



## FOOTPATHS OF THE HOLY MOUNTAIN

# FROM DAPHNI TO PANTELEIMONOS VIA XEROPOTAMOU

Distance: 5.1 km

Journey Time: 1 ¾ hours

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Because the condition of the old coastal path that connected *Daphni* to *Panteleimonos* is unknown, this route is via *Xeropotamou Monastery*, which makes it much more attractive. After a stretch on the *Daphni* to *Karyes* main road, ascending traditional *kalderimi* (stone paved path) leads up to the gate of *Xeropotamou*. The second half is an easy descent on footpaths (*kalderimi* in places) and tracks to *Panteleimonos Monastery* near sea level. The journey provides spectacular views down the western coast of the Athonite peninsula and the nearby *Sithonia*.

**Note:** All distances given (in metres) should be taken as approximate. The numbers shown in the form **1** are Waypoints to be found in associated **GPS tracking**. 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)

**Transliterations:** ΠΑΝΤΕΛΕΙΜΟΝΟΣ = *Panteleimonos*; ΚΑΡΥΕΣ = *Karyes*;  
ΞΗΡΟΠΟΤΑΜΟΥ = *Xeropotamou*; ΔΑΦΝΗ = *Daphni*

### Description of Route:

Walk (m) And then . . .

- 1** From the port of *Daphni* take the main road towards *Karyes* which runs parallel to the shore. The road passes *Arsanas Xeropotamou* (mainly used for wood transportation) before crossing a bridge.
- 1200 **2** Just after crossing the bridge turn R on an ascending FP (signed *Karyes* and *Xeropotamou*).
- 30 **3** FP joins traditional *K*. Turn R on *K* which zigzags uphill with spectacular views back to the shore.
- 700 **4** *K* joins track. KSO towards corner of wall, where *K* starts again. Follow *K* which continues to ascend with buildings on L.

210 **5** Arrive at metal gate where FP (*K*) ends. Turn L to enter Monastery grounds.

80 **6** Arrive at ***Xeropotamou Monastery*** main gate.

(Approx time to this point: 45 mins.)

To proceed from ***Xeropotamou Monastery*** to ***Panteleimonos Monastery***:

**6** With your back to ***Xeropotamou*** main gate, turn R to take descending stone-paved track (partly steps).

220 **7** Pass through wooden gate. KSO on paved track.

200 **8** Arrive at wooden gate close to small building on R. KSO/L on track, ignoring track back R.

130 **9** Track meets Karyes – Daphni main road at hairpin bend close to wooden hut on L. At the same point track joins from R. Cross main road and track and continue on descending track (signed *Panteleimonos* and *Xenophontos*) that becomes FP in a few metres (*K* in places).

240 **10** FP crosses small bridge. KSO on descending FP.

450 **11** Cross another small stone bridge. KSO/L on FP (partly *K*).

650 **12** Arrive at stream bed and follow it for 10m. Then turn R out of stream bed again onto FP.

30 **13** Pass through wooden gate (to prevent animals following the FP) and arrive at olive grove. KSO/L (signed).

60 **14** Arrive at track. Turn L onto track which soon starts to descend (signed *Panteleimonos* and *Xenophontos*).

200 **15** Another track joins from R. KSO/L (signed *Daphni* and *Xeropotamou* in the opposite direction).

150 **16** At fork, KSO/L downhill, signed *archondariki* (guest house).

160 **17** With buildings on R, KSO on concrete track downhill (signed *archondariki*).

130 **18** Cross ford and KSO/L, heading for the gap between buildings. Cross narrow corridor above road, descend five steps and continue parallel to the walls of *archondariki* building.

160

**19** After passing the *archondariki* main door, turn R towards the Monastery gate.

100

**20** Arrive at ***Panteleimonos Monastery*** main gate.

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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.