

Cyprus Guided Walking Holiday

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



HOLIDAY OVERVIEW

Discover the lush green landscapes, charming villages and ancient sites on and around Cyprus' wild and beautiful Akamas Peninsula. 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 explore the impressive ruins of the ancient city of Curium (Kourion) which was destroyed by an earthquake in 365 AD. Highlights include the mosaics of a private villa and the remains of a Greco-Roman amphitheatre. 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 full programme of guided walks with 2 options every walking day plus 1 full sightseeing day
- All transport to and from the walks
- The services of experienced HF Holidays' leaders
- 'With flight' holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms

- Half Board – extensive breakfast and evening buffet meal

HOLIDAYS HIGHLIGHTS

- Discover the true identity of Aphrodite's isle from the wild Akamas Peninsula to 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.
- 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

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 5 to 7 miles (8 to 11km) on good paths, with some rocky sections. Up to 800 feet (240m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) on good paths, with some steep ascents and descents. There are also some rocky sections. Up to 1,800 feet (540m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Constantinou Bros Hotel. Unpack and settle in.

Day 2: Epsikopi And Minthis

A short coach journey takes us inland north of Paphos to the Minthis monastery area. Both groups walk down a valley to the Episkopi Environmental Centre with the chance to see displays about the flora and fauna of Cyprus.

Option 1 - Minthis Panorama And Episkopi

Distance: 4½ miles (7km)

Total ascent: 250 feet (80m)

In summary: We start our walk at the Minthis Golf Resort with wide reaching views, we then walk down a valley through the abandoned village of Moro Nero to reach the Episkopi Environmental Centre. A coastal walk from Paphos to the hotel is then possible.

Highlight: The Episkopi Environmental Centre with its information on flora and fauna of Cyprus.

Option 2 - The Esouza Valley

Distance: 6½ miles (10.5km)

Ascent: 650 feet (200m)

Descent: 1,500 feet (450m)

In summary: This walk begins in the village of Kallepeia at the head of the Esouza Valley and then passes through the Minthis resort and the abandoned village of Moro Nero to the Episkopi Environmental Centre. An optional additional walk from Paphos back to the hotel is then available.

Highlight: Spectacular views down the Esouza Valley.

Day 3: Sightseeing Day

Today we'll all travel along the most scenic stretch of coastline on the island, where we stop to see Ancient Curium. Here we'll discover the infamous House of Eustolios, which proudly boasts its intricate mosaics and magnificent amphitheatre overlooking the sea. We will then drive through beautiful mountain areas to reach the charming village of Omodhos, built around one of the oldest monasteries in Cyprus, the Holy Cross. This is also one of the best wine producing villages where traditional white stone buildings line the narrow cobbled streets. We visit the old wine press and then enjoy a traditional meze lunch. On our way back we will stop at the island's most famous landmark, Aphrodite's rock, the legendary birthplace of the goddess of love. On this day, sightseeing costs are included in the price of your holiday as well as the meze lunch

Day 4: High Village To Turtle Beach

To the north of Agios Georgios the wilderness area of the Akamas Peninsula opens up. This area of spectacular rugged scenery and sandy bays. Using a variety of tracks both groups wind their way down to the sea, enjoying the views over the Akamas Peninsula.

Option 1 - Akamas Heights To The Sea

Distance: 5½ miles (8.5km)

Ascent: 150 feet (40m)

Descent: 1,400 feet (420m)

In summary: This walk 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. We begin our walk on the Smigies trail along hillsides through fields and farms with views of the coastline in front of us.

Highlight: We finish with a well-earned drink at a coastline cafe. The pleasant harbour of Agios Georgios with views of Geronises Island.

Option 2 - From Rural Village To The Coast

Distance: 9 miles (14½km)

Total ascent: 500 feet (150m)

Total descent: 2,000 feet (600m)

In summary: We'll start our walk further along the Akamas Peninsula and wind our way down to Lara Bay, famous as a breeding area for green and loggerhead turtles. From here our route hugs the coastline, passing the mouth of the Auakas Gorge as we near Paphos and the end of our walk.

Highlight: Lara Bay with its sweeping beaches is famed as a breeding area for green and loggerhead turtles.

Day 5: Free Day

Each week there is a free day when no guided walks 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.

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

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 ancient underground tombs - are one of the park's many highlights.

Day 6: Pomegranates And Vines

The walks today travel to the hills above Paphos, through farmland and vineyards to the magnificent monastery of Chrysorrogiatissa. This monastery was established in 1152 and features many frescoes and icons as well as producing their own wine.

Option 1 - Monasteries And Wine

Distance: 6 miles (9½km)

Ascent: 800 feet (240m)

Descent: 1,050 feet (320m)

In summary: We begin our walk in Agios Fotas following a wide track past the Agia Moni Monastery, considered to be one of the oldest on Cyprus. 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.

Option 2 - Pomegranates And Vines

Distance: 6½ miles (10.5km)

Ascent: 1,700 feet (520m)

In summary: Our route begins in the village of Kannivou following farm tracks as we ascend to the Chrysorrogiatissa monastery with spectacular views to reward our hard work. From here we wind our way to join the easier group in Pano Panagia for refreshments.

Highlight: The monastery at Chrysorrogiatissa dates to the 12th Century and has wonderful frescoes and produces some of the island's finest wines.

Day 7: The Baths Of Aphrodite

Today we return to the Akamas Peninsula. Travelling to the northern side, our coach takes us to a high picnic place above the village of Neo Chorio. This is one of the least inhabited parts of Cyprus with far reaching views over turquoise seas; it's a marvellous wilderness area. Walks here end at The Baths of Aphrodite – a shady pool 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!

Option 1 - Baths Of Aphrodite

Distance: 6 miles (9.5km)

Ascent: 500 feet (140m)

Descent: 1,050 feet (320m)

In summary: Starting above the village of 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.

Option 2 - Moutti Tis Sotiras And Aphrodite

Distance: 8 miles (13km)

Ascent: 750 feet (240m)

Descent: 1,400 feet (420m)

In summary: Like the easier walk, we make our way to the picnic spot at the great oak tree. This is where the similarities end, as we ascend Moutti tis Sotiras for 360° views above the Akamas Peninsula before zigzagging our way down to join the easier group at Aphrodite's Bath for a well-earned drink to celebrate a great week's walking.

Highlight: The superb views from Moutti tis Sotiras over the hills and valleys of the National Park to the coastline and memorable seascape.

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

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 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

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

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.
- 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.

Trip Information

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is

much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders' instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time), the leaders will give a short talk about safety on the walks – we would ask everyone to attend.

Walking as a group: Our leaders always consider the safety of the group as a whole, and will show more caution over potential risks (such as bad or exceptionally hot weather) than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders' assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you. For safety reasons, we stipulate a minimum party size of two guests in addition to the leader. First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream.

Hydration: In warm weather it is very important to keep hydrated. You will need to carry a minimum of two litres of water with you on walks, more during hot weather or on more demanding walks. One good way of hydrating is to use a two litre hydration pack which allows drinking without constant stopping. This can then be filled up from additional water sources as required. Your leader will inform you of the possibilities for replenishing your water during the walks.

Your health: It is essential that you describe on your guest registration form any health condition or disability you may have. The leaders will treat this confidentially and may be able to take it into account on the walks; for example, by not delaying lunch if they know they have someone with diabetes in their party.

Your walking leaders: HF Holidays' leaders are a pivotal feature of our Guided Walking holidays. During the day they will guide you on the walks in a caring and considerate way, showing you places of interest en route. All our leaders have been selected on an intensive residential course so you can relax and enjoy your holiday knowing that you are in safe hands. Our leaders welcome your comments on the holiday survey; constructive suggestions for things that they might do differently are very helpful. We take pride in the quality of our holidays and work closely with all our providers to ensure our holidays meet your expectations. If for any reason you are not satisfied with any element of your holiday, our leaders are the best people to help.

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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