



FOOTPATHS OF THE HOLY MOUNTAIN

FROM ZOGRAPHOU TO KONSTAMONITOU

Distance: 3.6 km

Journey Time: 2 hours

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A well shaded walk, with three uphill sections followed by downhill ones, with good scenery and a view of *Konstamonitou* towards 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 R out of **Zographou Monastery** and follow monastery wall around to the R to pick up *kalderimi* FP.
 - 200 KSO uphill ignoring FP on the R.
 - 200 FP joins track. Turn R onto track.
 - 480 Where track bends L, turn R onto descending FP (partly *K*). The FP passes above an attractive chapel far below in the valley on the R.
 - 500 Descend to cross stream. FP goes L (signed). Ignore FP to R (uphill).
 - 60 Emerge onto track (crossing a fence) and turn R along it at cairn with signpost. After about 20m, turn L (crossing another fence) onto FP which ascends.
 - 800 End of long haul uphill but in shade (*K* in places).
 - 320 Cross stream bed and continue uphill.
 - 250 Arrive at open area with view to the sea.
 - 950 Cross river bed and KSO.
 - 70 Turn R on FP uphill (marked with orange tape) at the foot of the cliff. (Ignore large track to R.)
 - 300 Arrive at **Konstamonitou 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 and in a number of places on or associated with the Holy Mountain.