

EXPLORE!

Book with confidence



Why book this trip?

Steeped in mythology, Cyprus is a beautiful island to visit year round. Discover its varied landscapes, rich cultural heritage and colourful wild flowers while trekking in the Troodos Mountains and on the remote coastal Akamas Peninsula.

- **Troodos Mountains** - Trek through traditional mountain villages and pine scented forests
- **Wildlife** - Look out for wild moufflon and myriad species of migrant bird
- **Archaeological sites** - Discover 12th century Byzantine churches and explore the Tombs of the Kings in Pafos



INCLUDED MEALS
Breakfast: 7
Lunch: 2



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus



ACCOMMODATION
7 nights
comfortable hotel



WALKING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join trip in Larnaka

Our trip begins in Larnaka, a busy seafront town with a palm-fringed promenade, lots of cafes, tavernas, shops and a relaxed, leisurely atmosphere on the south of the island.

For those arriving on time, our Leader plans to meet you in the hotel reception at 7.30pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Larnaka at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Larnaka Airport (Cyprus LCA). It is a short ten minute transfer to our hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

It's worth heading to Tassos Mitsopoulos Avenue running between Finikoudes (Palm Tree) promenade and Mackenzie Beach. There are several excellent dining options to choose from including traditional Cypriot dishes such as souvlakia (small chunks of grilled meat, kebab) and Kleftiko, a delicious lamb dish marinated in oregano, tomatoes and bulgar wheat, as well as fish restaurants.



ACCOMMODATION:
Livadhiotis City Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Drive to Troodos via Lefkosia (Nicosia) and the picturesque Solea Valley

This morning we drive to nearby Lefkosia (Nicosia), the capital of Cyprus for more than 1000 years. The old city is enclosed by 16th century Venetian walls where winding alleys are filled with medieval buildings and ancient churches. The Laiki Yitonia area is particularly interesting, alive with restaurants, shops and galleries and many traditional crafts for sale, although it's likely to be quieter on a Sunday when we visit. Outside the city walls lies modern Lefkosia, 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 including walking up to the Green Line which separates its south and north sections. We then head for the fresh air of the Troodos mountains and the UNESCO World Heritage Byzantine churches of the Solea Valley.

Stopping at the 12th century church of the Virgin Mary of Asinou, also known as Phorviotissa, we have time to view 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 to the outskirts of the hamlet of Agios Theodoros before transferring to our mountain hotel in Troodos.

Today's five kilometre walk is expected to take around one-and-a-half hours with 300 metres of ascent and 275 metres of descent.



ACCOMMODATION:
Troodos Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Walk to Pedoulas, in the heart of the Troodos mountains

Troodos square is 1700m above sea level and the cool air is fragrant from the pine forests that swathe the rolling mountains. After a short transfer, we descend along winding tracks and paths 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 on the hillsides in late spring and early summer one can see colourful patches of wild flowers, mainly cistus. We pause at a viewpoint before taking a short steep descent which continues along the forest track to Pedoulas village in the heart of the Troodos. The region enjoys prolonged sunshine through the year, ideal for the cherry orchards around Pedoulas village, the main producer of cherries in the region. Be sure to try some of the splendid preserves and liqueurs!

We return to our hotel overnight.

Today's 20 kilometre walk is expected to take around six hours with 200 metres of ascent and 600 metres of descent.



ACCOMMODATION:

Troodos Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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

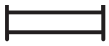
After a short bus transfer we continue walking west through the mountains and a forest setting with fine views. In autumn we should see crocus and on occasions see timid moufflon from a distance.

Another attraction of walking the mountain routes is the peacefulness of the countryside and friendliness of the local people many of whom still live in simple stone built houses passed down through the generations. 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 the option of a picnic or lunch in a simple Taverna before transferring to the 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 moufflon (fawny brown mountain sheep with huge curled horns) which can be found roaming wild. We'll visit a moufflon 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 14 kilometre walk is expected to take around four hours with 400 metres of ascent and 700 metres of descent.





ACCOMMODATION:
Souli Beach Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 5 - The remote Akamas Peninsula. 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 300 species of birds to be found on the island, many of which are migratory stopping on their route between Eurasia and Africa during the spring and autumn migratory periods.

Today's 12 kilometre walk is expected to take around four hours with 575 metres of ascent and descent.



ACCOMMODATION:
Souli Beach Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - The remote Akamas Peninsula. Walk along quiet coastal tracks to Avagas Gorge

Transfer to the village of Kathikas on the Laona Plateau from where we walk down to the west coast fishing hamlet of Agios Georgios tis Pegeias. The quiet tracks, mostly through carob trees and low juniper forests offer good views of the rugged west coast and Agios Georgios tis Pegeias and Geronisos, its offshore island. The area is characterised by densely wooded gorges, most notably the Avagas Gorge, with their steep canyon walls allowing little natural light into the dark valleys. We will walk up to the entrance of Avagas to view into it as the gorge is not safe for walking through.

Today's 18 kilometre walk is expected to take around six hours with 175 metres of ascent and 750 metres of descent.



ACCOMMODATION:
West End Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Drive to Larnaka via Pafos and Kourion

Today we leave traditional rural Cyprus and head first to the seaside town of Pafos. 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 Pafos 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 Pafos. Belonging to the wealthier people of Pafos 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 Pafos 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:**

Livadhiotis City Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends in Larnaka

The trip ends after breakfast at our hotel in Larnaka.

There are no activities planned today, so you are free to depart from Larnaka at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Larnaka Airport (airport code LCA), a short ten minute transfer away.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Cyprus

Budgeting and packing**Optional activities**

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities

are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

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.

Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers or shorts. A waterproof jacket is essential at all times in case of rain and wind. Women should avoid bare arms and shoulders in churches.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Jacket

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 20 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.

Cyprus

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.

Foreign Exchange

Transport, Accommodation & Meals

Transport Information

Bus

Accommodation notes

On day three of the summer version of the trip we stay at Chrysty's Palace Hotel, graded as simple. The rooms are basic and clean featuring wood cladding and simple furniture: each room has a private bathroom with bath or shower and, some have a balcony. The hotel is located in the centre of Pedoulas village and a great base for accessing the Trodoos Mountains.

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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.

Price Guarantee

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 and Passport 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 be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending

point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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)

1800

Cyprus

Walking and Trekking information

DAILY DISTANCES

Day 2	5km	1.5hrs
Day 3	20km	6.5hrs
Day 4	14km	4hrs
Day 5	12km	4hrs
Day 6	18km	6hrs

Walking grade

Moderate

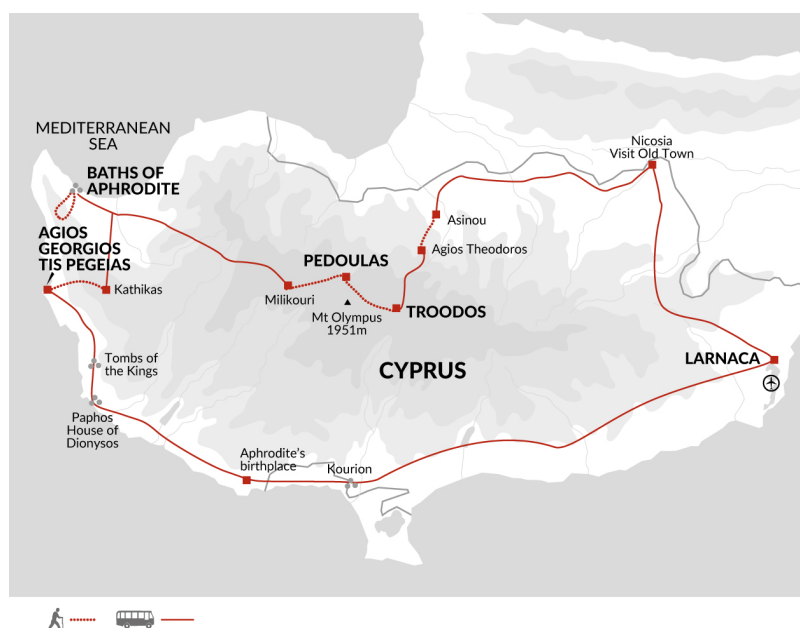
Trek details

Walks on 5 days for between 1.5 to 6.5 hours. Follow well-defined tracks between Troodos villages and along the coastal trails of the rugged Akamas Peninsula.

Max walking altitude (m)

1800

Additional Information



Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**