



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KARYES TO PANTOKRATOR

Distance: 5.6 km

Journey Time: 1¼ – 1½ hours

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This route descends from over 300m to sea level; the initial and final sections are quite steep, but not difficult. A fine *kalderimi* path descends from *Karyes* to meet and cross the main road before continuing. There follows a longish and fairly level stretch along the main road which roughly follows the line of the coast. A track and fairly rough path then descend to the harbour below *Pantokrator* across open terrain.

Note: All distances given (in metres) should be taken as approximate. 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)

Description of Route:

Walk (m) And then . . .

- 0 With the shops on the R, leave ***Karyes*** square where the buses arrive along FP beside the main road (towards ***Daphni***, etc).
- 120 Cross main ***Daphni – Iviron*** road and KSO along FP (K) directly ahead with wall on L. FP soon begins to climb gently.
- 250 Ignore FP to L up to kiosk. KSO on main FP, now descending. Ignore small FP to R.
- 80 Ignore FP off to L. Bear R, signed *Pantokrator*.
- 70 Cross track and KSO on FP.
- 160 FP crosses track at staggered junction (turn L and then immediately R). KSO on FP which becomes stony path, then K again. Ignore path to R with red signs.

- 700 With main gate of **Skete of Bourazeri** on R, bear L on *K*.
At junction with concrete road, ignore road to R and
continue to L on *K*.
- 250 FP emerges at main road. Turn L along road and over
bridge, ignoring paths and tracks to L.
- 200 At major road junction, turn L then immediately R onto FP
(*K*). (Ignore road-sign to **Pantokrator** that points along the
road.)
- 600 FP becomes track and then emerges at main road on
outside of bend. Ignore track uphill on far side of road.
KSO/R along road (signed *Pantokrator* and *Profitis Ilias*).
- 200 Ignore road uphill to L (signed *Skete of Profitis Ilias*).
- 300 Arrive at junction where track forks R, downhill. Here the
routes to **Pantokrator** and **Stavronikita** divide.
For **Pantokrator**, KSO on main road (Track R leads to FP
to **Stavronikita**.)
- 240 Ignore track and FP to R. (FP descends to coastal FP.)
- 1200 Ignore overgrown track downhill ahead (this is the old path,
now blocked). Just after this point, the road bends L, with
Pantokrator visible ahead.
- 400 At junction with track, turn hard R onto track. This turn is
25 m before a track to L, uphill, leading to the **Skete of
Profitis Ilias**.
- 350 At fork in track, bear L, downhill.
- 100 Bear L off track onto rough FP, descending more steeply.
- 350 Reach junction of paths at shore. KSO over bridge, past
well house on L, harbour on R, and ascend zigzag path to
reach ...
- 200 **Pantokrator Monastery** entrance.

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.