



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM KARYES TO STAVRONIKITA

Distance: 4.2 km

Journey Time: 1¼ – 1½ hours

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This journey begins mostly downhill to a main road on a combination of *kalderimi* and footpath. An uphill section of *kalderimi* then connects with the main road to *Pantokrator*, from which there are fine views of the mountain. Finally, a footpath descends the final distance to *Stavronikita*.

**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 . . .

- 1** With the shops on the R, leave **Karyes** square where the buses arrive along FP beside the main road out of town (towards **Daphni**, etc, NOT down the main street towards the *Protaton*).
- 150 **2** Cross main *Daphni – Iviron* road and KSO along FP (K) directly ahead with wall on L. FP soon begins to climb gently.
- 280 **3** Ignore FP to L up to kiosk. KSO on main FP (signed *Pantokrator*) now descending. Ignore small FP to R.
- 80 **4** Bear R on paved FP, ignoring smaller FP to L.
- 80 **5** Cross track and KSO on FP.

- 160 **6** FP crosses track at staggered junction (turn L and then immediately R). KSO on FP which becomes stony path, then *K* again. Ignore path to R with red signs. Follow ***Kelli (Cell) of Bourazeri*** wall on R, ignoring minor gates.
- 720 **7** At the end of the wall, with main gate of ***Kelli (Cell) of Bourazeri*** on R, bear L on *K*.
- 30 **7A** At junction with concrete road, ignore road to R and continue to L on *K*.
- 270 **8** FP emerges at main road. Turn L along road and over bridge, ignoring paths and tracks to L.
- 180 **11** At major road junction, ignore first concrete road to L. Take second road to the L and then turn immediately R onto track, passing stone arch on R. (**Note:** Large road-sign, to ***Pantokrator*** points along road.)
- 40 **12** At fork where track bends R, bear L on FP, uphill, which becomes *K*.
- 350 **13** Ignore FP to R. KSO on broad *K* still uphill.
- 180 **14** FP becomes rocky track and then emerges at main road on outside of bend. Ignore track uphill on far side of road. KSO/R along road (signed ***Pantokrator*** and ***Profitis Ilias***).
- 200 **15** Ignore road uphill to L (signed ***Skete of Profitis Ilias***).
- 300 **16** Arrive at junction where a track forks R, downhill. Here the routes to ***Pantokrator*** and ***Stavronikita*** divide. For ***Stavronikita***, turn R onto track, signed, which slopes downhill towards ***Kellion***, still under construction in 2018. (The route to ***Pantokrator*** continues along main road.)
- 100 **17** Opposite concrete water tank (on R) bear L onto FP, signed ***Stavronikita***.  
Pass ***Kellion***, below on L. View towards ***Thasos***. KSO along FP.
- 600 **19** FP ends at road. Turn R along road which soon becomes concrete and descends past vineyard on R. Ignore several tracks joining from back L.
- 360 **22** At T-junction, turn L onto paved road.

**24** Follow aqueduct to reach entrance of **Stavronikita Monastery**.

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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.