Karakalou</u>		Good, road to Karakalou arsanas, then footpath	2.00	FoMA team May 2019
	<u>Koutloumousiou & Karyes</u>		Good, footpath	2.00	FoMA team members May 2019
	<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>		Good, Path and track. Bridge close to Philotheou now rebuilt.	2.00	FoMA members May 2016 and September 2019 and FoMA team May 2019
	<u>Stavronikita</u>		Good, mainly footpath	1.00	FoMA team May 2019
Kaliagra (Arsanas Koutloumousiou)	<u>Koutloumousiou & Karyes</u>		Occasionally passable, otherwise Good, mainly footpath	1.30 - 2.00	FoMA team May 2019



FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Kafsokalyvia, Ag. Triados Skete	Agias Annis, Skete (<i>St Anne</i>)		Good, footpath	3.30	FoMA team member March 2016 and September 2017
	Megisti Lavra (<i>Great Lavra</i>)		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2017, FoMA team May 2019
Karakalou	Ivion		Good, footpath to Karakalou arsanas, then road	2.00	FoMA team May 2019
	Koutloumousiou & Karyes		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team members September 2019
	Megisti Lavra (<i>Great Lavra</i>)		Good, footpath to Karakalou arsanas, then road	6.00	FoMA team May 2019 to arsanas (remainder = road)
	<u>Philotheou</u>		Good, mainly footpath	0.45	FoMA team members September 2019
	Provata		Passable to good, mainly footpath	0.45	FoMA team members November 2015 and May 2019
<i>Karyes: see below: Koutloumousiou & Karyes</i>					
Konstamonitou	<u>Dochiarou via Konstamonitou arsanas</u>		Good, footpath and track	1.30	FoMA team May 2019
	<u>Karyes</u>		Passable with care at WP 54 otherwise Good. Path and track via Way of the Bey	c.4.30	FoMA team May 2019
	<u>Vatopedi via Chera</u>		Good, mainly footpath with some track (WP 12 – 11)	3.00	FoMA team May 2019
	Vatopedi (<i>crosses the ridge to the South of Chera</i>)		Passable with care at WP 54 otherwise Good, Path and track. Follow Konstamonitou to Karyes to WP 27 then Dochiarou to Vatopedi from WP 13	3.30 – 4.00	FoMA team May 2019
	Xenophontos		Good, path and track via Dochiarou (see relevant entries)	2.00	FoMA team May 2018
	<u>Zographou</u>		Good, mainly footpath	2.00	FoMA team May 2019
Koutloumousiou & Karyes	Bourazeri, Cell		Good (= first part of Pantokrator path)	0.30	FoMA team member February 2019

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Daphni via Stavros		Good, path and track (follow start of Karyes - Simonopetra); remainder Road	3.00	Karyes-Stavros: FoMA team May 2017 (remainder = road)
	Dochiariou		Passable to Good, Path and track. Follow Karyes to Hilandar to WP 27 then Vatopedi to Dochiariou from WP 13	c. 4.30	FoMA team May 2018
	Esphigmenou		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2018 and May 2019
	Hilandar		Passable to good, mainly footpath along the Way of the Bey	7.00 - 8.00	FoMA team May 2018 and May 2019
	Iviron		Good, mainly footpath	1.30	FoMA team members May 2019
	Kaliagra (Arsanas Koutloumousiou)		Occasionally passable, otherwise Good, mainly footpath	1.00 - 1.30	FoMA team May 2019
	Karakalou		Good, footpath and track via Philotheou (see relevant entries)	3.30 - 4.00	FoMA team members September 2019
	Konstamonitou		Passable with care at WP 54 otherwise Good. Path and track via Way of the Bey	c.4.30	FoMA team May 2019
	Panteleimonos via Xeropotamou		Good. Path and track to Stavros (follow first part of Karyes - Simonopetra); then road to Xeropotamou; then mainly footpath (follow Xeropotamou - Panteleimonos).	4.30	Karyes – Stavros by FoMA team May 2017. Xeropotamou – Panteleimonos by FoMA team member January 2016
	Panteleimonos via Paleomonastiro		Passable to Good. Path, track and road	4.00	FoMA team members September 2019
	Pantokrator		Good, path and track	1.30	FoMA team May 2019
	Philotheou		Good, Path and track. Bridge close to Philotheou now rebuilt.	3.00	FoMA team members September 2019
	Simonopetra		Good, mainly track, path at the beginning and end	4.00 - 4.30	FoMA team member October 2016. FoMA team May 2017.
	Stavronikita		Good, path and track	1.15 - 1.30	FoMA team member February 2019
	Stavros (on the Karyes-Daphni Road)		Good, path and track. Follow first part of Karyes - Simonopetra	0.45 - 1.0	FoMA team May 2017
	Vatopedi		Good, mainly footpath	3.00 - 3.30	FoMA team May 2019 and FoMA team member September 2019
	Xenophontos		Good, mainly track	2.30	FoMA team member Sept 2011
	Xeropotamou		Good, path and track to Stavros (follow first part of Karyes - Simonopetra); then road	2.30	Karyes-Stavros by FoMA team May 2017 (remainder = road)

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	Zographou		Good, Path and track. Follow Karyes to Hilandar to WP 33 (Chera), then Vatopedi to Zographou via Chera from WP 11	5.00 – 5.30	FoMA team May 2019
Kolitsou	Pantokrator		Passable to good, path and track	1.30	FoMA team May 2019
	Vatopedi		Passable to Good, path and track	1.30	FoMA team May 2019
Megisti Lavra (Great Lavra)	Agias Annis, Skete (St Anne)		Good, footpath	6.00	FoMA team May 2019 and FoMA team members September 2019
	Kafsokalyvia, Ag. Triados Skete		Passable to good, footpath	3.30 - 4.00	FoMA team member September 2017, FoMA team May 2019
	Prodromou, Skete		Good, path and track	1.30	FoMA team May 2019
Nea Skiti (Skiti Theotokou)	Agias Annis, Skete (St Anne)		Good, footpath	0.45	FoMA team member March 2016
	Agiou Pavlou		Good, footpath	0.45	FoMA team member April 2018
Panteleimonos	Daphni		Good, path and track	1.45	FoMA team member January 2016
	Koutloumousiou & Karyes via Xeropotamou		Good. Mainly footpath to Xeropotamou (follow Panteleimonos - Xeropotamou); then road on to Stavros; then footpath and track to Karyes (Follow last part of Simonopetra - Karyes).	4.30	Panteleimonos - Xeropotamou by FoMA team member January 2016. Stavros – Karyes by FoMA team May 2017.
	Koutloumousiou & Karyes via Paleomonastiro		Passable to Good. Path, track and road	4.00	FoMA team members November 2019
	Xenophontos		Good, mainly track	1.00	FoMA team member January 2016
	Xeropotamou		Good, mainly footpath	1.15	FoMA team member January 2016
Pantokrator	Bogoroditsa, Skete		Passable to Good, path and track	1.30 - 2.00	FoMA team May 2018
	Kolitsou		Passable to Good, path and track	1.30	FoMA team May 2019
	Koutloumousiou & Karyes		Good, path and track	1.45 - 2.15	FoMA team May 2019
	Profitis Ilias, Skete (Prophet Elijah)		Good, footpath	0.45 - 1.00	FoMA team May 2019
	Stavronikita		Good, footpath	0.45 - 1.00	FoMA team May 2019
	Vatopedi		Good, mainly footpath	2.30 - 3.00	FoMA team May 2019 and FoMA team member September 2019
	Vatopedi via Kolitsou		Passable to Good, path and track	2.30 - 3.00	FoMA team May 2019

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
Philotheou	<u>Ivion via Skiti Ivion</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	2.00	FoMA members May 2016 and September 2019 and FoMA team May 2019
	<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 members September 2019
	<u>Koutloumousiou & Karyes</u>		Good, Path and track. Bridge close to Philotheou now rebuilt.	3.00	FoMA team members September 2019
Prodromou, Skete	<u>Megisti Lavra (Great Lavra)</u>		Good, path and track	1.30	FoMA team May 2019
	<u>Agia Anna, Skete (St Anne)</u>		Good, footpath	5.00	FoMA team member November 2015 and FoMA team May 2016 and May 2018
Profitis Ilias, Skete (Prophet Elijah)	<u>Pantokrator</u>		Good, footpath	0.30 - 0.45	FoMA team May 2019
	<u>Bogoroditsa, Skete</u>		Passable to Good, mainly footpath	1.30	FoMA team May 2018
Provata	<u>Karakalou</u>		Passable to good, mainly footpath	0.45	FoMA team members November 2015 and May 2019
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 May 2019
	<u>Koutloumousiou & 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 2019
	<u>Karyes</u>		Good, path and track	1.30 - 2.00	FoMA team member February 2019
	<u>Pantokrator</u>		Good, footpath	0.45 - 1.00	FoMA team May 2019
Stavros (on the Karyes-Daphni road)	<u>Koutloumousiou & Karyes</u>		Good, path and track. Follow last part of Simonopetra - Karyes	0.30	FoMA team May 2017
Vatopedi	<u>Agiau Dimitriou, Skete</u>		Good, path and track	0.45	FoMA team May 2019
	<u>Dochiariou</u>		Passable to Good, path, track and road	3.30 - 4.00	FoMA team May 2018
	<u>Esphigmenou</u>		Good, path and track	3.00 - 3.30	FoMA team members April 2018 and FoMA team May 2019
	<u>Hilandar via Esphigmenou</u>		Good, footpath and track	3.45 - 4.15	FoMA team members April 2018 and FoMA team May 2019

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 2018 and May 2019
	Kolitsou		Passable to good, path and track	1.30	FoMA team May 2019
	Konstamonitou via Chera		Good, mainly footpath with some track (WP 11 – 12)	3.00	FoMA team May 2019
	Konstamonitou <i>(crosses the ridge to the South of Chera)</i>		Passable with care at WP 54 otherwise Good, Path and track. Follow Vatopedi to Dochiariou to WP 13 then Karyes to Konstamonitou from WP 27	3.30 – 4.00	FoMA team May 2019
	Koutloumousiou & Karyes		Good, mainly footpath	3.30 - 4.00	FoMA team May 2019 and FoMA team member September 2019
	Pantokrator		Good, mainly footpath	2.30 - 3.00	FoMA team May 2019 and FoMA team member September 2019
	Pantokrator via Kolitsou		Passable to good, path and track	2.30 - 3.00	FoMA team May 2019
	Zographou via Chera		Good, path and track	2.30	FoMA team May 2019
Xenophontos	Dochiariou		Good, path and track	0.25	FoMA team May 2018
	Konstamonitou		Good, path and track via Dochiariou (see relevant entries)	2.00	FoMA team May 2018
	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 May 2017 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 2019
	Hilandar		Good, footpath and track	2.30 – 3.00	FoMA team May 2019
	Konstamonitou		Good, mainly footpath	2.00	FoMA team May 2019

FROM	TO	GPS TRACKS	PATH CONDITION	WALKING TIME	SOURCE AND DATE OF LATEST INFORMATION
	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 2019
	Vatopedi via Chera		Good, path and track	2.30	FoMA team May 2019
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, May 2019 and FoMA team members November 2015, September 2017
					
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 May 2018 and May 2019

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.