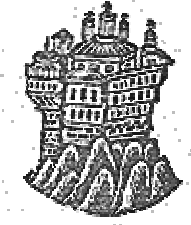


FOOTPATHS OF THE HOLY MOUNTAIN



FROM PANTOKRATOR TO SKETE OF PROFITIS ILIAS

Distance: 1.8 km Journey Time: ¾ - 1 hour

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This is a pleasant short walk up to the large and attractive *Skete*, which is visible on the hillside above *Pantokrator*. Much of it is along a traditional *kalderimi* paved stone path, often in very good condition. The path is generally well signed with yellow signposts. The part by the stream needs care as the path here is indistinct and poorly signed.

Returning or continuing from *Profitis Ilias* to *Pantokrator* via the Russian *Skete of Bogoroditsa* makes an attractive, though significantly longer, alternative route (see separate descriptions of the paths, *Profitis Ilias to Bogoroditsa* and *Bogoroditsa to Pantokrator*).

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 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: Παντοκράτορος = *Pantokrator*; Προφήτη Ηλία = *Profitis Ilias*;

Description of Route:

Walk (m) And then . . .

- 40 Leave ***Pantokrator Monastery*** by main gate (facing the kiosk). Turn immediately R and R again following *K* road.
- 70 Ignore L turn (down to harbour). KSO on level *kalderimi* road.
- Ignore R fork just after building on R. KSO on *K*.

- 100 After passing aqueduct on R, ignore *K* track which forks R, uphill. (This is the historic path to **Vatopedi**.) KSO on track, no longer *K*, which descends before climbing gently.
- 80 At junction, with tracks to L and R, KSO across open area towards sign to *Profitis Ilias* ahead. At the sign, pick up FP which descends to the bed of a stream and follows it upstream, crossing it a number of times, via stepping stones where available. The precise route to follow and the places to cross the stream vary with time and may not always be clear.
- 300 Shortly after wall on R of stream, the FP leaves the stream to the L. It will probably be necessary to cross the stream at this point. The route becomes a broad shady path of well-preserved *K*, climbing steadily.
- 450 FP emerges at road. KSO to pick up similar FP, signed *Profitis Ilias*, on the other side.
- 350 FP arrives at track. Turn R along track.
- 80 Turn L up *K* track. **Skete of Profitis Ilias** becomes visible ahead.
- 50 Pass through outer gate of *Skete* and continue uphill on *K*, with the *Skete* above and to the L.
- 200 Arrive at entrance of **Skete of Profitis Ilias**.

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.