

Walking in Western Cyprus for Solos

Trip style: Guided Walking Holidays

Destination: 📍 Cyprus

Trip code: CYP07-LSL09

Trip Walking Grade: ⚙️ 2

Carbon Footprint: 🌳 1419kg CO2



Holiday Overview

Designed exclusively for solos, this tour sees you join a small group of no more than 16 fellow independent holidaymakers to explore the best of the Western Cyprus. With its world-famous archaeological sites, nature trails, and beaches, western Cyprus provides plenty to please. When you're not busy discovering the highlights, like trekking in the UNESCO-listed Troödos Mountains or taking coastal walks along the dramatic Akamas Peninsula with our expert local leaders, you'll enjoy downtime at a handpicked hotel in Paphos - the chic harbourside resort treasured for its Venetian architecture and archaeological park.

WHAT YOU'LL LOVE

- Exploring the Akamas Peninsula
- Walking in the UNESCO-listed Troodos 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

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- Guided walks with local leader (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Paphos
- 7 Breakfast, 7 dinners & 2 picnic lunches
- All in-destination transport

WALKING GRADES AND OPTIONS

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.

The walk in the Troodos mountains may be changed to an alternative, if the conditions are snowy, which may also be the case for early February departures. Our local guides will assess the situation and keep guests updated in resort of any change to the programme.

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Day 1 Arrival Day

Welcome to the Athena Beach Hotel. Unpack and settle in. This evening there will be a welcome drinks reception where you will gather with your tour manager and meet the rest of your travelling companions for the week.

Day 2 Birthplace of Aphrodite

Distance: 4.5 miles (7.5km)

Ascent: 150 feet (60m)

Our first day's walk 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.

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 Baths of Aphrodite

Distance: 4.5 miles (7.5km)

Ascent: 1,050 feet (320m)

Descent: 600 feet (180m)

Our walk joins 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, we continue 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.

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

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.

On our way back to resort, we'll have a break in the traditional town of Omodos, with its charming cobbled streets, fine wine and beautiful monastery.

Day 7 Smigies Trail

Distance: 5 miles (8km)

Ascent: 820 feet (260m)

Our circular walk on the Smigies Trail begins and ends at the popular Smigies picnic site. The 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. Tonight we will gather together before dinner for a farewell drink

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.

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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