



FOOTPATHS OF THE HOLY MOUNTAIN

FROM ESPHIGMENOÛ TO ZOGRAPHOU

Distance: 7.6 km Journey Time: 2½ – 3 hours

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WARNING: *Much of this route is very isolated and without sources of water. It should not be attempted when the stream is in spate.*

This attractive route initially climbs from *Esphigmenou* to join and follow the ridge path (the historic *Way of the Bey*) towards *Karyes*. It then leaves the ridge to descend a long valley down to *Zographou*. The walk is well-shaded in places, and involves some walking along a stream bed with rocks and boulders.

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: ΚΑΡΥΕΣ = *Karyes*; ΕΣΦΙΓΜΕΝΟΥ = *Esphigmenou*;
ΖΩΓΡΑΦΟΥ = *Zographou*; ΧΙΛΑΝΔΑΡΙΟΥ = *Hilandar*;

Description of Route:

Walk (m) And then . . .

- 46** From ***Esphigmenou Monastery*** main entrance walk straight on, ignoring tracks to L and R, and cross bridge.
- 60
- 45** At junction with track, KSO on FP (K). K turns and becomes track.
- 50
- 44** Turn L off track onto FP signed *Zographou* and *Karyes*. The FP (partly K) ascends through woods.
- 1000
- 43** Stone wall on R of FP.
- 450
- 42** K straight ahead is blocked. Follow FP slightly to the R.

- 240 **41** Ignore FP from **Hilandar Monastery** joining from R. KSO (signed *Karyes* and *Chera*) along ridge path, the *Way of the Bey*.
- 350 **40** At top of hill, KSO past large stone monument with marble cross (*Marmarenios Stavros* in Greek) on L and descend hill (good views behind monument). 20m to the R, behind woods, there is a stone frontier marker obelisk.
- 400 **39** FP emerges onto track. Bear R onto track, signed *Zographou* (NOT L, signed *Karyes*, which is the continuation of the ridge path). Continue on track, with fields alternating to L and R.
- 1000 **30** Track goes through gap between fields and bears L. KSO/R off track across field keeping to right hand side.
- 140 **29** At far end of field pass through gap (signed *Zographou*) into another field (ignoring old wooden signpost to *Zographou* at SE corner of field which directs to a longer route to **Zographou** along a track). Cross to the opposite side of the field.
- 170 **28** At wire fence on further side of field, go through gate to the R (not forgetting to close the gate properly behind you). Note hand-painted sign to *Zographou* beyond. Then descend bank into stream bed. Follow stream bed downstream (where possible, walk along the banks, parallel to the stream bed), taking care of uneven rocks and boulders underfoot.
- 630 **26** Take path up to L, climbing gently away from stream (follow orange tape markers). Path descends eventually to another stream bed.
- 80 **25** Cross stream bed and up opposite bank. Go L and then R following signs, orange tape markers and paint on tree. Follow FP uphill (orange tape markers on trees).
- 60 **24A** At hand-painted sign to *Zographou* on tree, bear R up FP following orange tape markers and paint on tree.
- 120 **23** Ignore FP joining from back L. Continue uphill.
- 120 **22** At top of hill the FP leaves woodland and runs along side of ravine, mostly downhill before descending into woodland and reaching the stream bed again.

- 500 **21** At stream bed turn L for a few metres and then R up bank. KSO on footpath (orange tape markers).
- 90 **20** Cross stream bed again diagonally towards the R and take FP to L as it leaves stream bed. KSO on FP through woodland with stream bed away to right.
- 460 **19** Emerge from woodland at top of sharp drop with loose rocks. Descend rocks to join track below on curve (signed).
- 40 **18** Turn R along track (signed). KSO, passing a field, a stream bed and then another field/work area.
- 1200 **17** Track emerges at main road with **Zographou Monastery** visible on hill ahead. Turn R on road then L onto FP **14**, taking the direction indicated by the prominent signpost and signs. KSO on FP, with a shrine to the R of path. FP crosses river on stone bridge, then climbs steeply on very good *K* with walls on each side.
- 200 **15** FP (*K*) joins from R coming from *arsanas*. KSO.
- 280 **16** Arrive at gate of **Zographou Monastery**.

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.