

## FOOTPATHS OF THE HOLY MOUNTAIN



### FROM SKETE OF PROFITIS ILIAS TO PANTOKRATOR

Distance: 1.8 km      Journey Time: ½ – ¾ hour

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This is a pleasant short walk from this large and attractive Skete down to *Pantokrator*, visible on the coast below. Much of it is along a traditional *kalderimi* paved stone path, often in very good condition. The path is generally well signed with yellow signposts. The part by the stream needs care as the path is indistinct and poorly signed.

Returning or continuing from *Profitis Ilias* to *Pantokrator* via the Russian Skete of *Bogoroditsa* makes an attractive, though significantly longer, alternative route (see separate descriptions of the paths, *Profitis Ilias to Bogoroditsa* and *Bogoroditsa to Pantokrator*).

**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:** ΠΑΝΤΟΚΡΑΤΟΡΟΣ = *Pantokrator*;  
ΠΡΟΦΗΤΗΣ ΗΛΙΑΣ = *Profitis Ilias*;

#### Description of Route:

Walk (m)    And then . . .

- 35** Turn R out of entrance of *Skete of Profitis Ilias*. At end of skete wall, fork R, downhill on K track, past former windmill.
- 200    **34** Pass through outer gate of *Skete* and continue downhill on K
- 70    **33** At T-junction with track, turn R along track.

- 80 **32** Turn L, downhill, onto FP (*K*), signed *Pantokrator*.
- 350 **31** FP emerges at road. KSO across road on FP, signed *Pantokrator*. Next section is mainly shaded *kalderimi* that descends to a stream.
- 500 **30** FP reaches stream. Cross stream (via stepping stones if present). Then bear R and follow stream downstream (now on the L bank), along narrow FP with wall of olive grove on L.
- 120 **29** FP is joined from back L by faded track from olive grove. KSO/R on faded track (signed *Profitis Ilias* opposite direction) and cross stream (via stepping stones if present). KSO/L and follow stream downstream along faded track (now on the R bank).
- 120 **28** Track crosses stream and climbs gently out of stream bed (now on the L bank).
- 120 **27** After crossing open area (***Pantokrator Monastery*** now visible ahead), reach junction of several tracks. Bear slightly L along major track towards chapel and aqueduct visible ahead.
- 80 **26** *K* road joins from back L just before aqueduct. KSO, now on *K*.
- 100 **23** Road joins from back L. KSO on *K*, ignoring *K* tracks up to L and to R down to harbour.
- 110 **25** Arrive at ***Pantokrator Monastery*** entrance.

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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.