



FOOTPATHS OF THE HOLY MOUNTAIN

FROM ZOGRAPHOU TO HILANDAR

Distance: 8 km Journey Time: 2½ hours

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

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 Take the direction indicated by the prominent signpost just outside the main entrance of **Zographou Monastery**, following very good *K* path which descends steeply with the monastery walls on the L.
- 280 At fork KSO descending (ignore *K* on the L going to *arsanas*). FP crosses river on stone bridge.
- 170 After passing shrine on L, FP arrives at main road. Take the direction indicated by the prominent signpost: cross road and continue on further side on FP (signed *Hilandar*, *Esphigmenou* and *Hermitage of Kosmas*) and onto a fine stone bridge to cross river. Ignore FP to L beyond bridge.
- 1000 FP joins from R beside a cross on a pedestal (this path goes to the **Hermitage of Kosmas**). KSO, crossing three river-beds.
- 1850 Reach open glade and KSO/R (signed *Hilandar*) ignoring

- track coming from back L. FP ascends through woodland.
- 170 Ignore FP to L.
Note: This path goes to the main road between **Hilandar** and its *arsanas*. A 250m deviation along this path leads to a fountain with running water.
- Ignore small path to R beside stone obelisk (frontier marker between **Hilandar** and **Zographou**) on top of small bank. KSO.
- 900 FP emerges from forest on top of a bank above the main road (below R) between **Hilandar** and its *arsanas*. Follow the FP along the top of the bank for 70m until opposite a road junction. Climb down bank to main road and cross it to take the forest road ahead on the further side.
Caution: Do not turn R along the main road, signed to Hilandar. As well as being less pleasant, the road route is significantly further.
- Route crosses exposed area, with views to L and R over forest and hills to the sea, before descending.
- 750 Bear R at junction of roads at large flat open grassed area with large black plastic water tank.
- 800 At junction with forest road on R, turn L.
Note: Turning R at this point, downhill along the forest road, leads after 450m to Holy Trinity chapel.
- 210 FP leaves forest road to R. Turn R onto FP (signed **Hilandar**) which winds down through forest, in places steeply and sometimes in a gully. Ignore tracks to L and R.
- 1500 Emerge from woods – **Hilandar Monastery** is directly ahead. Pass shrine on R, cross a little stone bridge and KSO with monastery walls on the L.
- 120 Ignore track to L.
- 100 Arrive at the main entrance of **Hilandar 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 and in a number of places on or associated with the Holy Mountain.