

Bridge & Walking in Cyprus

Tour Style: European Centre Based
Destinations: Cyprus & Mediterranean
Trip code: CPBRW
2 & 3



HOLIDAY OVERVIEW

Walk by day to explore the lush green landscapes, charming villages and ancient sites on and around Cyprus' wild and beautiful Akamas Peninsula then return to the hotel each evening to take part in friendly but competitive Bridge competitions with your fellow guests where EBU Master Points can be earned. Not far from our base in the town of Paphos (often spelt Pafos), there are many well-established trails to follow which afford great views of the scenic surroundings. Coastal walks reveal wonderful views of turquoise sea backed by tree-covered cliffs which give way to wide, sandy beaches which are used by both green and loggerhead turtles to lay their eggs during the summer months. A sightseeing day gives the opportunity to visit and learn about the interesting history of three of the island's ancient monasteries with the chance to taste some local wine too. On the free day, a visit to the UNESCO-listed Paphos Archaeological Park (Nea Paphos) which includes the impressive Tombs of the Kings is highly recommended.

WHAT'S INCLUDED

- A choice of 2 guided walks in the stunning area
- A sightseeing day with a local guide including all admissions and a meze lunch
- All transport to and from walks and on the sightseeing day
- A free day to explore the area independently

- Each evening there is a supervised Bridge competition so you can put your skills into practice
- EBU Master Points are awarded on this holiday

HOLIDAYS HIGHLIGHTS

- Discover the true identity of Aphrodite's isle from the wild Akamas Peninsula to the foothills of the magnificent Troodos mountains
- Stay in Paphos, with its pretty harbour, great beaches and a host of archaeological gems
- Bring the archaeological sites to life on the sightseeing day with our incredibly knowledgeable local guide
- Knowledgeable walking guides
- Join well established walking trails between Byzantine churches, waterfalls and villages in the foothills
- On your free day, visit Greco-Roman ruins and the Tombs of the Kings, UNESCO World Heritage Sites
- Daily evening Bridge competition

ITINERARY

Day 1: Arrival Day

Welcome to Constantinou Bros hotels, unpack and settle in.

Day 2: An Introduction To Cyprus

Today our walks both follow loops passing by the coast.

Option 1 - Paphos And Its Castle

Distance: 4 miles (6½km)

Total ascent: 150 feet (45m)

In summary: A circular walk from the hotel along the coast to the medieval Castle, built in Byzantine times to protect the harbour in Paphos. We'll then return to the hotel via the town.

Highlight: Paphos Castle, with its wealth of history.

Option 2 - Akamas Heights To The Sea

Distance: 5 miles (8km)

Total ascent: 50 feet (15m)

In summary: Our walk today takes us on one of Europe's long distance trails, the E4, As we make our way to the small fishing port of Agios Georgios and wide views to the tip of the Akamas Peninsula. From here we'll take a beautiful coastal path to a café for well earned refreshments.

Highlight: A peaceful coastal walk to introduce you to Cyprus.

Day 3: Around Kissonerga

A short coach journey from the hotel brings us to the historic area to the north of Paphos and the villages of Empa and Kissonerga

Option 1 - Kissonerga Loop

Distance: 4 miles (6½km)

Total ascent: 400 feet (120m)

In summary: We'll start in the lowland village of Kissonerga, our route passes through banana plantations, along the beach and through archeological sites, which the area is famous for. We'll finish our walk in Julie's Garden café in the town.

Highlight: Delve into the past with several churches and archaeological places of interest.

Option 2 - Empa And Kissonerga

Distance: 5 miles (8km)

Total ascent: 400 feet (120m)

In summary: We leave Empa and walk past fields to the neighbouring village of Kissonerga where we pass by a small chapel and the village church before crossing cultivated fields including a banana plantation. We visit the beach at Lemba, walk along the coast before returning inland and visiting the largest prehistoric site in the Paphos area dated 3000 BC. We then return to Kissonerga village centre for refreshments in an outdoor garden area.

Highlight: Spot all the agriculture in this area including Banana plantations.

Day 4: Sightseeing Day

Your first stop today is the Agios Neofytos Monastery which was founded by the Cypriot hermit, monk and writer Neofytos. Here, you'll learn more about his life and view some incredible Byzantine frescoes and post-Byzantine icons before continuing to Pano Panagia, high in the Paphos mountains. Take time here to explore or have a bite to eat in one of the tavernas before heading off to the Chrysorrogiatissa Monastery, dedicated to 'Our Lady of the Golden Pomegranate'. Be sure to have a taste of their wine on your visit to the cellars! The final stop of the day is Agia Moni Monastery. Dating from the 6th Century, this is one of the most ancient on Cyprus and nowadays is only inhabited by one monk, Father Epiphanius.

Day 5: Free Day

Each week there is a free day when no organised activities are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day include:

Paphos Waterfront: Walk along the promenade to the harbour and enjoy a drink overlooking the town's imposing castle.

Paphos Archaeological Park (Nea Paphos): You can reach this UNESCO World Heritage site on foot from the hotel via the beachfront promenade. This outstanding archaeological park features extensive Greco-Roman ruins and incredibly well-preserved mosaics depicting ancient mythology. The Tombs of the Kings - a large area of underground tombs - are one of the park's many highlights.

Hotel: Relax at the hotel and take advantage of its extensive spa and swimming pool facilities.

Day 6: The Baths Of Aphrodite

Today we return to the Akamas Peninsula. Travelling to the northern side, with far reaching views over turquoise seas, what better way to spend your day than walking in this marvellous wilderness area. One of the least inhabited areas of Cyprus, this is an area well worth visiting.

Option 1 - Aphrodite's Birthplace

Distance: 4½miles (7km)

In summary: Today we follow trails along the North West coast of Cyprus, with views out to the sea. Looking out for sea stacks, with the waves lapping gently against them.

Highlight: The colour of the sea on this side of the island is turquoise, spectacular.

Option 2 - Baths Of Aphrodite

Distance: 5 miles (8km)

Total ascent: 400 feet (120m)

Total descent: 1,000 feet (300m)

In summary: Starting at a lovely picnic spot above Neo Chorio we make our way through pine forests to reveal an area of outstanding views over Polis and Latsi. We continue on our way past old mining areas to another picturesque picnic spot around a great oak tree before making our descent to Aphrodite's Bath where we end our walk.

Highlight: The Akamas Peninsula National Park with unspoilt beaches and rugged coastline is a truly wild part of Cyprus with far reaching views over turquoise seas.

Day 7: Kouklia Or Panagia

Today we either walk around the village of Kouklia with its impressive archaeological site, or in the hills above Paphos and the magnificent monastery of Chrysorrogiatissa.

Option 1 - Kouklia Circular

Distance: 3 miles (5km)

Total ascent: 400 feet (120m)

In summary: From the village of Kouklia, our loops takes us through corn fields with far reaching views of the sea. Passing irrigation systems used for centuries, look out for olive groves.

Highlight: Option to visit Paleopaphos Museum (payable locally) this extensive archaeological site draws tourists every year.

Option 2 - Monasteries And Wines

Distance: 6 miles (9½km)

Total ascent: 500 feet (150m)

In summary: We begin our walk in Agios Fotas following a wide track to the Agia Moni Monastery, considered to be one of the oldest on Cyprus. After a brief exploration of this ancient monastery we continue on our way through vineyards to the beautiful Chrysorrogiatissa and on to the small town of Pano Panagia for refreshments.

Highlight: Agia Moni Monastery has a wonderfully tranquil setting, and there's been a monastery on this site since the 4th Century.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Constantinou Bros Hotels - Cyprus

The 4-star Constantinou Bros Hotels enjoy an enviable beachfront location in a quiet part of Paphos. HF Holidays guests could stay at either the Athena Beach or Pioneer Beach properties. The hotels offer a wide range of facilities and bright spacious rooms. The local shops are just a short walk away. The hotels are renowned for their warm and friendly staff and have been awarded Silver and Gold Hotel Awards from HF Holidays for their outstanding feedback.

Accommodation Info

Rooms

All the bedrooms are spacious, very well equipped and have been recently refurbished.

The hotels have comfortable en-suite bedrooms with private balconies and breathtaking sea or land views.

All rooms have flat screen LCD satellite TV and radio, direct dial telephone, Wi-Fi, safe deposit boxes, tea and coffee making facilities replenished daily, espresso machine, fridge, a mini-bar (on request with charge), hairdryer, bathrobe and slippers, and air conditioning May-October or heating November- April. Rooms also include bathroom with bath tub, rain shower and flexible hose shower, scales, magnifying mirror, floor to ceiling windows, deluxe toiletries, ironing facilities, pool/beach towels in room towels, USB socket.

Facilities

Hotel facilities Athena Beach Hotel

- Bar with a large, comfortable terrace
- Beautiful views of the Mediterranean and the hotel's tranquil gardens
- 3 freshwater swimming pools
- Indoor pool (heated November to March)
- Indoor and outdoor Jacuzzis
- Floodlit tennis courts
- 24-rink indoor and outdoor bowls green facilities
- Mini-golf
- Mini market/souvenir shop
- Jewellery shop
- Free parking
- Laundry and dry cleaning facilities
- Currency exchange

Hotel's Elixir Spa

- Heated pool (heated November to March)
- 2 Saunas
- Steam bath
- Gym
- Hairdressing salon
- Professional massages
- Aromatherapy and other treatments to help relax and rejuvenate

Hotel facilities Pioneer Beach Hotel

- 3 Bars. 1 with beautiful views of the Mediterranean and the hotel's tranquil gardens
- 1 freshwater swimming pool
- Indoor pool (heated November to March)
- Indoor and outdoor Jacuzzis
- Floodlit tennis court
- Indoor and outdoor bowls green facilities
- Mini market/souvenir shop
- Jewellery shop
- Free parking
- Laundry and dry cleaning facilities
- Currency exchange

Hotel's Elixir Spa

- Heated pool (heated November to March)
- 2 Saunas free of charge
- 1 Steam bath
- Gym
- Hairdressing salon
- Professional massages

Hotel policies

Mobility scooters are not permitted in the hotel, although use of manual or electric wheelchairs are.

Food & Drink

Holidays on Cyprus are Half Board with an extensive breakfast selection and 3-course evening buffet.

Breakfast

This an extensive self-service continental buffet selection and hot options are also available.

Lunch (Payable Locally)

A picnic lunch can be ordered in advance from the hotel or purchased from the shop on the lower ground floor which is open Monday to Sunday 7.30am until 10pm.

Evening Meal

3-course evening meal served from the buffet.

There will be a vegetarian menu option but if you have any special dietary requirements we recommend that you discuss your preferences with the hotel management.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits.

Dress Code

The dress code for the Constantinou Bros Hotel are:

Dinner: Smart/casual - knee length tailored shorts, closed shoes and t-shirts with sleeves

A La Carte Restaurant: Long trousers, closed shoes, t-shirts with sleeves

Your Evenings

In Europe, our walking holidays continue into the evening. Enjoy a glass of wine or local beer whilst listening to your leaders outlining the next day's walks. After a relaxed evening meal take advantage of the warm evenings and chat with your fellow guests drinking a cocktail in the hotel gardens or just listen to live music one evening at your hotel.

The hotel's location is ideal for a leisurely stroll into the old town, where you can watch the world go by and soak up the atmosphere with a relaxing drink at one of the pavement café bars around Paphos harbour front; just follow the path from the beach front. Or you may like to relax on the terrace or in the bar, with a drink and chat.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Gatwick and Manchester flights to Paphos airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The short coach transfer takes approx 20 minutes to the Constantinou Bros Hotels.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Paphos airport. This short transfer is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £10.50
- Why not let us book you a **private taxi transfer** at a cost of £25 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

USEFUL HOLIDAY INFORMATION

Essential Information

ESSENTIAL EQUIPMENT

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
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- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

OPTIONAL EQUIPMENT

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

All Bridge equipment will be provided.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any

errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any

subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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