Walking in Western Cyprus



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Cyprus	3 & 5	1419kg CO2

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 Troodos 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 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)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Paphos
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to the Athena Beach 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 **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 Pahos, 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.

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.

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.

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

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: 1210 feet (370m)

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 magnesium mine 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.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

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.

Your evenings

In Europe, our walking holidays continue into the evening. Enjoy a glass of wine or local beer with our tour manager and like-minded guests. After a relaxed evening meal take advantage of the warm evenings and why not enjoy a cocktail in the hotel gardens or a beachfront stroll.

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.

FOOD & DRINK

Dining at the Constantinou Bros Hotels

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

Your room at the Constantinou Bros Hotels

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

Facilities at Constantinou Bros Hotels

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

LOCAL AREA

Cyprus has always been fought over, from the Phoenicians, Egyptians, Romans, Venetians, Ottoman Empire to the Arabians during the Crusades, the British and the civil struggles with Greeks and Turkish. Its easy to see why, throughout history, this Mediterranean gem has been so sought after. Modern day Cyprus is no different and the island is a popular holiday destination. It offers visitors an ancient history to marvel and explore with the Greco-Roman sites on the island, one of the largest within walking distance of our hotel.

Cyprus is the third largest island in the Mediterranean and dominated by a vast mountain range, The Troodos Massif. The diversity of the flora and fauna is amazing; the best time to see this is early Spring when we visit the island and again in Autumn.

Paphos and Nea Paphos

Paphos has an interesting history, dating back to Neolithic times, the current city of Paphos was not a particularly important centre until the 1970s, when tourism flourished in the area. Until this time, the city was in decline, as the Capital City, Nicosia, grew in importance on the island. Paphos airport is now the second largest on the island, and the city became the European Capital of Culture in 2017.

You can enjoy the beach of Paphos in the sun or hire bikes from the tour office to see the sites in the city.

On the fringe of Paphos is the ancient city of Nea Paphos (New Paphos) is steeped in mythology, with strong ancient links to the Greek goddesses Aphrodite and Artemis, the city was built next to a natural harbor. Nowadays, the site is open to visitors, and is a UNESCO World Heritage Site. This archaeological site boasts outstanding archaeological park features extensive Greco-Roman ruins and incredibly well-preserved mosaics depicting ancient mythology.

Did you know?

Cyprus was once the wealthiest nation in the known world. It was during the Copper and Bronze Ages when the island's rich natural copper resources were exported to other countries.

TRIP INFORMATION

EU Walking Safety

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.

VACCINATIONS & HEALTH

Vaccinations & health 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.

PASSPORTS & VISAS

Passport & Visa information

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

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Cyprus

The local languages are Greek and English.

Telephone Code for Cyprus

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 is the Euro (€)

ELECTRICITY

Electricity information for Cyprus

220 Volt AC with square 3-pin plugs as per the UK.

ATM AVAILABILITY

ATM availability for Cyprus

There are several ATM machines in Paphos where you can obtain money.

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.

Document produced: 23 November 2026