



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM KARYES TO STAVRONIKITA

Distance: 4 km

Journey Time: 1 – 1¼ hours

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This journey begins mostly downhill to a main road on a combination of *kalderimi* and footpath. An uphill section of *kalderimi* then connects with the main road to *Pantokrator*, from which there are fine views of the mountain. Finally, a footpath descends the final distance to *Stavronikita*.

**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*** pointing along 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 a track forks R, downhill. Here the routes to ***Pantokrator*** and ***Stavronikita*** divide. For ***Stavronikita***, turn R onto track which slopes downhill towards kellion, still under construction in 2012. (The route to ***Pantokrator*** continues along main road.)
- 200 About 50m before reaching kellion, turn sharp L to pick up parallel FP about 15m on L through gap in wall (obscured – marked with orange ribbon) and follow FP to R.
- 400 FP ends at road. Turn R along road which soon becomes concrete and descends past vineyard on R. Ignore several tracks joining from back L.
- 400 At T-junction, turn L onto paved road.
- 200 Follow aqueduct to reach entrance of ***Stavronikita Monastery***.

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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](http://www.athosfriends.org) and in a number of places on or associated with the Holy Mountain.