



## 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 500m 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. The route from Vatopedi to the ridge was only reopened in May 2009. 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 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:

<u>Walk (m)</u>	<u>And then . . .</u>
0	Leave gate of <b><i>Vatopedi Monastery</i></b> and turn L along paved road, with monastery on L.
100	After covered well on L, take R fork downhill on road, initially <i>K</i> .
350	Another road joins from back R. KSO, now with orchard on L.
240	After orchard ends, cross stream. KSO on road.
180	Join larger road from back R. 15m later cross stream at ford.
40	Where road makes sharp bend to the left, uphill, bear R along FP signed <i>Konstamonitou</i> and <i>Dochiariou</i> which descends and bears L into stream-bed. <b>Caution: Do not take FP which climbs up ahead.</b>
80	Cross stream and KSO on path. Pass another sign to <i>Dochiariou</i> after which FP starts to climb, with stretches of <i>K</i> . Due to forestry, the route here deviates from the <i>K</i> for short waymarked stretches.
550	Reach and cross road. KSO on FP ( <i>K</i> ), uphill.
1050	Shortly after passing wooden structure on R, reach road. Turn L along road which follows contour of hill (signed <i>Konstamonitou</i>

and *Dochiarion*).

**Caution: Do not take FP which continues ahead.**

- 700 Shortly before road makes a sharp bend to the L at the head of a valley, turn R at open area marked with rough cairn and follow small path steeply uphill (signed).

**Caution: may be difficult to spot.**

- 20 Turn L onto FP which becomes *K*, crosses stream-bed and then zig-zags up side of valley. Keep uphill, ignoring possible FPs to L.
- 750 FP reaches flatter, more open scrubby/grassy area and becomes track before reaching road. KSO, uphill on *K* on far side of road (signed).
- 60 At T junction with similar FP, turn R, uphill (not straight on, on level, which may be barred). FP continues uphill, often through trees and may be indistinct or seasonally overgrown in places. Watch out for waymark arrows and orange tape.
- Note:** Logging in this area has resulted in the loss of sections of the original FP.
- 280 FP reaches logging track. Turn L along track. Ignore any routes branching off track to L or R.
- 180 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* marking a crossing point of the ridge) on L.
- 90 Bear L on road (signed *Dochiarion*), now downhill. Ignore ridge FP which continues ahead (signed *Konstamonitou*, *Esphigmenou* and *Hilandar*).
- 900 Track joins the road from L. KSO on road.
- 250 Road joins from R. Bear L along road.
- 120 Main road joins from back L (signed L to *Karyes*). Bear R (signed *Konstamonitou*, *Zographou* and *Hilandar*), now 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 Shortly before road bends R round headland, with sea ahead, turn hard L off road onto small track (marked with red and white waymark arrow), which descends roughly along the crest of a ridge.

**Caution: May be difficult to spot.**

- 100 Turn R off track onto FP (marked with orange tape and red and white waymark arrow).

**Caution: May be difficult to spot.**

- 200 FP emerges at grassy track. KSO, descending bank on further side to pick up continuation of FP which zig-zags down into valley (marked with orange tape).
- 930 FP crosses stream-bed in valley bottom. KSO now on level.
- 75 FP emerges at rough track just before a small concrete hut (marked with orange tape; reverse direction signed *Karyes* and *Vatopedi*). Turn L to follow track, downhill past hut, with valley to L.
- 750 Pass large concrete reservoir, on R. At reservoir, bear L and then R to pick up FP (signed *Dochiariou*) which continues to descend and soon begins to zig-zag past terraces with views of ***Dochiariou*** below.
- Note:** Continuation of FP uphill to L is now impassable
- 400 At junction by buildings, turn hard R on *K* towards monastery, ignoring tracks back to L.
- 150 Arrive at gate of ***Dochiariou 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.