



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM PANTOKRATOR TO STAVRONIKITA

Distance: 2.6 km

Journey Time:  $\frac{3}{4}$  – 1 hour

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**This is a pleasant short walk roughly following the line of the coast. Although few signs remain of any *kalderimi* paving, the path is generally good and is well frequented. Although mostly through trees, there are some good views, initially back to *Pantokrator* and, later, ahead 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 Leave ***Pantokrator Monastery*** by the main gate (facing the kiosk). Turn immediately R and R again following *K* road.
- 40 Turn L to follow a zig-zag paved road down to the harbour. KSO with boat house on L and past well house on R.
- 160 Cross bridge to reach junction of paths (Straight on leads to ***Karyes***). Turn L, signed *Stavronikita* and *Iviron*, going initially along shore, then up FP into trees.
- 1400 Ignore stepped path down to L, which leads to cell. (Sign to *Pantokrator* back along FP.) Shortly after this FP starts to follow a wall on L and ***Stavronikita*** is visible to L.
- 50 Abandoned cell on L. Ignore FP uphill to R (which leads up to main road) and KSO, passing ***rock shrine to St John the Baptist*** on R.
- 450 Pass door of well/cistern on R. KSO.
- 350 Path levels out and emerges with Monastery in front and fountain on R (sign back along FP to *Pantokrator* and other monasteries). Bear L under arches of aqueduct.

## 100 Arrive at entrance to ***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.