



FOOTPATHS OF THE HOLY MOUNTAIN

FROM STAVRONIKITA TO PANTOKRATOR

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, occasionally back to *Stavronikita* and latterly ahead to *Pantokrator*.

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 Turn R out of ***Stavronikita Monastery*** entrance and go inland, following aqueduct on R.
 - 100 Turn R under aqueduct, passing fountain on L, onto FP signed to *Pantokrator* and elsewhere.
 - 350 Pass door to well/cistern on L
 - 400 Pass ***rock shrine to St John the Baptist*** on L
 - 40 Abandoned cell on R. Ignore FP uphill to L (which leads up to main road) and KSO.
 - 50 Ignore stepped path down to R, which leads to cell. KSO along FP, signed *Pantokrator*
 - 1400 Arrive at and follow beach with monastery immediately ahead. At junction of paths (FP to ***Karyes*** goes to L here), cross bridge ahead and pass well house on L. With harbour on R, bear L up *kalderimi* and zig-zag up to Monastery.
 - 200 Arrive at entrance of ***Pantokrator 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 and in a number of places on or associated with the Holy Mountain.