



## FOOTPATHS OF THE HOLY MOUNTAIN

# FROM KONSTAMONITOU TO ZOGRAPHOU

**Distance: 3.6 km      Journey Time: 2 hours**

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**A well shaded walk most of the way, with three uphill followed by downhill sections with good scenery and a view of Zographou monastery at the end.**

**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 the **Konstamonitou Monastery** and follow the wall of the monastery around to the left.
- 300 On arrival at empty area at bottom of FP, turn L at signpost.
- 70 Cross stream bed on R. FP starts to climb.
- 950 Arrive at open area with view to the sea.
- 250 Cross stream bed.
- 320 FP (K in parts) starts long descent.
- 800 At bottom of descent, emerge onto track (crossing a fence) and turn R along it. After about 20m, turn L off track onto FP (crossing another fence) at cairn/signpost.
- 60 Descend to cross stream. The FP then goes uphill and passes above an attractive chapel down below in the valley on the L.
- 500 Emerge onto track. Turn L, ignoring FP straight on.
- 480 Turn L (signed) off track onto descending FP (soon K). View of **Zographou** soon appears.
- 200 Ignore FP (K) from L. KSO.
- 200 Arrive at entrance to **Zographou 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](http://www.athosfriends.org) and in a number of places on or associated with the Holy Mountain.