



FOOTPATHS OF THE HOLY MOUNTAIN

FROM KARYES TO PANTOKRATOR

Distance: 5.7 km

Journey Time: 1½ - 2 hours

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This route descends from over 300m to sea level; the initial and final sections are quite steep, but not difficult. A fine *kalderimi* path descends from *Karyes* to meet and cross the road before continuing. There follows a longish and fairly level stretch along the main road which roughly follows the line of the coast. A track and fairly rough path then descend to the harbour below *Pantokrator* across open terrain.

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: *ΣΤΑΥΡΟΝΙΚΗΤΑ* = *Stavronikita*; *ΚΑΡΥΕΣ* = *Karyes*;
ΠΑΝΤΟΚΡΑΤΟΡΟΣ = *Pantokrator*; *ΙΒΗΡΩΝ* = *Iviron*;
ΠΡΟΦΗΤΗΣ ΗΛΙΑΣ = *Profitis Ilias*

Description of Route:

Walk (m) And then . . .

- 1** With the shops on the R, leave *Karyes* square where the buses arrive along FP beside the main road out of town (towards *Daphni*, etc, NOT down the main street towards the *Protaton*).
- 150 **2** Cross main *Daphni – Iviron* road and KSO along FP (*K*) directly ahead with wall on L. FP soon begins to climb gently.
- 280 **3** Ignore FP to L up to kiosk. KSO on main FP (signed *Pantokrator*), now descending. Ignore small FP to R.
- 80 **4** Bear R on paved FP, ignoring smaller FP to L.
- 80 **5** Cross track and KSO on FP.

- 160 **6** FP crosses track at staggered junction (turn L and then immediately R). KSO on FP which becomes stony path, then *K* again. Ignore path to R with red signs. Follow ***Kelli (Cell) of Bourazeri*** wall on R, ignoring minor gates.
- 720 **7** Tthe end of the wall, with main gate of ***Kelli (Cell) of Bourazeri*** on R, bear L on *K*.
- 30 **7A** At junction with concrete road, ignore road to R and continue to L on *K*.
- 270 **8** FP emerges at main road. Turn L along road and over bridge, ignoring paths and tracks to L.
- 180 **11** At major road junction, ignore first concrete road to L. Take second road to the L and then turn immediately R onto track, passing stone arch on R. (**Note:** Large road-sign, to ***Pantokrator*** points along road.)
- 40 **12** At fork where track bends R, bear L on FP, uphill, which becomes *K*.
- 350 **13** Ignore FP to R. KSO on broad *K* still uphill.
- 180 **14** FP becomes rocky track and then emerges at main road on outside of bend. Ignore track uphill on far side of road. KSO/R along road (signed ***Pantokrator*** and ***Profitis Ilias***).
- 200 **15** Ignore road uphill to L (signed ***Skete of Profitis Ilias***).
- 300 **16** Arrive at junction where a track forks R, downhill. Here the routes to ***Pantokrator*** and ***Stavronikita*** divide. For ***Pantokrator***, KSO on main road. (Track R leads to FP to ***Stavronikita***, signed)
- 240 **17** Ignore track and FP to R. (FP descends to coastal FP.)
- 1200 **18** Ignore overgrown track downhill ahead (this is the old path, now blocked). Just after this point, the road bends L, with ***Pantokrator*** visible ahead.
- 400 **19** At junction with track, turn hard R onto track (signed ***Pantokrator***). This turn is 25 m before a track to L, uphill, leading to the ***Skete of Profitis Ilias***.
- 350 **20** At fork in track, bear L, downhill.

Note: This fork may no longer be evident.

- 100 **21** Bear L off track onto rough FP, descending more steeply.
- 300 **22** Reach junction of paths at shore. KSO over bridge, past well house on L, harbour on R, and ascend zigzag path to reach ...
- 240 **25** ***Pantokrator Monastery*** entrance.
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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.