

Walking and Sightseeing in Western Cyprus

Tour Style: Walking with sightseeing

Destination: Cyprus

Trip code: CPLCL

2 & 3



HOLIDAY OVERVIEW

With its world-famous archaeological sites, mountains, nature trails, and beaches, western Cyprus 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 soaking up beautiful natural landscapes. You'll also enjoy a stay in Paphos - the chic harbourside resort treasured for its Venetian architecture and archaeological park.

WHAT'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Half-board (breakfast and evening meal)
- Two picnic lunches
- All sightseeing and entrance fees (as per itinerary)

- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Exploring the Akamas Peninsula
- Walking in the UNESCO-listed Troödos Mountains
- Admiring Ancient Roman and Byzantine ruins at Kourion
- Staying in Paphos, the birthplace of Aphrodite
- Visiting an eco-garden to learn about organic produce
- Sampling a variety of Cypriot food and wine

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Option 1: 4 to 7 miles (7-8km) on good paths, with some rocky sections. Up to 1,000 feet (300m) of ascent in a day. Option 2: 4 to 9 miles (10-12 km) on good paths, with some rocky sections. Up to 1000 feet (300m) of ascent in a day.



ITINERARY

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 before following the coastal trail to reach a lush eucalyptus forest.

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, before following the coastal trail to reach a lush eucalyptus forest.

Day 3: Limassol Sightseeing With Eco Garden And Kourion

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 all of 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.

Heading downhill now, we pass interesting Akrotiri Marsh, on the migrating path of birds coming from Africa to Europe. Over 200 species of birds are regularly recorded here, where the Cypriot wetlands offer a winter refuge. We'll also visit an Eco Garden to learn about the organic produce they grow there, sample homemade herbal teas, and taste all-natural Cypriot marmalade made by the owner and executive chef.

Day 4: Adonis And The Aphrodite Trail

Option 1 - Adonis And Baths Of Aphrodite

Distance: 4.5 miles (7.5km)

Ascent: 1,050 feet (320m)

Descent: 600 feet (180m)

Both walks join the Adonis Trail uphill, walking along the Akamas Peninsula, into the heart of the Akamas Natural Reserve Park and continuing to the striking ruins of a former Byzantine monastery known as Pyrgos ti Rigenas. From here, our group continues on the shorter route down towards the Baths of Aphrodite and the beautiful bay of Chrysochous. Nestled beneath the shade of centuries-old fig trees, this natural lagoon is said to be the spot that the Greek goddess would come to bathe and where she first met her lover, Adonis.

Option 2 - Adonis, Moutti Tis Sotiras & Baths Of Aphrodite

Distance: 7 miles (11 km)

Ascent: 1,700 feet (520m)

Descent: 1,000 feet (300m)

Join our scenic trail into the heart of the Akamas Natural Reserve Park and continuing to the interesting historic site of Pyrgos ti Rigenas. We'll continue to the high point of Moutti tis Sotaris, enjoy the stunning views before our descent route down towards the coast, then follow the shore to reach the Baths of Aphrodite. Here the

hidden grotto, shaded from the Cyprus sunshine, is where legend says Aphrodite would meet Adonis, as he stopped for a drink whilst hunting.

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. Options 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 Pafos, 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 site's many highlights.

Day 6: Troodos Mountains

Option 1 - Troodos - Artemis Trail

Distance: 4 miles (7km)

Ascent: 150 feet (60m)

Reaching an average altitude of 1850m, this route follows a circular trail around Mount Olympus (Chionistra) – the highest peak on the island. We'll journey through black pine forests that are over 500 years old and discover fascinating facts about the area's rock formations thanks to the information points along the way.

Option 2 - Troodos - Atalanti Trail

Distance: 9 miles (14km)

Ascent: 150 feet (60m)

The Atalanti Trail begins and ends at Troodos Square. Initially, this walk follows the same route as option one but extends for a further five miles through the rugged landscapes of the island's former chromium mines before returning to Troodos Square. Along the way, there's a chance to admire a rare Troodos juniper tree that's believed to be over 800 years old.

Day 7: Smigies Trail

Option 1 - Smigies Trail (Shorter)

Distance: 5 miles (8km)

Ascent: 820 feet (260m)

The Smigies 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 via the Smigies Nature Trail. 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 specialities such as grilled Greek cheese and local sausages served with ouzo and wine.

Option 2 - Smigies Trail (Longer)

Distance: 7 miles (11.5km)

Ascent: 820 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. Upon completion, we'll celebrate the final walk of the holiday with a delicious picnic complete with Cypriot specialities such as grilled Greek cheese and local sausages served with ouzo and wine.

Day 8: Departure Day

We hope to see you again soon.

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. Alongside a wide range of facilities and bright spacious rooms, the hotel has won numerous Silver and Gold Hotel Awards from HF Holidays for their outstanding quality.

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.

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.

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

Address

Athena Beach Hotel
Poseidonos Avenue
CY8101 Paphos
Cyprus

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

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have 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:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential 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

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.

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

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

Local Currency

The local currency 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.

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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