



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM KONSTAMONITOU TO ZOGRAPHOU

Distance: 4.2 km      Journey Time: 2 hours

© The Friends of Mount Athos, 2007 – 2017. All rights reserved. – Version 1.5

**A well shaded walk most of the way, with three uphill followed by downhill sections with good scenery and a view of *Zographou* monastery at the end.**

**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:** ΧΕΡΑ = Chera; ΚΩΝΣΤΑΜΟΝΙΤΟΥ = Konstamonitou;  
ΒΑΤΟΠΑΔΙΟΥ = Vatopedi; ΖΩΓΡΑΦΟΥ = Zographou;

### Description of Route:

#### Walk (m) And then . . .

- 13** Turn L out of ***Konstamonitou Monastery*** entrance and follow the wall of the monastery around to the left, downhill into valley.
- 320
- 12** Reach open area near bottom of valley where FP joins track from back L. Bear L downhill on track following sign. Ignore signed FP to the R into trees which leads to ***Chera*** and ***Vatopedi***.
- 70
- 11** At sign on tree next to track, turn sharp R onto short FP which leads down to stream. Cross stream bed. FP starts to climb.
- 1030
- 10** Arrive at open area at summit with view to the sea. FP now descends.
- 260
- 9** Cross stream bed and continue, now uphill.
- 270
- 8** Climb steeply up bank to cross forest road and KSO, uphill for 20 m (signed *Zographou* and marked with orange tape).

**Caution:** Take extreme care when ascending bank and use the available rope.

FP then starts long descent (later section good K).

760

**7** At bottom of descent, emerge onto track (crossing a fence) and turn R along it (marked with orange tape).

20

**6** Turn L off track onto FP at signpost (crossing another fence) and continue to descend.

60

**5** Bear R to cross stream bed, ignoring FP to L before stream. Then bear L on FP uphill, passing above an attractive chapel in the valley on the L.

500

**4** Emerge onto track. Turn L (signed), ignoring FP straight on.

460

**3** Where track bears R (and 20m before blue fire hydrant on R). turn L (signed) off track onto descending FP (soon K). View of **Zographou** soon appears.

200

**2** Ignore FP (K) up to R, to cell, and 20m later ignore FP (K) joining from below L. KSO, soon with Monastery wall on L.

210

**1** Follow wall to arrive at entrance to **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](http://www.athosfriends.org) and in a number of places on or associated with the Holy Mountain.