

# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM VATOPEDI TO KARYES



**Distance – 11 km.      Journey time 3½ – 4 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 initial section involves a steady climb through the forest from *Vatopedi*, near sea level, to the ridge at around 450m. The route then roughly follows the contour of the mountain, often with views down to the sea, before descending gradually 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 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    Turn L out of ***Vatopedi Monastery*** entrance along paved road.
- 50    At fork with covered well on L, bear L along walled K (signed *Karyes*).
- 100    Where wall turns L, turn L following K (signed *Karyes*).
- 150    At junction, KSO up road.
- 100    At junction, bear L along road. Ignore track to R.
- 70    At major T junction at top of small rise, bear R, uphill on main road (not straight on/L, downhill).
- 300    At cross-roads (main road bears L, still uphill) bear R onto level track, signed *Karyes* and *Pantokrator*.
- 200    Fork L off track onto FP, uphill, signed *Karyes* and *Pantokrator*.
- 800    FP emerges at track. Turn L along track.
- 40    At T-junction of track with road, KSO on FP which continues on far side of road, signed *Karyes* and *Pantokrator*.
- 1300    Climb steeply up bank to road with installation with solar panel on R. KSO on FP which continues on far side of road.

- 150 FP emerges at main road. Turn R uphill along road, signed *Karyes*. (***Pantokrator*** is to the L).
- 250 Fork R off road onto FP (signed).
- 1150 Path emerges at main road. Turn R along road.
  - 50 Fork L off road onto wide track before cement works (in line with FP just walked); fine views down to ***Pantokrator*** and the sea soon appear to L.
- 1200 Track ends. KSO to find FP (*K*) continuing uphill ahead.
 

**Note:** although it contains good stretches of *K*, the FP is in parts narrow and may be partly overgrown in some sections.
- 200 FP turns L at stone fountain (dry) beside large, ancient tree.
- 500 Pass second fountain (dry) on R.
- 150 Cross road. KSO on level path. Fine view ahead to ***Skete of St Andrew, Karyes*** and ***Mt Athos*** briefly appears.
- 1000 Emerge at road at outside of bend, with track back to R. KSO along road, gently uphill.
  - 200 At 3-way junction where main road bends R, KSO/L (signed *Karyes*).
  - 400 At T-junction, turn R on track. Track shows evidence of *K*.
  - 250 Ignore track up R (signed to *I K Marouda*) and KSO.
  - 100 Fork L off track, downhill onto FP.
 

**Alternatively**, or if missed, continue a further 100m to T junction with large ruined building on R, turn hard L onto concrete track downhill (signed). FP joins track from L in 30m (see next entry).
  - 100 FP emerges at track. Turn L onto track, downhill.
    - 30 At junction with large metal cross (on L), turn R onto track signed *Karyes*.
  - 150 Ignore track L (to ***Kellion Pateritsa***).
  - 300 Ignore gated track back L to Kellion. KSO on main track.
  - 400 Cross Karyes-Daphni road. KSO, now on *K*, signed *Karyes*.
  - 300 Ignore FP (*K*) up R.
  - 110 Arrive at ***Karyes*** square where the buses arrive.

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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.