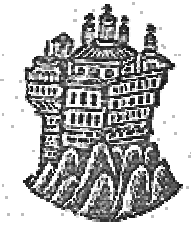


FOOTPATHS OF THE HOLY MOUNTAIN

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 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: Παντοκράτορος = *Pantokrator*; Προφήτη Ηλία = *Profitis Ilias*;

Description of Route:

Walk (m) And then . . .

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

Pass through outer gate of *Skete* and continue downhill on *K*

50

At T-junction with track, turn R along track.

- 80 Turn L, downhill, onto FP (*K*), signed *Pantokrator*.
- 350 FP emerges at road. KSO across road on FP, signed *Pantokrator*. Next section is mainly shaded *kalderimi* that descends to a stream.
- 400 FP reaches stream. Cross stream (via stepping stones if present). Then bear R and follow stream downstream, initially along narrow FP with wall on L. Continue to descend in bed of stream, following path where evident and crossing stream a number of times, via stepping stones where available. The precise route of the path and places to cross vary with time and are not always clear.
- 250 From L bank of stream, follow FP which climbs gently out of stream bed. (It may be necessary to cross the stream at this point.)
- 75 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 *K* road joins from back L just before aqueduct. KSO, now on *K*.
- 100 Road joins from back L. KSO on *K*, ignoring *K* tracks up to L and to R down to harbour.
- 110 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.