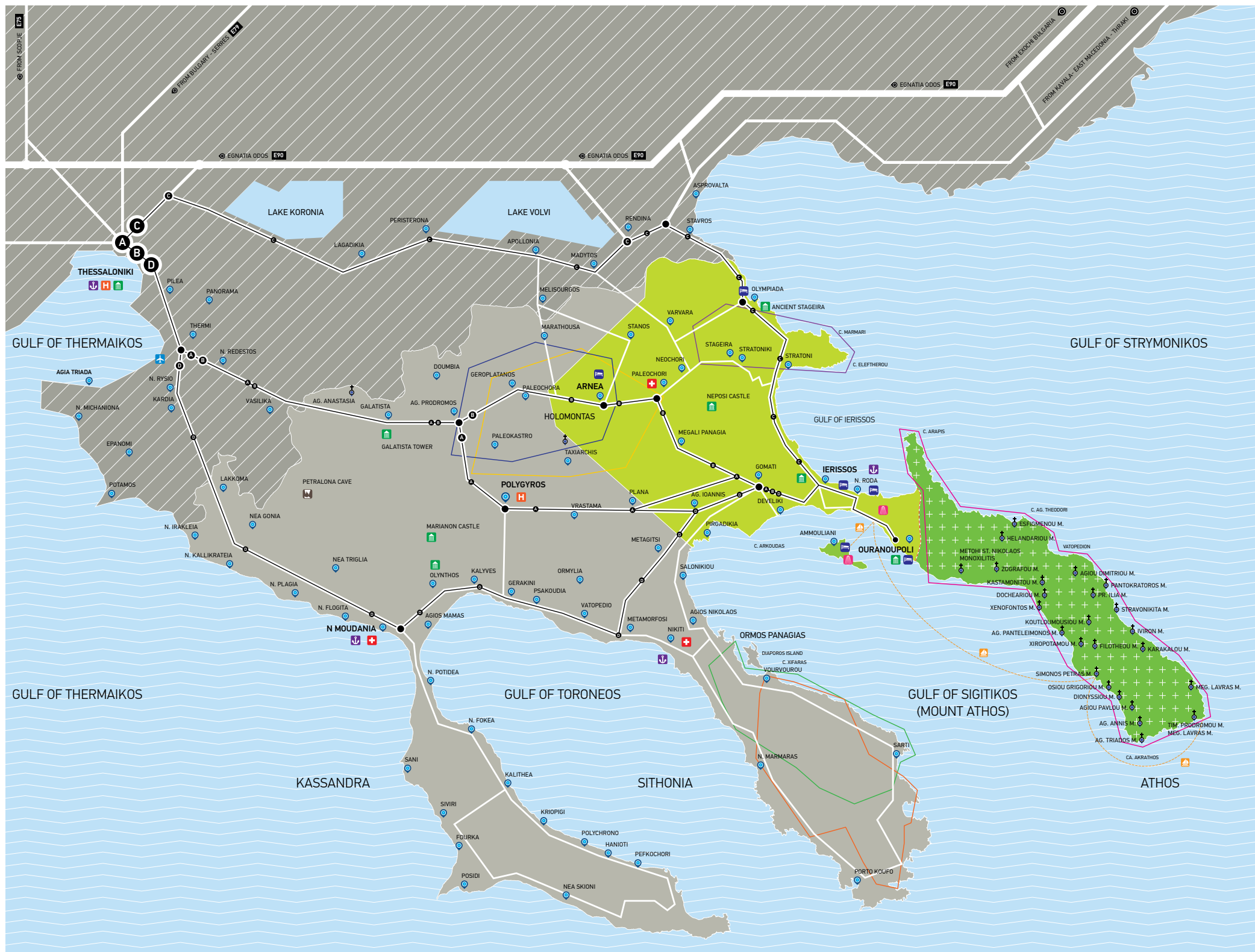




Welcome!







The region around mount Athos is a unique place:

- On the borders of Mount Athos, the only living religious monument in the world, it is a leading pilgrimaging destination with dozens of special routes inside and outside the Holy Community.
- Following in the steps of Persian king Xerxes, who in antiquity crossed with his fleet through the narrowest piece of Athonian land, to conquer Greece, this route is today a point of reference between the East and the West, as the sole Persian footprint in Europe.
- Birthplace of the greatest Greek philosopher, Aristotle, the land welcomes thousands of travellers and intellectuals in its archaeological site of exquisite natural beauty.
- Motherland of the famous Mademochoria, it has been one of the most economically powerful areas in the Ottoman period,
- a thoroughly alternative natural destination, combining 300 kilometres of coastline with two mountains, it composes an exceptional natural scenery and particular architectural techniques, that shape phenomena and tourist figures hard to find in only one destination!

The people born in and serving this unique spot in the world, have mapped eight (8) of the dozens of special routes and proudly present them to you.

We have created for you, fans of walking, an excellent database, where each route is connected to an international historical uniqueness:

- Mount Athos and the Byzantine Empire,
- Philosopher Aristotle - tutor to Alexander the Great,
- The Persian wars of antiquity,
- The Ottoman period Mamedochoria.

This is the difference between walking routes around the world and those in the region around Athos: each one takes visitors to different historical eras and creates an immediate contact with the historical evidence and archaeological findings, thus turning walking - apart from a mere nature-loving activity - to a historical tour through monuments and sites with museum value and identity!

So enjoy the trip!



MOUNT ATHOS AREA
ORGANIZATION

1

Following the Natura
mountain pathways...

From Arnea to Varvara falls



5

Overlooking the bay
of Agion Oros

From Trypiti Port
to Ouranoupoli tower



2

Following the borderline
to Athos (archaeological route)

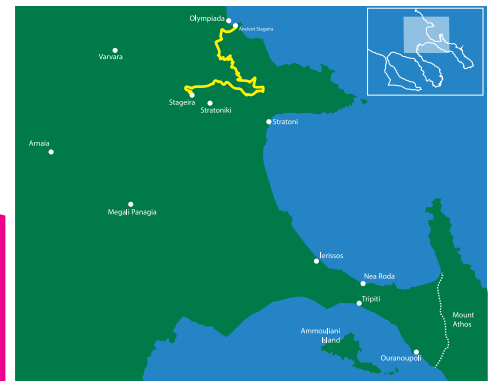
From Ouranoupoli Tower
to Zygos Monastery



6

The Aristoteleian Route

From New
to Ancient Stageira



3

Following the borderline
to Athos (pilgrimage route)

From Komitsa Beach
to Ouranoupoli



7

The Aristoteleian Route
(on the Aristoteleian Mount)

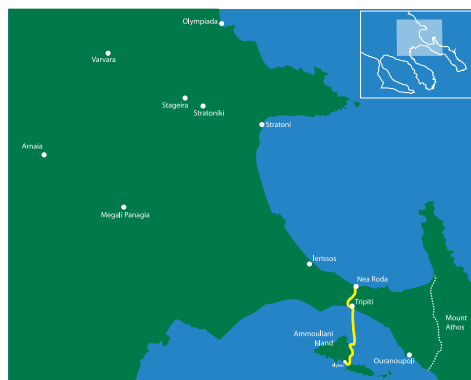
From Olympiada
to Ancient Stageira



4

Xerxes' route

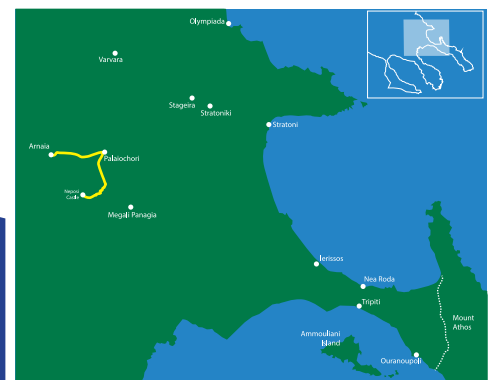
From N.Roda to Trypiti port-
Xerxes Canal



8

The Mademochoria
of the past

From Arnaia
to Neposi Castle



1
Following the Natura mountain pathways...

TOTAL DISTANCE
3.800 Klm

SIGNS

standing point

route

dirt road

path

sheep farm

fence

crossing

attention

parking

tree

road sign

"...a thoroughly alternative natural destination, combining 300 kilometres of coastline with two mountains, it composes an exceptional natural scenery and particular architectural techniques, that shape phenomena and tourist figures hard to find in only one destination..."

Walk through the Varvara crossing to the amazing waterfalls of the Aristotelian Mountain with the dense vegetation and a forest protected by the Natura 2000 European convention, following a route that will fill your lungs with fresh air - a route amid massive, shady trees. You will truly feel rejuvenated, you can collect hundreds of rare plants and herbs, you will inhale the smell of leaves, of the soil and the earth, you will meet lumberjacks on the job, shepherds taking their herds to graze and you will indulge in a world straight out of a fairytale! You will end up at the famous waterfalls and feel that you have reached heaven...



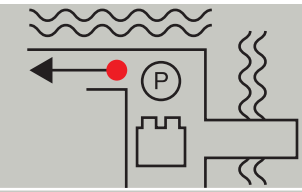
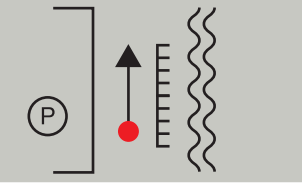
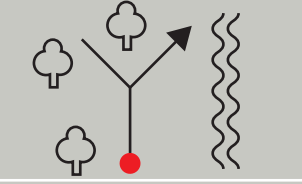
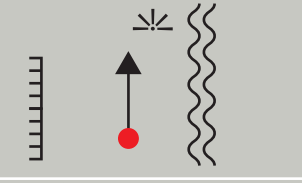
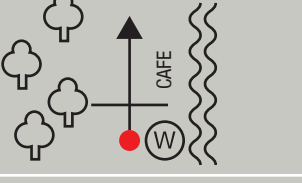
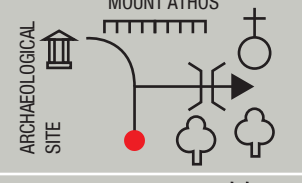
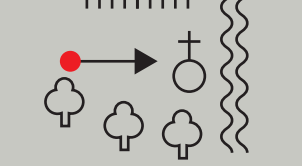
	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	260		Route to the left towards falls
2	0.680	250		We leave the sheep farm to our right Route to the dirt road
3	2.400	240		We leave main dirt road and turn left 40", 36", 09" 71N
4	3.500	159		23', 43', 41, 65E Information sign at 100m End of dirt road
5	3.600	150		Entrance to path. Course parallel to the stream.
6	3.675	149		Crossing the path at the left bank. Crossing on a trunk.
7	3.700	149		Crossing the river to the right bank, base of falls, attention!!!
8	3.800	135		Crossing the path. Descent from stairs Going down the falls. End of journey. Return from the same road.

2 Following the borderline to Athos (archaeological route)		TOTAL DISTANCE										
		2.000 Klm										
SIGNS												
	standing point	route	dirt road	tower	church	archaeological site	crossing	water	view point	parking	tree	fence

"...The region extending before Athos is a unique place: on the borders of Mount Athos, the only living religious monument in the world, it is a leading pilgrimaging destination with dozens of special routes inside and outside the Holy Community..."

From the Byzantine Tower of Prosforios of Ouranoupoli, the trademark of the village, built in 1344 and operating as a museum today, you will follow the route to the borders of the monastic state, across the coastal road and you will reach the Zygos Monastery, a unique monument, demonstrating to all visitors - men and women alike - exactly how an Athonite Monastery functions. En route you will see olive groves and vineyards, while the closer you will get to the borders of Mount Athos, the more you will fell the change of the scenery, the vegetation overgrowth, the intensity of smells and the Athonite blessing overwhelming your senses!



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	2		Departure from the parking of the Ouranoupolis tower, route parallel to the sea
2	0.400	2		We leave the municipal [p] to the left and route ahead. Connection with the path of komitsa
3	0.500	2		Entrance to dirt road. At the fork course to the right towards sea.
4	0.900	3		Point with view at the end of the uphill road. Straight course
5	1.400	3.5		Drinking water. Cafeteria
6	1.900	2		Archaeological site. Borders of Mount Athos
7	2.000	1		Holy monastery of Zygos and beach with borders of Mount Athos

NOTES

Route from Ouranoupolis to Zygos monastery.
Return from the same road.
Walking / Cycling

3

Following the borderline to Athos

(pilgrimage route)

TOTAL DISTANCE

14.400 Km

SIGNS

standing point

route

dirt road

path

asphalt road

crossing

fence

obstacle

tree

view point

well

attention

building

church

cemetery

water

PPC transformer

parking

"...The region extending before Athos is a unique place: on the borders of Mount Athos, the only living religious monument in the world, it is a leading pilgrimaging destination with dozens of special routes inside and outside the Holy Community..."

Get a glimpse of the natural landscape of Mount Athos with the dense vegetation and a forest protected by the Natura 2000 European convention, on the route from the Komitsa beach to Ouranoupoli and back, following the pathway across the borders separating the Holy Community from the rest of Greece. Feel the calm of Mount Athos with all your senses and let your mind roam in its monasteries, only a few kilometres away! The route under the pine trees amid the forest scents is a source of life and rejuvenation - mental and physical - and a wander between the allowed and the prohibited, myth and reality.



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	0		Departure from the Cemetery of N. Roda Beach
2	0.200	3		We go uphill and turn right at the asphalt road through Komitsa village.
3	4.100	2		We leave the left road to camping and go right.
4	4.500	0		We reach the beach and go right at the end of the street.
5	4.900	0		End of asphalt road. Entering dirt road. Right route at the end of Athos Village.
6	5.650	0		Well on the left. Right Route.
7	5.800	1		We stay at the main street
8	6.400	1		We continue straight ahead

	KLM	ALT.	DIRECTION	COMMENTS
9	6.600	1		We cross little bridge
10	7.300	1		Cross section of Komitsa-Ouranoupoli Route to the right
11	8.500	3		Little river. Route to the right
12	10	26		Uphill to the right!!
13	12.200	50		Route ahead. Right towards the St. Panton chapel
14	13	50		Chapel point with view. Descent to ouranoupolis
15	13.700	50		Left – PPC transformer
16	13.900	50		Entering settlement!!! Attention

	KLM	ALT.	DIRECTION	COMMENTS
17	14.400	50		Primary school on the left. Decent connection with coast road towards Zygos monastery
18	14.400	50		Route to the left at the end of the street

NOTES

Route from Komitsa Beach to Ouranoupolis
Return from the same road.
Walking / Cycling



4

Xerxes' route

TOTAL DISTANCE

9.000 Klm

SIGNS

standing point

route

dirt road

path

asphalt road

highway

crossing

fence

obstacle

road sign

attention

tree

building

parking

"...Following in the steps of Persian king Xerxes, who in antiquity crossed with his fleet through the narrowest piece of Athonian land, to conquer Greece, this route is today a point of reference between the East and the West, as the sole Persian footprint in Europe..."

From Nea Roda to the port of Tripiti (2km) - a point known as the "Crossing of Xerxes": here you will follow the footsteps of the Persian king, who in 482 B.C. took a shortcut for the crossing of his fleet against ancient Greece. As soon as you reach the buzzing port, take the Ferry to get to the island of Ammouliani in just 10 minutes. From there, following a magnificent route across the sandy beaches of the island, you will reach "Alikes" (2km) or "Megali Ammos" (3km), two of the most famous and photographed beaches of the region around Athos! A travel in time, history and nature - a route between two sea bays, two ports and countless beaches!



Xerxes' route

(part A. Nea Roda - Trypiti)

DISTANCE PART A

1.800 Klm

	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	-		Departure point Cemetery, N. Roda beach, at 100m, after the little bridge, right route
2	0.350	-		Route straight ahead having the bank of the canal on our right
3	1.000	-		South East direction. We take the country road of Ierissos - Mount Athos for 1.5km.
4	1.500	-		We go straight and on the left, after 50m, we see the little port of Trypiti.
5	1.800	-		Port to the left [P] CANAL on the right at 100m, route in front of little tavern. Wall. Infokiosk, Port police



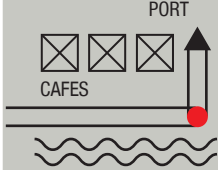
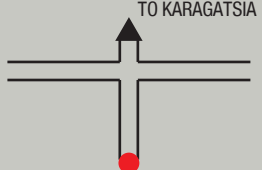
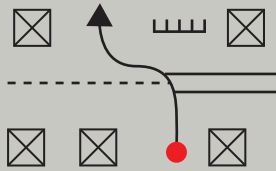
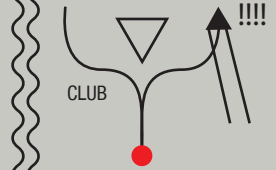
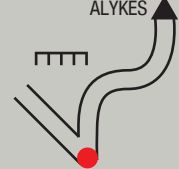
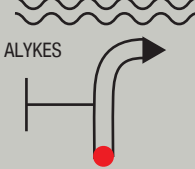
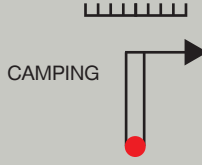
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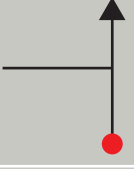
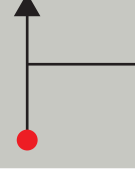

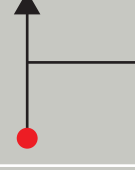
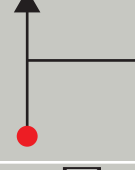



Route from N.Roda to Trypiti port - Xerxes Canal
Return from the same road.
Walking / Cycling

Xerxes' route (part B. Ammouliani port - Alykes)

DISTANCE PART B

7.200 Klm

	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	0.1		Departure from port
2	0.100	2		Cross section We continue straight ahead Cross section We continue straight ahead
3	0.400	2		We leave street to the right and continue towards the asphalt road
4	0.600	5		Three streets We leave the left part and take the route to the right
5	1.500	15		Right to Alykes
6	2.100	0		Alykes beach
7	2.600	2		Route to the Right We leave camping to the left

	KLM	ALT.	DIRECTION	COMMENTS
8	2.700	4		Route straight ahead Hotel Demi on the left
9	2.800	15		We take the main dirt road
10	3.000	15		We leave the right dirt road and turn left at the tree
11	3.100	15		Herotokritos Hotel on the left
12	3.500	10		We stay in the main dirt road
13	4.000	3		Entering asphalt road within settlement!!!
14	4.200	2		Cross section Karagatsia left Port right
15	4.700	20		We stay on asphalt road

	KLM	ALT.	DIRECTION	COMMENTS
16	5.400	40		Uphill section with view towards the 2nd peninsula of chalkidiki
17	6.100	50		Sign to karagatsia Attention, narrow road surface
18	6.300	40		Attention turns!!!
19	7.100	1		End of road [P] parking
20	7.200	0		To karagatsia beach

NOTES

Route from Ammouliani port to Alykes
Return from the same road.
Walking / Cycling



5

Overlooking the bay of Agion Oros

TOTAL DISTANCE

7.200 Km

SIGNS

standing point

route

highway

building

church

water

fence

parking

tree

"...On the borders of Mount Athos, the only living religious monument in the world, it is a leading pilgrimaging destination with dozens of special routes inside and outside the Holy Community..."

Walk from the port of Tripiti and Alexandros Palace Hotel & Suites to the ridge across the bay of Agion Oros, admiring the amazing scenery: the blue of the sea and the sky, Athos (trademark of the region)



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	-		Route south of the port up to the country road of ierissos - ouranoupoli
2	1.000	-		Route right towards ouranoupoli Mount athos Sandy routes
3	1.400	-		After the port, route to the right for the Dependency of Agios Pavlos
4	2.700	-		Point Skala - beach Beach bar!!
5	4.500	-		Route parallel to street, on the left camping Ouranoupoli
6	6.000	-		Entering hotel settlement
7	7.200	-		Ouranoupolis square Tower!!! Port to the right Zygos monastery to the left
NOTES				
Departure Trypiti Port. Finish Ouranoupoli tower. Return from the same road. Walking / Cycling				

6

The Aristoteleian Route

(From New to Ancient Stageira)

TOTAL DISTANCE

26.700 Klm

SIGNS

standing point

route

dirt road

path

asphalt road

highway

crossing

fence

obstacle

road sign

attention

tree

building

parking

view point

"...Birthplace to the greatest Greek philosopher, Aristotle, the land welcomes thousands of travellers and intellectuals in its archaeological site of exquisite natural beauty..."

From the Aristotelian Forest, the sole theme park of Halkidiki, to the archaeological site of Stageira in Olympiada, a unique route to the famous Aristotelian Mount with its hundreds of rare plants and herbs, shall lead all your senses to an ecstasy, transforming your walk to an environmental, cultural and historical route through time. You will be amazed by the variety of the flora, you will admire the panoramic view of Akanthio and the Strimonian bay - which will take your breath away - smell the incredible scents

of the Natura 2000 trees and plants, collect your own herbs, the very herbs that Aristotle prescribed to Alexander the Great as cures and the road will lead you to his home town...
...there you will encounter the UNIQUE in terms of natural beauty and historical importance archaeological site, which invites you to walk through it, discover it and unravel the history of glorious Macedonia! The Aristoteleian Route is not simply a walking route! It is an unique experience in the world - an experience for life!



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	-		Grove Giannovo Stratoni left route to Arnaia
2	0.100	500		We turn right at the sign of the forest service Giannovo
3	0.500	520		We leave fencing to the left
4	0.700	600		Maneuvers to the right!!!
5	0.900	620		Main dirt road, view point
6	2.000	650		Right route to rocky dirt road
7	2.400	700		Strempenikos Route to the right Leaving left passage
8	2.600	700		Forest recreation tables and chairs kiosk

	KLM	ALT.	DIRECTION	COMMENTS
9	3.600	700		Right towards fire lookout station Point with view We continue to the left
10	5.300	700		Point with view over Ierissos gulf and Athos
11	5.900	800		Forest recreation Giannovo – Agios Nikolaos church forest with centenarian chestnut trees
12	6.500	780		Forest position of Kerasoula Recreation area
13	7.800	750		We leave the left path
14	8.700	600		Cross section for Agios Nikolaos
15	9.100	600		Agios Dimitrios
16	10.800	550		Point with view towards the Strymonic gulf

	KLM	ALT.	DIRECTION	COMMENTS
17	12.600	300		The street is divided in two sections, Right for Stratoní
18	13.900	300		Exit to country road of Olympiada -Ierissos
19	15.100	300		Point with view over the gulf of Ierissos Athos panoramic view
20	26.700	300		For ancient Stageira we take the right lane
21	26.700	300		Following the signs



NOTES

From New to Ancient Stageira.
Return from the same road.
4X4, Enduro, cycling.

7

The Aristoteleian Route

(on the Aristoteleian Mount)

TOTAL DISTANCE

1.250 Km

SIGNS

standing point

route

highway

building

church

water

hotel

food

parking

tree

road sign

"...Birthplace to the greatest Greek philosopher, Aristotle, the land welcomes thousands of travellers and intellectuals in its archaeological site of exquisite natural beauty..."

Walk through the village of Olympiada and its picturesque port to the ancient city of Stageira. There you will encounter the UNIQUE in terms of natural beauty and historical importance archaeological site, which invites you to walk through it, discover it and unravel the history of glorious Macedonia! Filled with images that capture the green and the blue forming exceptional colour combinations, continue your tour on the Aristelian Mountain, fill your lungs with oxygen and rare scents of nature to end up again on the fish port and relax watching the big blue of the Aegean Sea!



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	1		Departure from Olympiada stairs with a south east route!!
2	0.350	1		Hotel germany. We take the beach road. Sea on the left.
3	0.550	1		Exit from Liotopi Hotel. We leave the church to the left and enter the asphalt street.
4	0.850	1		Point with view, drinking water, parking
5	1.250	1		Ancient Stageira sign "Entrance" to archaeological site



NOTES

Departure from Limanaki of Olympiada to archaeological site of Aristotle's Hill (Ancient Stageira)
Return from the same road.
Walking / Cycling

8

The Mademochoria of the past

TOTAL DISTANCE
10.900 Km

SIGNS

standing point

route

dirt road

path

asphalt road

highway

crossing

fence

view point

road sign

attention

tree

building

tower

"...Motherland of the famous Mademochoria, it has been one of the most economically powerful areas in the Ottoman period..."

Walk from Paleochori to Neposi Castle, along an exceptional historical route through the mountain and the hills with the mixed scents of thyme, oregano, heather and hundreds of plants. Follow the steps of the proud Mademochorians, who never accepted the Turkish rule during the Ottoman period, buying off their freedom with the mineral wealth of their subsoil.You will feel a sense of well-being, as natural beauty is combined with history, while when you reach Neposi Castle, which is a significant Byzantine monument, you will have completed a historical route in time: from the present, to the the Turkish Domination and from there to Byzantium.



	KLM	ALT.	DIRECTION	COMMENTS
1	0.000	925		Town hall To Palaiochori Square
2	4.000	900		Entrance to Palaiochori village
3	4.400	-		Right to M. Panagia Agios Nikolaos
4	7.000	880		Route to the right Exit to dirt. Neposi sign
5	7.050	-		Main dirt road!!! Attention 4x4 vehicles
6	8.000	800		Left from the sign
7	8.050	800		Drinkable water on the left
8	8.100	770		We leave left ascent to the right!!!

	KLM	ALT.	DIRECTION	COMMENTS
9	9.000	770		Thematic sign
10	9.300	770		Fork
11	9.500	770		Narrow crossing attention!!!
12	10.200	770		Bar slippery Ground!!!
13	10.900	770		Position of viewing and observing the Neposi castle across and over the canyon!!!



NOTES

From Arnaia to Neposi Castle
Return from the same road.
Walking / Cycling



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ORGANIZATION

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halkidiki

inside your dreams



MOUNT ATHOS AREA
KOUZINA

GREECE
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