

Festive Walking in Western Cyprus

Trip style: Festive breaks

Destination: 📍 Cyprus

Trip code: CYP07-LXL09

Trip Walking Grade: ⚙️ 2 & 3

Carbon Footprint: 🌳 1481kg CO2



Holiday Overview

If you're looking to escape the British chill this winter, join us for a fabulous festive walking break in Cyprus. With its world-famous archaeological sites, mountains, nature trails, and beaches, this sunny Mediterranean island offers an endless variety of things to see and do. Holiday highlights include discovering the island's amazing ancient ruins, taking coastal walks along the Akamas Peninsula, trekking in the UNESCO-listed Troödos Mountains, and admiring beautiful natural landscapes. And when you're not out exploring the island and soaking up some winter sun, you'll stay in the chic harbourside resort of Paphos and enjoy the festive atmosphere and activities at our popular hotel.

WHAT YOU'LL LOVE

- Celebrating the Festive season on the beautiful island of Cyprus
- Staying in the port city of Paphos, the birthplace of Aphrodite
- Soaking up the scenery of the Troodos Mountains
- Taking in views of the stunning Akamas Peninsula
- Sampling Cypriot food and wine

WHAT'S INCLUDED

- 3 guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- 7 nights half-board accommodation at a 4-star hotel
- Gala dinner
- Sightseeing tour of Limassol
- Seasonal entertainment
- Return flights from the UK including hold baggage and airport transfers (on with flight holiday)

ITINERARY - NEW YEAR

Day 1 Arrival Day

Welcome to the Constantinou Bros Hotel. Unpack and settle in.

Day 2 Birthplace of Aphrodite and the Pissouri Plateau

Option 1 - Birthplace of Aphrodite

Distance: 4.5 miles (7.5km)

Ascent: 150 feet (60m)

The short option on our first day takes us along the island's stunning southwest coast. First up is the sea stack known as Petra tou Romiou where legend has it, Aphrodite, the Greek goddess of love, was born. We'll continue along the rugged coastline to soak up sea views and learn about the rich variety of rare plants and vegetation that thrive in the Mediterranean climate. At the end of the walk, we'll stop for a delicious picnic complete with Cypriot specialities and wine.

Option 2 - The Pissouri Plateau

Distance: 5.5 miles (9km)

Ascent: 1,200 feet (380m)

Our longer walk starts in Pissouri where on a clear day you can see the Troödos Mountain range and Mount Olympus – the highest peak in Cyprus. We'll ramble through the island's rural regions passing fields full of carob trees, gorse, and rockroses as well as old shepherding huts. From the high plateau, we're rewarded with superb views over the coast and Petra tou Romiou, the sea stack where legend has it, Aphrodite, the Greek goddess of love, was born. At the end of the walk, we'll stop for a delicious picnic complete with Cypriot specialities and wine.

Day 3 Free Day (New Years Eve)

New Years Eve is a free day when no guided walks are offered. This is an ideal opportunity to relax at the hotel, walk independently, or visit local places of interest. In the evening, the hotel will provide a wonderful festive dinner complete with a welcome aperitif and a glass of wine.

Free day suggestions include:

Paphos Waterfront

Stroll along the promenade to the harbour and enjoy a drink overlooking the town's imposing castle. Some of the best restaurants and cafés are located here, most of which offer superb views of the sea.

Pano Paphos (Upper Paphos)

Known locally as Ktima or Pano Paphos, this part of town is characterised by its beautiful, white-washed houses and busy shopping scene. Keep your eyes peeled for the striking street art that lends the place a splash of colour.

Paphos Archaeological Park (Nea Paphos)

Backed by the blue waters of the Mediterranean Sea, this outstanding UNESCO World Heritage Site features extensive Greco-Roman ruins and incredibly well-preserved mosaics depicting Greek mythology. Believed to have been in use as far back as the 3rd century BC, the Tombs of the Kings (a network of ancient underground burial chambers) are just one of the many highlights.

Day 4 Free Day (New Years Day)

Happy New Year. Celebrate New Year's Day by enjoying the hotel facilities or exploring Paphos. Get involved in a selection of festive-themed hotel activities, unwind by the pool, share a drink at the bar, or relax in your room. In the evening you can expect entertainment such as live music and dancing.

Day 5 Guided Walk - Profitis Elias Trail

Troödos Mountains walks via Profitis Elias Trail

Option 1 - Profitis Elias Trail (longer)

Distance: 6 miles (10km)

Ascent: 1300 feet (400m)

This option features the same route and highlights as option 1 but follows a slightly longer trail at a faster pace.

Please note: Both routes are level 3 grade

Option 2 – Profitis Elias Trail (shorter)

Distance: 3.5 miles (6km)

Ascent: 1,300 feet (400m)

Our morning begins with a drive into the southwestern foothills of the Troodos Mountains where we'll start our day in the village of Panayia – birthplace of Archbishop Makarios III, the first president of Cyprus. We'll visit the monastery of Chrysorroiyatissa and enjoy a tasting of local wine and Cypriot specialties.

Enjoy views over the mountains and the Akamas Peninsula as we continue walking behind the monastery on a trail that leads to Profiti Elias. This long, distinctive ridge is made of an accumulation of bigger and smaller rocks, offering refuge to an array of wildlife. With a little bit of luck, we may be able to see the Eurasian griffon or the imperial eagle, both nesting here.

Please note: both routes are level 3 grade.

Day 6 Limassol Sightseeing

Today is all about sightseeing in and around the Limassol district. We begin with a trip to ancient Kourion, one of the most impressive archaeological sites in Cyprus. Wander between the ruins of this once mighty Greek city state, marvel at the remarkably well-preserved mosaics in the House of Eustolios and be wowed by the Greco-Roman amphitheater that dates from the 2nd century BCE.

Day 7 Guided Walk – Smigies Trail

Smigies Nature Trail walks and Cypriot lunch.

Option 1 – Smigies Trail (shorter)

Distance: 5 miles (8km)

Ascent: 800 feet (260m)

The Smigies Nature Trail includes two circular routes that begin and end at the popular Smigies picnic site. The short route crosses the beautiful sun-drenched plains of Skoteini to the vineyards of Pampela. We'll continue along a tree-lined road that opens out onto panoramic views over Chrysochou Bay and the 70,000-hectare protected game preserve that is Paphos Forest. We'll celebrate the final walk of the holiday with a delicious picnic complete with Cypriot specialties such as grilled Greek cheese and local sausages served with ouzo and wine.

Option 2 – Smigies Trail (longer)

Distance: 7 miles (11.5km)

Ascent: 800 feet (260m)

This walk crosses the mountain slopes of Peana and offers far-reaching views of the Akamas Peninsula's west coast including Lara Bay, Karabópetres, and Geronisos island. The trail follows the mountain ridge road which leads to Cape Arnaoutis before heading east through an old metal quarry and ending up in the location of Pampela where the two Smigies routes meet. On completion, we'll celebrate the final walk of the holiday with a delicious Cypriot picnic (same as Option 1).

Day 8 Departure Day

We hope to see you again soon.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Constantinou Brothers Athena Beach – Cyprus

The 4-star Constantinou Bros Athena Beach Hotel enjoys an enviable beachfront location in a quiet part of Paphos, offering a wide range of facilities and bright spacious rooms. All the bedrooms are spacious and well equipped with a private balcony where guests can relax.

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

Rooms

All the bedrooms are spacious, very well equipped with a private balcony where guests can relax.

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.

About your stay

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.

Travel Details

Address

Athena Beach Hotel
Poseidonos Avenue
CY8101 Paphos
Cyprus

Tel: [00357 26 884 300](tel:0035726884300)

Useful Holiday Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

Tripnote validity

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.

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