



# FOOTPATHS OF THE HOLY MOUNTAIN

## FROM ZOGRAPHOU TO KONSTAMONITOU

**Distance: 4.2 km**

**Journey Time: 2 hours**

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**A well shaded walk, with three uphill sections followed by downhill ones, with good scenery and a view of *Konstamonitou* towards 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 . . .

- 1** Turn R out of **Zographou Monastery** and follow monastery wall around to the R to pick up *kalderimi* FP (signed).  
210
- 2** KSO uphill ignoring FPs down to R or back up to L.  
200
- 3** FP ends at track. Turn R onto track.  
460
- 4** Just after track bends L, turn R (signed) onto descending FP (partly K). The FP passes above an attractive chapel far below in the valley on the R.  
500
- 5** Descend to cross stream bed. FP bears L (signed). Ignore FP to R.  
60
- 6** Emerge onto track (crossing a fence) and turn R along it (marked with orange tape).  
20
- 7** Turn L off track (crossing another fence) onto FP which ascends (signed), initially good K.

- 760 **8** Long haul uphill (in shade) ends and FP starts to descend, emerging onto forest road after 20m. Cross forest road and descend steep bank. KSO on FP which continues on far side of the road (signed *Konstamonitou* and marked with orange tape) still descending.
- Caution:** *Take extreme care when descending bank and use the available rope.*
- 270 **9** Cross stream bed and continue, now uphill.
- 300 **10** Arrive at open area at summit with view to the sea. FP soon descends again.
- 1030 **11** Cross stream bed and KSO up bank to reach junction with track. Turn L onto track (signed *Konstamonitou*).
- 70 **12** Reach open area where track swings around in curve to R at the foot of a hillside ahead. Take waymarked FP which starts to the L of the track but then bears R to climb hillside. Do NOT remain on broad track to R below hillside.
- Note:** At open area the FP from *Vatopedi* and *Chera* joins from the L.
- 320 **13** Follow Monastery wall to arrive at ***Konstamonitou 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.