



FOOTPATHS OF THE HOLY MOUNTAIN

FROM VATOPEDI TO PANTOKRATOR

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 through the forest from *Vatopedi*, near sea level, to the ridge at around 450m. The route then descends to *Pantokrator*, again at sea level, latterly with fine views down to the monastery and along the coast, with *Mount Athos* in the background.

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 crossroads, 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 FP climbs steeply up to road with installation with solar panels on R. KSO on FP which continues on far side of road.
- 150 FP emerges at main road. For **Pantokrator**, turn hard L, downhill along road (**Karyes** is to R).
- 110 Turn R, through white pole gate onto forest road, downhill.
(Approx time to this point: 1½ hours.)
- 750 After bend to L, turn R onto level grassy track (signed). (Straight on leads to **Pantokrator** by road, rejoining at ‡ below.)
- 250 Track becomes FP. Pass stone fountain (dry) on R.
- 1000 At fork, bear L on main FP (R leads to the sketes of **Bogoroditsa** and **Profitis Ilias**).
- 600 Pass remains of circular building (possible cell) beside FP on L.
Note: May be difficult to spot.
- 600 KSO, ignoring faint level track to L. KSO downhill on remains of K. Fine views to **Pantokrator**, **Stavronikita**, **Mount Athos** and the coast.
- 700 FP emerges from trees and continues to descend across rocky hillside.
- 350 FP descends steeply onto main road with **Pantokrator** ahead (care needed). Turn L along road.
Note: The historic route goes straight ahead here. To follow it, cross road and scramble down very steep bank to reach open area. Cross open area to pick up K track to R of building ahead and continue along K in direction of the monastery, ignoring paths or tracks joining from L or R.
- ‡ 200 Ignore road joining from L. (This is the road from **Vatopedi** noted above.) KSO/R on major road which curves round to R towards Monastery, passing aqueduct on L.
- 270 At fork in road bear R, following direction indicated by arrow.
- 100 Road joins K road from back R. KSO/L along K, ignoring K tracks up to L and to R down to harbour.
- 110 Pass kiosk to arrive at **Pantokrator Monastery** entrance.

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.