



FOOTPATHS OF THE HOLY MOUNTAIN

FROM VATOPEDI TO KARYES

Distance: 10.2 km. Journey time: 3½ – 4 hours

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This is an attractive journey, with some fine views and scenery, for the most part along historic *kalderimi* or paved mule tracks. The initial section involves a steady climb through the forest from *Vatopedi*, near sea level, to the ridge at around 450m. The route then roughly follows the contour of the mountain, often with views down to the sea, before descending gradually 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: ΒΑΤΟΠΑΙΔΙΟΥ = *Vatopedi*; ΚΑΡΥΕΣ = *Karyes*;
ΠΑΝΤΟΚΡΑΤΟΡΟΣ = *Pantokrator*;
ΜΑΡΟΥΔΑ = *Marouda*; ΠΑΤΕΡΙΤΣΑ = *Pateritsa*

Description of Route:

Walk (m) And then . . .

- 33** Turn L out of *Vatopedi Monastery* entrance along paved road.
- 100 **32** At fork with covered well on L, bear L along walled *K* (signed *Karyes*).
- 100 **31** Where wall turns L, turn L following *K* (signed *Karyes*).
- 150 **30** At junction with road, bear L uphill on road.
- 150 **29** At junction, bear L along road, uphill. Ignore track to R.
- 50 **28** At major T junction at top of small rise, bear R, uphill on main road (not straight on/L, downhill).

- 300 **27** Arrive at crossroads where main road bends L uphill and level track straight on/R is signed *Karyes* and *Pantokrator*. Fork R onto level track signed *Karyes* and *Pantokrator*.
- 200 **26** Fork L off track onto FP, uphill, signed *Karyes* and *Pantokrator*.
- 800 **25** FP emerges at track. Turn L along track.
- 40 **24** At T-junction of track with road, KSO on FP which continues on far side of road, signed *Karyes* and *Pantokrator*.
- 1300 **23** Climb steeply up bank to road with installation with solar panel on R. KSO on FP which continues on far side of road (signed).
- 150 **22** FP emerges at main road. Turn R uphill along road, signed *Karyes*. (***Pantokrator*** is to the L, signed).
- 250 **21** Fork R off road onto FP (signed).
- 1150 **20** Path emerges at main road. Turn R along road.
- 100 **19** Fork L off road onto wide track, signed *Karyes*, (in line with FP just walked). Fine views down to ***Pantokrator*** and the sea soon appear to L. Ignore track joining from open area on R after about 500m.
- 1200 **18** Track ends. KSO to find FP (*K*) continuing uphill ahead.
Note: Although it contains good stretches of *K*, the FP is in parts narrow and may be partly overgrown in some sections.
- 200 **17** FP turns L at stone fountain (dry) beside large, ancient tree.
- 500 **15** Pass second fountain (dry) on R.
- 150 **14** Cross road. KSO on level path (signed). Fine view ahead to ***Skete of St Andrew, Karyes*** and ***Mt Athos*** briefly appears.
- 730 **13A** At fork, ignore track to L. KSO on *K*.
- 180 **13** Emerge at road at outside of bend, with track back to R. KSO along road, gently uphill.
- 200 **12** At 3-way junction where main road bends R, KSO/L (signed *Karyes*).
- 400 **11** At T-junction, turn R on track. Track shows evidence of *K*.

- 250 **10** Ignore track up R (signed *I K Marouda*). KSO, signed *Karyes*.
- 100 **9** Fork L off track, downhill onto FP (signed *Karyes*).
Alternatively, or if missed, continue a further 100m to T junction with large ruined building on R, turn hard L onto concrete track. FP joins track from L in 30m (see next entry).
- 100 **8** FP emerges at track. Turn L onto track, downhill.
- 30 **7** At junction with large metal cross (on L), turn R onto track signed *Karyes*.
- 180 **6** Ignore broad concrete track L (to ***Kellion Pateritsa***). KSO/R.
- 280 **5** Ignore gated track back L to Kellion. KSO on main track.
- 400 **4** Cross *Karyes-Daphni* road. KSO, now on *K*, signed *Karyes*.
- 300 **3** Ignore FP (*K*) up R.
- 110 **1** Arrive at ***Karyes*** square where the buses arrive.
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