

FOOTPATHS OF THE HOLY MOUNTAIN

FROM STAVRONIKITA TO KARYES



Distance: 4 km

Journey Time: 1¼ – 1½ hours

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This route climbs from sea level to over 300m; the initial and final sections are quite steep, but not difficult. A combination of minor roads and *kalderimi* path climb from *Stavronikita* to the main *Pantokrator* road (here joining the route from *Pantokrator*). After a short level stretch along the road, a fine *kalderimi* path then descends to meet the road again before continuing up to *Karyes*.

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 can take 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 Turn R out of ***Stavronikita Monastery*** gate and proceed with aqueduct on R.
- 130 Turn R under the last arch of aqueduct and immediately L towards steps with fountain on R. Ascend steps and follow FP which becomes rough track.
- 100 Track ends at concrete road. Turn R, uphill along road.
- 30 At fork, bear L, uphill
- 150 At next fork, bear L, uphill.
- 120 After concrete ends and track levels out and bends R, fork L onto FP (K).
- 400 Turn L off FP through gap in wall to reach open area with kellion (under construction in 2012) to L.

Note: Continuation of FP becomes impassable.

- 15 Turn R along track leading away from kellion.
- 200 Track emerges at main road. Turn L along road (here joining the route from **Pantokrator** to **Karyes**).
- 300 Ignore road uphill to back R (signed *Skete of Profitis Ilias*).
- 200 Road bends around to R. KSO (L off road) along track that soon becomes *K*, downhill (signs here back to *Pantokrator* and *Profitis Ilias* but not on to *Karyes*).
- 600 *K* emerges onto road near major road junction. Turn L along road then immediately R at T-junction. Cross bridge, ignoring tack and paths to R.
- 180 Ignore track to R.
- 20 Turn R onto FP uphill (signed *Karyes* but easy to miss). FP becomes *K* after a few metres.
- 250 At T-junction, turn R (signed *Karyes*). Bear R on *K* along wall past **Skete of Bourazeri** (on L). Ignore new paved road L into the *Skete*. FP soon becomes stony path, then *K* again.
- 700 FP crosses track at staggered junction (turn L and then immediately R).
- 160 Cross track and KSO on FP.
- 70 Ignore FP off to R. Bear L following sign.
- 80 Ignore small FP on L and FP up to kiosk on R. KSO on main FP, now descending.
- 250 FP emerges at main **Daphni – Iviron** road at junction. Cross main road and follow FP beside road ahead into **Karyes**.
- 120 Arrive at **Karyes** square where the buses arrive.

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.