



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM STAVRONIKITA TO KARYES

Distance: 4.2 km      Journey Time: 1½ – 2 hours

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This route climbs from sea level to over 300m; the initial and final sections are quite steep, but not difficult. A combination of minor roads and *kalderimi* path climb from *Stavronikita* to the main *Pantokrator* road (here joining the route from *Pantokrator*). After a short level stretch along the road, a fine *kalderimi* path then descends to meet the road again before continuing up to *Karyes*.

**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 . . .

- 24** Turn R out of ***Stavronikita Monastery*** gate and proceed with aqueduct on R. At the end of the aqueduct, turn L and cross the paved area with 4 separate roads ahead.
- 80
- 23** KSO/R on ascending paved road (signed *Karyes*). This is the main vehicle road to *Karyes*.
- 120
- 22** Concrete/cobbled road joins from R. Turn R here (marked with orange ribbons), along concrete/cobbled road.
- 90
- 21** At fork, bear L, uphill (signed by red and white arrow).
- 170
- 20** At next fork, bear L, uphill.

- 120 **19** After concrete ends and track levels out and bends R, fork L onto FP (*K*) signed *Pantokrator* and *Karyes Monopati (path)*.  
Pass *Kellion* below on R. View towards **Thasos**. KSO along FP.
- 600 **17** FP ends at track coming from back L. KSO along track.
- 110 **16** Track emerges at main road. Turn L along road (here joining the route from **Pantokrator** to **Karyes**).
- 300 **15** Ignore road uphill to back R (signed *Skete of Profitis Ilias*).
- 200 **14** Road bends round to R. KSO/L off road onto rocky track ahead (signed back to *Pantokrator* and *Profitis Ilias*). Track soon becomes broad *K*, descending.
- 180 **13** Ignore FP to L. KSO/R downhill still on *K*, which may be seasonally overgrown.
- 350 **12** *K* emerges onto track coming from L. 15m later, after stone arch on L, track reaches main road near major road junction. Turn L along road then immediately R at junction now on main road, ignoring concrete track to R.
- 110 **10** Cross concrete bridge, ignoring track and paths to R.
- 70 **9** Ignore track to R.
- 20 **8** Turn R onto FP uphill (signed *Karyes* but easy to miss). FP becomes *K* after a few metres.
- 270 **7** At T-junction, turn R (signed *Karyes*).
- 30 **7A** Ignore paved road L into the large **Kelli (Cell) of Bourazeri** and bear R on *K* with wall of *Skete* on L. FP soon becomes stony path, then *K* again.
- 720 **6** FP crosses track at staggered junction (signed *Karyes*); turn L and then immediately R.
- 160 **5** Cross track and KSO on FP.
- 80 **4** Ignore FP off to R. Bear L on *K*.

- 80 **3** Ignore small FP on L and FP up to kiosk on R. KSO on main FP, now descending.
- 280 **2** FP emerges at main *Daphni – Iviron* road at junction. Cross main road and follow FP beside road ahead into **Karyes**.
- 150 **1** Arrive at **Karyes** square where the buses arrive.
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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.