



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM DOCHIARIOU TO KONSTAMONITOU VIA ARSANAS KONSTAMONITOU

Distance: 4.8 km

Journey Time: 1¾ hours

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The first half of this pleasant route, from *Dochiariou* to *Arsanas Konstamonitou*, is almost entirely on track, which runs parallel to the shore. It then starts to ascend on tracks through the olive groves of *Konstamonitou Monastery*. Up to this point the journey offers good views down the western coast of the *Athonite peninsula* and nearby *Sithonia*. Finally an ascending footpath enters into the woods leading to *Konstamonitou Monastery*.

**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 **1** Turn R out of *Dochiariou Monastery* main gate on descending broad *K* beneath the kiosk (on L), towards *arsanas*.
- 40 **2** At fork turn hard R on broad *K* towards *arsanas*.
- 80 **3** Arrive at shore just before *arsanas*. Just after the last building on R, turn R and continue on track parallel to the shore with garden wall on R.
- 380 **4** KSO on track, now inland but still parallel to the shore. Pass boar farm on L.
- 200 **5** Arrive at shore again. KSO on track close to the sea and then further inland but always parallel to the shore.
- 600 **6** Cross stream bed and KSO/R on track (not straight on /L which goes to the shore). (Do not follow FP on L that goes parallel to the track because it is overgrown). Pass well on L and building above R.
- 180 **7** At fork, KSO/L to cross stream-bed.

- 130 **8** Ignore FP back L. KSO on track passing through metal gate.
- 640 **9** Ignore gated track to *kellion* to R and KSO uphill.
- 50 **10** At junction ignore gated track back R. KSO on track.
- 50 **11** At fork KSO/L descending still on track. Ignore FP to L after a few metres.
- 200 **12** Arrive at junction. KSO on track.  
**Note:** Turning hard L here leads in 100m to ***Konstamonitou Arsanas***.
- 160 **13** Arrive at fork close to distinctive tree. Turn R here (signed) uphill (ignoring sign *Zographou* that points straight on).
- 100 **14** Where main track bends L, uphill, KSO/R on minor track (signed *Konstamonitou*).
- 15 **15** Turn L uphill on minor track with wall on R.
- 350 **16** 20m before minor track joins the main track (from ***Konstamonitou Arsanas*** to ***Konstamonitou Monastery***), turn R off minor track onto pleasant FP into woods (signed).  
**Note:** May be hard to spot.
- 550 **17** Arrive at place where FP has collapsed.  
**Caution: Take care on this section.**
- 780 **18** Arrive at fork in footpaths, close to tree with wooden cross. KSO.
- 140 **19** FP emerges at main track. KSO/R on main track. View of ***Konstamonitou Monastery*** soon appears.
- 20 **20** At fork ignore ascending track to R. KSO on paved track towards Monastery.
- 120 **21** Arrive at ***Konstamonitou 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.