



FOOTPATHS OF THE HOLY MOUNTAIN

FROM VATOPEDI TO DOCHIARIOU

Distance: 9.7 Km

Journey Time: 3½ – 4 hours

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Much of this attractive journey follows historic *kalderimi* (stone-paved paths or tracks), starting with a stiff climb from *Vatopedi Monastery* near sea level to the ridge at over 450m altitude. There follows a fairly lengthy descent along roads until another historic path leads steeply down, through woods and then terracing, to *Dochiariou Monastery* also at sea level. There are some excellent views on both sides of the ridge. Less obvious parts of the route have been marked with orange tape and/or waymark arrows.

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: ΒΑΤΟΠΑΔΙΟΥ = *Vatopedi*; ΚΑΡΥΕΣ = *Karyes*;
ΔΟΧΙΑΡΙΟΥ = *Dochiariou*; ΚΩΝΣΤΑΜΟΝΙΤΟΥ =
Konstamonitou; ΕΣΦΙΓΜΕΝΟΥ = *Esphigmenou*;
ΧΙΛΑΝΔΑΡΙΟΥ = *Hilandar*; ΖΩΓΡΑΦΟΥ = *Zographou*

Description of Route:

| <u>Walk (m)</u> | <u>And then . . .</u> |
|-----------------|---|
| 0 | 30 Leave gate of <i>Vatopedi Monastery</i> and turn L along paved road, with monastery on L. |
| 100 | 29 After covered well on L, take R fork downhill on road, initially K. Ignore track that forks to R after 30m. |
| 350 | 28 Another road joins from back R. KSO, now with orchard on L. |
| 220 | 27A After orchard ends, ignore FP to L (signed to <i>Skete of Agios Dimitrios</i>). 20m later, cross stream. KSO on road. |
| 200 | 26 Join larger road from back R. 30m later cross stream at ford. |

- 90 **24** Where road makes sharp bend to the left, uphill, bear R along FP signed *Konstamonitou* and *Dochiarou* which descends and bears L into stream-bed.
- Note: temporary diversion created around log pile (May 2018).
- 80 **23** Cross stream and bear R uphill on FP, passing another sign to *Dochiarou*. FP contains periodic stretches of *K*. On occasions, the waymarked route leaves *K* in one place and joins *K* again later on.
- 550 **22** Reach and cross road. KSO on FP (*K*), uphill.
- 1050 **21** Reach and cross road. FP continues ahead, bearing L to follow the contour of the hill (signed *Konstamonitou* and *Dochiarou*).
- 200 **20** FP crosses open grassy area (possibly overgrown track). KSO.
- 500 **18** FP crosses stream-bed below ancient tree and starts to zig-zag up side of valley on *K*. Keep uphill, ignoring possible FPs to L.
- 750 **17** FP crosses flatter, more open scrubby/grassy area before reaching road. KSO, uphill on *K* on far side of road (signed).
- 60 **16** At waymarked junction of FPs, fork R onto FP uphill. (Telecommunications mast may be visible on hilltop ahead.)
- Caution: This turning may be difficult to spot although the way straight ahead may be overgrown or barred.**
- FP continues to climb, often through trees, and may be seasonally overgrown in places. Watch out for waymark arrows and orange tape.
- 280 **15** FP becomes overgrown track. Continue along track.
- 180 **14** Track reaches ridge road at T junction. Turn R along road on level (telecommunications mast on hill ahead), soon passing large stone plinth with cross inlay (a *stavros*, that is a cross, marking a crossing point of the ridge) on L.
- 90 **13** Bear L on road (signed *Dochiarou*), now downhill. Ignore ridge FP which continues ahead (signed *Konstamonitou*, *Esphigmenou* and *Hilandar*).
- 900 **12** Track joins the road from L. KSO on road (signed *Konstamonitou*, *Zographou* and *Hildandar*).
- 250 **11** Road joins from R. Bear L along road (signed *Dochiarou*).

- 120 **10** At junction with road from back L (which may have chain across it) bear R on main road.
- The road soon starts a long descent towards the sea with fine views across the valley to the L towards **Mount Athos**.
- Pass yellow iron cross on R.
- 1250 **9** Shortly before road bends R round headland, with sea ahead, turn hard L off road onto small track (signed *Dochiarion*), which descends roughly along the crest of a ridge.
- 100 **8** Turn R off track onto FP (signed *Dochiarion*) between brand-new church and old buried water cistern.
- 200 **7** FP emerges at track. Turn sharp R on track. (Do not follow continuation of the FP on further side, which is completely blocked by landslide.)
- 930 **7A** Another track joins from R. KSO/L steeply downhill.
- 70 **6A** Lesser track joins from back L. Turn sharp L on lesser track (track ahead leads eventually to solar panel)
- 120 **6** Ignore track to back R. KSO/L.
- 70 **5** Where track bends R, ignore FP to L (blocked by landslide). Continue on track downhill, passing small concrete hut at L.
- 580 **4B** Turn sharp L off track onto narrow FP (marked with orange tapes).
- 20 **4A** At dry fountain with carved spout, turn sharp R onto FP (K).
- 100 **4** Pass large concrete reservoir, on R and pick up FP (signed *Dochiarion*) which continues to descend and soon begins to zig-zag past terraces with views of **Dochiarion** below.
- 370 **3** At junction by buildings, turn hard R on *K* towards monastery, ignoring tracks back to L.
- 150 **1** Arrive at gate of **Dochiarion Monastery**.

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.