

Explore



CYPRUS DEPUTY MINISTRY OF TOURISM

Proposed Itineraries



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Enjoy

DESTINATION LABELS

Our destination labels have been created to make sure you get the most out of your stay at our beautiful Mediterranean island! Go through our list of quality-assured activities and find the one that matches your own unique taste. All you have to do, is look for the accreditation labels along your chosen route and enjoy a quality experience at your own pace!





CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

1

Mountain Life

TITLE

UNRAVEL CYPRUS

DURATION

Approx. 6-7 hrs

REQUIREMENTS / NOTES

- Ideal for adventurers, nature lovers, families, couples, of all ages.
- NOT wheelchair friendly.
- Water resistant apparel necessary.
- Activity difficulty level: 2

- Nature trail
- Venetian bridge
- Off-road / jeep safari drive through pine forests
- Waterfall
- Traditional village
- Taverna and winery

Leave Lemesos port and head straight towards Troodos mountains, in order to make your way to the Trooditissa linear nature trail (4.3 km long, 2-hour duration), passing through villages and rivers along the way.

First stop is Foini village and the Cyprus delights workshop, or at a traditional chairs workshop or a pottery workshop. A light meze lunch at a local tavern and a stroll around the village's cobbled streets. Time permitting, a visit to a local winery in Mandria can be arranged or a laid back coffee at the local "Kafeneion" amongst the locals.

The excursion continues with an off-road jeep safari through dense pine forests onto the secluded Chantara waterfall in the heart of the forest.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

2

Following the footsteps of the goddess allows you to explore the layers of history and the many myths regarding Aphrodite and Cyprus, as well as discover the rituals and other elements connected to her cult

TITLE

APHRODITE'S BIRTH PLACE AND THE ISLAND SHE CALLS HOME

DURATION

Approx. 10 hrs

REQUIREMENTS / NOTES

- Ideal for culture aficionados, adventurers, history buffs, foodies, families, couples of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1
- Swimming costume and towel.

- Brief visit to Kolossi Castle or the Sanctuary of Apollo Hylates or Kourion Amphitheatre
- Brief stop for photo opp at Aphrodite's Birth Place (Petra Tou Romiou)
- Visit the Unesco World Heritage Site of Palaipafos (Kouklia), one of the most important of the three sites along the Cultural Route of Aphrodite.
- Hands-on experience at Yeroskipou Aphrodite delights factory
- Free time at the Old Harbour (Limanaki) of Pafos
- Visit Polis Chrysochous' Arsinoe Archaeological Museum or Pafos' New Archeological Museum
- Drive to Latchi –visit the Baths of Aphrodite at the north-east tip of Akamas Peninsula
- Optional swim at a designated area by Akamas' crystal clear waters (weather and time permitting)

Head towards the ancient Capital of Cyprus; Pafos. Along the way visit some of the Islands most famous places and landmarks like Kolossi Castle (Grande Comanderie of the Crusaders), the ancient city of Kourion with breathtaking views of the Mediterranean and Kourion stadium where the Hellenic pentathlon used to take place; or the temple of Apollo Hylates. Stopover at Petra tou Romiou; birthplace Aphrodite, where you get a chance to swim in the clear waters from which the goddess of love was born. Then visit the temple and museum of Aphrodite in Kouklia village, followed by a drive to Yeroskipou village for a visit at a sweets / delights factory. Next stop is Pafos' enchanting harbour, where there is even more to see and enjoy. Visit the castle, the archaeological park of Pafos and the Mosaics or sit back have something to eat/drink and just take in the view. Last but not least, visit the Baths of Aphrodite, by the entrance of Akamas Peninsula. Optional visit of the Polis Arsinoe Museum.

(*) Polis Arsinoe Museum closed on Sunday. Monday - Friday: 8.00-16.00, Saturday: 9.00 - 15.00

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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

3

Wonders of the West Coast

TITLE

CYPRUS UNCOVERED

DURATION

Approx. 7 hrs

REQUIREMENTS / NOTES

- Ideal for adventurers, nature lovers, families, couples, of all ages.
- NOT wheelchair friendly.
- Water resistant apparel necessary.
- Activity difficulty level: 2
- Hiking apparel.

Discover the archaeological and natural heritage wonders of Cyprus;

Kourion, an important ancient city-kingdom and its Greco-Roman theatre and beautiful mosaic pavements that date back to the end of the 4th century-early 5th century A.D.

The wonderful legendary birthplace of the Goddess of Love and Beauty, Aphrodite's rock. Pafos' Archaeological Park, inscribed on the World Heritage List of UNESCO for its outstanding ancient remains and its unique mosaics.

St Pauls pillar and the ruins of the largest Basilica in Cyprus.

Enjoy a relaxing break at the small fishing harbour and a delicious lunch at a local taverna.

- Optional Drive to the archaeological site of the ancient city-kingdom of Kourion to visit, the theatre, and the House of Eustolios with its baths and mosaic pavements.
- Stopover by Aphrodite's rock (viewpoint, photo opp).
- Walking tour of Katos Pafos archaeological park to admire the famous mosaics. Free time to enjoy the harbour and a quick lunch.
- Head over to Xeros potamos Valley (Panagia tou Sinti monastery, watermills, rock formations, protected caves, alder trees, and Vouni tis Panayias walking trail) – available March – May, October – November.

OR

- Saint Neophytos Monastery and Engleistra, followed by a visit to a local produce workshop in Letymbou or a visit to the Episkopi Pafos Environmental Information Centre or visit a winery in Pafos' region (villages of Lemona, Vouni, Panayia, Kathikas, Salamiou) – available during the Summer months.

Head off to Xeros Potamos Valley, visit an old watermill, and take a donkey or a jeep safari ride to the atmospheric, abandoned Panagia tou Sinti monastery.

Alternatively, visit Saint Neophytos' Monastery and Engleistra, followed either by a visit to a local produce workshop in Letymbou, or a visit to the Episkopi Pafos Environmental Information Centre.

On the way a stop at a winery for wine tasting, is considered a must, at one of Pafos' region wine – producing villages (Lemona, Vouni Panayia, Kathikas, Salamiou). If you are visiting Vouni Panagias, make sure you try the walking trail which starts at Pano Panagia village and is found at a high altitude (between 800 and 1,100m high). Walk through vineyards and enjoy excellent vistas towards the Ezousa Valley and the Pafos Forest.

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ITINERARY

4

Troodos Artemis Walking Trail & Caledonia Waterfall Walking Trail

TITLE

EAGLE – EYE VIEWS

DURATION

Approx. 6 hrs

REQUIREMENTS / NOTES

- Ideal for adventurers, families, of all ages.
- NOT wheelchair friendly.
- Water resistant apparel necessary.
- Activity difficulty level: 3
- Experienced guide (botanist optional).

- Artemis is the Cyprus trail with the highest elevation (1800 m). It is circular and has a length of 7km. We will pass by many pines and junipers and see gorgeous rock formations at the top while we walk next to cliffs. Total time: 2.5-3hrs.

OR

- Caledonia linear trail which runs next to a stream passing from a beautiful waterfall surrounded by lush vegetation from spring to autumn. With a length of just three km, it is steep, and crosses the stream at certain points. Midway, we will arrive to Caledonia Waterfall, a major natural attraction of the area. Total time: 1.5-2hrs.

- Stopover at at least one place of interest such as an ancient chapel, medieval bridge or watermill.

- Lunch in Platres or Omodos village.

OR

- Visit Troodos' Botanical Gardens and GeoPark in Pano Amiantos.
- Recommended during April – May, September – November.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

5

**Touring unspoilt land,
getting to know true
rural life**

TITLE

**DISCOVER MOUNTAIN
VILLAGES, TASTE LOCAL
PRODUCTS**

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Ideal for nature lovers, families, of all ages.
- Mostly wheelchair friendly.
- Activity difficulty level: 1

- Drive north towards the Troodos mountain range.
- First stop on the list is Agros village in the heart of Pitsilia region.
- Optional Millomeris waterfall nature trail.
- Next, take the road towards Kyperounta village, turn north down to the mountain resort of Kakopetria.
- Or drive on and visit the villages of Platres and Omodos.
- Time permitting, visit a winery in Pelendri village or stop for coffee in Lania village.

Visit the village of Agros (at 1100m above sea level) to visit the rose products factory, taste the rose liqueur and schnapps. Stopover at a local workshop for homemade grape and other fruit candies and sugar preserves and/or combine with the Millomeris waterfall nature trail. Take the road down towards the Solea valley (through extensive forestland) to visit the unique Unesco World Heritage Site; the 11th century Byzantine church of Agios Nikolaos tis Stegis (St. Nicholas of the Roof) with its outstanding wall frescoes. In Kakopetria enjoy a stroll in the centre of the old village along the riverbed. Enjoy a light lunch or brunch with local produce. Then take the road to the mountain resort of Platres to see the fish farm or enjoy some freshly caught trout. Proceed to the charming village of Omodos, located amidst vineyards, visit a local winery and taste some local spirits and/or enjoy a local Greek coffee. Time permitting, visit a winery in Pelendri or make a quick coffee stop at the renowned 'artists village' of Lania.



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ITINERARY

6

Great for history and culture buffs and family activities; enjoy free time for lunch and shopping in lively lanes and streets

TITLE

NICOSIA WALLED CITY WALKING TOUR & AWARD WINNING LEFKARA.

INCLUDES GALLERIES, FAMILY ACTIVITIES & MUSEUMS

DURATION

Approx. 6 hrs

REQUIREMENTS / NOTES

- Ideal for city strollers, culture aficionados, history buffs, families, couples, of all ages.
- Mostly wheelchair friendly.
- Activity difficulty level: 1

- Half-day trip to Nicosia, Cyprus' capital.
- Discover the multi-faceted history of old Nicosia, with its 16th century Venetian walls and its Ottoman and Neo-classical architecture remnants. See the Venetian Walls surrounding the old city, stroll through the narrow streets of 'Laiki Geitonia', walk along the pedestrian streets of Ledra and Onasagorou. Ideal for small groups of up to 6pax.
- Then have a look at the Cyprus Archaeological Museum to admire its treasures (from the Neolithic Age to the Early Byzantine period).
- Enjoy a coffee break in the heart of the city's old quarter. Spend some free time in the atmospheric old pedestrian quarter and/or taste the local cuisine combined with a shopping spree at Nicosia's popular pedestrian streets of Ledras and Onasagorou.
- Family fun day at one of the A.G. Leventis Gallery family open days, where children and parents get creative with arts and crafts, making memories together.
- Optional visit; the Leventis Municipal Museum of Nicosia for a trip back in time!
- Stroll in Ermou Street, visit CVAR Museum and enjoy the grandeur of the Famagusta Gate.
- Time permitting, visit one of the handicraft workshops at the Cyprus Handicraft Centre (Mon - Fri: 07:30 - 15:00).
- Drive to the picturesque hillside village of Lefkara, world renowned for its handicrafts: lace, embroidery, silversmithing and unique architecture or the unique rural architectural gem of Kato Drys village.



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ITINERARY

7

Explore the unspoilt wilderness of the West/ North-West Coast of Cyprus

TITLE

AKAMAS PENINSULA

DURATION

Approx. 9 hrs

REQUIREMENTS / NOTES

- Ideal for nature lovers, families, couples, adventurers, of all ages.
- NOT wheelchair friendly.
- Activity difficulty level: 2
- The majority of the tour takes place in non-tarmacked roads.
- Swimwear and towel (if permitted at Lara).

- Lara Bay (the green turtle's hatchery); learn about the conservation project. Note 1: turtles hatch between June-August, visitors need to respect the guidelines during this period. Note 2: Transport by 4X4 Jeep and/or quadbike.
- Stop for lunch at the village of Steni and a quick visit at the local Museum of folkloric art; alternatively, choose Latchi or the Baths of Aphrodite for delicious fresh fish and endless sea views.
- Baths of Aphrodite - where the Goddess of Love and Beauty bathed.
- Drive through typical Cypriot villages on the outskirts of Akamas. Stopover at Droushia for a coffee at one of the village's traditional coffee shops.
- Return to Port following a quick stop at the old quarters of each visiting town (Lemesos, Pafos).

In this tour you have the opportunity to explore the island's most unspoilt area - the preserved and protected peninsula of Akamas. Visit the famous Lara Bay - the Green and the Loggerhead Turtle's hatchery. Visit the Baths of Aphrodite (playground of the Goddess of Love and Beauty and her lover Adonis). Wrap up the trip with a visit to the Akamas villages, ideally stop by a local coffee shop, museum or other place of interest. Optional stop at the old town quarter of Pafos or Lemesos.



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ITINERARY

8

Explorer for a day – Skarinou Farm, Foini Waterfall and Coffee Shop, combined with Lemesos old town

TITLE

EXPLORER FOR A DAY

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for families, couples, city strollers, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1
- Waterproof apparel for the waterfall.
- The Lemesos Medieval Castle is open Monday – Saturday (8.30am-17.00pm) and Sunday (9.00am-13.00pm).
- Handicraft workshops are open until Saturday noon.
- Swimwear and towel (if option to dive/snorkel is chosen)

- Skarinou village, donkey ride and farm activities.
- Foini village; a charming village, filled with natural beauty, including the well-known Chantara waterfall, a visit to a coffee shop for a quick coffee break, a game of backgammon or cards.
- Visit the Lemesos Medieval Castle, The Great Mosque and walk along the sea front Sculpture Park.
- Alternative route (instead of Lemesos old town): 1-hour dive at the underwater archaeological site of Amathus old harbor and/or visit the Amathus Archaeological site.

The first stop will be at Skarinou village and its restored stone built houses and Donkey Farm, where families and friends can enjoy donkey rides or shop donkey related products. Next stop is Foini village, a charming village, filled with natural beauty, including the well-known Chantara waterfall, which is a must-see. Stop over at a local coffee shop for a coffee break, a game of backgammon or cards. Lastly, panoramic view of the touristic areas and walk around in the old town of Lemesos. Visit the Medieval Castle and/or the Marina. A visit to a local handicraft workshop is a must. Free time for shopping and lunch.

Alternative route (instead of Lemesos old town): A 1-hour dive or snorkel at the underwater archaeological site of Amathus old harbor and/or visit the Amathus Archaeological site.



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ITINERARY

9

Visit picturesque
Omodos / Arsos / Vasa
and stunning Tzelefos
bridge - optionally stroll
around Troodos

TITLE

OMODOS/ARSOS/
VASA VILLAGE, TZELEFOS
BRIDGE – WITH OPTIONAL
EASY WALK

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for wine connoisseurs, nature lovers, families, of all ages.
- NOT wheelchair friendly are the Tzelefos bridge and the Troodos trails.
- Activity difficulty level: 1 (level 2 for those participating in Vasa Koilaniou nature trail trek).
- Better do Nature trails from November – April

- From Lemesos, head north and uphill to an area known as Krasohoria (wine villages).
 - Alternative routes to
 - Vasa Koilaniou or Arsos or Omodos village
- OR
- To the top of Troodos to walk the Artemis trail
- OR
- Tzelefos medieval bridge for a short walk.

Omodos village is one of the largest villages of the Krasochoria ('Wine villages'). Omodos developed around the ancient monastery of the Holly Cross and is a popular destination for visitors. Alternatively, visit a less touristy nearby village such as Vasa Koilaniou, where you can take the nature trail spanning for 4km for 1.5hrs, followed by a visit to a local zivania museum and/or coffee shop and/or a walk along the cosy cobblestoned streets. Another village worth visiting is that of Arsos, offering a 2km walking trail lasting 45mins and a local folklore museum.

Tzelefos bridge is the most photographed of the many remaining medieval bridges in Cyprus, found at Pafos Forest. Conversely skip Tzelefos bridge and instead do the Artemis trail (1,800m above sea level) in Troodos. It offers gorgeous vistas, unique geological interest and a versatile habitat.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

10

This tour includes visiting Koilani, Omodos and Pera Pedi

TITLE

LEMESOS WINE TOUR

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Ideal for wine connoisseurs, nature lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Koilani, Pera Pedi and Omodos are the villages that we will visit for wine tasting.
- Regional wine types: Shiraz, Mataro, Cabernet Sauvignon, Yiannoudi, Maratheftiko, Xynisteri, Promara, Moschato and much more to taste!

The wine plantation in this region dates back centuries. Start with Koilani village. At the winery in Koilani we are introduced to local and foreign varieties of white and red, dry and sweet wine.

The second stop on our wine tasting tour is at Omodos village. In the centre of the village lies the beautiful old Monastery of the Holy Cross, that also houses various museums and the Centre for the Preservation of Narrow - Knit Lacing. Stroll around the cobblestoned main square and try the locally produced 'arkatena' artisanal rusks, nuts and wine or take a look at the souvenirs made from glass or embroidery. You can also walk the narrow winding alleys and visit the medieval grape press.

The third village is Pera Pedi; free time for shopping of local produce. Taking photos of the varied scenery at all the aforementioned villages is a must!



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

11

A single destination guided tour, to a village producing some of the most unique delicacies on the island

TITLE

LEMESOS CULINARY EXTRAVAGANZA INCL. LOCAL SOMMELIER

DURATION

Approx. 7 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, ecofriendly adventurers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Anogyra village

OR

- Prasteio Avdimou, Pachna villages
- Cheese production unit and farm
- Winery and Vineyard
- Olive tree farm and olive oil press
- Carob products Factory
- Botanical Garden and distillery.
- Take part in one of the hands-on local produce workshops (halloumi, cheese making, carob products, olive oil, herbal oils and soaps).
- Meze food and wine pairing at Anogyra village.

Guests choosing this excursion will discover the authentic Cyprus village life style.

Anogyra is an ancient village dating back to the crusades era. It is home to many retired artists and is a designated production origin for a few traditional Cypriot delicacies. Prasteio Avdimou and Pachna villages are also perfect and quaint alternatives.

We start the tour with a visit to the cheese production unit, a tour of the farm and sampling of dairy products. We then move to the winery for wine tasting and a tour by the wine maker, followed by a walk around the village and a visit to a Carob products factory, before driving just outside the village to meet an olive oil producer and see his plantation. Next stop the botanical garden to see the essential oils' extraction process. Time for some Cypriot gastronomy; an authentic meze style meal with wine pairing the numerous dishes at Anogyra village.

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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

12

Discover Cyprus' unique UNESCO Heritage sites, the Byzantine wall painted churches

TITLE

TROODOS MOUNTAINS,
UNESCO LISTED
PAINTED CHURCHES,
WORLD CULTURE
RELIGIOUS JEWELS

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Ideal for pilgrims, art lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Take the mountain road via Trimiklini and Kyperounda villages, pass Lagoudera village and arrive to the old monastery and church of Panagia tou Araka.
- Come back to Karvounas junction and drive down the Solea valley, before Kakopetria village turn left towards Agios Nicolaos tis Stegis church.
- Get back to the main road and head to Galata village. Visit the two churches on its outskirts.
- Leave for Koutrafas, turn towards Nikitari and drive straight to the outstanding monument of Panagia tis Asinou, a jewel of Byzantine art.

Discover some of the Troodos - UNESCO listed steep pitched roof chapels, entirely covered with magnificent frescoes (wall paintings). Their dates range from the 11th through to the 16th century. We will start the tour with the church of Panagia (Our Lady) tou Araka, nearby Lagoudera village, built and decorated in 1192 nesting at about 1200 meters above sea level. Optional break for refreshments at a local coffee shop and/or fruit picking.

Next, we'll move downhill to reach the church and deserted monastery of Agios Nikolaos tis Stegis situated amid lush vegetation and dense forest. This is a double roof building of the 11th century containing stunning wall paintings spanning from the 11th through to the 16th century. Optional walking break and lunch in old Kakopetria.

A bit further down Solea Valley, we'll come across the church of Panagia tis Podithou dated in the late 15th century. Alternatively, we may visit the nearby church of the Archangel Michael or take another route and get down to the famous 11th century church of Panagia tis Asinou, by Nikitari village.

Note: 40mins tour per church.

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ITINERARY

13

A true feast – A Tasting tour with lots to see and experience along the way

TITLE

CYPRUS DELICACIES

DURATION

Approx. 8-10 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, families, of all ages.
- Mostly wheelchair friendly.
- Activity difficulty level: 1

- Village of Lefkara - Coffee stop - Lace and Silver
- Kato Drys – Winery & Shoushoukos.
- Honey producing villages & beekeeping activities (villages of Lagia, Ora, Vavla).
- Agros- Smoked meats - Rose products and cosmetics - Preserved Sweets
- Time permitting visit Palaichori- Coffee stop - UNESCO church (i.e. Panagia tou Araka)

ALTERNATIVELY

- Village of Prasteio Avdimou or Pachna – halloumi workshop, walking trail, visit the unique church of Panagia Diakinousa and the Pachna winery.
- Village of Dora – local workshop, walk down the picturesque streets with restored traditional stone-build houses, taste traditional food at the taverns and cafes located at the village square.
- Attractions in the surrounding area, such as the Stone Watermill, the Aetopetra and the Stone of the Virgin points of view, the old fountain, the Caves of Saint Andronikos and the impressive Tremithos tree.

This is an excursion full of colour, culture, beauty, with lots to see and try.

A gourmet tour visiting some of Cyprus' most beautiful villages, village workshops of forgotten customs and skills and a chance to taste some of the unique delicacies the Cypriot cuisine has to offer.

A tour full of wonder, put together to allow you to familiarise with this Island's culture, traditions and way of life which take you from the coast to the lush green mountains of Pitsilia region, stopping at villages along the way to see what each village is famous for and experience the delicacies they have to offer.

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ITINERARY

14

Touring unspoilt land, discovering the Commandaria wine, the oldest named wine of the world, tasting local products, strolling through charming stone-built villages

TITLE

**THE KNIGHTS TEMPLAR
'KYPRION NAMA'**

DURATION

Approx. 7 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, wine connoisseurs, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Lania village – Linos old wine press, old oil press, Shoemaker Museum and Commandaria Museum.
- Doros village – walking tour, new Folklore Art Museum, Commandaria /winery.

OR

- Monagri village - Commandaria/winery and Filfar workshop.
- Ayios Mamas – Revekka Museum and Folklore Museum.

Go to the village of Lania to visit the Commandaria winery (wine tasting). Walk along the village's picturesque narrow lanes, enjoy the stillness and charm of the limestone-built village houses. Take a short drive to the candied fruit factory. Sit down and enjoy some local sweets with a local coffee. Then take the road to the village of Doros or the villages of Monagri and Agios Mamas.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

15

**The environmentalist's
adventure trip with
culinary colours and
wine aromas**

TITLE

**PAFOS - EZOUSA VALLEY
ENVIRONMENTAL AND
CULINARY DAY TRIP WITH
A LOCAL SOMMELIER**

DURATION

Approx. 8-9 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, wine connoisseurs, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Depart from Lemesos. Stop at Episkopi village's 'kafenio' (local coffee shop and community social club) for a quick coffee break, under the island's biggest monolith rock. Stunning photography opportunities.
- Visit the Environmental Information Centre to find out about the valley's unique geology, its fauna and flora exhibited at the botanical garden and enjoy the fascinating museum.
- Drive to Ezousa Valley to visit two wineries and a Halloumi cheese producer.
- Options for wineries: Tsalapatis, Macarounas, Tsangarides, La Croix, Kalamos, Ezousa.
- Lunch at a traditional tavern at one of the villages of the valley.

Ezousa Valley is situated in the middle of Pafos district. It stretches from Pafos forest mountain all the way down to the coast. It holds one of the most important fauna and flora habitats of the area.

The Episkopi Environmental Information Centre is a state of the art institution. It presents the valley's ecosystem, thus making us understand the surrounding environment.

The tour goes through the most beautiful landscapes of Ezousa Valley. We will visit two boutique wineries, meet and chat with the wine producers and learn about their wine making philosophy. You will taste rare, indigenous grape varieties like Xynisteri, Promara, Morokanella, Mavro and Maratheftiko. We will also visit a Halloumi cheese production unit to sample some of their products.



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ITINERARY

16

Express tour to Cypriot culture

TITLE

WHITE CLIFFS - SOUTH COAST OF CYPRUS

DURATION

Approx. 6-7 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, nature lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1
- Swimming costume and towel.

- Ancient Amathus city-kingdom and its sunken harbour.
- Monastery of Agios Georgios Alamanos
- Gorgeous photo opp of White Cliffs
- Governors Beach
- Village of Kalavassos.
- Time permitting visit of old Lemesos quarter.

Leaving behind the busy part of the city of Lemesos we head towards Lemesos' pretty seaside promenade and the ancient city of Amathus. Optional swimming, snorkelling or diving at the underwater archaeological site of Amathus ancient harbour.

Continue to the Monastery of Agios Georgios Alamanos for a quick visit before heading to a nearby beach with beautiful white washed cliffs and rock formations and where seals are often spotted playing in the waters below.

Our trip continues on to the famous Governors beach which was once reserved during the Colonial times, for the British Governor. Free time will be given for you to explore, take a dive and/or snorkel in its cool waters or sit back at one of the Fish Taverns and enjoy a coffee or meal taking in the breath-taking views.

We then take a step back in time at one of the traditional and beautiful little villages - Kalavassos - where we can stroll through the narrow streets, mingle with the locals, have a chance to taste some of the local delicacies and enjoy a Cyprus coffee at a traditional Kafeneio (coffee shop), because no visit to Cyprus would be complete without it! Time permitting, a visit to the old Lemesos quarter.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

17

**Touring in unspoilt land,
getting to know true rural
life**

TITLE

**DISCOVER LIMESTONE
HILL VILLAGES & THE
4 TYPICAL CYPRIOT
TASTES**

DURATION

Approx. 6-7 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, nature lovers, families, couples of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Drive west in the direction of Pafos.
- At Avdimou village turn left and take the road to Anogyra village.
- Short drive to Oleastro olive farm and press or Anogyris Park and Carob paste workshop in Anogyra village.
- Pachna village or Prastio Avdimou village – Halloumi cheese production.
- Arsos village – grape juice jelly (palouzes)/ sweet preserves/ marmalades workshop.
- Optional visit to other quaint villages such as Lofou or Lania.

Go to Anogyra village to visit the carob factory, taste the carob syrup and other local carob products. Walk along the village's narrow lanes; enjoy the stillness and charm of the limestone built village houses. Take a short drive out of the village and get to the olive oil press and museum. Sit and enjoy some local, healthy, 100% pure olive products (light lunch). Then take the road to the village of Pachna or Prastio Avdimou to see how they make the typical, world-renowned Cyprus cheese Halloumi. In Arsos you can engage in local produce workshops. Optional visit to other quaint villages such as Lofou or Lania for Wine tasting including the King of Wines or Wine of Kings Commandaria.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

18

Touring in unspoilt land, getting to know real rural life, handicrafts and culture

TITLE

**EXPLORE UNSPOILT
LAND, DISCOVER
UNTOUCHED VILLAGES**

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for culture buffs, nature lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Kellaki village
- Eptagonia village
- Melini village
- Agios Minas Monastery
- Lefkara village
- Optional visit to Arakapas village – spoon sweets and church of Panagia Iamatiki.

Go to the village of Kellaki, located 700m high in the Lemesos mountainous region. Have a look at the 18th century church of Saint George. Next, take the charming winding road down to the village of Eptagonia. Stop over for photo opp with amazing natural backdrops. Visit an olive press and taste some freshly squeezed olive oil products, pick some tangerines from the trees and/or visit a local halloumi cheese producer. Then, enjoy delicious 'meze' (a selection of Cypriot gastronomy in small portion dishes) at a local taverna. The village of Melini, as its name suggests, is known for its fine quality honey (meli). Next, head for the Monastery of Agios Minas and finally arrive at the renowned for its lace, embroidery and silver handicrafts, stone-built village of Lefkara for a drink, a local snack and perhaps for some shopping.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

19

Explore Gorgeous
Gorges, Golden Beaches,
Turtles, Flora, Fauna

TITLE

WWW: WEST
WILDERNESS AND
WILDLIFE TOUR INCL.
JEEP OR 4X4 SAFARI
OR QUAD BIKES & BOAT
TRIP TO BLUE LAGOON
SECLUDED BAY

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Ideal for nature lovers, adventurers, families, of all ages.
- NOT Wheelchair friendly.
- Activity difficulty level: 2
- Swimsuit, towel and hiking boots.

- From Pafos drive north-west to the Akamas peninsula and natural reserve park.
- Off road track to the Avakas Gorge. 2-hour walking tour along a path through the gorge, across a water stream (seasonal).
- Drive to Lara Bay turtle hatchery to admire the bay and, from July to September, you may have the chance to see newborn turtles.
- Drive across the Akamas Peninsula and forest (off road) to Latchi Harbour. Get on a boat and sail to Blue Lagoon. Enjoy about 1hour free time for swimming and some free drinks.
- Latchi Harbour for lunch at fish tavernas.
- Drive through Polis across the Chrysochou valley past Stroumpi village.

Let's go for a tour to the purest areas of Cyprus. The whole north-west zone of Cyprus, the Akamas peninsula, remains completely unspoilt. Thanks to the persisting efforts of environmentalists, it is under strict protection and has been declared a natural park by the government of Cyprus.

During our tour, we will stop and walk along a part of the Avakas Gorge path, to admire its spectacular ravine, wild goats and rich flora. Then we will visit the sandy Lara Bay with its Turtle hatchery and next we will enjoy a long off road track to the north coast. At Latchi fishing harbour we will sail to the wonderful Blue Lagoon bay to enjoy the idyllic scenery, freshly caught fish and swimming. Alternatively, we may stay in Latchi and enjoy fresh fish in one of the tavernas followed by leisure time at the nearby golden beach.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

20

**Petra Tou Romiou -
Pafos Harbor - Panagia
Chrysopolitissa - Tombs
of The Kings- Pafos Zoo**

TITLE

**PAFOS' BARE NECESSITIES
– FAMILY OUTING**

DURATION

Approx. 8-9 hrs

REQUIREMENTS / NOTES

- Ideal for nature lovers, adventurers, families, of all ages.
- NOT Wheelchair friendly.
- Activity difficulty level: 2
- Swimsuit, towel and hiking boots.

- Petra Tou Romiou (Aphrodite's birth place)
- Panagia Chrysopolitissa
- Ottoman Hamam
- Pafos Castle
- Tombs of the Kings
- Pafos Zoo (1.5hrs)

Stopover at Petra Tou Romiou (Aphrodite's birthplace) to take photos. Drive to Pafos to see a panoramic view of the Medieval Castle, which was built originally as a Byzantine fort to protect the harbour. It was rebuilt by the Lusignans in the 13th century, destroyed by the Venetians and rebuilt again by the Ottomans in 1592. Free time at Pafos scenic harbour, followed by a drive to Panagia Chrysopolitissa church, built in the 12th century over the ruins of the largest Early Byzantine Basilica on the island. The floor of the basilica was covered with colourful mosaics, some of which are still preserved. Within the compound is St. Paul's Pillar, where according to tradition Saint Paul was flogged before the Roman Governor Sergius Paulus was converted to Christianity. The Ottoman Hamam can also be seen here. The Tombs of the Kings, that date back to the Hellenistic and Roman periods, spread to a vast area. Next is the Pafos Zoo for quality family time.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

21

**A pilgrim's colourful
journey**

TITLE

**TROODOS PAINTED
BYZANTINE CHURCHES
NO.2.**

DURATION

Approx. 8-9 hrs

REQUIREMENTS / NOTES

- Ideal for pilgrims, nature lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Start from Lemesos
- Visit the 3 painted churches in Galata
- Visit the painted church of Kakopetria
- Coffee break in Kakopetria
- Visit the painted church in Asinou
- Lunch break in Asinou
- Optional visit at the Cyprus Railway Museum in Evrychou village.

We start from Lemesos and visit three painted Byzantine churches that belong to the UNESCO World Heritage List, as well as two other painted Byzantine churches of the same era.

The churches we will visit are of Panagia (Our Lady) tis Podithou (built in 1502) and the Archangelos Michael or Panagia Theotokos (early 16th century) both located at the outskirts of Galata village, Agios Sozomenos Church (16th century) at the centre of Galata village, Agios Nikolaos tis Stegis (11th century) at the outskirts of Kakopetria village and Panagia (Our Lady) tis Asinou or Forbiotissa (built in 1105/6) located south of Nikitari village. Lovely additions to this trip a walking tour with a coffee break at the old Kakopetria village and a lunch at the scenic mountainous village of Nikitari. Optional visit at the Cyprus Railway Museum in Evrychou village.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES



ITINERARY

22

A live cooking experience at a private village house

TITLE

**LEMESOS TO EPISKOPI,
PAFOS - A CYPRIOT
STYLE PRIVATE BBQ
PARTY**

DURATION

Approx. 6 hrs

REQUIREMENTS / NOTES

- Ideal for foodies, nature lovers, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Start from Lemesos
- Pit stop on the way to pick up fresh groceries and supplies (menu pre-agreed) from local grocery shops and/or open-air markets.
- May include produce picking (e.g. citrus fruits).
- Arrive at Episkopi village 'kafeneio' (local coffee shop and community social club) for a quick coffee break. Stunning sights for photo enthusiasts!
- Optionally visit the Environmental Information Centre to find out about the area's unique geology, flora and fauna exhibited at the botanical garden and the fascinating museum.
- End up at a house located in gorgeous natural surroundings (e.g. orchards, near the river, where the BBQ feast will be prepared). Optional menu for vegans and vegetarians upon request.

Organise together a typical Cypriot style BBQ feast. Stop on the way to pick up fresh local ingredients at a grocery store and at a butcher's shop.

Upon arrival at the village, we will visit the traditional coffee shop for a quick stop and meet with the Mouhtar (Mayor) of the village.

Then we will start the workshop; light the charcoal and prepare our meal. During the day there will be plenty of time for a visit to the Environmental Information Centre or just 'dive' into the orchards surrounding the house for fruit picking and short walks to the river and back.

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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

23

Troodos for Adventurers

TITLE

**SOUTHERN TROODOS
ADVENTURES INCL.
CLIMBING, HIKING,
WATERFALL SIGHT,
WINE AND RURAL LIFE**

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for adventurers, sportsmen, nature lovers, physically active people.
- NOT Wheelchair friendly.
- Activity difficulty level: 4
- Waterproof apparel, climbing gear, hiking boots.

- Wine Region (visit Arsos, or Vasa Koilaniou or Omodos villages)
- Pafos Forest, light hike
- Tzelefos Venetian bridge (photo opp) and climb up Hasamboulia rocks.

OR

- Hike through the Troodos forest.
- Hike to Millomeri Waterfall (nature trail 1.2km).
- Optional visit of Lania village or Platres village.

Drive towards the Troodos mountains and the Wine Region. Stopover at one uniquely rustic village, Arsos, for coffee with the locals. Drive through the Pafos forest and stop to visit Tzelefos Venetian bridge. Beginner or experienced climb at the Hasamboulia rocks. Alternatively, drive to Troodos forest, stop for lunch at a family-run restaurant. Visit Millomeri waterfall. On the way back, and time permitting, take a stroll at the picturesque village of Lania or Platres.

Note: Climbing should be arranged through specialised companies operating in Cyprus, which also offer a guide/partner and insurance.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

24

Discover Cyprus' Nature,
Vines, Wines and
Monastic Life

TITLE

TROODOS MOUNTAINS:
FOREST SCENERY,
MONASTERIES, ART

DURATION

Approx. 8-9 hrs

REQUIREMENTS / NOTES

- Ideal for pilgrims, families, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Visit picturesque Omodos village famous for its excellent wines, the old Monastery of the Holy Cross and the traditional wine press.
- Follow a charming winding road to the Venetian bridge of Tzelefos.
- Drive along the Diarizos river with breath-taking scenery.
- Visit the village of Foini – engage in a workshop for traditional sweets (loukoumia), chair weaving and pottery making.
- The highlight of our tour: Kykkos Monastery.
- Leave for Troodos square, come down to the waterfalls at Platres village and go back to Lemesos.

Discover Troodos mountains; visit the picturesque Omodos village, nestled at an altitude of 800m. on the Troodos mountain range amidst vineyards . We will see the old Monastery of the Holy Cross, the traditional wine press and then relax at the cobbled square for a drink and/or shopping. Local wine and sweets made from carob syrup, olive oil, handicrafts (lace, embroidery, silver etc.) can be purchased here. Next, we will follow a charming winding road to the Venetian bridge of Tzelefos where you can stretch your legs before another fantastic drive along the Diarizos river to admire the breathtakingly beautiful scenery. Visit the village of Foini and engage in a workshop for traditional sweets (loukoumia), chair weaving and pottery making. Reach the highlight of our tour: Kykkos Monastery, the largest, richest and most renowned pilgrimage centre for Orthodox visitors. We will admire the magnificent wall mosaics and paintings, see the monks, and wander around. Optional: A visit to the magnificent Kykkos Museum. Leave for Troodos square, come down to the waterfalls at Platres.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

25

Agia (Saint) Thekla Monastery - Lefkara – Larnaka – Experiences (couples / families)

TITLE

LEFKARA & LARNAKA – PILGRIMAGE, CULTURE, HANDICRAFTS, BEE KEEPING, ROMANCE

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for families, cultural interest, pilgrims, couples, of all ages.
- Wheelchair friendly.
- Activity difficulty level: 1

- Pano Lefkara (Coffee break, handicrafts)
- Agia (Saint) Thekla Monastery
- Hala Sultan Tekke Mosque
- Salt Lake photo opportunity with migratory flamingos (seasonal)
- Agios (Saint) Lazarus Church – Larnaka
- Lunch at Larnaka's famous seafront promenade of Foinikoudes
- Free time for shopping or a Handicraft lesson in Larnaka or Catamaran (sunset) cruise or Family bee keeping activities in Vavla village.
- Note: Honey Festivals;
World Bee Day & Bee Festival in May
Honey & Beekeeping Festival in June
Honey Festival for Children in September

Visit Pano Lefkara and walk through the picturesque, narrow streets of the village, have a coffee break and take part in a handicraft session – silversmithing or lace (optional). We continue our tour by visiting the Monastery of Agia (Saint) Thekla by Mosfiloti village. We then visit the Hala Sultan Tekke Mosque by the Salt Lake of Larnaka, take photos with flamingos in the background (seasonal). Then visit Agios (Saint) Lazarus church close to the seafront promenade of Foinikoudes and have lunch at this beautiful quarter. You will have some free time for shopping or a handicraft session or a catamaran short cruise or bee keeping family activities in Vavla village.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

26

Marinas and remote coves in Agia Napa / Latchi / Pafos Harbour / Lemesos Coast / Larnaka Coast

TITLE

CHAMPAGNE SUNSET / FAMILY / CELEBRATORY CRUISE

DURATION

Approx. 3-4 hrs

REQUIREMENTS / NOTES

- Ideal for families, couples, small groups, of all ages.
- Mostly Wheelchair friendly.
- Activity difficulty level: 2

Marinas and remote coves in Agia Napa / Latchi / Pafos Harbour / Lemesos Coast / Larnaka Coast

Spoil yourself with a romantic or family or celebratory sunset cruise in the Mediterranean! Set sail from Larnaka and then anchor at shore. Enjoy champagne on ice and a refreshing swim. Savour a simple evening of luxury and comfort. See a golden Mediterranean sunset. A Hamper with delicious local delicacies will be provided upon request.

Catamaran or Small Boat.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

27

Stunning eco experience at our island's nature reserve & at the playground of the Goddess of Love

TITLE

**AKAMAS HALF OR FULL
ECO DAY – ADVENTURERS
& NATURE LOVERS**

DURATION

Approx. 8-10 hrs

REQUIREMENTS / NOTES

- Ideal for adventurers, nature lovers, hikers, adrenaline junkies, couples, of all ages.
- NOT Wheelchair friendly.
- Activity difficulty level: 3
- Small group max 4 pax
- Waterproof & Hiking gear and apparel
- Experienced specialist guide, Botanist & Hiker/Climber, Buggy leader.

HIGHLIGHTS

- Enjoy stunning views of the north coast, from the tip of Akamas in the north-west to Pomos cape in the north-east.
- Experience excellent vistas of the Lara coastline from the Akamas ridge.
- Pass by the Agios Minas Chapel, part of a medieval monastery.
- Explore the ruins of another medieval monastery and see an ancient oak tree.
- Rugged sports experience on Akamas peaks (optional).
- Mountain Bike Rides or Buggy Rides (optional).
- Organic locally sourced meal in hamper – picnic at Smigies.
- Tree planting activity or Coastline clean up (optional).
- Note: ideal during months January up to April.

Explore the playground of the goddess of love, Aphrodite. This 13km walk takes place in Akamas, a pristine, almost untouched area of Cyprus. You will start walking at Neo Chorio village and initially go west through farmland to the Smigies picnic area. From there the route goes north (at points offers excellent vistas of Lara coastline) and ascends to the peak known as “Moutti tis Sotiras” from where one can enjoy unobstructed views of the north coast from Cape Arnaouti, the tip of Akamas, towards Chrysochou Bay and the north-west all the way to Pomos in the north-east. After a pause for a picnic and to enjoy the majestic views you will walk to the Baths of Aphrodite on the Aphrodite trail (the last stretch is on a coastal dirt road, near a cliff). It is possible to make other arrangements for shorter walks in the area if the travellers prefer so (e.g. a 7-kilometer Aphrodite trail or even a one-way coastal walk with boat transportation).

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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

28

Neolithic Settlement & Cheese-Making Class in Choirokitia, Intro into Troodos Mountain Villages

TITLE

STEP BACK IN TIME, CULINARY SESSIONS & CYPRUS BRUNCH

DURATION

Approx. 7-8 hrs

REQUIREMENTS / NOTES

- Ideal for culture enthusiasts, adventurers, nature lovers, wine connoisseurs, foodies, couples, families, of all ages.
- Mostly Wheelchair friendly.
- Activity difficulty level: 1

- Choirokitia Neolithic Settlement
- Halloumi/ cheese making in Choirokitia or Skarinou or Kofinou villages.
- Cyprus Brunch
- Honey, sweets factory or winery (optional)
- Lefkara lace demonstration
- Cycling

A fantastic way to explore with a local. Discover the Choirokitia Neolithic settlement wonder, a true testament of Cyprus' long history. Visit a local village house in Choirokitia or Skarinou or Kofinou to learn the traditional technique of halloumi and anari cheese making. This small group activity will start at the farm of our host where participants can learn how to milk the animals (goats & sheep) to collect their very own fresh milk. A tour of the cheese-making premises will follow where you will be put to work to make your fresh halloumi cheese! This hands-on workshop ends with a traditional sit-down experience where you will enjoy a delicious brunch, which will include the cheeses made plus lots more. We will then continue our journey to scenic mountain villages to visit a honey producer, a traditional sweets workshop, a winery (optional) and a local workshop for products made with donkey milk. Part of our tour will be a visit to Lefkara village where you'll see the village women making the famous Cyprus lace plus time to shop & explore. Great area to cycle in and breathe in the fresh air.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES



ITINERARY

29

Enjoy nature and authenticity at the Laona Valley villages

TITLE

LAONA VALLEY
SLOW-LIFE VILLAGES

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Ideal for cultural interest, adventurers, nature lovers, wine connoisseurs, foodies, couples, families, of all ages.
- Mostly Wheelchair friendly.
- Activity difficulty level: 1

- Laona Villages Ineia, Drouseia, Kathikas, Pano & Kato Akourdaleia.
- Enjoy and take snaps of the incredible vistas.
- Delicious meal at a tavern. Cooking lesson (optional).
- Home bake fresh bread, make halloumi or trahana traditional soup, distil zivania and/or take a donkey ride down to the impressive rock formations, led by an experienced local (optional).
- Laona winery visit and wine tasting (optional).
- Weaving Museum or Folklore Museum in Ineia or Drouseia (optional)

Another amazing day trip from Pafos is the Laona Valley region, home to some of the loveliest villages in Cyprus: Ineia, Drouseia, Kathikas, Pano & Kato Akourdaleia. This area is roughly located between the town of Polis Chysochous and the Akamas Peninsula.

Enjoy the incredible natural beauty and vistas, delicious meals at the traditional stone built tavernas and charming locals and surroundings, mentally transferring visitors to bygone eras.

Why not try out making some fresh homemade bread, halloumi cheese or trahana traditional soup (fermented mixture of grain and yoghurt or fermented milk), distil zivania and/or take a donkey ride down to the impressive rock formations, led by an experienced local.

The Laona Valley region is also covered by rustic Cypriot vineyards and is known as the Laona-Akamas wine route. Wine lovers should definitely call into some of the region's vineyards to sample some magnificent local wines. Recommended vineyards to visit include: Fikardos Winery in Mesogi, SODAP Kamanterena Winery in Stroumbi, K&K Vasilikon and Sterna wineries both located in Kathikas.

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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES



ITINERARY

30

Explore Pafos' forest and surroundings on an e-bike, with optional bike or Segway tour in Old Pafos

TITLE

EXPLORE PAFOS FOREST WITH E-MOUNTAIN BIKES (OPTIONAL BIKE TOUR)

DURATION

Approx. 6 hrs

REQUIREMENTS / NOTES

- Ideal for cyclists, ecofriendly visitors, adventurers, nature lovers, couples, families, of all ages.
- NOT Wheelchair friendly.
- Activity difficulty level: 2

- Depart from Tzelefos bridge.
- Bike next to the river up to Milikouri village for a traditional brunch or meal break.

Explore Pafos' natural beauty with non-conventional eco bikes. The route to Milikouri climbs from 440 to 800m through Platys River Valley, which is located deep in the Pafos Forest.

Arriving at Milikouri, one of the most remote and isolated villages in the heart of Pafos Forest, everything is peaceful, quiet, and ideal to take a break at a small traditional restaurant or coffee shop at the centre of the village.

Group Departs and Returns to Tzelefos Bridge. At the start of the tour, the group will be briefed about the route and gear.

Note: The e-bike combines the traditional pedalling plus a small motor that engages and gives boost so that the rider can zip up hills and cruise over rough terrain.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

31

Explore the awesome heights, flora and fauna of Cyprus' exquisite natural wonders

TITLE

THE ATALANTE TRAIL
HIKE

DURATION

Approx. 8 hrs

REQUIREMENTS / NOTES

- Depart from Troodos Square.
 - Take the 11km hike (about 3-4 hrs.) at an altitude of 1730 metres, close to Mount Olympus, engulfed with pine, juniper and cedar trees.
 - Learn about the nature, geology and formation of Troodos mountain range.
 - Pass by a chromium mine that provided work and income to many locals in the past.
 - Visit the Troodos Geopark and botanic garden.
 - Finish the day with a light lunch at a local family tavern and/ or wine tasting at a local winery.
 - Lunch in the village of Pera Pedi or Mandria or Platres.
 - During Autumn, opt to have lunch at one of the wine villages (Vasa Kilaniou, Agios Therapon, Vouni, Lofou).
-
- Ideal for experienced hikers, ecofriendly visitors, adventurers, nature lovers, couples, families, of all ages.
 - NOT Wheelchair friendly.
 - Activity difficulty level: 2
 - Raincoats + hiking gear/apparel.



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CYPRUS DEPUTY MINISTRY OF TOURISM PROPOSED ITINERARIES

ITINERARY

32

Family activities,
Snorkelling/diving,
Museum & Sculpture park

TITLE

EXPLORE AGIA NAPA
(MAINLY FOR FAMILIES)

DURATION

Approx. 8-9 hrs

REQUIREMENTS / NOTES

- Thalassa Museum.
 - Optional family activity at WaterWorld waterpark.
 - Kavο Gkreko Caves. Optional Snorkeling activity.
 - Sculpture Park and/or Musan underwater museum.
 - Optional family activity at Avgorou Herbal Garden and Maze.
-
- Ideal for Families, adventurers, ecofriendly visitors, nature lovers, couples, of all ages.
 - Partly Wheelchair friendly.
 - Activity difficulty level: 1



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