



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM HILANDAR TO ZOGRAPHOU

Distance: 8 km Journey Time: 2½ hours

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This is an attractive journey, mainly on forest paths. The initial section involves a climb out of *Hilandar* on a narrow, winding and sometimes steep forest path. The route then follows little used open forest tracks on the hill-top, with views north and west towards the sea, before crossing the main road between *Hilandar* and its *arsanas*. It then descends through the forest on an attractive path to *Zographou*.

**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 ***Hilandar Monastery*** main entrance and walk around the outside of the Monastery, ignoring path from L.
- 100 Bear L on track above the low wall, ignoring more major track descending to R.
- 100 Cross a little stone bridge. Pass shrine on L.
- 20 KSO into woods on narrow FP (signed *Zographou*) which winds up through forest, steeply and in a gully at times.  
  
Ignore tracks to R and L.
- 1500 FP emerges from woods to join forest road. Turn L along forest road (signed *Zographou* after 30 m).
- 210 At junction with forest road, turn R.  
**Note:** Turning L at this point, downhill along the forest road, leads in 450m to Holy Trinity chapel.

- 800 Forest road joins from R at large flat open grassed area with large black plastic water tank. Bear L.  
Road soon rises and becomes exposed with views to L and R over forest and hills to sea.
- 750 Forest road joins the main road between **Hilandar** and its *arsanas* on the west coast. Cross the main road and climb bank on far side onto FP (signed **Zographou**) on edge of the woods and turn L. FP on top of the bank follows the edge of the road for a short distance before entering light woodland.  
Ignore small path joining from L beside stone obelisk (frontier marker between **Hilandar** and **Zographou**) on top of small bank. KSO.
- 900 Ignore FP joining from R (this goes back to the main road between **Hilandar** and its *arsanas*).  
**Note:** A deviation of 250m along this path leads to a fountain with running water.  
KSO. FP descends through woodland.
- 170 Ignore track from R uphill. KSO on FP to the L, descending and crossing three river-beds.
- 1850 FP joins from L beside a cross on a pedestal (this path goes to the **Hermitage of Kosmas**). KSO.  
Ignore path to R. KSO.  
Cross river on fine stone bridge.
- 1000 FP emerges at main road with **Zographou Monastery** visible on hill ahead. Take the direction indicated by the prominent signpost: cross road and KSO on FP, with a shrine to the R of path. FP crosses river on stone bridge, then climbs steeply on very good *K* with walls on each side.
- 170 FP (*K*) joins from R coming from *arsanas*. KSO.
- 280 Arrive at gate of **Zographou 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.