



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM DOCHIARIOU TO PANTELEIMONOS 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 first stage (to *Xenophontos*) 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)

**Transliterations:** ΠΑΝΤΕΛΕΗΜΟΝΟΣ = *Panteleimonos*;  
ΞΕΝΟΦΩΝΤΟΣ = *Xenophontos*; ΔΟΧΙΑΡΙΟΥ = *Dochiarou*

### Description of Route:

Walk (m)    And then . . .

- 1** Leave *Dochiarou* entrance and descend straight ahead on track (initially paved) which runs parallel to the shore.
- 270
- 3** Arrive at open area. KSO/L towards small concrete bridge, having fenced area at L (not R on track which leads to the shore).
- 90
- 4** Cross stream at small concrete bridge and continue on track (signed *Xenophontos*) to reach olive groves.
- 280
- 5** Take narrow track (signed *Xenophontos*) descending diagonally R (not the ascending track straight on). Pass newly built chapel on R (*Agia Paraskevi ton vrachon* = of the rocks) after 60m.
- 130
- 6** Pass through gap in wall and turn R, descending (signed).
- 20
- 7** At fork in FP, bear R (signed), descending steeply in places to sea level. View of *Xenophontos* soon appears.

- 140 **8** At sign, turn R (initially level).
- 100 **9** Reach shore after passing stairs and a small bridge close to a spring and building on L. Continue beside sea towards pier with garden wall on L.
- 200 **10** Arrive at ***Xenophontos Monastery*** entrance.
- (Approx time to this point: 25 mins.)

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

To continue to ***Panteleimonos Monastery***, KSO on track across bridge.

- 160 **11** At fork just before building on L, KSO/R.
- 350 **13** Track joins from back L. KSO (signed) on track.
- 1050 **14** At fork, KSO/R (signed Panteleimonos; back Zographou).
- Note:** To KSO/L here leads to ***Skiti Evangelismou (Skiti Xenophontos)*** (signed) after 2.5km by track.
- 280 **15** At fork, KSO (signed Panteleimonos; back Xenophontos) starting to descend.
- 820 **16** Track joins from back L. KSO. Reach shore and continue beside sea with garden wall on L.
- 420 **17** Arrive at open area. KSO to cross stream. (If the stream is too deep, turn L to cross it using bridge 70m upstream.) Continue beside sea towards large building.
- 280 **18** Arrive at large building. KSO through gate and continue beside sea towards *arsanas*.
- 240 **19** At fork (a few meters before *arsanas*), KSO/ L, ascending on paved road.
- 100 **20** Arrive at ***Panteleimonos Monastery*** entrance.

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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.