

# Cyprus Discovery Tour

**Destinations:** Cyprus & Mediterranean

**Trip code:** CPLEL



## HOLIDAY OVERVIEW

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Cyprus's position in the Eastern Mediterranean has given the island an amazingly varied history: over thousands of years the Greeks, Phoenicians, Egyptians, Romans, Ottomans and British have all landed on Cypriot Shores and shaped the island's culture. From our base in the coastal town of Paphos (also spelt Pafos), we'll enjoy daily guided excursions to delve into some of the island's rich history as well as enjoy its natural beauty. In Paphos itself we'll visit the large archaeological park to admire Roman mosaics, ruined temples and large underground tombs. We'll also venture to traditional mountain villages and visit ancient monasteries including one which is now only inhabited by a single monk! There's also time to explore the wild beauty of the Akamas Peninsula and visit sites connected to Aphrodite – the Greek goddess of beauty and love.

## WHAT'S INCLUDED

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- Good quality en-suite accommodation in one of our European partner hotels
- Half Board – continental breakfast and evening meal
- The services of an experienced HF Holidays' leader
- Full day excursions with all essential transport in resort
- 'With flight' holidays include return flights from the UK and hotel transfers

## HOLIDAYS HIGHLIGHTS

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- Visit the birthplace of the goddess Aphrodite
- Discover the abundant wildlife and fauna on the Akamas Peninsula
- Explore colourful Paphos and the Tomb of the Kings
- View some of the finest examples of Byzantine frescoes

## TRIP SUITABILITY

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Discovery holidays involve active sightseeing and you should expect to spend lots of time on your feet. Optional short walks of approximately 2½ miles allow you to stretch your legs and see the best of the local scenery.



## ITINERARY

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### Day 1: Arrival Day

Welcome to Constantinou Bros hotels. Unpack and settle in.

### Day 2: Exploring Paphos

Today's adventure takes you to the town of Paphos to explore Kato Paphos (lower Paphos) with its castle and Paphos Archaeological Park (Nea Paphos). At the castle, you can take the opportunity to climb to the roof for sweeping views of the harbour that this small fort guards. At Nea Paphos - one of the most important archaeological sites in Cyprus - there are ancient temples and four Roman villas to explore. Be sure to seek out the well-preserved, intricate mosaics in the villas and the Agora (forum) which was the heart of the complex. From here, it is only a short walk to the UNESCO listed Tombs of the Kings - an impressive ancient underground necropolis carved out of solid rock.

### Day 3: An Amphitheatre, A Monastery And A Goddess On The Coast

Today starts with a drive along the most beautiful stretch of coastline on the island. Stops will be made along the way at the ancient city of Kourion where you'll find the House of Eustolios, complete with stunningly intricate mosaics and dramatic amphitheatre. Later, you'll be whisked through the mountains to the charming village of Omodhos where the residents have been making wine for generations. You can pause for a traditional meze lunch here and enjoy a visit to the village's wine cellars. On the return trip to Paphos you will have the chance to stop at Aphrodite's Rock – a sea stack purported to be the birthplace of the goddess of love, beauty and fertility. It is said that if you swim around the rock at midnight when there is a full moon, Aphrodite will make you ten years younger!

### Day 4: Mountains & Monasteries

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, explore 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.

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

### Day 6: Fishing Ports & Traditional Villages

Today, like the pilgrims of old, you'll make your way to Agios Georgios. At the site, you can take in the far-reaching views of the Mediterranean Sea and Lara Bay and uncover the history of the 6th-century Basilica. Further north, you'll find two enchanting villages – Dhrousia and Kritou Terra – both traditional and unspoilt. Explore the winding streets of Dhrousia and maybe find a bite to eat in a taverna before moving on to Kritou Terra, home of the very first casino in Cyprus!

### Day 7: The Wild Side Of Cyprus

The unique Akamas Peninsula is a haven for the island's flora and fauna and contains virtually every type of habitat found on the island from dense forest to arid pine scrub. The area is home to over 30 endemic plant species, 160 bird species, 20 reptile species and 16 species of butterfly. The local beaches are used by green and loggerhead turtles to lay their eggs. Here you can take the time to meander in the Botanical Gardens and visit the Baths of Aphrodite – a shady pool under a fig tree in a natural grotto fed by a small waterfall. It is said to be where Aphrodite (the Greek goddess of love and beauty) bathed and where the handsome mortal Adonis saw and fell in love with her. It is said that if you bathe in the water you will be given eternal youth! Travelling eastwards along the coast there are a number of picturesque villages to discover, including the harbour village of Latchi and historic Polis. After lunch, the tour continues to the villages of Argaka, Ayia Marina and Pomos, all boasting marvellous sea views.

### Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### 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

Buffet or dinner as set menu with reservation is a 3-course meal with the entré and dessert served from the buffet. The main course is served to your table. 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

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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.

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## TRAVEL DETAILS

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### *THE HASSLE-FREE OPTION*

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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.

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### *THE FLEXIBLE TRAVEL OPTION*

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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

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## USEFUL HOLIDAY INFORMATION

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### Holiday Information

Cyprus is situated in the Eastern Mediterranean and is also known as the beautiful Island of Aphrodite. Due to its location many different cultures have left their mark in a huge array of temples, tombs, mosaics, monastires, churches and castles, but perhaps the biggest surprise is the backdrop for these historic treasures. The picturesque beaches are expected, but just a short journey takes you into the incredible Troodos Mountains, with pine forest, lush green valleys and well stocked vineyards, or to the wild and untouched Akamas Peninsula. Its people greet you with their warmest smile and are generous in sharing their country.

### What To Bring

To enjoy your holiday comfortably and safely, it's essential that your clothing and footwear is suitable for the conditions likely to be encountered. Changeable weather is possible throughout the year, so our advice is to come prepared for all eventualities – hot, cold, wet or dry.

All of our Discovery Tours involve active sightseeing and you should therefore be prepared for walking between the sights and wear flat, comfortable shoes. In the evening most guests wear casual clothing. You will probably find a small rucksack or cross-body bag useful for carrying spare clothing, camera, sun protection, drinks (at least 2 litres) etc during the day. A money belt is always a good idea.

You'll also need to bring your:

- Booking confirmation
- Travel insurance cover note and contact details
- European Health Insurance Card (if applicable)
- Completed guest registration form
- Photocopy of photo page of passport
- Sunhat, sun cream and sunglasses
- **Medication:** If you require any medication, please take adequate supplies for the duration of your holiday. It's advisable to carry your medication in your hand luggage instead of packing it in your suitcase

## Essential 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.

### Dietary Requirements

Vegetarians and special diets can be catered for if requested in advance of the holiday.

### 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.

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## HOW TO BOOK

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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 £20 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://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](http://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](http://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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