



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM VATOPEDI TO ZOGRAPHOU VIA CHERA

**Distance: 6.6 Km      Journey Time: 2½ hours**

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**Passing initially through the olive groves of *Vatopedi*, this walk goes deep into the heart of the Athos woods, far from any sign of human habitation. The ascent, mainly via narrow paths through the woods, leads to *Chera*, an important junction of four paths. After *Chera*, the walk follows wide forest tracks before a steep descent by *kalderimi* 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 takes no 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 On leaving the gate of ***Vatopedi Monastery*** turn R to pass kiosk on L, and KSO down paved road which descends steeply to the shore.

***Note:*** Turning R after the kiosk leads down to the *arsanas*. If this route is preferred, leave the *arsanas* with the sea on the R to join the route below in 120 m.

- 150 On reaching the shore, turn L along track beside sea.
- 200 Track crosses stream.
- 30 Follow the track when it turns L, inland.
- 230 Turn R where track bears L with lesser track on R, KSO on small FP steeply uphill through olive grove (signed on trees). Views appear back L to man-made reservoir and ***Vatopedi***.
- 500 At top of olive grove, FP continues more distinctly, through

trees.

- 800 Cross forest road and KSO. Track initially continues parallel to FP on L.
- 200 Cross forest road and KSO, uphill. FP is steep and rocky, with remains of *K*.
- 2000 FP flattens out and enters woodland to join ridge FP (signed *Karyes*) coming from back L.
- 40 Arrive at ***Chera*** ('The Hand') – a brownstone monument with directions (*Altitude 350m*) marking the crossing of the ridge.

*(Approximate time to this point: 1½ hours.)*

Follow sign to ***Zographou***: straight on/L.

***Note:*** The ridge path, bearing R here, continues to ***Hilandar*** and ***Esphigmenou***.

- 250 FP ends at track. Turn L along track.
- 550 Join larger track from back L. KSO/R along track.
- 40 KSO, ignoring minor track from R.
- 400 Turn R onto FP (signed) which descends steeply on *K*.
- 800 FP emerges onto track at sharp bend. Turn R and KSO down track which becomes *K*. (Ignore minor track back R).
- 400 Arrive at entrance to ***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.