

FOOTPATHS OF THE HOLY MOUNTAIN

FROM ESPHIGMENOU TO HILANDAR



Distance: 2.8 km

Journey Time: ¾ hour

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Passing through olive groves, vineyards and fields with cypress trees, this short pleasant journey is maybe the only one in Mount Athos entirely at low altitude (no more than 70m). Although it consists only of tracks and roads, the peaceful scenery and the views towards the sea and *Milutin Tower* compensate for this. A detour leads to *Milutin Tower*, *Hilandar Arsanas* and the cell of *Agios Vasilios* on the shore.

Note: All distances given (in metres) should be taken as approximate. 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 Turn R out of **Espigmenou Monastery** main entrance and walk under pergola with wall on R.
- 150 Turn L and cross bridge. (Turning R here leads to **Espigmenou arsanas**).
- 60 Turn R on track.
- 80 Pass through gate.
- 300 Ignore track to L (with a small building and antenna). KSO through fields and vineyards.
- 520 Ignore track to L. which is an alternative route coming from **Espigmenou Monastery**.
- 380 At junction KSO/L on track (signed *Hilandar*).

Note: Turning R here, track leads to **Milutin Tower** (after 520 m), to the **Arsanas** and beach of **Hilandar** (after 1050 m) and to the **Cell of Agios Vasilios** on the shore (after

1400m).

Pass monument with cross and fountain and then field with tall cypress trees on L.

720 Ignore track from R with ford and a small bridge beside it. KSO.

180 Ignore track coming from L. Pass big shrine on L and KSO, now on broad K. Ignore tracks to R and L. Pass graveyard and ossuary on R.

420 Arrive at the main entrance to ***Hilandar 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.