



FOOTPATHS OF THE HOLY MOUNTAIN

FROM PANTOKRATOR TO VATOPEDI

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 from *Pantokrator*, at sea level, to the ridge at around 450m, initially with views back to the monastery and along the coast, with *Mount Athos* in the background. From the ridge it then joins the path from *Karyes* to descend through forest to *Vatopedi*, near sea level, crossing or joining the main road on occasions.

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*

Description of Route:

Walk (m) And then . . .

25 Leave *Pantokrator Monastery* by main gate (facing the kiosk). Turn immediately R and R again following *K* road.

40

24 Ignore L turn (down to harbour); KSO on level *kalderimi* road.

70

23 Fork R off *K* onto non-*K* road just after building on R.

Note: Straight on here is the historic route but this involves a steep uphill scramble. To follow it, KSO on *K* for 100m. Then bear L uphill, still on *K*, pass to the L of building, cross open area and scramble up steep bank to reach main road at waypoint **20** below. FP continues on far side of road.

- 100 **22** Ignore road joining from back R. KSO, now on main road, initially with Monastery behind and soon with remains of aqueduct on R. Road makes a long curve to L until the Monastery is on L.
- 270 **21** Ignore road joining from back R, signed *Vatopedi*.
Note: The FP joins this road near the top of the ridge at waypoint **14** below.
 Ignore track down to L.
- 200 **20** Turn R off road, signed *Vatopedi*, climbing steeply up bank onto rocky FP, uphill across open hillside.
- 350 **19** FP reaches trees, continuing uphill. Stretches of *K* appear.
- 700 **18** Ignore faint track to R (leading to road). FP continues through trees, climbing initially but later flattens out.
- 850 **17** Pass remains of circular building (possible cell) beside FP on R.
Note: May be difficult to spot.
- 600 **16** Ignore FP joining from L (which leads to the sketes of *Bogoroditsa* and *Profitis Ilias*, signed). KSO.
- 1000 **15** Pass stone fountain (dry) on L. FP widens to overgrown grassy track.
- 250 **14** Grassy track emerges at forest road. Turn L onto road, uphill. (To R is the road route from *Pantokrator*.)
- 750 **13** At white pole gate, reach T-junction with main Karyes – *Vatopedi* road. Turn R along the road (signed).
- 70 **12A** At first junction, turn L onto forest road (signed *Vatopedi*) on level.
- 150 **11** Immediately before installation with solar panels on R, turn R steeply downhill onto FP (signed *Vatopedi*).
- 1300 **10** FP emerges onto road. Cross over road and follow track opposite (signed *Vatopedi*).
- 40 **9** Turn R off track onto *K* FP, downhill (signed *Vatopedi*).
- 800 **8** FP ends at level track from back L. Turn R along track.

- 200 **7** Track joins main road. KSO/ L along main road, downhill.
- 300 **6** At T-junction bear L (signed *Vatopedi*). Then KSO, downhill, ignoring two turnings to L.
- 200 **4** At junction beside olive grove, fork R onto *K*.
- 150 **3** At T-junction turn R, following *K*, soon passing covered well on R.
- 200 **1** Arrive at the gate of ***Vatopedi 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 and in a number of places on or associated with the Holy Mountain.