



FOOTPATHS OF THE HOLY MOUNTAIN

FROM PANTELEIMONOS TO DOCHIARIOU VIA XENOPHONTOS

Distance: 4.9 km Journey Time: 1¼ hours

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This journey connects the three coastal monasteries north of *Daphni*. The last stage (from *Xenophontos* to *Dochiariou*) is partly on paths but the rest of the journey is almost entirely on track. This pleasant route, parallel to the sea, offers fine views up and down the coast.

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 **20** Leave ***Panteleimonos*** entrance and turn R on descending paved road towards the shore.
- 100 **19** At junction a few meters before shore, KSO/R on road which runs parallel to the shore and continue beside sea towards large building.
- 240 **18** Arrive at large building, go through gate and turn L (signed *Xenophontos* and *Dochiariou*) continuing beside sea to cross stream. (If the stream is too deep, turn R to cross it using bridge 80m upstream.)
- 280 **17** At fork (after crossing stream) KSO/L and continue initially beside sea with garden wall on R.
- 420 **16** KSO/L at fork (signed *Xenophontos*).
- 820 **15** Track joins from back R. KSO (signed).
- 280 **14** Another track joins from R. KSO/L (signed).

- 1050 **13** At fork ignore ascending track to R (signed *Skiti Xenophontos* and *Karyes*). KSO/L on descending track (signed *Xenophontos*).
- 320 **12** At fork (just before large building) KSO/L to cross bridge.
- 170 **10** Arrive at ***Xenophontos Monastery*** entrance.
(Approx time to this point: 50 mins.)

To enter ***Xenophontos Monastery*** turn R here on *K* and pass through the Monastery gate.

To continue to ***Dochiariou Monastery***, KSO beside sea with garden wall on R.

- 220 **9** Leave shore, pass small bridge and stairs (close to a spring and building on R) and continue on ascending FP (signed).
- 120 **8** At the end of olive grove turn L at sign.
- 140 **7** FP joins from back R. KSO/L on FP.
- 20 **6** Arrive at wall, turn L, pass through gap in wall and continue on ascending narrow track. Pass newly-built chapel on L (*Agia Paraskevi ton vrachon* = of the rocks) after 70m.
- 130 **5** Narrow track emerges at track coming from back R. Turn L along track (signed).
- 280 **4** Cross stream at small concrete bridge and KSO/L with fenced area on R.
- 90 **3** At fork KSO/R on track.
- 200 **2** At fork KSO/R and ascend on paved track.
- 70 **1** Arrive at ***Dochiariou 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.