



FOOTPATHS OF THE HOLY MOUNTAIN

FROM PANTOKRATOR TO VATOPEDI

Distance: 8.6 km

Journey Time: 2½ - 3 hours

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This is an attractive journey, with some fine views and scenery, for the most part along historic *kalderimi* or paved mule tracks. The first section involves a steady climb from *Pantokrator*, at sea level, to the ridge at around 450m, initially with views back to the monastery and along the coast, with *Mount Athos* in the background. From the ridge it then joins the path from *Karyes* to descend through forest to *Vatopedi*, near sea level, crossing or joining the main road on occasions.

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 takes no 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 main gate (facing the kiosk). Turn immediately R and R again following *K* road.
- 40 Ignore L turn (down to harbour); KSO on level *kalderimi* road.
- 70 Fork R off *K* onto non-*K* road just after building on R.
- 100 Ignore road joining from back R. KSO, now on main road, initially with Monastery behind and soon with remains of aqueduct on R. Road makes a long curve to L until the Monastery is on L.
- 270 Ignore road joining from back R, signed *Vatopedi*.
Note: The FP joins this road near the top of the ridge at the point marked † below.
Ignore track down to L.
- 200 Turn R off road, signed *Vatopedi*, climbing steeply up bank

- onto rocky FP, uphill across open hillside.
- 350 FP reaches trees, continuing uphill. Stretches of *K* appear.
- 700 Ignore faint track to R (leading to road). FP continues through trees, climbing initially but later flattens out.
- 600 Pass remains of circular building (possible cell) beside FP on R.
Note: May be difficult to spot.
- 600 Ignore FP joining from L (which leads to the sketes of ***Bogoroditsa*** and ***Profitis Ilias***).
- 1000 Pass stone fountain (dry) on L. FP widens to grassy track.
- † 250 Grassy track emerges at forest road. Turn L onto road, uphill. (To R is the road route from ***Pantokrator***.)
- 750 At white pole gate, reach T-junction with main *Karyes – Vatopedi* road. Turn R along the road.
- 70 At first junction, turn L onto forest road (signed *Vatopedi*) on level.
- 150 Immediately before installation with solar panels on R, turn R steeply downhill onto FP (signed *Vatopedi*).
- 1300 FP emerges onto road. Cross over road and follow track opposite (signed *Vatopedi*).
- 40 Turn R off track onto FP (*K*), downhill (signed *Vatopedi*).
- 800 FP ends at level track from back L. Turn R along track.
- 200 Track joins main road. KSO/ L along main road, downhill.
- 300 At T-junction bear L. Then KSO, downhill, ignoring two turnings to L.
- 200 At junction beside olive grove, fork R onto *K*.
- 150 At T-junction turn R, following *K*, soon passing covered well on R.
- 200 Arrive at the gate of ***Vatopedi Monastery***.

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.