



## FOOTPATHS OF THE HOLY MOUNTAIN

### FROM ZOGRAPHOU TO VATOPEDI VIA CHERA

**Distance: 6.6 km**

**Journey Time: 2½ hours**

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**This walk goes deep into the heart of the Athos woods, far from any sign of human habitation. After leaving *Zographou* along a track, there is a sharp ascent by *kalderimi*, and then a more gentle ascent by forest tracks, to *Chera*. The route then descends by narrow paths through woods, with glimpses of *Vatopedi Monastery*.**

**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 From entrance of ***Zographou Monastery***, walk diagonally up to the R initially on K, as directed to *Vatopedi* by large signpost.
- 400 Where track bends sharply R, ignore level track ahead/L but take FP just beyond it, also ahead/L (signed). This soon climbs steeply.
- 800 FP emerges onto forest track. Turn L along track, initially uphill but becomes level.
- 400 Ignore track descending to L. KSO.
- 40 At fork, take track to L, uphill (signed).
- 550 Turn R off track onto narrow FP (signed) through woods, now level.
- 250 Arrive at ***Chera*** ('The Hand') – a brownstone monument with directions marking the crossing of the ridge (*Altitude 350m*).

*(Approximate time to this point: 50 minutes.)*

Follow ridge path straight on/R, signed *Vatopedi* and *Karyes*..

**Note:** Turning L onto the ridge path here leads to *Hilandar* and *Esphigmenou*.

- 40 Fork L, signed *Vatopedi*. (R is ridge path towards *Karyes*.) FP soon begins to descend, gently at first, but later steeply, with remains of *K*, very rough in places.
- 2000 Cross forest road. KSO on path.
- 200 Cross forest road. KSO on path.
- 100 Ignore FP to R and KSO down.
- 700 Reach open area with olive grove – *Vatopedi* visible ahead. Continue on FP downhill through olive grove keeping man-made reservoir on R.
- 500 Come to T-junction of tracks and KSO/L on track towards sea on level.
- 230 Track reaches the sea and turns R along shore.
- 220 Turn R up steep paved road. (Straight on leads to *Vatopedi Arsanas*.)
- 150 Arrive at *Vatopedi Monastery* entrance.

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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.