

EXPLORE!

Walking in Cyprus

8 days

Cyprus - Trip code CY



Walking in Cyprus

Steeped in mythology, Cyprus is a beautiful island. We discover its varied landscapes and rich cultural heritage as we trek through the Troodos Mountains and the Akamas Peninsula. In the Solea Valley we discover 12th-century Byzantine churches, and explore the Tombs of Kings in Paphos. We also visit the Baths of Aphrodite, Kykkos Monastery and the Greco-Roman amphitheatre at Kourion.

Trip highlights

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour Larnaca

Arrive Larnaca and check-in to our hotel. Larnaca (originally known as Kition) is a busy sea front town with palm-fringed beaches, lots of cafes, tavernas, shops and a relaxed, leisurely atmosphere.



Accommodation: Cactus Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Drive to Troodos via Nicosia and Solea Valley

This morning we drive to nearby Nicosia. This dynamic city has been the capital of Cyprus for more than 1000 years and is situated right in the centre of the island in the Mesaoria plain. The old city is enclosed by 16th century Venetian walls where winding alleys are filled with old and some medieval buildings and ancient churches. The Laiki Yitonia area is particularly interesting, alive with restaurants, shops and galleries and many traditional crafts for sale. The Ayios Ioannis Cathedral (dedicated to Saint John) once housed a preserved finger of St John the Baptist until it was stolen after the Battle of Choirokoitia in 1426 AD when the Mamelukes defeated the local forces and went on to over run Lefkosia. Outside the city walls lies modern Nicosia, with public gardens and colonial buildings and open air cafés that grace the elegant streets such as Makarios Avenue. We include an orientation walk of the old town before heading for the fresh air of the Troodos mountains and the UNESCO World Heritage Byzantine churches of the Solea Valley. We'll make a stop at the 12th century church of the Virgin Mary in Asinou which has some of the finest examples of Byzantine mural paintings to be found in Cyprus with inscriptions dating the earliest frescoes to 1106AD. These vibrantly coloured frescoes relate Christian stories - one depicts the harrowing scene of the Forty Martyrs of Saint Sebasto, blood oozing from their spear wounds about to be thrown into a frozen lake. Later, we'll take our first walk through a forest to the small hamlet of Agios Theodoros. Finally, reaching our mountain hotel in Troodos, there may be time for a short walk on one of the many trails on the slopes of Mount Olympus. Todyas 5km walk is expected to take around 1.5hrs with 300m ascent and 275m descent



Accommodation: Troodos Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Walk to Pedoulas

Troodos is 1750m above sea level and the cool air is fragrant from the pine forests that swathe the rolling mountains. Today we descend along winding tracks to Pedoulas village (1100m) at the head of the Marathasa Valley. The walk is easy paced and rewarded with great views of mountain villages where wild flowers, mostly in spring, provide colourful splashes on the mountain sides. From the viewpoint there is a short steep descent before continuing along the road to Pedoulas village. The abundant sunshine is ideal for the cherry orchards around Pedoulas village, the main producer of cherries in the region. Try some of the splendid preserves and liqueurs! Today's 20km walk is expected to take around 6hrs with 200m ascent and 6000m descent.



Accommodation: Chrysty's Palace Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Walk to Milikouri via the Platy Valley, visit Kykkos monastery drive to the coast.

After a short bus transfer we continue walking west through the mountains enjoying the lovely views. In the spring rare species of orchid, crocus and poppy can be found in the Troodos region. Another attraction of walking the mountain routes is the peacefulness of the countryside and friendliness of the local people who live in the simple stone built houses. They are resilient by nature having withstood and accommodated the succession of invaders throughout their long history and are renowned for their hospitality. Upon arrival in Milikouri we'll have lunch in a simple Taverna before transferring to the nearby richest monastery in Cyprus, Kykkos, which enjoys prestige throughout the whole Greek Orthodox church. It possesses a miraculous icon of the Virgin Mary reputedly painted by St Luke which has survived the four fires that destroyed the monastery itself. Next, we'll drive to Stavros tis Psokas Forest Station. This region of Cyprus is famous for mouflon (fawny brown mountain sheep with huge curled horns) which can be found roaming wild. We'll visit a mouflon breeding enclosure on our final descent through the forest to the Akamas Peninsula and our accommodation near the Baths of Aphrodite in Latchi. Today's 14km walk is expected to take around 4.5hrs with 400m ascent and 700m descent



Accommodation: Souli Beach Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast


DAY 5 - Baths of Aphrodite walk


The Akamas Peninsula is a protected wilderness area where nature has taken over. Walking in this unspoilt region affords wide sweeping views down to the craggy coast. Today we'll visit the Baths of Aphrodite, where the goddess Aphrodite bathed after her liaisons with Adonis. We'll also follow a circular nature trail around the Baths. The region is host to a number of the 365 species of birds to be found on the island, many of which are migratory stopping on their route between Eurasia and Africa. There is the option to extend the walk to a full day trip or simply relax and enjoy the perfect surroundings. Today's 14km walk is expected to take around 4hrs with 575m ascent and descent.



Accommodation: Souli Beach Hotel (or similar)

 Standard Hotel

 Swimming pool available

 Single room available


 Meals Provided: Breakfast


DAY 6 - Walk to Agios Georgios tis Pegeias

There are densely forested gorges and high trails on the peninsula, most notably the Avagas Gorge, where the steep canyon walls allow little natural light into the dark valley. Today we follow the beautiful walk from Kathikas to the small fishing hamlet of Agios Georgios tis Pegeias. The trails in this area are rich in carob and juniper trees and you may spot tiny chukar hiding in the scrub. The higher ground affords wonderful views of the rugged coastline and out towards the inviting waters of the Mediterranean. Today's 18km walk is expected to take around 6hrs with 175m ascent and 750m descent.



Accommodation: West End Hotel (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast


DAY 7 - Drive to Larnaca via Paphos and Kourion

Today we leave traditional rural Cyprus and head first to the seaside town of Paphos. It is now a busy town but reminders of its ancient history are still in evidence. Aphrodite, the Goddess of Spiritual Love and Sensual Lust, was born 16 miles off the coast, out of the foaming waves of the sea to the sound of thunder claps. She would meet the youthful Adonis in the hills round Paphos and when he was killed by a wild boar while hunting, her tears of sorrow turned into abundant springs and waterfalls, whilst his blood became the red anemones that colour the hills. We'll visit the Tombs of the Kings, the ancient necropolis of Nea Paphos. Belonging to the wealthier people of Paphos and hewn from the sandstone, the tombs date from the 4th century BC, when Cyprus was governed from Alexandria and held by the Ptolemies. Next we'll visit the Roman remains at the House of Dionysos where the best mosaics on the island are to be found. Leaving Paphos we head for Larnaka but first make a stop at Kourion, the most spectacular archaeological site on the island, where excavations are still bringing new treasures to light. A magnificent Greco-Roman theatre built in the 2nd century BC commands a wonderful view out to sea. We arrive back in Larnaka in the late afternoon.



Accommodation: Cactus Hotel (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 8 - Tour ends Larnaca

Our tour ends today in Larnaca.

Walking and Trekking information

DAILY DISTANCES



Optional Walks

Walking grade

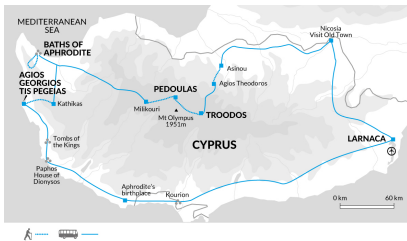
Moderate

Trek details

We walk for 4 full days (including one optional day) for an average of 5 to 7 hours each day, and one part day. We follow well-defined tracks between Troodos villages and along coastal trails of the rugged Akamas Peninsula. This trek has been graded as moderate.

Max walking altitude (m)

1650



What's included?



Included meals

Breakfast: 7



Transport

Bus



Trip staff

Explore Tour Leader
Driver(s)



Accommodation

6 nights standard hotel
1 night simple hotel

Trip information

Country information

Cyprus Holidays & Tours

Climate

Cyprus has an intense Mediterranean climate with long dry summers from mid-May to mid-October and normally mild winters from December-February. Summer is a season of high temperatures and long sunny days tempered in the mountains by refreshing breezes. It has an ideal climate for walking. Rain falls rarely in the summer with only the occasional mid-day shower in the mountains. The winter season sees some rain though sunny days are common. During this time there is snow on the mountains which can last through till as late as April on the higher slopes. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Time difference to GMT

+2

Plugs

3 Pin Flat

Religion

Greek Orthodox

Language

Greek and some English.

Budgeting and packing

Optional activities

Kykkos monastery museum - €5.

Clothing

Summer: Pack essentially for hot conditions and bring mainly lightweight clothing. Evenings are cooler in the mountains so you should also bring a warmer sweater and waterproofs. Winter: Pack for cold conditions. During the months of November - March the weather can be particularly cold at nights and in the morning so bring warm clothing. It is possible we will encounter snow on the higher ground; hats, gloves and a fleece jacket are essential. We recommend waterproof jacket and trousers if travelling in the spring, autumn or winter. Also bring swimwear.

Footwear

We recommend you bring lightweight walking boots with ankle support, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Bring a 2 litre waterbottle, sunhat and sunscreen, and a torch. You may find a trekking pole useful.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow 18 Euro for tipping. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Country Information

Cyprus Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£12.00 - 15.00

Beer price

£2.9

Water price

£0.7

Foreign Exchange

Local currency

Euro

Recommended Currency For Exchange

GBP/Euro and USD are all easily changeable.

Where To Exchange

Money exchange houses are generally better than banks.

ATM Availability

Most tourist centres will have some ATM availability.

Credit Card Acceptance

Larger hotels, restaurants and some shops.

Travellers Cheques

Cash will certainly get you a better exchange rate, although some exchange houses will also cash Travellers Cheques, but for a slightly lower rate.

Transport, Accommodation & Meals

Transport Information

Bus

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Day three: Chrysty's Palace Hotel. The rooms are basic and clean: each room has a private bathroom with bath or shower, some have a balcony.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Cyprus: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

1650

Cyprus Holidays & Tours**Vaccinations**

Nothing compulsory. Tetanus and polio are recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.
