



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM PANTOKRATOR TO KARYES

Distance: 5.7 km      Journey Time: 1¾ – 2¼ 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 fairly rough path ascends from the harbour below *Pantokrator* across open terrain towards the main road. There follows a longish and fairly level stretch along the main road which roughly follows the line of the coast. A fine *kalderimi* path then descends to 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)

#### Description of Route:

##### Walk (m)    And then . . .

- 0    **25** Leave ***Pantokrator Monastery*** by the main gate (facing the kiosk). Turn immediately R and R again following *K* road.
- 40    **24** Turn L to follow a zig zag paved road down to the harbour. KSO with boat house on L and past well house on R.
- 160    **22** Cross bridge to reach junction of paths (L to ***Stavronikita*** and ***Iviron***). KSO uphill on rocky FP, signed *Karyes*.
- 300    **21** FP ends at track. Turn R onto track which after 100m merges with another track coming from back L.
- 450    **19** Track joins main road at T-junction. Turn L along road.
- 1600    **17** Ignore FP to L and track which forks L. (FP descends to coastal FP between ***Pantokrator*** and ***Stavronikita***.)

- 250 **16** Ignore track from back L, signed *Stavronikita* (the FP route from **Stavronikita** to **Karyes** joins via this track).
- 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 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.
- 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.
- 300 **7** At T-junction, turn R (signed *Karyes*). 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 with cement tower to L (turn L and then immediately R).
- 160 **5** Cross track and KSO on FP.
- 80 **4** Ignore FP off to R. Bear L following sign.
- 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.