



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM PANTELEIMONOS TO DAPHNI 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 *Panteleimonos to Daphni* is unknown, this route is via *Xeropotamou Monastery*, which makes it much more attractive. The first half is an easy ascent on footpaths, *kalderimi* (stone paved path) in places, and tracks to *Xeropotamou Monastery* at approximately 200m altitude. From there a descending traditional *kalderimi* footpath leads down to the Karyes to Daphni main road. The last section follows the main road parallel to the shore. 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)

### Description of Route:

#### Walk (m) And then . . .

- 0 **20** From *Panteleimonos Monastery* main gate walk straight ahead towards the *archondariki* (guest house) building.
- 100 **19** Turn L parallel to the *archondariki* wall, heading for the gap between buildings. Ascend five steps to cross narrow corridor on L, above road. KSO across open space.
- 160 **18** Cross ford and KSO on ascending concrete track (signed).
- 130 **17** At end of concrete track with buildings on L, KSO on ascending track (signed *Xeropotamou* and *Daphni*).
- 160 **16** Another track joins from L. KSO on track, ascending.
- 150 **15** Another track joins from L. KSO/R (signed *Xeropotamou* and *Daphni*).

- 200 **14** Arrive at olive grove. Turn R onto path at the edge of the olive grove (signed *Daphni*).
- 60 **13** Pass through wooden gate (to prevent animals following the FP) and continue on FP to cross stream bed **12**. Then KSO out of stream bed again onto FP (partly *K*).
- 670 **11** Cross small stone bridge and KSO/R, still on FP (partly *K*).
- 450 **10** Cross another small bridge. KSO still on FP (partly *K*).
- 240 **9** FP emerges at track at the point where it meets the Karyes – Daphni main road at hairpin bend close to wooden hut on R. Cross main road, and KSO on level track (not on ascending main road to L).
- 130 **8** At fork close to a small building turn R on paved track and pass through wooden gate (not straight on through metal gate).
- 200 **7** Go through another wooden gate. KSO on paved track (partly steps).
- 220 **6** Arrive at ***Xeropotamou Monastery*** main gate.

*(Approx time to this point: 1 hour)*

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

- 6** With your back to ***Xeropotamou*** main gate, KSO/L towards metal gate at the edge of Monastery grounds.
- 80 **5** At metal gate, turn R to follow descending *K* with buildings on R.
- 210 **4** *K* joins track. KSO/L on track to find *K* in a few metres. Follow *K* which continues to descend, with excellent views of the coast.
- 700 **3** Just 10 m before reaching the main Karyes – Daphni road, turn L off *K* to follow descending FP (thus avoiding steep descent to road).
- 30 **2** Turn left onto Karyes – Daphni main road, cross a bridge, pass ***Xeropotamou Arsanas*** (mainly used for wood transportation) and continue parallel to the shore.
- 1200 **1** Arrive at the port of ***Daphni***.

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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.