



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM KONSTAMONITOU TO DOCHIARIOU VIA ARSANAS KONSTAMONITOU

Distance: 4.8 km

Journey Time: 1½ hours

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The first part of this pleasant route is on a footpath which descends into woods. It then follows descending minor tracks through the olive groves of *Konstamonitou* towards the *arsanas* of the Monastery. The final part from *Konstamonitou Arsanas* to *Dochiariou Monastery* is almost entirely on track, which runs parallel to the shore. The journey offers good views down the western coast of the *Athonite peninsula* and nearby *Sithonia*.

**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 **21** Turn R out of *Konstamonitou Monastery* main gate on broad paved track which eventually leads to the *arsanas* of the Monastery.
- 120 **20** At junction of tracks ignore ascending track to L. KSO still on track towards *arsanas*.
- 20 **19** Fork L off track onto FP (partly *K*) which enters woods (signed).
- 140 **18** At fork of FPs close to tree with wooden cross, KSO/R.
- 780 **17** Arrive at place where FP has collapsed.

**Caution: Take care on this section.**

- 550 **16** FP emerges onto minor track at *Konstamonitou* olive groves (signed opposite direction). Turn L onto minor track descending (steeply in places) towards *Konstamonitou Arsanas*.
- 350 **15** Join another minor track. Turn R here (not L which leads to *kellion*).

- 15 **14** Emerge at the main track which connects **Konstamonitou** to its *arsanas*. Turn L downhill onto main track (signed opposite direction).
- 100 **13** Arrive at fork close to distinctive tree. KSO/L (signed) still on main track towards the *arsanas* (R is signed *Zographou*).
- 160 **12** Arrive at fork. KSO/L staying parallel to the shore.  
**Note:** Keeping straight on/R, downhill here leads in 100m to **Konstamonitou Arsanas**.  
(Approx time to this point: 40mins.)
- 200 **11** Ignore track from back L. KSO.
- 50 **10** At fork ignore gated track to *kellion* to L. KSO/R.
- 50 **9** Ignore gated track to L. KSO, descending. Track soon reaches the shore for a while. KSO on track always parallel to the sea.
- 640 **8** After passing through metal gate, ignore FP to R (which is overgrown). KSO on track.
- 130 **7** After crossing stream-bed turn R downhill still on track. Pass well on R and building up L.
- 180 **6** Cross stream bed and KSO parallel to the shore. Track emerges at shore in 120m. Continue along shore still on track.
- 600 **5** Track leaves shore and continues inland still parallel to the sea. Pass boar farm on R.
- 200 **4** Track emerges at shore again. Continue parallel to the shore towards *arsanas* with garden wall on L.
- 380 **3** Arrive at *arsanas* and other Monastery buildings. Turn L onto ascending broad *K*.
- 80 **2** At fork turn hard L uphill. Pass below kiosk on R.
- 40 **1** Arrive at **Dochiariou Monastery** main gate.

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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.