

## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM HILANDAR TO ESPHIGMENOU



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 L out of **Hilandar Monastery** main entrance and walk downhill on the main road, passing the graveyard and ossuary on the L and ignoring road entering from R.
- 130 At junction, fork L on road (soon broad K). Pass shrine with wooden cross on R and continue through olive grove. Pass big shrine on R. K bends slightly R. Ignore track coming from back R. KSO now on track.
- 460 Ignore track from L with ford and a small bridge beside it. KSO to pass field with tall cypress trees on R and monument with cross and fountain.
- 720 At junction, fork R uphill on track (signed *Esphigmenou*).

**Note:** Taking the track straight on/L here 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).

- 380 Ignore track to R, which is an alternative route to *Esphigmenou*.  
KSO through fields and vineyards. View of ***Esphigmenou Monastery*** soon appears.
- 520 Ignore track to R (with a small building and antenna). KSO.
- 300 Pass through gate.
- 80 Turn L on track to *arsanas*. Cross bridge.
- 60 Turn R under pergola.
- 150 Arrive at the main entrance of ***Esphigmenou Monastery***.
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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.