



FOOTPATHS OF THE HOLY MOUNTAIN FROM VATOPEDI TO PANTOKRATOR

Distance – 8.6 km. Journey time 2½ – 3 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 first section involves a steady climb through the forest from *Vatopedi*, near sea level, to the ridge at around 450m. The route then descends to *Pantokrator*, again at sea level, latterly with fine views down to the monastery and along the coast, with *Mount Athos* in the background.

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 **1** Turn L out of *Vatopedi Monastery* entrance along paved road.
- 100 **2** At fork with covered well on L, bear L along walled *K* (signed *Karyes*).
- 100 **3** Where wall turns L, turn L following *K* (signed *Karyes*).
- 150 **4** At junction with road, bear L uphill on road.
- 150 **5** At junction, bear L along road, uphill. Ignore track to R.
- 50 **6** At major T junction at top of small rise, bear R, uphill on main road (not straight on/L, downhill).
- 300 **7** 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 **8** Fork L off track onto FP, uphill, signed *Karyes* and *Pantokrator*.
- 800 **9** FP emerges at track. Turn L along track.
- 40 **10** At T-junction of track with road, KSO on FP which continues on far side of road, signed *Karyes* and *Pantokrator*.

- 1300 **11** 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 **12** FP emerges at main road. For **Pantokrator**, turn hard L, signed, downhill along road (**Karyes** is to the R, signed).
- 110 **13** Turn R, through white pole gate onto forest road, downhill.
(Approx time to this point: 1½ hours.)
- 800 **14** After bend to L, turn R onto level overgrown grassy track (signed).
Note: Straight on leads to **Pantokrator** by road, rejoining at waypoint **21** below.
- 250 **15** Track becomes FP. Pass stone fountain (dry) on R.
- 1000 **16** At fork, bear L on main FP, signed. (R leads to the sketes of **Bogoroditsa** and **Profitis Ilias**, signed.)
- 600 **17** Pass remains of circular building (possible cell) beside FP on L.
Note: May be difficult to spot.
- 850 **18** KSO, ignoring faint level track to L. KSO downhill on remains of **K**. Fine views to **Pantokrator**, **Stavronikita**, **Mount Athos** and the coast.
- 700 **19** FP emerges from trees and continues to descend across rocky hillside.
- 350 **20** FP descends steeply onto main road with **Pantokrator** ahead (care needed). Turn L along road.
Note: The historic route goes straight ahead here. To follow it, cross road and scramble down very steep bank to reach open area. Cross open area to pick up **K** track to R of building ahead and continue along **K** in direction of the monastery, ignoring paths or tracks joining from L or R. Rejoin described route at waypoint **23** below.
- 200 **21** Ignore road joining from L. (This is the road from **Vatopedi** noted above.) KSO/R on major road which curves round to R towards Monastery, passing aqueduct on L.
- 270 **22** At fork in road bear R, following direction indicated by arrow.
- 100 **23** Road joins **K** road from back R. KSO/L along **K**, ignoring **K** tracks up to L and to R down to harbour.
- 110 **25** Pass kiosk to arrive at **Pantokrator Monastery** entrance.

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.