

Pilates in Paphos

Destinations: Cyprus & Mediterranean

Trip code: CPKHP



HOLIDAY OVERVIEW

Relax and unwind in peaceful Paphos as you take part in morning and late afternoon Pilates sessions. The Pilates method was developed by Joseph Pilates nearly 100 years ago. In Pilates we practice slow, controlled and flowing movements, all performed with awareness. Benefits include improved flexibility, greater core strength and muscle tone. It also helps to improve posture, body alignment and mobility and creates a feeling of wellbeing. Our base for the week is the coastal town of Paphos, which is home to a host of historic sites, including the UNESCO World Heritage Nea Pafos Archaeological Park and the impressive Tombs of the Kings. Paphos provides a good selection of shops and facilities to make your stay more comfortable, not to mention sweeping beaches and wonderful views out over the sparkling Mediterranean. There is time each afternoon to relax, explore at your leisure or practice your Pilates, perhaps outside on the beach to the sound of the waves lapping on the shore.

WHAT'S INCLUDED

- Half-Board en-suite accommodation.
- Guidance and tuition from a qualified HF Holidays Pilates leader
- 'With flight' holidays include return flights from the UK and hotel transfers.

HOLIDAYS HIGHLIGHTS

- Enjoy Pilates sessions on 5 days to improve your well-being
- Indulge your senses and invigorate your mind at the Elixir Spa (payable locally)
- Explore Paphos, the mystical birthplace of Aphrodite
- Free time to relax and unwind on one of the many blue flag beaches

TRIP SUITABILITY

Suitable for all



ITINERARY

Day 1: Arrival Day

Welcome to Constantinou Bros Hotel. Unpack and settle in.

Day 2 - 4: Your Mind & Body Sessions - Pilates In Paphos

During your stay

Each morning there will be a Pilates session between 9.30am and 12.30pm.

A second, optional Pilates session will be offered in the late afternoon before dinner and a post - dinner Mindful meditation session to relax before bed .

We want you to get the most out of your holiday experience, this is why we offer flexible sessions. So, if you'd rather get out and practice any new skills independently that's fine. Just let our leaders know.

Afternoons are for exploring

Your afternoons are free for you to relax at the hotel or the beach or explore more of Paphos, the mythical

birthplace of Aphrodite and the surrounding area.

Visit Kato Paphos Archaeology Park where some of the structures go back to prehistory. See the stunningly detailed and well-preserved mosaics in the villas depicting scenes from Roman mythology which date back to the year 100.

Explore the Paphos Archaeological Museum and St Paul's Pillar, some of Cyprus' most significant pilgrimage sites.

Indulge your senses and invigorate your mind at the Elixir Spa.

Day 5: Free Day

On our 7 Night Holidays there is a free day when no mind and Body sessions 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:

- Visit the Elixir Spa - choose from an extensive range of spa favourites. Relax, unwind, recharge and rejuvenate. Enjoy one of their treatments in the open air private massage area, with views of the turquoise Mediterranean with palm trees swaying on the horizon.
- Take a biking tour
- Visit one of the local wineries
- Take a Jeep safari

Day 6 - 7: Your Mind & Body Sessions - Pilates In Paphos

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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

Food & Transport

Packed lunches

Our packed lunches will be too much food for some and not enough for others, if you feel you might need more food during the walk, please bring a supply of snacks to supplement this – it won't always be possible to buy these on the route. Your packed lunches will include: bread sandwiches or rolls with a choice of filling; some fresh fruit; fruit cake/flapjack or similar, crisps and/or yoghurt, fruit, biscuits.

Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

Essential Information

No special clothing is required for your Pilates holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. Please bring a Pilates mat and a small blanket. Please note, a non-slip yoga mat is not suitable.

Trip Information

Travel Insurance

We strongly recommend that you take out travel insurance and any other personal insurance relevant to you and the holiday. It is particularly important with the possibility of flight changes and cancellations due to the challenging weather conditions that can occur on the islands and might impact your onward travel arrangements.

Useful Information

The local languages are Greek and English.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Cypriot number 00357

Local Currency

The local currency of Cyprus is the Euro.

Electricity

220 Volt AC with square 3-pin plugs as per the UK.

ATM Availability

There are several ATM machines in Paphos where you can obtain money.

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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