



FOOTPATHS OF THE HOLY MOUNTAIN

FROM SKETE OF PROFITIS ILIAS TO SKETE OF BOGORODITSA

Distance: 3 km

Journey time: $\frac{3}{4}$ – 1 hour

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Returning or continuing from the *Skete of Profitis Ilias* to *Pantokrator* via the *Skete of Bogoroditsa* makes an attractive, though significantly longer, alternative route, the first part of which is described here.

Initially, this path descends through woods into a valley bottom. The path then climbs the further side of the valley, still through woods, with occasional views back to the *Skete of Profitis Ilias*.

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 Routes:

Walk (m) And then . . .

- 0 Turn R out of the gate out of the central courtyard of the ***Skete of Profitis Ilias*** and follow wall on R as far as its NW corner. There, ignore track down R (which leads to lower gate). Instead, bear L along track and continue past buildings on L.
- 200 Pass the outer gate of the *Skete*, cross track and KSO on FP which continues ahead. FP descends into valley through woods.
- 600 Cross fine stone bridge over river at valley bottom and continue on FP now uphill.
- 100 Climb steeply up bank to reach track. Turn L along track.
Note: R along track leads to the main road to ***Pantokrator***.
- 55 Turn R off track onto FP uphill, signed *Bogoroditsa*, soon on fine K.

- 650 Pass rocky viewpoint back across valley to **Skete of Profitis Ilias**.
- 800 After FP begins to level out, arrive at a junction with another FP joining from above R.
- Note:** This other FP connects with the FP between **Vatopedi** and **Pantokrator**, offering the most direct route from this point to **Pantokrator**.
- At junction, KSO as FP curves L passing remains of water system/mill with **Skete** visible to L.
- 200 FP ends at track. Turn L onto track, downhill towards **Skete**. (R along track leads to the main Vatopedi – Karyes road).
- 90 Arrive at the gate of **Skete of Bogoroditsa**.

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.