This walk goes deep into the heart of the Athos woods, far from any sign of human habitation. After leaving Zographou along a track, there is a sharp ascent by kalderimi, and then a more gentle ascent by forest tracks, to Chera. The route then descends by narrow paths through woods, with glimpses of Vatopedi 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)

**Transliterations:**
- ΒΑΤΟΠΑΙΔΙΟΥ = Vatopedi; ΖΩΓΡΑΦΟΥ = Zographou;
- ΧΕΡΑ = Chera; ΧΙΛΑΝΔΑΡΙΟΥ = Hilandar;
- ΕΣΦΙΓΜΕΝΟΥ = Esphigmenou; ΚΑΡΥΕΣ = Karyes

**Description of Route:**

**Walk (m)**  
**And then . . .**

17 From the entrance of Zographou Monastery, walk diagonally up to the R initially on broad K, as directed to Vatopedi by large signpost. Ignore lesser tracks to L and R.

400

16 Where track bends sharply R take FP ahead/L on outside of bend (signed). This soon climbs steeply.

750

15 FP emerges onto forest track. Turn L along track (signed), initially uphill but becomes level.

400

14 Ignore track descending to L. KSO (signed).

40

13 At fork, take track to L, uphill (signed).

550

12 Turn R off track over bank onto narrow FP (signed) through woods, now level.
Path arrives at Chera (‘The Hand’) – a brownstone monument marking the crossing of the ridge with directions carved on it (Altitude 350m).

(Approximate time to this point: 50 minutes.)

Follow ridge path straight on/R, signed Vatopedi and Karyes.

Note: Turning L onto the ridge path here leads to Hilandar and Esphigmenou.

1. Fork L, signed Vatopedi. (R is ridge path towards Karyes.) FP soon begins to descend, gently at first, but later steeply, with remains of K, very rough in places. Follow signs or waymarks downhill, ignoring any smaller paths to L or R.

2. Turn R (signed) up steep broad paved path between buildings. (Straight on leads to Vatopedi Arsanas.)

3. Track reaches the sea and turns R along shore. Cross stream using footbridge if necessary.

4. Reach open area with olive grove – Vatopedi visible ahead. Bear L through olive grove on descending FP which joins and then leaves local track. Keep man-made reservoir on R.

5. At bottom of hill, FP ends at junction of tracks. Turn R onto track and bear immediately L (signed), ignoring tracks joining from R.

6. Cross forest road. KSO on FP ahead (signed Vatopedi). Ignore track which appears below R and KSO on FP.

7. Cross forest road. KSO on FP ahead (signed), to R of water tank.


10. Follow signs or waymarks downhill, ignoring any smaller paths to L or R.

11. Arrive at Vatopedi 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.