

# Cyprus Nature Trails

Akamas / Troodos / Kavο Gkreko



**CYPRUS**  
hiking

# CYPRUS

## Nature Trails



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ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ



ΕΥΡΩΠΑΪΚΗ ΕΝΩΣΗ



ΚΥΠΡΙΑΚΗ ΔΗΜΟΚΡΑΤΙΑ





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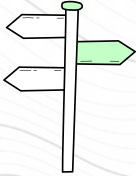
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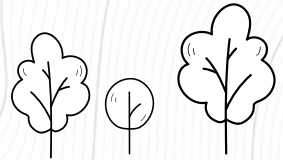
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# Foreword



Cyprus is heaven on earth for nature and hiking enthusiasts. The island's goddess, Aphrodite, endowed her birthplace with outstanding natural beauty and enviable climate. The **Cyprus Nature Trails** Guide invites you to explore the nature trails in Akamas, Troodos and Kavo Gkreko. From the enchanting shores to the pine-covered mountaintops, the trails in this Guide will amaze and reward you.

This Guide was prepared within the framework of project '**i4WALKer: Enrichment of Tourism Infrastructure and Services and Reorganisation of the System for the Management and Promotion of Nature Trails in Island Regions**' of the Cross-Border Cooperation Programme 'Greece - Cyprus 2007-2013', with 80% co-financing by the European Union and 20% from national economic resources of Greece and Cyprus. The Programme covers three regions in Greece (Crete, North Aegean and part of the South Aegean) and the whole of Cyprus.

The main aim of **i4WALKer** is to protect and promote the natural and cultural environments of the areas covered by the project, by strengthening the infrastructure that supports the development of alternative tourism and contributes to the extension of the tourist season of the islands. The implementation of the proposed interventions is expected to ensure easy access to areas of unique beauty and improve the experience of visitors, thus contributing to increasing visitor traffic on the nature trails.

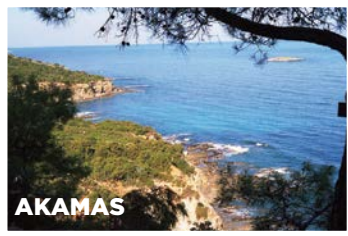
The processing and editing of the text included in this Guide was undertaken by Isotech Ltd on behalf of the Department of Forests, of the Ministry of Agriculture, Natural Resources and Environment.

You can find more information about the project, and about the trails, on the website of the Department of Forests [www.moa.gov.cy/forest](http://www.moa.gov.cy/forest).

## CYPRUS, THE ISLAND OF MYTH AND APHRODITE

Cyprus is located in the southeast Mediterranean (33o east and 35o north of the Equator). It is the third largest island in the Mediterranean, with an area of 9,254 square kilometres and a coastline that is 765 kilometres long.

Evidence suggests that life existed on the island before 10000 B.C. In 8000 B.C., Cyprus was inhabited and was going through its Neolithic period. Around 1200 B.C., Mycenaean Achaeans established their presence on the island and the influence of the Greek culture was to take root and be conserved until today. The discovery of rich copper deposits, in combination



### ***Aphrodite and the Protection of Nature***

Fertile soil, unique topography, great morphological diversity, forests, rich agricultural production, natural beauty, rich and rare flora and fauna - this is Cyprus. And the island's deity is Aphrodite, the Goddess of Fertility. A female deity, linked to birth and life, appeared in the area of Pafos during the chalcolithic period (4th millennium B.C.). Her name was Ishtar, Astarte and then Aphrodite and she was worshipped with glory and greatness. Hesiod highlights this fertile, reproductive ability of the goddess in Theogony: '...grass grew up about her beneath her shapely feet...' (verse 191, translation by H.G. Evelyn-White).

with the island's rich forests, gave Cyprus immense wealth and determined its turbulent future. This valuable metal (cuprum in Latin) also gave the island its name.

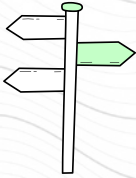
Cyprus is known as 'the island of Aphrodite', as it is described by Euripides in Bacchae. This is where the Great Goddess of Love, Cypris or Pafia as she is also known, emerged from the waves near the shores of Pafos: '...Her gods and men call [her] Aphrodite...because she grew amid the foam...and Cyprogenes because she was born in billowy Cyprus...' says Hesiod in Theogony (verse 191, translation by H.G. Evelyn-White).

The creation of Cyprus is the result of a series of unique and complex geological processes and tectonic movements. The peak of Troodos, at 1952 metres above sea level, is the deepest layer of a piece of oceanic crust and the earth's upper mantle. It was formed 92 million years ago at the bottom of the ancient Tethys Sea, at a depth of 8000 metres. The Tethys Sea covered the geographical space from the Pyrenees, through the Alps, Pindus and Zagros all the way to the Himalayans. With the collision of the African and Eurasian tectonic plates and the geotectonic movements and processes that this collision creates, Troodos began to rise from the bottom of the Tethys Sea some 15 million years ago.

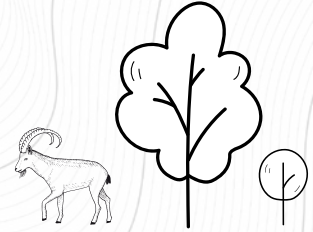
It is amazing how the myth preserved the Historical Memory! Aphrodite, the Great Goddess of Cyprus, emerged from the sea just as the island itself emerged from the bottom of the Tethys Sea!

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### Nature Trails



# Biodiversity



Cyprus is located at the crossroads of three continents (Asia, Africa and Europe) therefore its flora and fauna have traits from all three of these areas. At the same time, its very nature as an isolated island surrounded by sea, allowed new, endemic species to develop. These particular characteristics give Cyprus a unique position in the world's natural heritage.

Specifically, 1,908 different plant species, subspecies, varieties, forms and hybrids have been recorded in Cyprus up to date. This number includes indigenous and adventive plants (exotic plants that are naturalized), but excludes cultivated plants. There are 140 endemic plants in Cyprus, i.e. they are found exclusively in Cyprus (7.3% endemism), which comprise the most important part of the island's flora.

➤ *More than 30 species of mammals have been recorded in Cyprus to date: 19 species of bats, 10 species of land mammals, 3 dolphin species and one species of seal. The largest mammal on the island is the endemic mouflon (*Ovis gmelini ophion*).*



The mushrooms of Cyprus are particularly interesting, both botanically and socially. Mushrooms are a group of fungi, whose fruiting bodies are visible with a naked eye and appear either above or below the soil's surface. Despite the fact that only a small number of species has been recorded (about 100 species) Cyprus has a very rich variety of mushrooms.

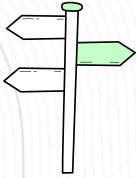
Cyprus is located along one of the eight main corridors of bird migration from Europe to Africa and vice versa. About 370 bird species have been recorded in Cyprus to date. Of these, 53 are permanent residents on the island whereas the remaining 317 are migratory. Six of the island's permanent residents are endemic (2 species and 4 subspecies). Additionally, 3 species of amphibians (frogs) and 22 reptile species: 8 species of snakes, 11 species of lizard and 3 turtle species (2 sea turtles and one freshwater turtle), live in Cyprus.

The variety of insects that can be found on the island is also rich, with 52 butterfly species, 9 of which are endemic.

This unique biodiversity is spread across 48 different natural habitat types (essentially associated with characteristic types of natural vegetation), 14 of which are priority habitats, meaning that they are considered rare or threatened at a European level.

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# Cyprus through the centuries

The strategic geographical position of the island at the crossroads between three continents, the deposits of copper and its lush forests determined its particularly rich history and attracted many conquerors who left their cultural traces on the island.

Without excluding the possibility for new archaeological discoveries, excavations conducted to date place the oldest presence of man in Cyprus at 10000 B.C. The first settlements on the island seem to be those of **Parekkklisia - Sillourokampos** (around 8200 B.C.) and later those of **Choirokoitia**, during the Neolithic era. The Mycenaean period follows with the descent of the Mycenaeans and their culture. During the Hellenistic period (325 B.C.) the arts flourished and the Greek religion (the Dodecatheon) prevailed with temples appearing throughout the island, the largest one being the temple dedicated to Aphrodite at **Kouklia** (Pafos), at **Petra tou Romiou**, near the place where she was born.

The centuries that follow find the island under the occupation of the Egyptians, the Persians, the successors of Alexander the Great and the Romans, until the island becomes part of the Byzantine Empire (330 A.D.). Occupations by the Franks (1192), the Venetians (1489), the Ottoman Empire - the Turks (1571) and the English (1878) followed. The Republic of Cyprus was established as an independent nation in 1960.

Cyprus has been a full member of the European Union since 2004.

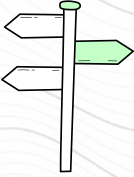


➤ Cyprus's inhabitants inherited a rich and invaluable culture as a result of the island's long history. Near this Guide's nature trails, and in the surrounding villages, you will have the opportunity to visit byzantine monasteries and churches, some of which are UNESCO Cultural Heritage Sites, ancient settlements and museums of folk art and crafts.

The island's popular tradition and culture are kept alive in Cypriot villages. Festivals and fairs dedicated to the day of a saint, music festivals, and dance and theatre shows, are organised throughout the year. These events preserve the traditional values and customs and highlight the warm nature of Cypriots.

## CYPRUS

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# Climate

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Cyprus's 9,254 square kilometres are naturally divided into 4 areas: the Troodos Mountain Range, the Pentadaktylos Mountain Range, the Mesaoria Plain, located between the two mountain ranges, and the coastal plains and valleys.

The main characteristics of the Mediterranean climate of Cyprus are the warm and dry summers from mid-May to mid-September, the rainy but mild winters from mid-November to mid-March and the two transitional seasons, autumn and spring, in between.



#### Temperature

In July and August, the average temperature is between 29°C in the central plain and 22°C on the Troodos Mountains, whereas the average highest temperature during these months is 36°C and 27°C, respectively. During the day, the average maximum temperature can reach 40°C (in the central plain). In January, the average temperatures are 10°C in the central plain and 3°C on the Troodos Mountains, with average minimum temperatures 5°C and 0°C, respectively.

A pleasant surprise awaits visitors, since the Cypriot seas remain relatively warm for most of the year, with water temperatures reaching 28°C in August.



#### Sunshine

Compared to many other countries, the entire island of Cyprus enjoys a very sunny climate. For most of the year, there is sunshine for 75% of the hours that the sun is above the horizon. Throughout the summer, the island has on average 11.5 hours of sunshine per day, whereas even during the cloudiest months, December and January, there is still an average of 5 hours of sunshine per day. Even at the highest altitudes of Troodos, there are on average 4 hours of sunshine per day during the very cloudy winter months.



#### Winds

In the eastern Mediterranean, winds are generally gentle to moderate, westerly or southwesterly in the winter and northerly or northwesterly in the summer. Very strong winds are rare.

Meteorological information

[www.moa.gov.cy/ms](http://www.moa.gov.cy/ms)



## CYPRUS

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# Diet



The nature trails offer unique opportunities to experience Cypriot traditional cuisine, based on the Mediterranean diet, which has been proven to promote good health and longevity. Try halloumi (typical Cypriot cheese), seftalies (a type of grilled meatball), kolokasi me koupepia (taro and stuffed vine leaves), souvla (traditional barbecued meat), afelia (pork cooked in wine and coriander seeds),ourgouri pilafi (pilaf bulgur wheat), patates yahni (potato stew), fakes moutzentra (a lentil and rice dish), and typical sweet pastries such as flaounes (traditional Easter pastry), paskies, pourekia, kattimeri, loukoumia and loukoumades, and drink sweet koumandaria, Cypriot cognac and zivania. Good food, in combination with the hospitality of village residents, will make your journey even more enjoyable and special

## Other useful information

**Currency:** Euro

**Capital:** Nicosia

**Population:** the total population of the Republic of Cyprus is 952,100 inhabitants (2012), of which 681,000 belong to the Greek Cypriot community (71.5%), 90,100 (9.5%) to the Turkish Cypriot community (estimate) and 181,000 (19%) are foreign nationals residing in Cyprus.

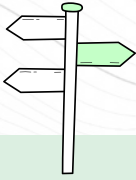
**Religion:** the majority of Greek Cypriots are Orthodox Christians and belong to the Autocephalous Greek Orthodox Church of Cyprus. Turkish Cypriots are Sunni Muslims, whereas the smaller Cypriot communities of Maronites, Armenians and Roman Catholics belong to other Christian denominations.

**Language:** Greek and Turkish are the official languages of the Republic of Cyprus. However, English is widely spoken, almost by the entire Cypriot population, which is a very attractive quality for visitors.

**Safety:** a sense of security is one of the main attractions for visitors in Cyprus. With crime rate being almost non-existent, Cyprus is an ideal destination for fun, touring and carefree vacations!

## CYPRUS

### Nature Trails



# The trails of Cyprus



Trails are a key element of alternative tourism, offering a delightful experience of contact with nature and unique opportunities for outdoor recreation, physical exercise and spiritual uplifting. At the same time, they constitute informational and educational tools for an area's environment, tradition and history.

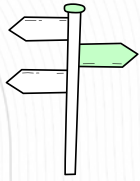
Until the mid 20th century, trails in Cyprus were exclusively used for the movement of people and animals, especially in the countryside. Because of their importance, many of them appear on land registry maps and are now official land registry data. Today, many have been upgraded or constructed for the sole purpose of outdoor recreation. The first nature trails to operate in Cyprus were Caledonia, Artemis, Atalanti and Persephone in Troodos, in the 1970s.

Nature trails are outdoor organised walking routes, free for public use, with appropriate signs and under systematic management. They can be categorised according to their purpose, their length, their design, and other characteristics. For example, they can be **Nature Trails, Walking Trails, Sports Trails, Geological Trails or Geo Routes, Botanical Trails and Agricultural Trails**. Trails are characterized as **circular** if they end up at their starting point or **linear** if their starting and ending points do not coincide. Finally, they can be categorised based on whether they are **Long Distance Trails** or **Short Distance Trails**. There is only one long distance trail in Cyprus, the **E4 European Long Distance Path**, which is more than 500 km long. A large part of the E4 follows existing trails, forest and agricultural roads. It begins at Larnaca Airport, crosses the Larnaca - Famagusta area reaching Kavro Gkreko National Park and then, through a different route, crosses Stavrovouni Forest, Machairas Forest, the Troodos Mountain Range and the Akamas Peninsula (passing through areas of exceptional beauty and great ecological, historic, archaeological, cultural and scientific value) and ends up at Pafos Airport.

There are around 90 trails in Cyprus, most of them passing through state forests and thus managed by the Department of Forests. The rest are the responsibility of local communities and are maintained by the nearby local authorities in cooperation with district administrations. Information about the Cypriot trails is available on the websites of the Department of Forests [www.moa.gov.cy/forest](http://www.moa.gov.cy/forest) and the Cyprus Tourism Organisation [www.visitcyprus.com](http://www.visitcyprus.com).

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# Trail signage and infrastructure



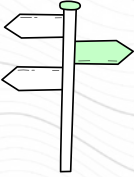
At each starting point, there is usually a kiosk with a map that shows the route and the main characteristics of the area, as well as text with general information about the trail, rules of conduct and possible dangers for hikers (e.g. cliffs, river crossings).

Along the route you will find signs with information about plants, rock formations, the forest ecology, historical and cultural features, as well as direction signs and positioning signs (e.g. trail length covered, altitude, location and others).

In addition to these signs, many trails also have infrastructure that aims to serve hikers, such as rubbish bins (at the starting and ending points) and wooden benches (seats), mainly in shady areas or areas with nice views. Where possible, fallen logs and natural stones are exploited, if their shape and size allows it.

On some trails, you will also encounter viewpoints adjacent to the route, where the ground has been smoothed out, short connecting paths, benches and, in some cases, kiosks to protect you from the sun and the rain. Finally, where possible, drinking water fountains are available, especially on longer routes.





# Hiking code of conduct

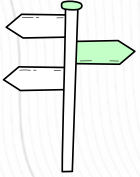


- Remain within the marked trail routes, so as to minimise the risk of stepping over small plants and saplings.
- Avoid smoking or eating when you are on the nature trails.
- Do not make unnecessary noise. Respect other visitors and enjoy the sounds of nature.
- Place your rubbish in the designated rubbish bins or, preferably, take it with you.
- Use the designated camping areas that provide amenities to visitors.
- Avoid cutting tree or shrub branches, cutting or uprooting plants, or carving tree barks.
- It is forbidden to ride motorcycles or bicycles on the trails.
- It is strictly forbidden to light fires anywhere inside the forest, or even on streets and squares. At picnic sites, lighting fires is permitted ONLY at designated points.
- If you see fire or smoke, inform the Department of Forests by calling 1407 (24 hours, free of charge).
- Remember that we are all guests in the forest. Respect wildlife and enjoy the pleasures that it offers, responsibly.



**CYPRUS**

Nature Trails



# Basic hiking equipment



The routes included in this guide are not particularly difficult or risky. Where a high degree of difficulty is indicated, i.e. a degree of difficulty of 3, this is mainly because of river crossings or uphill and downhill sections along the trail. For these reasons, we recommend that you carry some basic equipment, which is preferably small in size and weight, so you can enjoy your walk safely and comfortably.

The suggested clothing includes hiking shoes (the most important element for a successful hike), light clothing that covers the entire body, a hat and sunglasses. During the winter months, take a waterproof-windproof jacket, gloves and wooly hat.

It might be useful to carry a small backpack to keep a canteen with drinking water, a pocket knife and a whistle, whereas for the most difficult trails, a walking stick will provide support and balance and will ease your hike. A small first aid kit, a flashlight, dry food, a map, a compass and extra clothing are optional items that you could carry with you. Do not exaggerate though! For your own comfort, it is best to travel light.

Finally, we recommend that you always have a mobile phone with you. In case of an emergency or accident, call the emergency number **112**, and in case of fire **call 1407**.



# Cyprus Nature Trails

## Introduction



This Guide includes 5 trails in Akamas, 16 trails in Troodos and 5 trails in Kavο Gkreko (Cape Greco).

For each trail, you will find a map of the route, the altitudes, the main locations and distances, as well as a diagram of the elevation changes. Please note that the length of the route and the altitudes given in the diagrams might slightly vary from the real values, due to rounding up and other factors. The correct values are those that appear in the table that is given for each trail.

The table summarises the main characteristics of the trail: the length of the route, its type (circular or linear), the route duration (which is indicative and refers to the average hiker), the degree of difficulty, the maximum and minimum altitudes, the starting point, the most suitable period for hiking, cautionary notes and whether or not there is drinking water en route.

The trails are categorised according to their degree of difficulty, using a scale from 1 to 3 as follows:

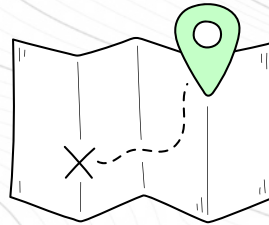
1 Degree: easy trail, without any particular terrain issues and mild elevation changes.


























2 Degrees: trail of medium difficulty, with some difficult terrain such as sudden elevation changes (uphill and/or downhill), narrow and/or steep ground.

3 Degrees: high degree of difficulty due to trail route, with difficult terrain, such as very sudden elevation changes (uphill and/or downhill), course on particularly rough and/or slippery and/or narrow and/or steep ground.



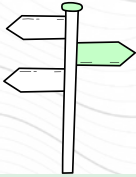
# Map key



	Trail
	Primary asphalt road
	Secondary asphalt road
	Primary dirt road
	Secondary dirt road
	River
	Built-up area
	Trail starting point
	Picnic area
	Visitor Centre
	Botanical Garden
	Turtle nesting beach
	Drinking water
	Mountain peak
	Accessible to wheelchairs
	Parking area
	Interest point
	Church
	Archaeological site
	Beach
	Playground
	Dam
	Café - restaurant
	Kiosk
	Sanitary facilities

## CYPRUS

### Nature Trails



# AKAMAS



The Akamas Peninsula is Cyprus's most northwestern tip. It is delimited by the imaginary line that connects **Agios Georgios Pegeias, Pegeia, Kathikas, Arodes, Ineia, Drouseia, Androlykou, Neo Chorio** and the **Baths of Aphrodite**. The peninsula covers an area of about 17,000 hectares, 7,000 of which are state forests (**Akamas Forest, Pegeia Forest and Meleti Forest**) and the remaining 10,000 hectares are private estates and other state land. The area's forests are managed by Drouseia forest station, which falls within the Pafos Forest Division.

According to one version of the legend, the name **Akamas** is mythologically linked to the Trojan War hero Akamantas, son of Theseus and Phaedra, who after arriving in Cyprus established a colony in the area. The capital of the colony was the city of Akamantida.

The **Akamas** Peninsula is included in Natura 2000, the European network of protected areas, since it is a unique habitat with rich and rare flora and fauna.

#### Flora

Approximately 530 plant species have been recorded on the peninsula, 36 of which are endemic and 23 are characterised as rare or very rare. The Cypriot tulip, Akamas alyson, Cyprus bousea, Aphrodite's centauray, Akamas centauray and the large variety of orchids, such as *Dactylorhiza romana*, *Ophrys apifera* and *Orchis coriophora*, are some of the valuable jewels that give the peninsula a great ecological value. The area's forest vegetation mainly consists of juniper and Calabrian pine, while shrubs such as lentisk, strawberry tree, wild olive tree, terebinth, myrtle, etc. complete the landscape.

#### Fauna

The peninsula's fauna is also particularly rich. To date, 172 bird species have been recorded, many of which are migratory and 51 are included in the European Directive on the conservation of wild birds. If you are lucky, as you are walking on the Akamas trails, you will encounter the rare birds of prey Bonelli's eagle and peregrine falcon, unique butterflies such as *Glaucopsyche paphos* and *Apharidis akamas cypriaca*, the *Lepus europaeus cyprius* hare, the *Vulpes vulpes indutus* fox, various species of bats that live in caves and old tree hollows, such as the fruit bat, as well as reptiles and amphibians.

#### Geology

The peninsula is made up of a variety of sedimentary rocks such as limestone, sandstone and chalk and igneous rocks such as basalt with olivine and enstantanitis. The combination of the above rocks, diabase rocks and serpentine creates the necessary conditions for the growth of very rare plants in a large variety of habitats. On your tour, you will encounter plateaus, plains

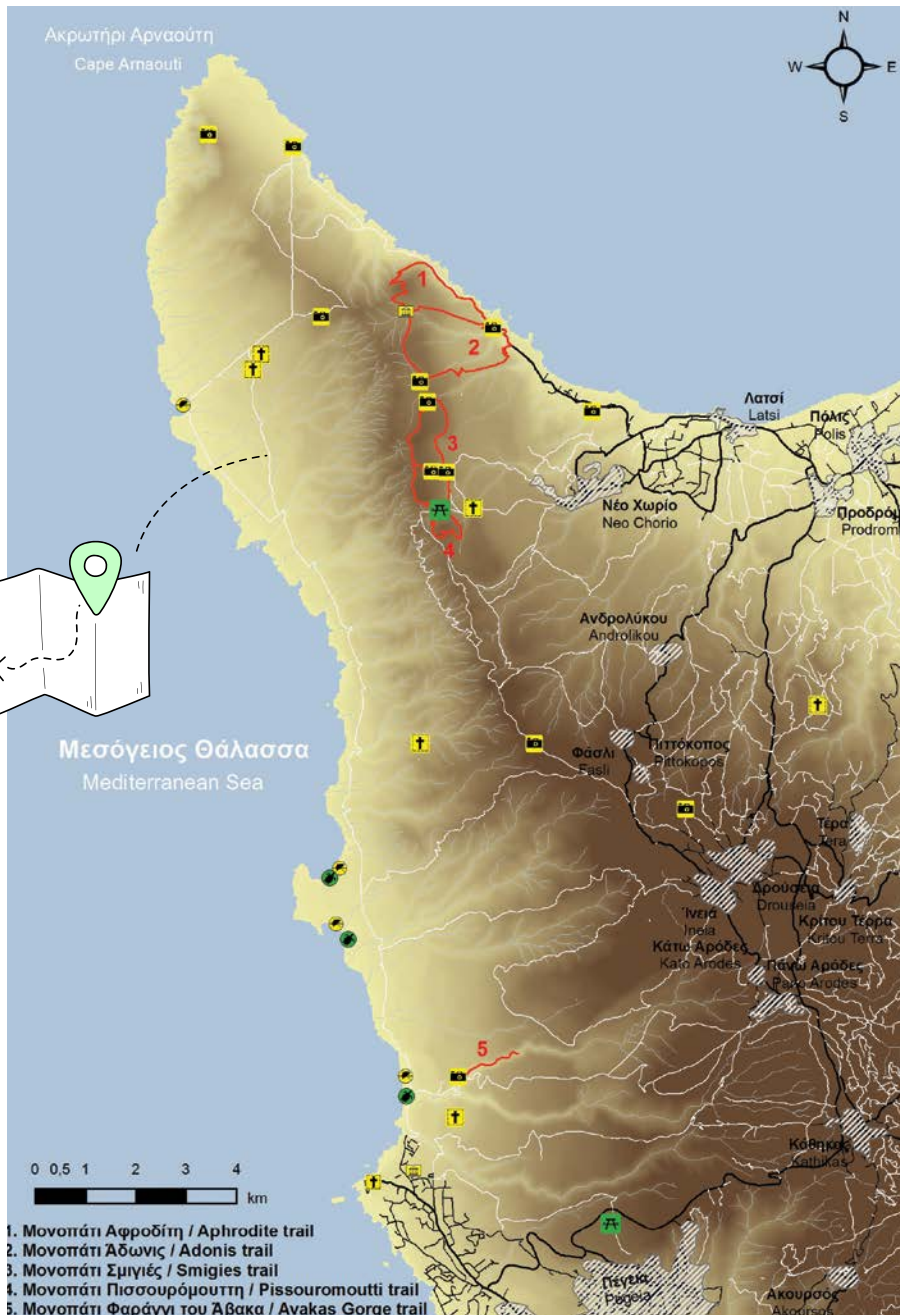
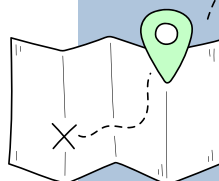




and small streams, narrow and deep valleys, caves, canyons, sandy and rocky beaches, sea caves and solitary islands. The altitudes in the peninsula range from 0 to 600 metres.

### Archaeology - History - Mythology

The uniqueness of the Akamas Peninsula is not only a result of the area's undoubted natural beauty, but also of its cultural richness. Several scattered remains of Neolithic settlements have been identified in the area, including a large one in the locality of Agios Mamas near the village of Androlykou, and two smaller ones, one south of the locality of Spilios tou Garrilli and one in the locality of Dyo Potami near the Baths of Aphrodite. Younger settlements and cemeteries of the Hellenistic and Roman period have been found in the localities of Pampelon, Potrypitos and Agnades near Neo Chorio. Many churches and chapels of the Byzantine and later period can also be found in the area. The main



ones are: Stavros in Toxeftra, Agios Georgios and Agios Kononas in Tzioni, Panagia tou Vlou at the height of the coast of Lara (16 kilometres from Ineia), Agios Nikolaos in Fontana Amoroza, Agios Georgios in Kakoskali, Agios Minas in Neo Chorio, Agios Ioannis east of Androlykou, Agios Georgios west of Ineia, Agia Afentrika and Evaggelistria in Ineia, Panagia Chrysospiliotissa in Pano Arodes, Panagia Evaggelistria in Kathikas, the church of Panagia in Pegeia and the churches of Panagia ton Zalagon, Agia Paraskevi, Profitis Elias and Panagia Agridiotissa west of Pegeia.

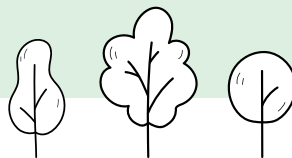
Devote some time to wonder around the traditional, picturesque villages of Akamas. Look for the known Vrysi ton Peyiotisson in Pegeia (beneath the Town Hall), enjoy a glass of wine in one of the wineries in Kathikas, have a coffee in the beautiful square of Arodes, stroll through the fields with dry stone walls in Ineia and try the delicious Akamas halloumi and anari in the small dairy in Drouseia.

On this island, legend and nature are one. Many locations in Akamas, such as the Baths of Aphrodite, Smigies, Pyrgos tis Rigainas and Fontana Amoroza, owe their names to figures in the Greek mythology and local legends that relate to the love stories between Aphrodite and Adonis or Rigaina and Digenis.



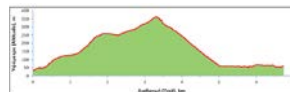
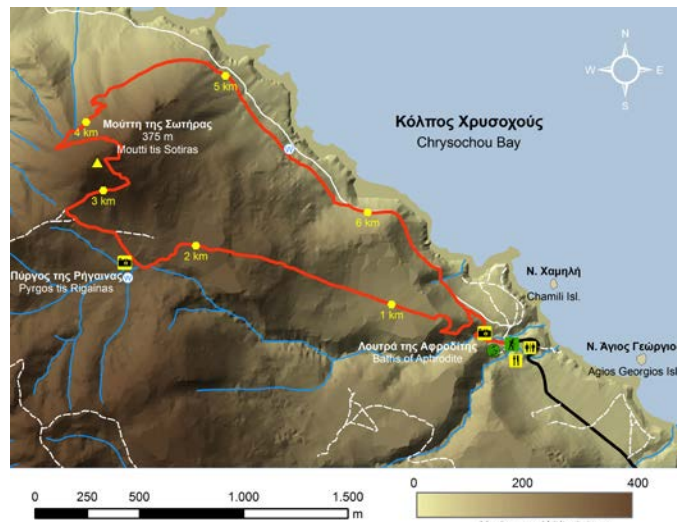
▶ The coastal area of Lara - Toxeftra, located on the southwest side of the peninsula, has been declared an area of marine life protection. The aim is to protect the two species of sea turtle that lay and hatch their eggs mainly on the golden, sandy beach of Lara - Toxeftra: the green turtle (*Chelonia mydas*) and the common turtle (*Caretta caretta*).

▶ The Akamas Peninsula is characterised by unique and exceptional beauty with impressive biodiversity, a variety of rock formations, beautiful beaches and rich historical and cultural tradition, making it a real delight for the walker and naturalist. In addition to hiking, the area also offers a variety of other recreational activities such as diving, fishing, swimming, horseback riding, the study of nature, photography etc.



# APHRODITE TRAIL

Route	7.5 km - circular
Duration	3 hours
Degree of difficulty	2
Maximum - Minimum altitude	355 m - 35 m
General description	upward and downward gradients, rocky at some points
Starting point	<b>Baths of Aphrodite</b>
Most suitable period	year-round
Cautionary notes	risk of slipping
Drinking water on route	yes



### Baths of Aphrodite:

The presence of rare endemic plants such as *Alyssum akamasicum*, *Tulipa cypria* and the large variety of orchids render the Akamas forest a unique habitat of great ecological and scientific importance. This is why the area is included in Natura 2000, the European network of protected areas.

### *Alyssum akamasicum*

The presence of rare endemic plants such as *Alyssum akamasicum*, *Tulipa cypria* and the large variety of orchids render the Akamas forest a unique habitat of great ecological and scientific importance. This is why the area is included in Natura 2000, the European network of protected areas.



## STARTING POINT

The Aphrodite Trail, situated in the **Akamas** state forest, begins at the famous Baths of Aphrodite. To get there, follow the coastal road of **Poli Chrysochous - Neo Chorio** and turn right about one kilometre before the village of Neo Chorio following the signs for Baths of Aphrodite. You can leave your vehicle at the Baths of Aphrodite car park.



## DESCRIPTION

The trail is circular and for about 2.5 km coincides with the Adonis Trail, up until the historical location of Pyrgos tis Rigainas (Tower of the Queen). This section of the trail is rocky and on an uphill slope. According to local legend, this is the route that the Cypriot goddess, Paphia Aphrodite, used to follow, after taking her bath, to reach her tower and rest under the huge oak tree that still exists today. The trail then continues in a north-westerly uphill direction until Moutti tis Sotiras, from where it follows a downhill route toward the Baths of Aphrodite. Along the trail you will find interest points relating to local plants, shrubs and trees (e.g. lentisk, wild sage, Cyprus golden-drop, strawberry tree, juniper) and to geological formations, such as limestone layers (kafkalla) and serpentinites. The trail also includes a stone water fountain and drinking water springs (one near the ruins of Pyrgos tis Rigainas and one between Baths of Aphrodite and Kakoskali). It offers an impressive panoramic view of Chrysochou Bay, Pafos forest and the rocky islets of Chamili and Agios Georgios at Baths of Aphrodite. Nature and beauty meet legend and history at Baths of Aphrodite and Pyrgos tis Rigainas!

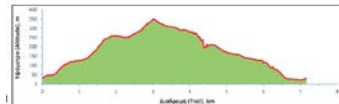
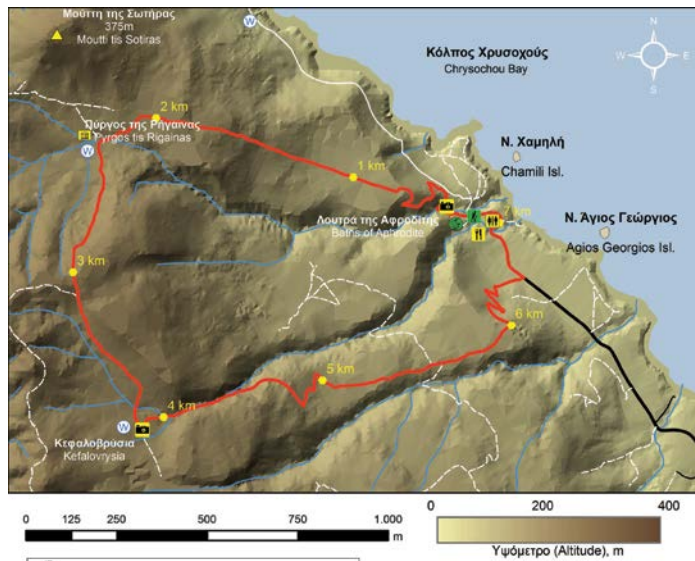


## SERVICES

There is a café-restaurant and kiosk in the Baths of Aphrodite area, where you can enjoy the Cypriot cuisine, rest and get information about the Akamas Peninsula. You also have the opportunity to walk around the small botanical garden that holds specimens of the peninsula's rich flora.

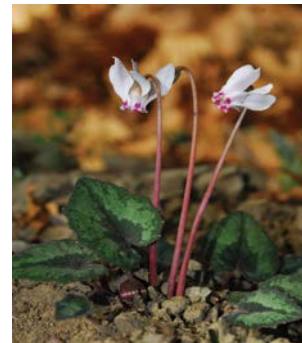
# ADONIS TRAIL

Route	7.5 km - circular
Duration	3 hours
Degree of difficulty	2
Maximum - Minimum altitude	320 m - 20 m
General description	upward and downward gradients, rocky
Starting point	<b>Baths of Aphrodite</b>
Most suitable period	year-round
Cautionary notes	risk of slipping
Drinking water on route	yes



**Pyrgos tis Rigainas:** these tower ruins are believed to have been part of a medieval monastery. Fragments of 12th century frescoes are preserved in the deserted chapel. The huge, ancient oak located near the tower ruins is definitely worth a visit!

**According to one version of the legend...** King Kinyras and his companions arrived in Cyprus from Cilicia. He founded the city of Pafos and married Metharme, the daughter of Pygmalion. He had two sons: Adonis and Oxyporos.



## STARTING POINT

The **Adonis Trail**, located in the state forest of the **Akamas Peninsula**, starts at the Baths of Aphrodite, a beautiful natural pool where according to local legend the goddess of beauty Aphrodite would take her baths and meet her lover, Adonis. To get there, follow the coastal road of Poli Chrysochoous - Neo Chorio and turn right about one kilometre before the village of Neo Chorio following the signs for Baths of Aphrodite. You can leave your vehicle at the Baths of Aphrodite car park.



## DESCRIPTION

The trail is circular and for about 2.5 km coincides with the Aphrodite Trail, up until the historic location of Pyrgos tis Rigainas. This section of the trail is rocky and on an uphill slope. According to local legend this is the route that the Great Goddess of Cyprus, Aphrodite, used to follow, after taking her bath, to get to her tower and rest under the huge oak tree that still exists today. The trail then continues southeast, crosses the beautiful area of Kefalovryssia and completes its circular path by returning back to Baths of Aphrodite. At Kefalovryssia, the Adonis Trail connects with the Smigies Trail. Along the route, there are interest points with information regarding endemic and indigenous plants, shrubs and trees like juniper, strawberry tree, myrtle, terebinth, Cyprus bousea, lentisk and the cyclamen, while the area's most dominant vegetation is maquis shrubland. The view from the trail offers breathtaking views of Chrysochoou Bay, Pafos forest and the coast of the Akamas Peninsula. Drinking water springs can be found at Pyrgos tis Rigainas and at Kefalovryssia.

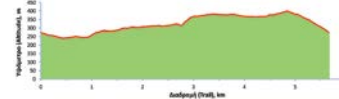
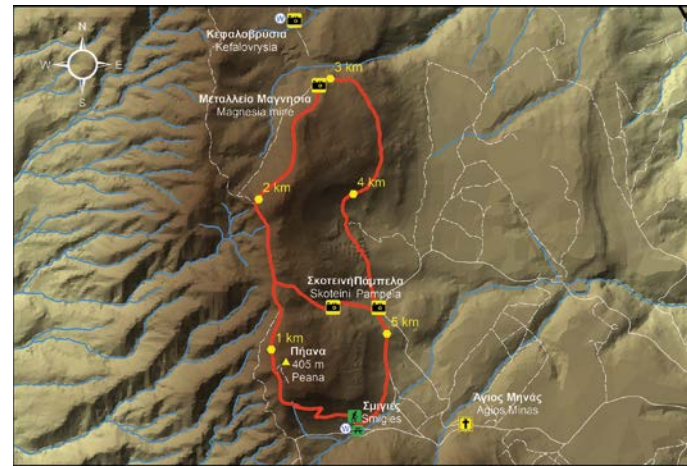


## SERVICES

In close proximity to the Baths of Aphrodite you can find a café-restaurant and kiosk where you can rest and get information about the history, mythology, flora and fauna of the area. You can also walk around the small botanical garden and discover the rich flora of the Akamas Peninsula.

# SMIGIES TRAIL

Route	short: 2.5 km / long: 7.5 Km - circular routes
Duration	short: 1 hour / long: 3 hours
Degree of difficulty	2
Maximum - Minimum altitude	415 m - 240 m
General description	upward and downward gradients, rocky
Starting point	<b>Smigies picnic site</b>
Most suitable period	year-round
Cautionary notes	risk of slipping
Drinking water on route	yes, at the starting point



## STARTING POINT

The Smigies Trail includes two circular routes that begin and end at Smigies picnic site, where you can leave your vehicle. To get to the starting point you must cross the village of Neo Chorio and follow the 3 km-long agricultural road that passes by the chapel of Agios Minas and leads to Smigies.

## DESCRIPTION

The first common part of the two routes, which is about 1 km long and begins at **Smigies picnic site**, crosses the slopes of the **Peana** mountain top, where the Department of Forests has a fire look-out station, and offers an amazing view of the peninsula's west coast (**Lara Bay, Karavopetres, Geronisos**). The trail passes by the look-out station and follows the mountain-ridge road, which leads to **Cape Arnaoutis**. About 200 m after the crossing that leads to the **Peana** look-out station, the two routes split. The **long route** follows a course right of the mountain-ridge road and ends up in the beautiful area of **Kefalovryssia** where it meets the **Adonis Trail**. At this point you can choose to change course and trail and end up at **Baths of Aphrodite**. Otherwise, maintain course heading east and, passing through the old **Magnesia** metal quarry, the trail will end up in the location of **Pampela** where the two **Smigies** routes meet. The **short route** follows a course right of the mountain-ridge road, crosses the beautiful area of **Skoteini** and quickly ends up at the locality of **Pampela**, thus decreasing the length and duration of the trail to about 1/3. From **Pampela**, the two routes follow a joint course for about 0.5 kilometres, along an old forest road with panoramic views toward the north-eastern beaches of the peninsula (**Chrysochou Bay**) and **Pafos forest**, and end up at **Smigies picnic site**, which is also the trail's starting point.

Along the trail you will find numbered interest points with information relating to the area's main plants, shrubs and trees, such as rockroses, juniper, wild thyme, terebinth, prickly burnet, wild sage, carob tree,

strawberry tree, lentisk, and sweet marjoram.

## SERVICES

There is a café-restaurant and kiosk in the Baths of Aphrodite area, where you can enjoy the Cypriot cuisine, rest and get information about the Akamas Peninsula. You also have the opportunity to walk around the small botanical garden that holds specimens of the peninsula's rich flora.



# PISSOUROMOUTTI TRAIL

Route	3 km - circular
Duration	2 hours
Degree of difficulty	2
Maximum - Minimum altitude	400 m - 280 m
General description	upward and downward gradients around the hill
Starting point	<b>Smigies picnic site</b>
Most suitable period	year-round
Cautionary notes	risk of slipping
Drinking water on route	yes, at the starting point



## STARTING POINT

The trail is located on the **Akamas Peninsula**, inside the state forest that is included in Natura 2000, the European network of protected areas. This circular trail begins and ends at **Smigies picnic site**, where there is also a car park. To get to the starting point, you must cross the village of **Neo Chorio** and follow the 3 km-long agricultural road that passes by the chapel of Agios Minas and leads to **Smigies**.



## DESCRIPTION

The trail follows an upward incline until the top of the hill, called **Pissouromoutti**, which is where the trail gets its name from. A downward circular course around the hill then takes you back to the end of the trail. There are many points of exceptional view along the trail, but the most impressive view is from the top of the hill. Here, you can seamlessly enjoy nature all around you (toward the south coast: **Tzioni, Geronisos, Lara, Agios Georgios Pegeias**, and toward the north coast: **Chrysochou Bay**). The trail passes through tall and short shrubby vegetation consisting mainly of juniper, lentisk, terebinths, rockroses, wild thymes, prickly burnets, and gorses. Part of the trail passes through a pine forest that offers shade on warm summer days, making the walk particularly unique and enjoyable. Some parts of the trail pass by areas that were burned in a large fire that occurred in the summer of 2012.

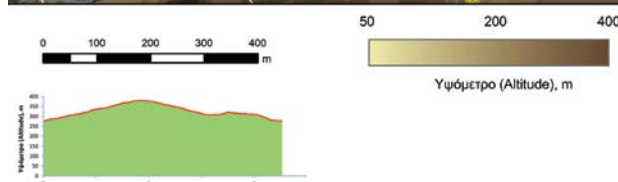
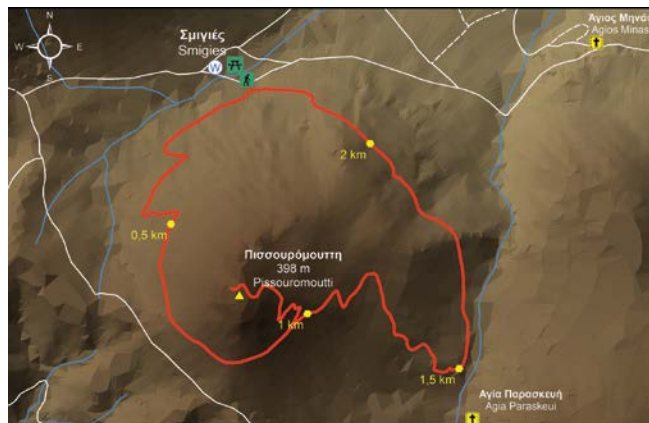


## SERVICES

**Smigies picnic site**, with a capacity of 600 visitors, has drinking water flowing directly to the area from a spring, and sanitary facilities. Lighting fires is permitted in designated areas.

### According to mythology...

The Akamas Peninsula is characterised by rich archaeology and history, but also by mythology intertwined with tradition and legends, created and developed over the centuries by people's imagination. According to mythology, this is where the ancient gods Adonis and Aphrodite flirt. Adonis chases after Aphrodite and they end up reaching the top of the mountain at nightfall. Hence the name Pissouromoutti



moutti (pissouri = darkness, moutti = tip). The chase is over when Adonis catches up with Aphrodite a bit further down and they 'unite' in the area that is now called Smigies (smigo = to unite).



# AVAKAS GORGE TRAIL

Route	1.2 km - linear
Duration	2 hours
Degree of difficulty	1-2
Maximum - Minimum altitude	45 m - 25 m
General description	without upward or downward gradients
Starting point	<b>Avakas Gorge</b>
Most suitable period	March - November
Cautionary notes	river crossing, rapid water level increase during a storm, risk of slipping and landslides - follow signposted instructions
Drinking water on route	yes, at the starting point

## STARTING POINT

The **Avakas Gorge Trail** is located in the homonymous gorge, within **Pegeia state forest**. You can park your vehicle in the designated parking area. To get there, follow the **Agios Georgios Pegeias - Toxeftra** road for 2.5 km and, where **Toxeftra Bay** begins (signposted), head east and follow a narrow unpaved road for about 900 metres.

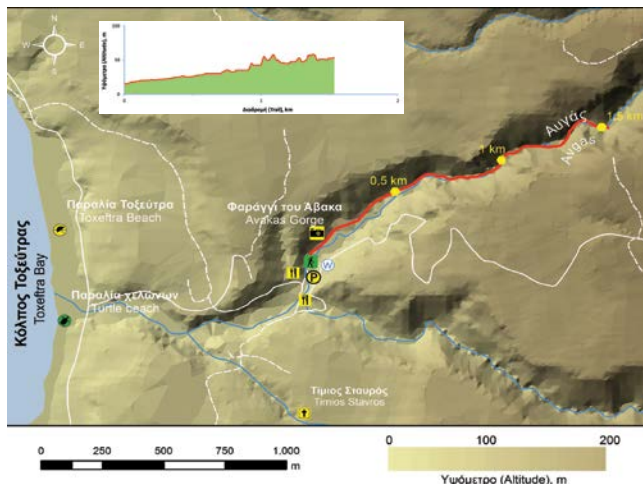
## DESCRIPTION

The **Avakas Gorge Trail** follows a linear route of 1,200 m (2,400 m return). The end of the trail is located inside the gorge and follows the course of the **Avgas River**, from where the gorge gets its name. The trail's first 700 m have a degree of difficulty of 1 whereas the rest of the trail has a degree of difficulty of 2. There are no significant inclinations, and the small degree of difficulty derives mainly from the crossings of the river and the slippery stepping stones. It is advisable to wear helmets when you are inside the gorge, since in some areas there is a risk of falling rocks, particularly on and after rainy days.

At first, the trail follows a dirt road (closed to private vehicles) through an open valley. Then, the trail takes you into the gorge. In its last section, the trail is in the stream, in which water usually flows throughout the year. The route through the gorge is characterised by thick vegetation and a particularly attractive, shady and moist environment.

## Flora - Fauna

Along the trail you will find signs with the names of a large variety of plant species such as lentisk, juniper, terebinth, thorny broom, giant reed, common smilax, oleander, Akamas centauray and storax. The gorge also hosts an impressive variety of species from the animal kingdom, like the fox, the hare, the hedgehog, the eel, the stallion lizard, and the three frog species that live on the island: the tree frog, the marsh frog and the iridescent frog, as well as a large variety of migratory and local birds. Among the most important permanent inhabitants of the area are three endemic bird species, the Cyprus wheatear, the Cyprus



warbler and the scops owl, as well as the partridge, the little owl, the kestrel and the wild pigeon, which is very common.

## Geology

It is believed that the creation of the gorge began millions of years ago, following the emergence of the area from the sea. The gorge is a result of many years of constant erosive activity by the Avgas River on the erodible, sloping limestone rocks composed of loams, chalks, reef and grain limestone and bentonitic clays.

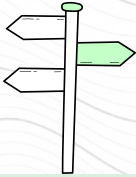
## SERVICES

There is a kiosk and a drinking water fountain at the car park by the starting point. There is also a café-restaurant in the area, 500 m from the starting point, where you can eat and rest.



## CYPRUS

### Nature Trails



# TROODOS



The **Troodos mountain range** extends to almost the entire central and western Cyprus. Its creation was the core around which the island was later formed – that is why it is described as the ‘heart of Cyprus’. To the west, it extends to Pafos district and to the east it stretches over large parts of the districts of Lefkosia (Nicosia), Lemesos (Limassol) and Larnaka. The highest peak, at an altitude of 1952 m, is called **Chionistra** (or **Olympos**). In the winter, the area can sometimes be covered with up to 2 metres of snow, making it ideal for skiing. Most of the rivers in Cyprus, Kourris, Kryos, Chapotami, Diarizos, Karkotis and Marathasa River, spring from **Troodos**.

Picturesque villages, where you can experience the Cypriot tradition and learn about local products, embellish the **Troodos** mountain range. Indicatively, it is worth mentioning the villages of **Agros**, **Kyperounta**, **Pelendri**, **Kakopetria** with its traditional neighbourhood and narrow streets, **Kalopanagiotis**, **Moutoulas**, the villages of **Pedoulas** and **Prodromos** renowned for their cool climate and fruit variety, the wine villages of **Omodos**, **Vasa** and **Koilani**, the tourist resort of **Platres** famous for its cosmopolitan atmosphere, and, on the west side of Troodos, the village of **Lysos** and the village of **Fyti**, where the traditional hand-woven textiles, called *fythkiotika*, are made.

The old monasteries and churches on the Troodos mountain range are among the most interesting sights. It is worth mentioning the church and monastery of **Panagia tou Araka** at **Lagoudera**, the church of **Agios Nikolaos tis Stegis** near **Kakopetria**, and the monasteries of **Agios Ioannis tou Lampadisti** at **Kalopanagiotis** and of **Timios Stavros** at **Pelendri**, all of which have been declared World Heritage Sites by UNESCO.

#### Geology

The rock formation on the broader **Troodos** range is known as the Troodos ophiolite complex. It was formed 90 million years ago at the bottom of the ancient Tethys Sea, and its rise to the surface, which signalled the beginning of the formation of Cyprus, occurred approximately 15 million years ago as a result of the collision between the African and Eurasian tectonic plates. Its stratification, which is similar to that of the oceanic crust, has been preserved whole and almost intact.

#### Flora

The greatest part of Troodos is covered with dense forests, most of which are natural and self-renewing. The Calabrian pine dominates up to an altitude of 1500 metres, whereas the black pine is predominant at higher altitudes. These pine trees live in symbiosis with shrubs such as Troodos juniper, white beam, read-bead cotoneaster, barberry, and the endemic Troodos gorse. Cedars, planes, golden oaks, strawberry trees and oaks can also be seen in certain areas. More than 750 plant species can be found in Troodos forest, 72 of which are endemic to Cyprus. Of these, 12 grow exclusive in the area and nowhere else on the planet. In



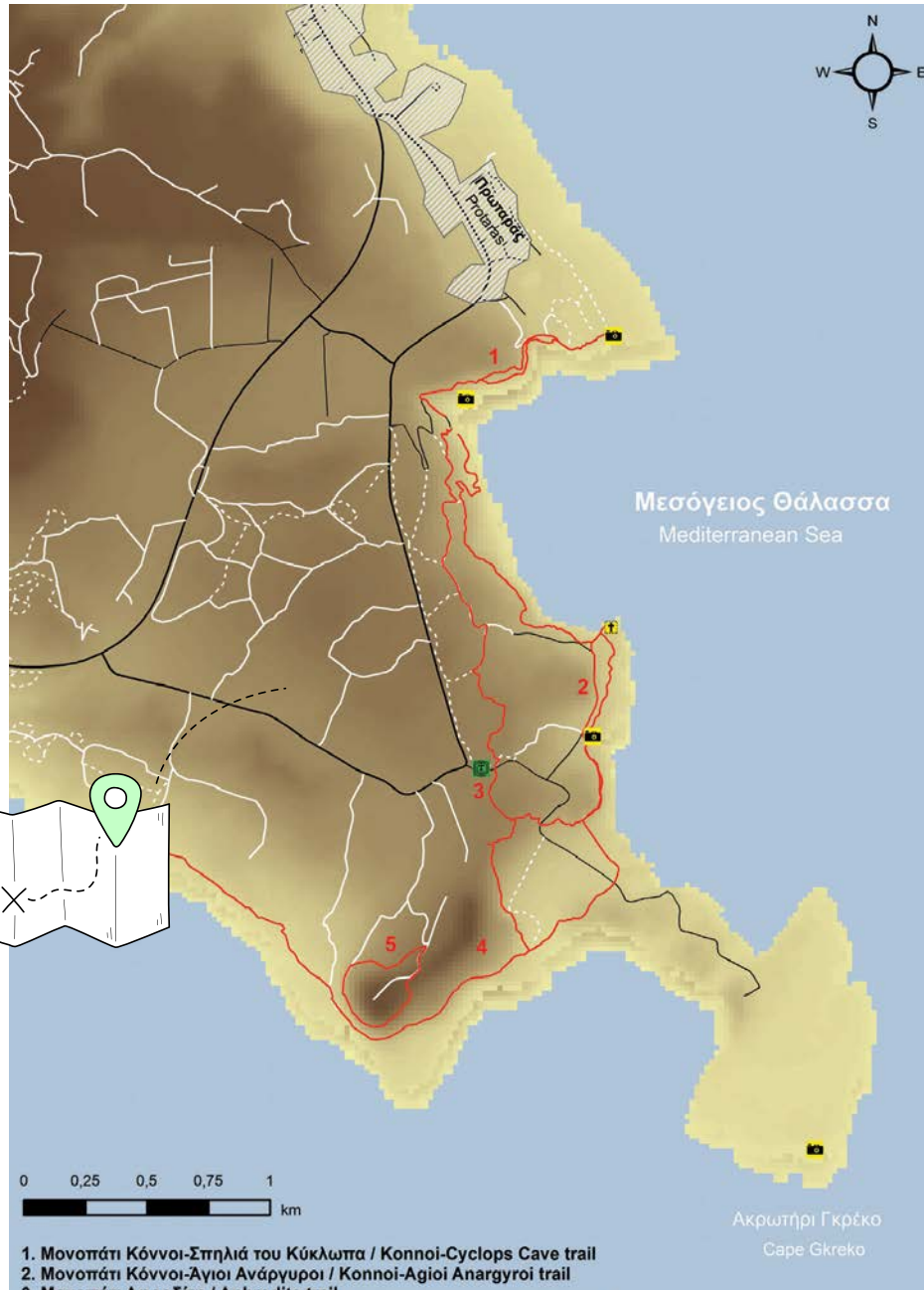


fact, some plant species have been named after **Troodos**, including the *Alyssum troodi*, *Nepeta troodi* and *Acinos troodi*. Thus, it is perhaps not surprising that Troodos has been described as one of the most important mountain flora habitats in Europe.

### Fauna

The most distinctive animal species on Troodos is the Cyprus mouflon. Although its main habitat is **Pafos forest**, it regularly visits Troodos forest. The **Troodos mountain range** is also home to the fox (*Vulpes vulpes*), the hare (*Lepus europaeus*), the porcupine (*Erinaceus europaeus*), bats, rare and protected birds such as the griffon vulture, the common raven and Bonelli's eagle, various species of reptiles such as the viper, the stallion lizard, the chameleon and other lizards such as *Lacerta laevis troodica*, the endemic sweet water crab and over 30 species of butterflies, some of which are endemic and very rare.

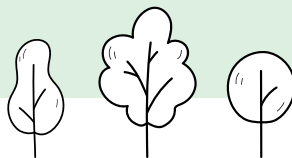
For the protection of its biodiversity, the greatest part of the forest (about 80,000 hectares) has been included in Natura 2000, the European network of protected areas.



1. Μονοπάτι Κόννοι-Σπηλιά του Κύκλωπα / Konnoi-Cyclops Cave trail
2. Μονοπάτι Κόννοι-Άγιοι Ανάργυροι / Konnoi-Agioli Anargyroi trail
3. Μονοπάτι Αραβόβιτα / Arabobita trail

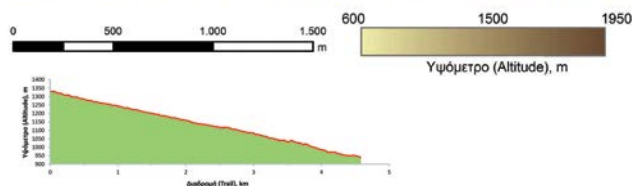
### Troodos State Forest Park

The **Troodos** Mountains are covered by forests of unique natural beauty that host valuable plant and animal habitats. The greatest part of **Troodos Forest** (around 9,300 hectares) was declared a **National Forest Park** in 1992. The entire park is state property and is therefore protected by national forest legislation. To inform and serve the public, a **Visitor Centre** located near Troodos Square is open daily, whereas on the **Karvounas - Troodos** main road, within the limits of the now closed Amiantos asbestos mine, there is the **A.G. Leventis Botanical Garden of Troodos** and the Visitor Centre of the **Troodos Geopark**. The Park also includes 10 picnic sites, 4 camping sites and 15 nature trails.



# TROODITISSA – PHINI TRAIL

Route	4.5 km – linear
Duration	2 hours
Degree of difficulty	1
Maximum - Minimum altitude	1330 m – 930 m
General description	downhill, follows a forest road
Starting point	<b>Platres – Prodomos road</b>
Most suitable period	March – November
Cautionary notes	the trail follows a forest road that is open to traffic
Drinking water on route	no



## STARTING POINT

The trail starts on the **Platres – Prodomos** main road. On the way from **Platres** to **Prodomos**, 400 m from **Trooditissa Monastery**, there is a kiosk on the left side of the road with information about the trail. At the beginning of the trail, on the forest road, there is space where you can park your vehicle. The trail ends outside the village of **Phini**.

## DESCRIPTION

Starting from the **Platres – Prodomos** main road, the route follows a forest road that connects **Trooditissa Monastery** with the village of **Phini**. The route passes by Calabrian pine stands that, together with strawberry trees and the endemic golden oak, form the area's dominant vegetation. After hiking for 3.5 km, stop to admire the exceptional view toward the beautiful village of **Phini**. At this point, the trail crosses the **Trooditissa River** and leads you to the route's main attraction, the **Chantara waterfall** (8 metres high). The trail then passes by vertical cliffs before the journey ends on the **Phini – Agios Demetrios** road, right outside **Phini**.

The **Trooditissa – Phini** forest road is also part of the Cyprus Tourism Organisation's **Prodomos – Psilo Dentro (Platres)** cycling route. The entire trail is located within Troodos National Forest Park, which is a Natura 2000 area.

## SERVICES

At the end of the route, head toward the square of **Phini**, take a tour of the **Pilavakion Museum** for ceramic art, relax in one of the coffee shops or restaurants and try the famous *loukoumia* of **Phini**

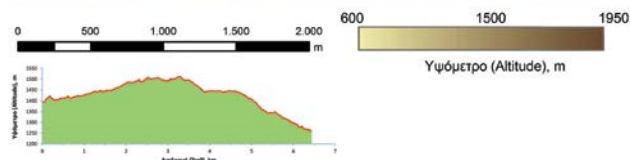
(delights). Furthermore, 5.5 km from the starting point, you can find the mountain resort of **Pano Platres**, which offers many services to visitors, including hotels, restaurants, banks and shops.



According to tradition, the Chantara waterfall takes its name from the word antara, which, in the surrounding villages, signifies noise from falling water.

# PRODROMOS - ZOUMI TRAIL

Route	two routes, one of 6 km and one of 6.2 km - linear
Duration	2.5 hours
Degree of difficulty	2
Maximum - Minimum altitude	1500 m - 1300 m
General description	uphill and downhill sections
Starting point	<b>Department of Forests play-ground in Prodrornos</b>
Most suitable period	March - November
Cautionary notes	risk of slipping
Drinking water on route	no



## STARTING POINT

The **Prodrornos - Zoumi Trail** begins by the Department of Forests' children's play area in **Prodrornos**, 100 m northeast of the village's central square. The trail is located in the forest of the Cyprus Forestry College. It is located within Troodos National Forest Park and is a Natura 2000 area

## DESCRIPTION

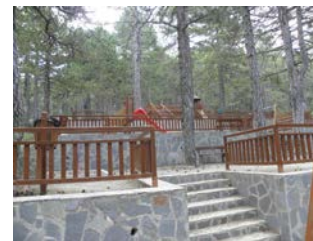
The first 3 kilometres of this linear trail follow an uphill slope whereas the remaining part is downhill. There are various altitudes along the trail, which starts at 1400 m, reaches a maximum of 1500 m and ends at an altitude of 1300 m. At Zoumi, you have the possibility to choose between two routes that end up in different parts of the **Pedoulas - Kakopetria (Agios Nikolaos tis Stegis)** road.

The trail offers a panoramic view of **Marathasa Valley, Morphou Bay, Kykkos Monastery, Tripilos** and **Vouni Panagias**. Along the route, you will be able to enjoy geological formations, dense stands of black pine and a variety of plants of the **Troodos** area, such as *Pterocephalus*, Troodos sage, Cyprus germander, hawthorn, bracken and honeysuckle. Reference to these species is made in the signs that you will meet along the route. At **Zoumi**, the trail connects with the **Prodrornos Dam - Stavroulia Trail**.



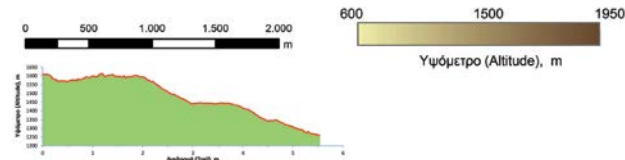
## SERVICES

In the beautiful village of **Prodrornos** you will find many quaint taverns where you can rest and try the traditional Cypriot cuisine. If you decide to prolong your stay and enjoy the cool climate that the highest village in Cyprus offers (at an altitude of 1380 m), contact one of the hotels or rooms for rent.



# PRODROMOS DAM - STAVROULIA TRAIL

Route	two routes, one of 5.2 km and one of 5.5 km - linear
Duration	2 hours
Degree of difficulty	3
Maximum - Minimum altitude	1600 m - 1300 m
General description	uphill and downhill sections
Starting point	<b>200 m after Prodroinos Dam (reservoir)</b>
Most suitable period	March - November
Cautionary notes	rsteep downhill route, risk of slipping
Drinking water on route	no



## STARTING POINT

The **Prodroinos Dam - Stavroulia Trail** is located along the **Prodroinos - Troodos Square** main road. On the way from **Prodroinos**, the beginning of the trail will be on your left, 200 m ahead of **Prodroinos Dam**. A parking site is available opposite the starting point. The trail is part of the Cyprus Forestry College's forest in **Prodroinos**, in the **district of Limassol**, and is also part of Troodos National Forest Park and a Natura 2000 site.



## DESCRIPTION

The trail starts at an altitude of 1600 m and ends at an altitude of 1300 m. At **Zoumi**, you have the possibility to choose between two routes that end up at different points on the **Pedoulas - Kakopetria (Agios Nikolaos tis Stegis)** road. A large part of the trail coincides with the **Prodroinos - Zoumi Trail**.

The area is gifted with rich flora. Of particular interest are the ancient black pines, which can be more than 500 years old! Along the route, you will find signs with information about the area's flora (e.g. Cyprus cedar, Troodos catmint, Cyprus germander, Troodos Alyson, Troodos juniper, storax) and about plutonic rock formations (pyroxenites, dunites etc.). There are various exceptional viewpoints throughout the route. From up there, you can admire Kykkos Monastery, Vereggaria hotel in **Prodroinos**, the picturesque villages in the valleys of **Marathasa** and **Solea, Morphou Bay** and **Pentadaktylos mountain range**. To the east, there is a panoramic view of the abandoned tunnels of a chromium mine.



## SERVICES

The trail's starting point is near the **Prodroinos Dam picnic site**, where drinking water and sanitary facilities are available, and lighting fires is permitted in designated areas. In the surrounding villages of the **Troodos** mountain range you will find many quaint taverns where you can relax, try the traditional Cypriot cuisine and traditional local products.



# ARTEMIS TRAIL

Route	7 km - circular
Duration	3 hours
Degree of difficulty	1
Maximum - Minimum altitude	1860 m - 1820 m
General description	smooth path
Starting point	<b>300 m from the intersection between the road leading to Chionistra and the Troodos - Prodomos road</b>
Most suitable period	March - November
Cautionary notes	risk of slipping
Drinking water on route	no



## STARTING POINT

On the **Troodos - Prodomos** road turn left, following the signs for **Artemis Trail**. The trail's starting point is located 300 m from the intersection with the road that leads to **Chionistra**. Parking space is available at the starting point.



## DESCRIPTION

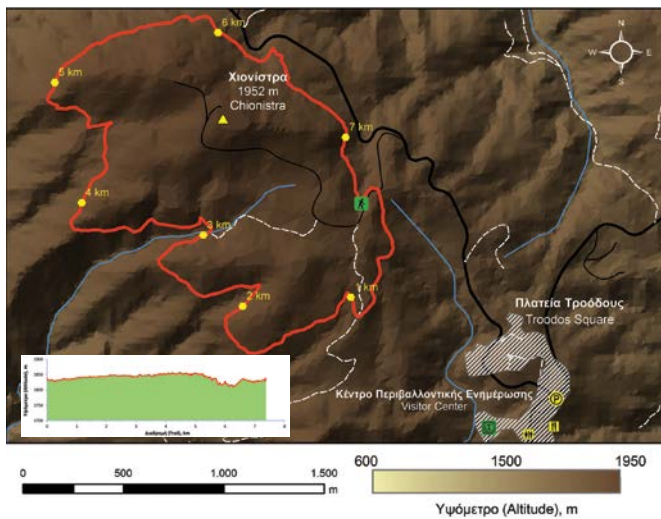
The route follows a circular course around **Chionistra** at an average altitude of 1850 m. With the help of information signs posted on the trail, you will be able to observe the forest: the two century-old black pines that are over 500 years old, the rich and rare flora (with local endemics such as Troodos catmint, Troodos germander, Troodos Alyson, Troodos sage and Troodos juniper) and the area's rock formations (such as dunite, harzburgite and pyroxenite). Furthermore, throughout the route you can enjoy the beautiful view toward the areas and villages of the districts of Limassol, Pafos and Nicosia. The entire trail is located within Troodos National Forest Park, which is a Natura 2000 area.

Ta Tishia tis Palias Choras (translated to 'the walls of old Chora') are a site of historical interest. They are the ruins of makeshift fortifications built during the last year of the Venetian period in Cyprus (1571 A.D.) by a group of Venetian generals in an attempt to defend themselves against the Ottomans. Having watched the occupation of Chora (an old name for Nicosia), and fearing the strength of the Ottomans, they decided to surrender.



## SERVICES

In the surrounding villages of the **Troodos** mountain range you will find many quaint taverns where you can relax, try the traditional Cypriot cuisine and traditional local products. **Troodos Square** has shops, restaurants, public toilets and hotels. The **Troodos Visitor Centre** and the **ski resort** of the Cyprus Ski Federation, which attracts many visitors during January and February, are both located near the square.



The trail gets its name from the goddess Artemis, daughter of Zeus and Leto and twin sister of god Apollo. The gorgeous, clever and often capricious and cruel goddess, as the ancient Greeks imagined her to be, was the protector of wildlife, mountains and forests.

# ATALANTI TRAIL

Troodos

Route	14 km – circular
Duration	5 hours
Degree of difficulty	2
Maximum - Minimum altitude	1820 m - 1720 m
General description	uphill - downhill
Starting point	<b>Troodos Square</b>
Most suitable period	March - November
Cautionary notes	risk of slipping
Drinking water on route	yes



## STARTING POINT

The **Atalanti Trail** begins and ends at **Troodos Square**. You can leave your vehicle at the square's parking site.



## DESCRIPTION

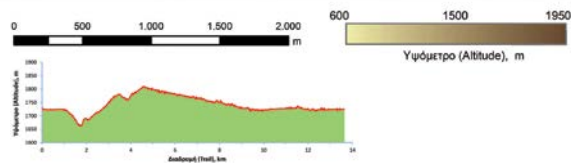
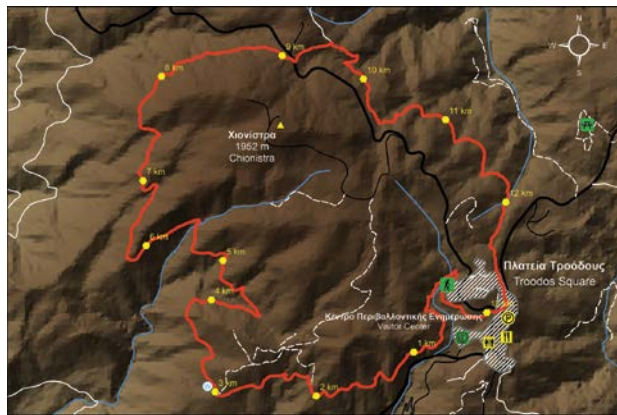
The trail follows a course around **Chionistra**, lower than the **Artemis Trail**, and passes through dense thickets of black pine and Troodos juniper. Here, you can admire one of the oldest juniper trees, an 800 year old specimen! On the trail, you will find information signs about plants, mostly endemic shrubs and trees found on the mountain range, such as Troodos germander, Troodos gorse, Troodos sage, Troodos Alyson and the golden oak, and about plutonic rock formations such as pyroxenite, dunite and harzburgite. The route offers an exceptional view toward the areas and villages of the Limassol, Pafos and Nicosia districts.

At a distance of 3 km from the starting point there is a drinking water fountain and wooden benches where you can rest. Approximately 5 km from the starting point you will find the entrance of an old chromium mine tunnel, which has been closed since 1982. After a 9 kilometre hike the trail reaches the **Troodos - Prodromos** road. To continue on the trail, cross the main road and walk for about 200 m on the Chromium Housing settlement forest road toward **Agios Nikolaos tis Stegis**. There, a wooden signpost indicates the direction to the trail. The trail then follows a course almost parallel to the main road to arrive at **Troodos Square**. Alternatively, you can also get to the square by following the main road. The entire route is located in Troodos National Forest Park, which is a Natura 2000 area.



## SERVICES

Shops, restaurants, public toilets and hotels can be found at **Troodos Square**. The **Troodos Visitor Centre**, located by the square, is open to the public on a daily basis.



The trail gets its name from Atalanta (Atalanti in Greek), a mythological heroine who was an excellent hunter and runner and a protégé of goddess Artemis.

# PERSEPHONE TRAIL

Route	3 km - linear and circular
Duration	2 hours
Degree of difficulty	1
Maximum - Minimum altitude	1720 m - 1660 m
General description	nearly smooth path, gentle gradients
Starting point	<b>near Troodos Square</b>
Most suitable period	March - November
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

The **Persephone Trail** begins 150 m south of **Troodos Square** (toward the police station) at an altitude of 1720 m and ends at an impressive viewpoint, at an altitude of 1660 m. You can leave your vehicle at the square's parking site..



## DESCRIPTION

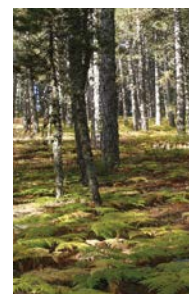
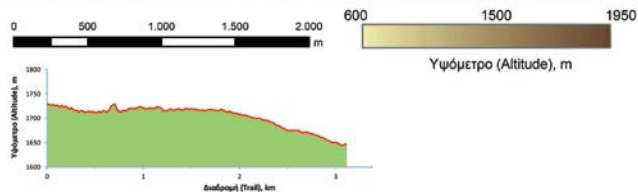
The route is linear, so you will either have to arrange for someone to pick you up at the end point, where the trail crosses a forest road, or you will have to return to the starting point following the same route or following the indications to take a forest road that leads to the starting point and offers an unobstructed view of the **Amiantos Asbestos Mine**. The route passes through rich vegetation and a dense black pine forest. Along the trail, you will find signs with information about the plants, shrubs and trees that can be found in Troodos Forest, many of which are endemic (e.g. Troodos germander, Cyprus skullcap, multi-flowered *Pterocephalus*, strawberry tree, Troodos sage, golden oak, juniper), as well as geological interest points (dunite, harzburgite). The trail crosses natural black pine forests that, in certain areas, are very dense. Near the viewpoint, you will see cedar and juniper reforestations. You can enjoy excellent views at the end of the trail, at the locality of **Makria Kontarka**, toward the villages and vineyards of the district of Limassol, up until **Cape Gata** and **Limassol Salt Lake**.

The trail is located within Troodos National Forest Park, which is a Natura 2000 site.



## SERVICES

There are shops, restaurants, public toilets and hotels in **Troodos Square**. The **Troodos Visitor Center**, located near the square, is open daily to provide information to visitors.



According to Greek mythology, Persephone was the daughter of Zeus and Demeter, the goddess of harvest, and the wife of Pluto.





# CALEDONIA TRAIL

Route	3 km - linear
Duration	1.5 - 2 hours
Degree of difficulty	2-3
Maximum - Minimum altitude	1600 m - 1200 m
General description	upward and downward gradients by a ravine
Starting point	<b>500 m from Troodos Square or at Psilo Dentro (Pano Platres)</b>
Most suitable period	March - November
Cautionary notes	river crossings, high risk of slipping
Drinking water on route	no



## STARTING POINT

After about 500 m on the descend from **Troodos Square** to **Platres** you will see a turn on your left with a sign for the **Caledonia Trail**. A narrow, asphalted road leads to the beginning of the trail where small parking areas are located (this is the highest point on the route). Alternatively, you can start at the lowest point, at the locality of **Psilo Dentro** above **Pano Platres**. In this case, you can park near Psilo Dentro restaurant and, following a slightly uphill road for 300 m, you will reach the trail's kiosk, from where you can start.

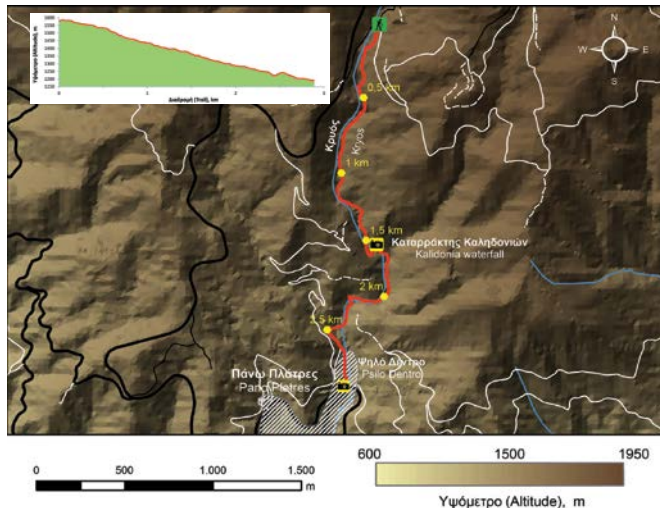


## DESCRIPTION

The route is constantly downhill or uphill depending on where you start. The greatest part of the trail passes through a dense forest and follows a route along the **Kryos Potamos** River, where water flows permanently. Passages have been constructed at many of the river crossings located along the trail, but at some points you will have to step on moist, slippery stones to cross, therefore attention is required. The trail has steps, areas where you can rest, indications with plant names and other useful information, as well as three kiosks where you can take cover in case of rain.

The entire route is located in Troodos National Forest Park, which is a Natura 2000 area. The vegetation is entirely natural, rich and very dense. Hygrophilous vegetation, comprised of planes, alders and ivy, dominates along the riverbed. Black pines cover the mountain slopes at higher altitudes, and are gradually replaced by the Calabrian pine at lower altitudes. Other common species found on the mountain slopes are the strawberry tree, barberry, bracken and the endemic golden oak. There are many endemic plants along the route, including Cyprus rock-cress, Troodos sage and Aphrodite's spurge. Trout can be seen in the ponds that form along the trail. Keep in mind however that fishing is forbidden!

The most interesting sight on the trail is **Caledonia Falls**, located two thirds along the route (if you start at the high altitude point). The water



falls dramatically from a height of 13 metres on hard gabbro rock. The only exit from the trail (through a dirt road, closed to traffic) is located at the waterfalls.

## SERVICES

Shops, restaurants, public toilets and hotels can be found at **Troodos Square**. The **Troodos Visitor Centre**, located by the square, is open to the public on a daily basis.



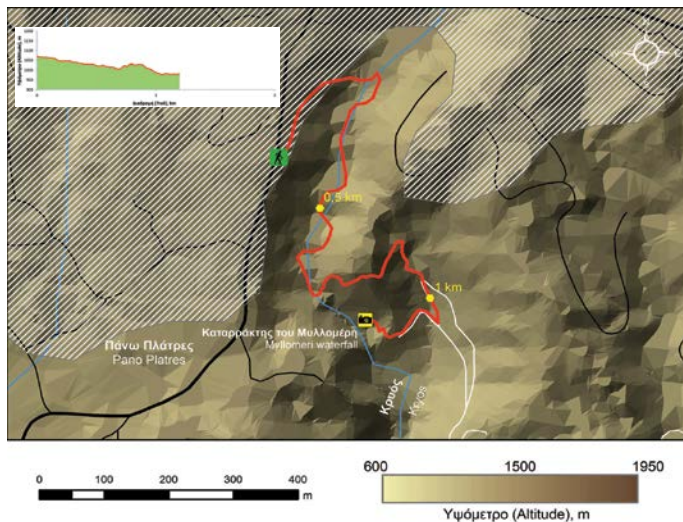
The water in Kryos Potamos, one of the few rivers in Cyprus with permanent water presence, is used for, among other things, irrigating Troodos. It is in this cool and picturesque ravine that the Caledonia Trail is located.



The gurgling waters populated with trout, the dense canopy of trees, the chirping birds, the variety of vegetation and the splashing water at Caledonia Falls will charm you and keep your interest undiminished for the entire route.

# MYLLOMERIS TRAIL

Route	1.2 km - linear
Duration	45 minutes
Degree of difficulty	1
Maximum - Minimum altitude	1070 m - 980 m
General description	downhill route, next to the riverbed
Starting point	<b>road that leads from Pano Platres to Kato Platres</b>
Most suitable period	March - November
Cautionary notes	frequent river crossings, risk of slipping
Drinking water on route	no



## STARTING POINT

To enjoy this enchanting and short trail, leave your vehicle in **Platres** square and follow the main road toward **Kato Platres**. After 300 m you will find the starting point on your left, just before the church of Panagia tis Phaneromenis.



## DESCRIPTION

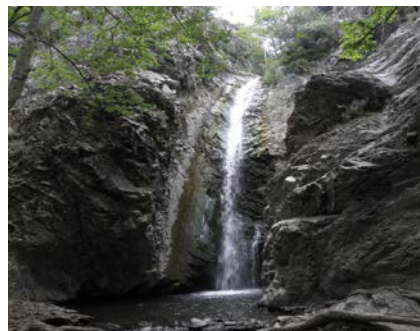
For about 600 metres, the route follows the **Kryos Potamos** riverbed, which holds rich riparian vegetation such as oriental plane, oriental alder and other hygrophilous species. The second half of the route passes by a mountain slope with a view towards the valley of the **Pera Pedi** dam and a different type of vegetation: low shrubs such as terbinth, prickly burnet and the endemics *Ptilostemon*, *Cyprus thyme* and *Cyprus asperula*. The trail's most important sight is **Myllomeris Waterfall**, located at the end of the route. The waterfall, hidden in the mountain, dramatically reveals itself with water falling from a height of 20 metres!

The name Myllomeris possibly derives from the words **myllos** (meaning **moist** in the Cypriot dialect) and **meros** (meaning **place**), i.e. a **moist place**. The entire trail is outside any national forests, and therefore the Local Authority of Pano Platres is responsible for its maintenance and management.



## SERVICES

The trail's starting point is located within the village of **Pano Platres**, a tourist resort with lush vegetation and many services including hotels, restaurants, banks and shops.



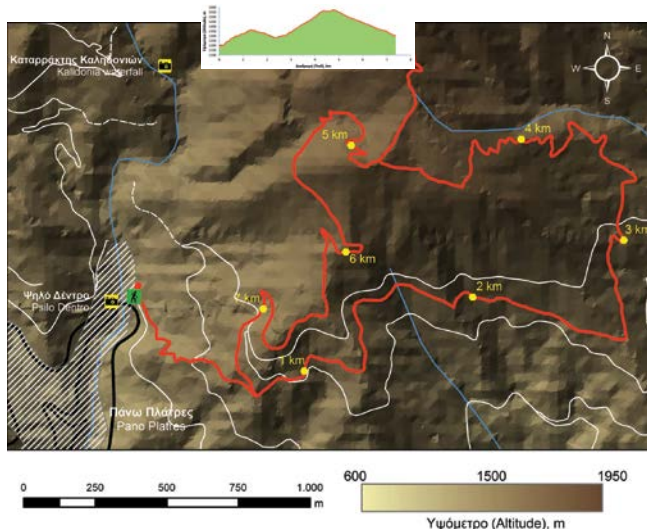
**Myllomeris Waterfall**, where water falls from a height of 20 metres, is the tallest waterfall in **Troodos**.

**Kryos Potamos** is one of the few rivers in Cyprus where water flows throughout the year.



# PSILO DENTRO - POUZIARIS TRAIL

Route	9 km - circular
Duration	4 hours
Degree of difficulty	3
Maximum - Minimum altitude	1690 m - 1190 m
General description	upward and downward gradients
Starting point	<b>Moniatis - Troodos road</b>
Most suitable period	March - November
Cautionary notes	risk of slipping
Drinking water on route	no



## STARTING POINT

The trail's starting point is located on the **Moniatis - Troodos** main road. On the way from **Moniatis**, 50 metres before the Psilo Dentro restaurant make a right turn and you will find the trail's beginning on the **Pano Platres - Mesa Potamos** forest road. You can either leave your vehicle near the starting point or at the restaurant's parking site.



## DESCRIPTION

The **Psilo Dentro - Pouziaris Trail** is located within Troodos National Forest Park, which is a Natura 2000 area. The trail's first few kilometres pass through an area of dense Calabrian pine stands and low vegetation comprised of strawberry trees, terebinth, the endemic golden oak and other low shrubs. After the 3<sup>rd</sup> kilometre and until the highest point on the route, the vegetation is predominantly comprised of black pines and low shrubs like the endemic sage, Troodos catmint and Troodos Alyson. The route offers brilliant viewpoints toward **Kourris Dam**, the city of Limassol and Limassol's wine villages. At the trail's highest point you will meet the **Kryos Potamos - Troodos Square** forest road. This is where the return route begins. Follow the same route back (for about 1 km) and then take the route on the left.

The trail has a degree of difficulty of 3 because the route is quite tiring, with uphill and downhill sections throughout.



## SERVICES

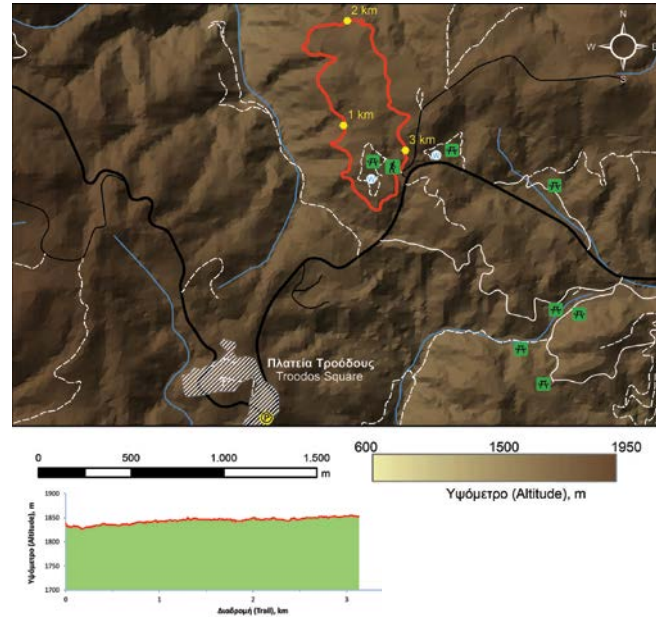
The mountain resort of Platres is located just 100 metres from the trail's starting point. There you will find many touristic infrastructures, but also genuine, hospitable Cypriots.



# KAMPOS TOU LIVADIΟΥ TRAIL

Troodos

Route	3 km - circular
Duration	1.5 hours
Degree of difficulty	1
Maximum - Minimum altitude	1700 m - 1610 m
General description	smooth path
Starting point	<b>Kampos tou Livadiou picnic site</b>
Most suitable period	March - November
Cautionary notes	at the beginning of the trail you need to pay attention not to deviate from the route, as the trail intersects with forest roads
Drinking water on route	no



## STARTING POINT

The starting point is located along the road that leads to **Kampos tou Livadiou picnic site**. To get there, take the **Karvounas - Troodos** road for about 9 km and then turn right following the signs for **Kampos tou Livadiou picnic site**. If you are going from **Troodos Square** toward **Karvounas** turn left after about 1.5 km. After following the narrow asphalted road for 100 m you will find the kiosk that marks the beginning of the trail. You can park your vehicle here.



## DESCRIPTION

The route is circular and located near the edge of the cliff, and offers views toward **Chromium River**, **Solea Valley**, **Morphou Bay** and the tip of **Chionistra**. It is particularly enjoyable as it passes through thickets of black pine and a significant number of century-old black pines and junipers. On the trail, you will find signs with information about the plants, shrubs and trees that can be seen on the mountain range (e.g. Cyprus skullcap, Troodos Alyson, golden oak, white beam, Troodos sage and barberry) and points of geological interest (dunite, harzburgite). The entire trail is located within Troodos National Forest Park, which is a Natura 2000 area.

The first 1,000 m of the trail are common with the **Kampos tou Livadiou - Mnimata Piskopon Trail**.



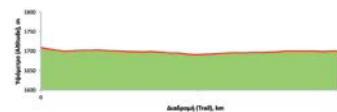
## SERVICES

**Kampos tou Livadiou picnic site**, with a capacity of 400 visitors, has drinking water, sanitary facilities and designated areas where lighting fires is permitted. At **Troodos Square** you will find shops, restaurants, public toilets and hotels.



# LIVADI TRAIL (wheelchair accessible)

Route	1.5 km - circular
Duration	30 minutes
Degree of difficulty	1
Maximum - Minimum altitude	1705 m - 1685 m
General description	relatively smooth path, paved with gravel
Starting point	<b>near Kampos tou Livadiou picnic site</b>
Most suitable period	April - October
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

The trail's starting and ending point is located on the narrow asphalted road that leads to **Kampos tou Livadiou** picnic site. From the **Karvounas - Troodos** main road make a turn for **Kampos tou Livadiou** picnic site (signposted, 9 km from Karvounas and 1.5 km from **Troodos Square**), follow the uphill, asphalted road toward the army camp and after about 300 m you will find the trail's starting point on your left.



## DESCRIPTION

The **Livadi Trail**, which is wheelchair accessible, is located within Troodos National Forest Park - a Natura 2000 area. The course takes you through a black pine and juniper forest, where you will have the chance to admire some century-old trees. A viewpoint, where you can see **Chromium River** and **Solea Valley**, is available on the route. To complete the trail, turn back at the viewpoint and follow the same route for about 100 metres. Then take the route on the right, as indicated by the sign.

Along the trail, there are information signs on the species of flora that you can encounter in the area, such as golden oak, white beam, barberry and bracken. You will also see endemic plants such as Troodos viper-grass and Troodos spurge. Tree loggings have not taken place in these forests since 1972, since the principal management objective for this forest area is the conservation of biodiversity, water resources and the landscape.



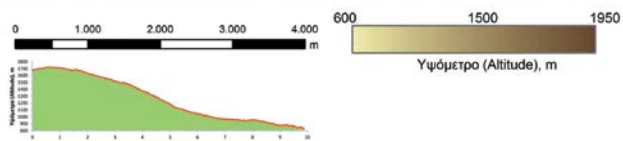
## SERVICES

**Kampos tou Livadiou picnic site** has drinking water, sanitary facilities and designated areas for lighting fires. In Troodos Square, located a short distance away, you can find various shops, kiosks, restaurants, hotels and the **Troodos Visitor Centre**, which holds information on the **Troodos** mountain range, its flora and its fauna.



# MNIMATA PISKOPON TRAIL

Route	8 km - linear
Duration	3 hours
Degree of difficulty	3
Maximum - Minimum altitude	1700 m - 980 m
General description	smooth path at the beginning, downhill for the rest of trail
Starting point	<b>Kamos tou Livadiou picnic site</b>
Most suitable period	March - November
Cautionary notes	at the beginning of the trail you need to pay attention not to deviate from the route, as the trail intersects with forest roads
Drinking water on route	no



## STARTING POINT

The starting point is located along the road that leads to **Kamos tou Livadiou picnic site**. To get there, take the **Karvounas - Troodos** road for about 9 km and then turn right following the signs for **Kamos tou Livadiou picnic site**. If you are heading from **Troodos Square** toward **Karvounas**, turn left after about 1.5 km. After following the narrow paved road for 100 m you will find the trail's starting point on your left.



## DESCRIPTION

The route is linear and ends on the dirt road that connects **Platania** and **Agios Nikolaos tis Stegis**. For the first kilometre, the route is common with the **Kamos tou Livadiou Trail**.

The trail passes through thickets of black pine and follows a route by the cliff's edge, and has views toward **Chromium River**, **Solea Valley**, **Morphou Bay** and the tip of **Chionistra**. The rich vegetation at the beginning of the trail, comprised of black pine and juniper, gradually gives way to Calabrian pine at lower altitudes (below 1400 m). Other common species that you will identify with the help of information signs include golden oak, white beam, barberry, rockrose, terebinth and strawberry tree. The whole trail is located within Troodos National Forest Park, which is included in Natura 2000, the European network of protected areas.

The route ends up on the **Platania - Agios Nikolaos tis Stegis** forest road. At the end of the trail you have the choice between three routes that end up at **Agios Nikolaos tis Stegis**, the village of **Kakopetria** or **Platania Forest Station**.



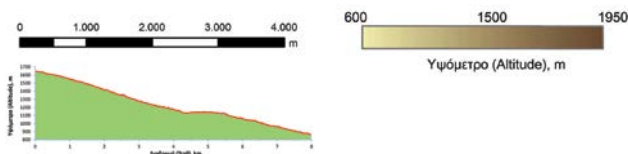
## SERVICES

**Kamos tou Livadiou picnic site**, situated near the starting point, has potable water, sanitary facilities, and designated areas where lighting fires is allowed. At **Troodos Square** there are shops, restaurants, public toilets and hotels. You will also find services at **Agios Nikolaos tis Stegis**, **Kakopetria** and **Platania**.



# KANNOURES – AGIOS NIKOLAOS STEGIS TRAIL

Route	9 km - linear
Duration	3.5 hours
Degree of difficulty	3
Maximum - Minimum altitude	1655 m - 870 m
General description	downhill, next to a ravine
Starting point	<b>Karvounas - Troodos Square road</b>
Most suitable period	March - November
Cautionary notes	frequent river crossings, risk of slipping
Drinking water on route	no



## STARTING POINT

The beginning of the trail is located on the **Karvounas - Troodos** main road, 9.5 km from **Karvounas** and 1 km before **Troodos Square**. If you are coming from **Karvounas**, turn right following the sign for **Kannoures - Agios Nikolaos Stegis Trail**. The trail ends at **Agios Nikolaos tis Stegis**, next to the water bottling plant.



## DESCRIPTION

The **Kannoures - Agios Nikolaos Stegis Trail** is a particularly unique and impressive route that combines the green of the forest and the coolness of the running waters of the **Karkotis River** with an undisturbed landscape, almost without any human intervention. The entire route is located within Troodos National Forest Park, which is included in the Natura 2000 network.

Starting from the **Karvounas - Troodos** main road, the route follows a forest road that ends up at the locality of **Kannoures**, near the premises of the closed chromium mine. It then diverges and follows the riverbed. Caution is required where the route passes by the ravine as there is continuous flow of water and in many cases you will have to cross the river stepping on makeshift passages made of wet, slippery stones. As you are walking downhill, notice the change in vegetation, from stands of black pine and juniper to Calabrian pine. The journey in this beautiful valley comes to an end near the 12<sup>th</sup> century frescoed church of Agios Nikolaos tis Stegis (UNESCO World Heritage Site), next to the water bottling plant. Alternatively, you can continue following the Pedoulas - Kakopetria main road for another 3 kilometres and end up in Kakopetria.



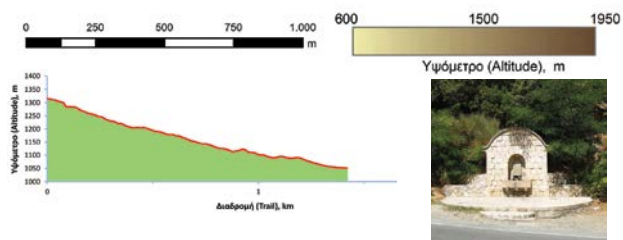
## SERVICES

In **Troodos Square** there are many services for visitors, such as shops, restaurants, hotels and public toilets. In cosmopolitan **Kakopetria** there are many shops, restaurants, rooms for rents and hotels. Do not forget to walk in the old neighbourhood with the narrow streets, the taverns and the guesthouses. There, you will find local products and artefacts.



# CHRYSOVRYSI TRAIL

Route	8 km - linear
Duration	1 hour
Degree of difficulty	2
Maximum - Minimum altitude	1315 m - 1050 m
General description	downhill trail
Starting point	<b>Karvounas - Troodos road, 300 metres from Chrysovrysi</b>
Most suitable period	March - November
Cautionary notes	none
Drinking water on route	yes, at the starting point



## STARTING POINT

The trail's starting point is located near the **Karvounas - Troodos** road. Approximately 1,200 metres after the **Karvounas** crossing, you will find the starting point on your left, about 300 m from **Chrysovrysi** (a stone fountain). At **Chrysovrysi**, you can drink cool, artesian water and fill your canteens before starting your hike!



## DESCRIPTION

The residents of the nearby villages took the **Chrysovrysi Trail** to reach the **Amiantos asbestos mine**. Almost the entire trail is located within Troodos National Forest Park, which is included in the network of European protected areas, Natura 2000.

The route takes you through dense thickets of Calabrian pine in combination with strawberry trees, terebinth, the endemic golden oak and other low shrubs. The last 300 m of the trail are on a dirt road that is used by the residents of **Amiantos** for their agricultural operations. A different type of vegetation can be seen on this part of the trail, which is mainly comprised of planes, wild cherry trees and shrubs. Gabbro rock formations, i.e. ultrabasic plutonic rocks belonging to the **Troodos ophiolite complex**, prevail along the trail.

The route ends up on the **Karvounas - Amiantos** road, approximately 1.4 km from the village of **Amiantos**.



## SERVICES

The village of **Amiantos** has municipal parks, a playground with kiosk, restaurants, coffee shops and other services. Within the limits of the asbestos mine there is the **A.G. Leventis Botanical Garden of Troodos** and the **Troodos Geopark Visitor Centre**.





# LOUMATA TON AETON TRAIL

Route	2.5 km - linear
Duration	1 hour
Degree of difficulty	2
Maximum - Minimum altitude	1110 m - 1010 m
General description	smooth path
Starting point	<b>Amiantos - SEK Camping Site road</b>
Most suitable period	April - November
Cautionary notes	river crossings, water level rises during winter months, risk of slipping
Drinking water on route	no

## STARTING POINT

The trail's starting point is located on the **Amiantos - SEK Camping Site** road. On the way from **Karvounas** to **Saittas** the route passes through the village of **Amiantos**. After the bridge, turn right for the SEK camping site. On this road, you will find the starting point and the characteristic information kiosk. You can also find indications for the trail on the **Karvounas - Amiantos** main road and on the secondary road through the village.

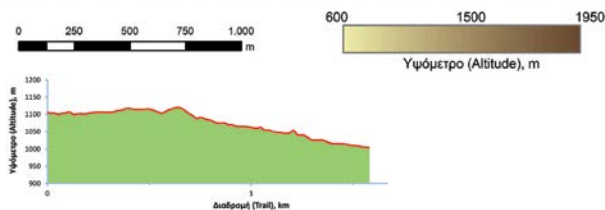
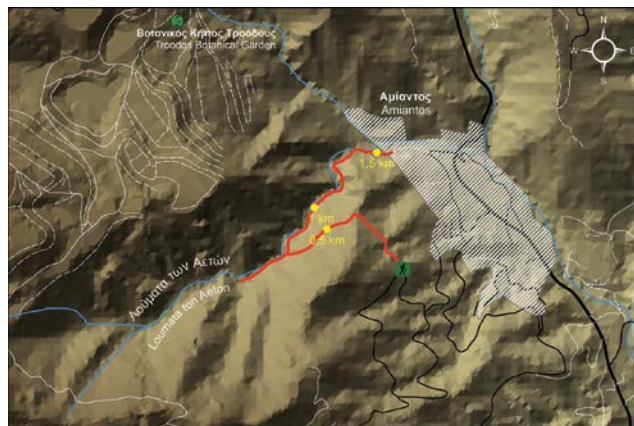
## DESCRIPTION

The **Kannoures - Agios Nikolaos Stegis Trail** is a particularly unique and impressive route that combines the green of the forest and the coolness of the running waters of the **Karkotis River** with an undisturbed landscape, almost without any human intervention. The entire route is located within Troodos National Forest Park, which is included in the Natura 2000 network.

Starting from the **Karvounas - Troodos** main road, the route follows a forest road that ends up at the locality of **Kannoures**, near the premises of the closed chromium mine. It then diverges and follows the riverbed. Caution is required where the route passes by the ravine as there is continuous flow of water and in many cases you will have to cross the river stepping on makeshift passages made of wet, slippery stones. As you are walking downhill, notice the change in vegetation, from stands of black pine and juniper to Calabrian pine. The journey in this beautiful valley comes to an end near the 12<sup>th</sup> century frescoed church of Agios Nikolaos tis Stegis (UNESCO World Heritage Site), next to the water bottling plant. Alternatively, you can continue following the Pedoulas - Kakopetria main road for another 3 kilometres and end up in Kakopetria.

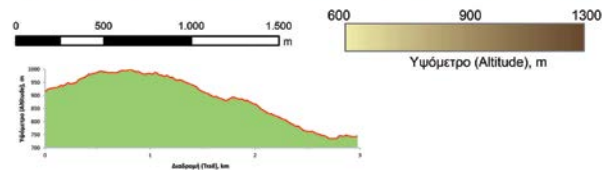
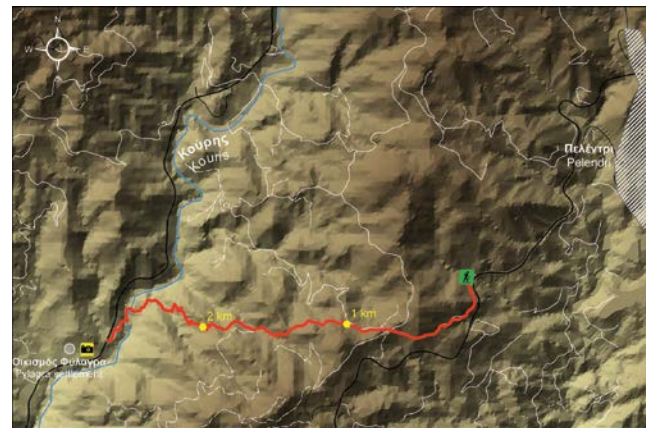
## SERVICES

In **Troodos Square** there are many services for visitors, such as shops, restaurants, hotels and public toilets. In cosmopolitan **Kakopetria** there are many shops, restaurants, rooms for rents and hotels. Do not forget to walk in the old neighbourhood with the narrow streets, the taverns and the guesthouses. There, you will find local products and artefacts.



# MONI - FYLAGRA TRAIL

Route	3 km - linear
Duration	1 hour
Degree of difficulty	2
Maximum - Minimum altitude	1000 m - 700 m
General description	downhill trail
Starting point	<b>upward and downward gradients, rocky</b>
Most suitable period	March - November
Cautionary notes	risk of slipping
Drinking water on route	no



## STARTING POINT

The trail begins by the **Trimiklini - Pelendri** road, near **Pelendri**, and ends at **Fylagra**, on the **Saittas - Kato Amiantos** road. Alternatively, you can start at the other end, in the **Fylagra** settlement, located near the **Kato Amiantos - Fylagra** main road. Indications for both ends of the trail are available on the **Amiantos - Saittas** and **Trimiklini - Pelendri** main roads.



## DESCRIPTION

The **Moni - Fylagra Trail** is linear, 3 km long and takes 1 hour to hike (or 2 hours if you want to return to your starting point). Most of the trail, approximately 2 km, is on private land, whereas the 1 km that is closest to **Fylagra** is part of the **Moni State Forest**, which is a section of Troodos National Forest Park. During the first part of the 20<sup>th</sup> century, this trail was an important communication route for the residents of Fylagra, as it provided access to their vineyards and fields.

If you start the trail near Pelendri, a small part at the beginning is uphill, whereas the rest of the trail is downhill. The opposite applies if you start at the other end. Almost the entire trail, except the part near Pelendri, was consumed by a big fire in 2007. The largest part of the trail was covered by a natural Calabrian pine forest with a low layer of rockrose, and it is expected that this type of vegetation will gradually return. In certain places, particularly toward Fylagra, there are tall shrubs of the endemic golden oak, as well as characteristic species of the area such as kermes oak, terebinth, storax, lentisk, strawberry tree, and the endemic *Odontides* and *Cyprus germander*. Toward the end of the trail, near Fylagra River, which is a tributary of Kourris River and where water flows even in the summer, riparian vegetation, made up of alder, oleander, reed and other hygrophilous species, is dominant. Gabbro rock formations, i.e. ultrabasic plutonic rocks belonging to the famous Troodos ophiolite complex, can be seen throughout the trail.

Beautiful views can be admired on both sides of the trail. Near Pelendri you have a view toward Limassol bay and the villages of Agios

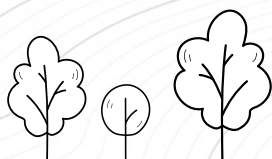
Ioannis and Agios Theodoros Agrou, whereas near Fylagra you can see the south side of Troodos forest and Kourris Dam. You can also visit the local winery, located on an old path 250 metres west of the trail.



## SERVICES

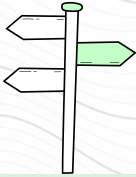
In the picturesque village of **Pelendri** you will find several services such as restaurants, coffee shops and guesthouses. A visit to the **Timios Stavros** church, a UNESCO World Heritage Site, is a must.





## CYPRUS

### Nature Trails



# KAVO GKREKO

## (CAPE GRECO)



**Kavo Gkreko** is both a cape and a small peninsula. It is the most southeastern tip of Cyprus, located about 7 kilometres east of **Agia Napa** and 2 kilometres southwest of **Protaras**. It is an area of great ecological value since it hosts rare species of flora and fauna and includes habitats of national and European interest. For this reason, it has been designated a National Forest Park and is included in Natura 2000, the European network of protected areas. Kavo Gkreko covers an area of 385 hectares (3.85 square kilometres).

Kavo Gkreko combines natural beauty and leisure opportunities. Visit Agioi Anargyroi church and take the stone steps that lead to a sea cave where it is presumed that saints, known as Agioi Anargyroi, lived as ascetics, see the huge **Spilia tou Kyklopa (Cyclops Cave)** located at the end of the **Konnos - Cyclops Cave Trail**, the ruins of the temple of Aphrodite made up of the temple's foundation, and next to it the ruins of a gypsy village from a later period. Swim in the sandy bay of **Konnos** and dive from the rocky, rugged shores to explore a seabed with rich vegetation and sea caves. Park your vehicle and follow the 3 km-long cycling routes or the 14 km-long network of trails, suitably signposted with **Kavo Gkreko** interest points. Finally, sit on one of the available benches and enjoy the excellent view from the rocky **Kavos** hill. It is worth mentioning that, at the time of writing this guide, the Kavo Gkreko Visitor Centre, which is expected to operate in 2014, was under construction.

A small picnic site with drinking water and sanitary facilities is available at the **Agioi Anargyroi** locality. For those visitors who choose to swim in the enchanting bay of **Konnos**, a café with facilities operates in the area.

#### **Kavo Gkreko National Forest Park**

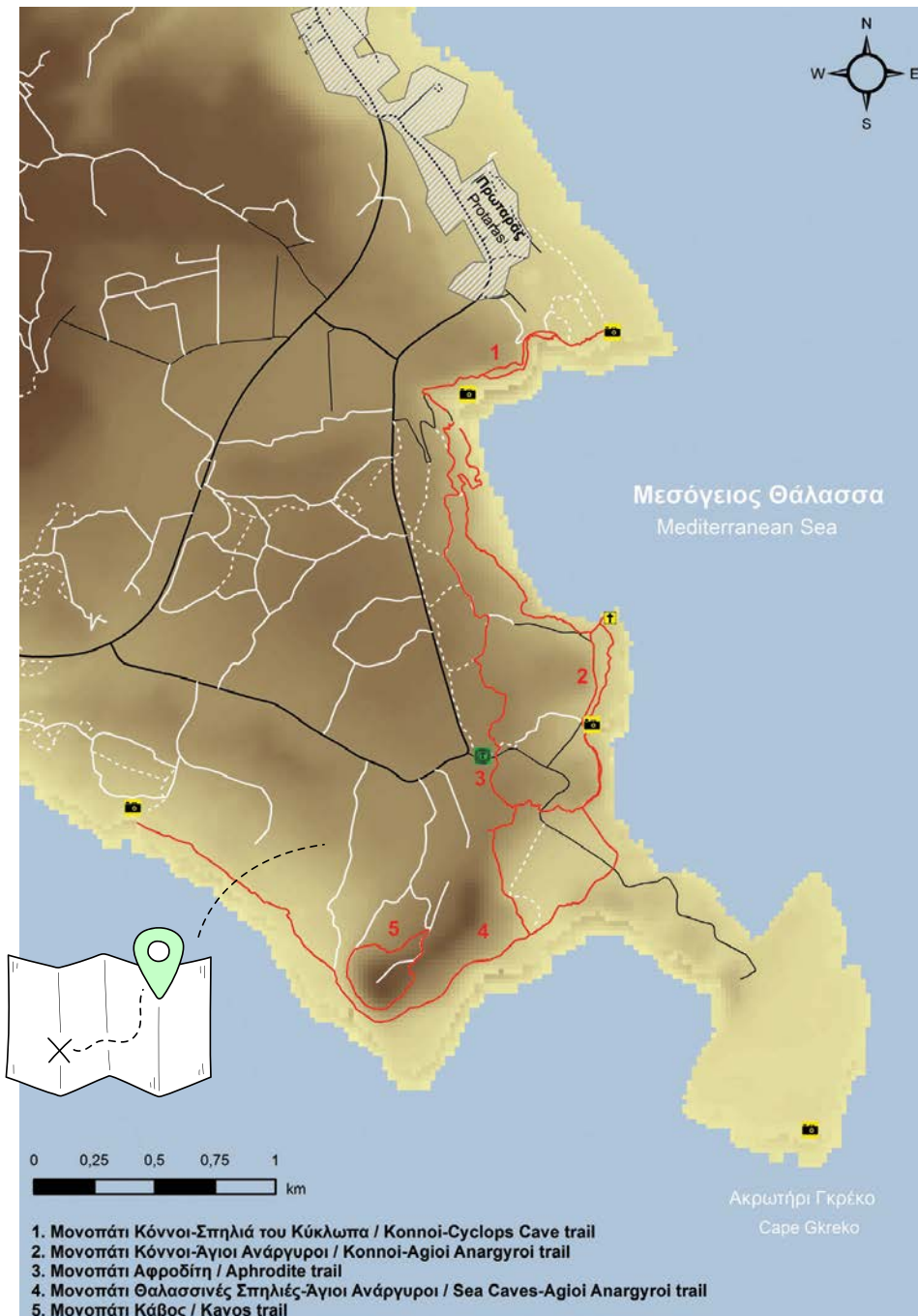
The park hosts a significant number of habitats of European interest, the most important of which are: the maquis forest habitat, the juniper habitat type that covers a third of the area, the Mediterranean coastal rock plant communities whose characteristic species include *Crithmum maritimum*, *Frankenia hirsuta* and *Limonium* spp., and vernal pools with representative species including *Ranunculus peltatus*, *Zanichellia palustris*, and *Lythrum tribracteatum*. *Posidonia* meadows (*Posidonia oceanica*) form the main habitat type of the area's marine plant communities, which are also very important.

#### **Additionally:**

400 plant species have been recorded, 15 of which are endemic and as many are rare or threatened. Endemic plants include *Bosea cypria*, *Allium willeaenum*, *Anthemis tricolor* and *Crocus veneris*. Among the rare, native plants are *Crambe hispanica*, *Crassula vailantii*,



*Enarthrocarpus arcuatus*, *Galium pisiferum*, *Limonium aucheri* and *Umbilicus horizontalis*. The latter is a very rare species in Cyprus and has only been sighted in **Kavo Gkreko** and in the area of **Agios Ilarionas**.



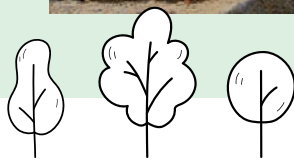
71 important animal species have been recorded to date, including the fox (*Vulpes vulpes indutus*), the hare (*Lepus europaeus cyprius*), the porcupine (*Hemiechinus auritus dorotheae*), reptiles, bats and a large variety of butterflies and other insects, many of which are endemic and rare.

The protected dolphins *Tursiops truncatus* and *Stenella coeruleoalba* have been sighted swimming in the area of **Kavo Gkreko**.



- Many shipwrecks have been discovered in the Kavo Gkreko area. In 2007, divers discovered an ancient shipwreck from the 2nd century A.D.

- A lighthouse, constructed by the British, is in operation on the cape. This is the second lighthouse to be constructed in Cyprus, after the one located by Pafos Castle.



# KONNOI - CYCLOPS CAVE

Route	1.7 km - circular
Duration	45 minutes
Degree of difficulty	1
Maximum - Minimum altitude	30 m - 0 m
General description	smooth path along the coast
Starting point	<b>Konnos beach parking area</b>
Most suitable period	year-round
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

The **Konnoi - Cyclops Cave Trail** is situated within the **Kavo Gkreko** National Forest Park, which is a Natura 2000 area. Its starting point is the **Konnos** beach parking area. To get there, take the **Agia Napa - Protaras** road, turn right towards **Kavo Gkreko** and follow this road for about 3 km. Then take the signposted right downhill turn towards **Konnos** beach.



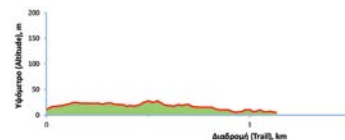
## DESCRIPTION

The trail follows a route parallel to the rugged shore. Passing through mostly shrubby vegetation mainly consisting of ***Lycium schewinfurthii*** (coastal boxthorn), prickly burnets, juniper trees and acacia trees, it reaches the natural **Cyclops Cave**. The return route is on the same trail for about 250 metres. It then follows a downward path toward the beach and finally an uphill climb back to the starting point. All along the trail, there is a seamless view of the turquoise waters and golden sands of **Konnos** beach, as well as of Agioi Anargyroi church. En route, there are also signs with information about the plants and shrubs that can be seen in the area. The entire trail is part of the E4 European Long Distance Path that begins in Gibraltar and ends in Cyprus.



## SERVICES

In the **Konnoi** area, there is a café with sanitary facilities and there is also the possibility to do water sports. At a close distance, you can find the tourist resorts of **Agia Napa** and **Protaras**, which provide many facilities for visitors, including restaurants, kiosks and hotels.



Υψόμετρο (Altitude), m



# KONNOI - AGIOI ANARGYROI

Route	4.8 km - circular
Duration	approximately 2 hours
Degree of difficulty	1
Maximum - Minimum altitude	60 m - 5 m
General description	smooth path
Starting point	<b>a) Konnos beach b) Agioi Anargyroi church c) Visitor Centre</b>
Most suitable period	year-round
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

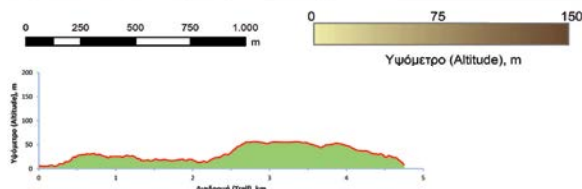
This circular trail is located within the Kavo Gkreko National Forest Park, which is included in Natura 2000, the European network of protected areas. The trail has three possible starting points: a) **Konnos** beach, b) the Visitor Centre (V.C.) and c) **Agioi Anargyroi church**. Car park sites are available at each of these starting points. To get there, take the Agia Napa - Protaras road and make a right turn for Kavo Gkreko. Here you have the option of turning right toward Agioi Anargyroi church to choose the V.C. or Agioi Anargyroi church starting points, or to continue toward **Protaras** and turn right toward Konnos beach.



## DESCRIPTION

The first 2 km from **Konnos** beach follow a route along the coast. Passing through rich shrubby vegetation comprised of mostly juniper trees, wild olives, carob trees and boxthorns, the trail leads to Agioi Anargyroi church, which is built over a sea cave where it is believed that Agioi Anargyroi (the Anargyroi Saints) lived as ascetics. The trail then follows a course due south, and passing through low shrubby vegetation, mainly consisting of prickly burnet, wild thyme and rock samphire, arrives at '**Kamara tou Koraka**' natural bridge, an impressive geological formation. After the bridge, the trail follows a slight uphill incline towards the Visitor Centre passing by the ruins of an ancient temple dedicated to the goddess Aphrodite. Leaving the V.C. behind, the trail follows a route parallel to the shoreline through tall shrubby vegetation, and toward the end, through a small pine tree coppice.

There are many points of excellent view all along the trail, but the most majestic view is of Konnos bay, where the immense blue of the sea juxtaposes with the green of the forest. Along the trail, you will also find signs with information about the area's large variety of plants, as well as a sign with the Cypria Aphrodite (Κύπριδα Αφροδίτη) logo where



there once was a temple dedicated to Aphrodite. This particular logo is used on a cultural route that connects various archaeological sites, museums and other points on the island that are related to the goddess of love, Aphrodite.

## SERVICES

There is a café with sanitary facilities near the **Konnos** starting point. At about 100 m from Agioi Anargyroi church, there is a picnic site with drinking water and sanitary facilities. Additionally, to the north of the area, there is the tourist resort of **Protaras**, which offers all the conveniences, such as banks, kiosks, restaurants, hotels and supermarkets.





# APHRODITE TRAIL

Route	2 km - circular
Duration	1 hour
Degree of difficulty	1
Maximum - Minimum altitude	60 m - 10 m
General description	slight upward and downward gradients around the hill
Starting point	<b>Visitor Centre parking site</b>
Most suitable period	year-round
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

The **Aphrodite Trail** is located within the **Kavo Gkreko** National Forest Park. This circular trail begins and ends at the Kavo Gkreko Visitor Centre parking site. Access is from the **Agia Napa - Protaras** main road. Follow the signs to turn right for **Kavo Gkreko** and then right again toward Agioi Anargyroi church.



## DESCRIPTION

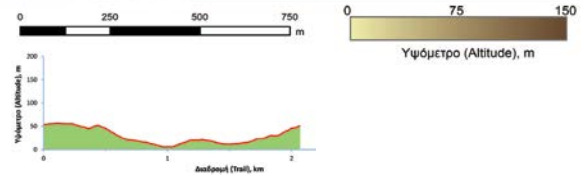
The trail follows a downhill incline until it reaches the beach. Here, it connects to the **Sea Caves - Agioi Anargyroi Trail** and before it reaches a natural bridge called '**Kamara tou Koraka**' it takes an uphill turn toward the Visitor Centre. This part of the trail is common with the **Konnoi - Agioi Anargyroi**. The first part of the trail passes by the ruins of the ancient temple, dedicated to the goddess Aphrodite. On the way to the beach, the trail passes by natural caves with dry stone walls built around their perimeter - constructions that were used by shepherds to keep animals. There are many viewpoints along the route, mainly toward **Cape Pedalio**, where a French radio station (SOMERA) and the Kavo Gkreko lighthouse are located.

Low, shrubby vegetation, mainly consisting of juniper, wild thyme, prickly burnet and rock samphires can be found all along the trail. Along the route, there are signs with information regarding various species of flora, as well as a sign with the Cypria Aphrodite (Κύπριδα Αφροδίτη) logo indicating where an ancient temple dedicated to the goddess Aphrodite is believed to have been. This logo is used along Aphrodite's Cultural Route, a route that connects various archaeological sites, museums and other points that relate to the Great Goddess of Cyprus. Part of the trail is included in the E4 European Long Distance Path that begins in Gibraltar and ends up in Cyprus.



## SERVICES

The tourist resorts of **Agia Napa** and **Protaras**, located a short distance to the west and north of **Kavo Gkreko** respectively, provide many facilities for visitors, including restaurants, kiosks, banks and hotels.

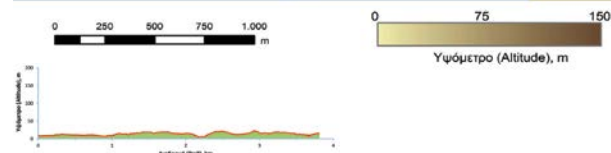


Kavo Gkreko National Forest Park is included in Natura 2000, the European network of protected areas.



# SEA CAVES - AGIOI ANARGYROI

Route	4 km - linear
Duration	1.5 hours
Degree of difficulty	1
Maximum - Minimum altitude	30 m - 10 m
General description	smooth path, rocky at some points
Starting point	<b>Sea Caves and Agioi Anargyroi church</b>
Most suitable period	year-round
Cautionary notes	none
Drinking water on route	no



## STARTING POINT

The **Sea Caves - Agioi Anargyroi Trail** is located on the cape of **Kavo Gkreko**, within the National Forest Park, which is a Natura 2000 area. The trail has two starting points: a) the **Sea Caves** and b) Agioi Anargyroi church. There is available parking at both starting points. To get there, take the **Agia Napa - Protaras** road and turn right for **Kavo Gkreko**. You will first see signs directing you to the **Sea Caves** and a bit further down you will see signs for Agioi Anargyroi church.



## DESCRIPTION

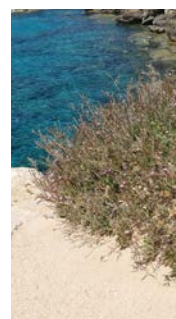
A big part of the route runs parallel to the shoreline. From the **Sea Caves** to **Kavos** hill the trail passes through a rocky area with sparse halophytic vegetation. It then follows a course due north, through low shrubby vegetation, mainly comprised of lentisk, wild olives and prickly burnet. Then, passing through an area of fields planted with cereals and through an area of low bushes like prickly burnet, wild thyme and rock samphires, the trail reaches a natural bridge called **Kamara tou Koraka** and ends up at Agioi Anargyroi church. The church is built over a sea cave, where it is believed that saints (known as Agioi Anargyroi) lived as ascetics.

En route, you will find information signs relating to plants, shrubs and trees that can be found in the area, as well as signs indicating where this trail connects to the **Konnoi - Agioi Anargyroi Trail** and to the **Aphrodite Trail**. The entire trail is part of the E4 European Long Distance Path that begins in Gibraltar and ends in Cyprus.



## SERVICES

About 200 m to the west of the end of trail, there is a picnic site with drinking water and sanitary facilities. Additionally, at a short distance from the area, you can find the touristic resorts of **Agia Napa** and **Protaras** with kiosks, restaurants, hotels and other services.



After turning for **Kavo Gkreko**, don't miss the perennial, protected juniper tree on your right. Its odd, windswept shape is mesmerising.

# KAVOS TRAIL

Route	1.2 km - circular
Duration	approximately 45 minutes
Degree of difficulty	1
Maximum - Minimum altitude	70 m - 30m
General description	slight upward and downward gradients around the hill
Starting point	<b>old quarry</b>
Most suitable period	year-round
Cautionary notes	steep, rocky cliffs on the south side of the hill
Drinking water on route	no



## STARTING POINT

The trail is located at **Kavo Gkreko** within the boundaries of the National Forest Park that is included in Natura 2000, the European network of protected areas. It is a circular trail that begins and ends at the old quarry, where a parking site is available. To get there, take the **Agia Napa - Protaras** road and make a right turn for **Kavo Gkreko**. After about 1 km turn right on the unpaved road for **Kavos** hill.



## DESCRIPTION

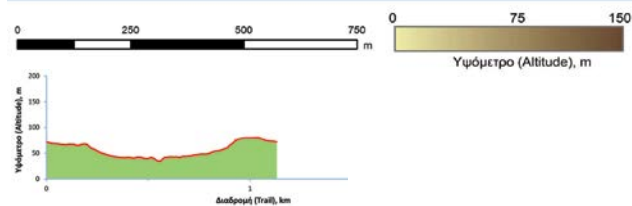
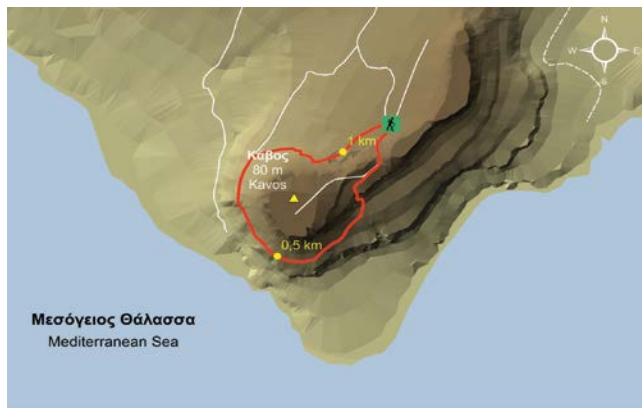
The route follows a slight upward gradient until **Kavos** hill, from where the trail gets its name. A downward route then follows, leading circularly around the hill toward the end point.

The trail first passes through a pine tree landscape and then through low, shrubby vegetation mainly comprised of juniper, lentisk, Cyprus bousea, wild thyme and prickly burnet. All along the trail, there are many points of exceptional view, the most impressive of which is at the hill-top, from where you can enjoy an unobstructed nature view on all the points of the horizon: to the east you can see the tip of the cape (**Pedalió**) where the lighthouse and the facilities of a French radio station (SOMERA) are located, to the west there is the tourist resort of **Agia Napa**, to the north the main part of the National Forest Park and to the south the pristine waters and rugged coastline. The impressive cliffs on the south side of the hill are ideal for rock climbing enthusiasts. The **Kavos Trail** connects to the **Sea Caves - Agioi Anargyroi Trail**.



## SERVICES

The **Agia Napa** and **Protaras** tourist resorts, located a short distance from **Kavo Gkreko**, offer a number of services to visitors, including banks, kiosks, supermarkets, restaurants and hotels.



## GLOSSARY

Cyprus plant micro-reserve network	A network of small sites (< 20 hectares), designated as protected areas in order to preserve specific rare plant species and habitat types.
Diabase rock	A dark gray or black rock of fine or medium-sized grains. It is an igneous rock, commonly used in building in Troodos (also known as Dolerite). It makes up more than 50% of the Troodos ophiolite surface.
Endemic species	A plant or animal species that naturally occurs in only one specific geographic location (island, country or other clearly defined area).
Fauna	All the animal life in a particular area.
Flora	All the plant life in a particular area.
Habitat	All the biotic and abiotic natural factors that characterise the environment where a plant or animal species lives or thrives.
Halophytic vegetation	Plants, also known as halophytes, which have adapted and are able to live in a saline environment (soil, water or air spray), e.g. plants living in salt lakes like <i>Salicornia</i> , <i>Arthrocnemum</i> etc.
Hygrophilous species/vegetation	Vegetation that needs - and withstands - excess of water in the ground for most of the year to survive, like riverine vegetation, e.g. plane, alder, willow etc.
Igneous rock	Crystalline rock formed by the cooling and solidification of molten lava, a broad category comprising plutonic rocks and volcanic lavas.
Indigenous species	A plant or animal species that is a native of a specific geographic location, i.e. it naturally occurs there. A species can be indigenous to several areas.
km	Kilometre (1,000 metres)
m	Metre (100 cm)
Maquis shrubland or vegetation	An area that typically consists of dense, evergreen, often spiny, sclerophyllous, drought-resistant shrubs, typical of the Mediterranean, and sub-classified to low (1-2 m) and high maquis (>2 m). Also known as macchia vegetation.
Mediterranean coastal rock plant communities	Special plant associations occurring along rocky Mediterranean coasts. Common species include <i>Limonium</i> spp., <i>Crithmum maritimum</i> , <i>Lycium</i> etc.
Natura 2000	A European network of protected sites selected according to predefined criteria for the purpose of preserving Europe's biodiversity, specifically certain plant and animal species as well as habitat types.
Plutonic rocks	Igneous rocks that have been crystallised from magma slowly cooling below the surface of the Earth (e.g. gabbro, granite etc).
Posidonia meadows	Large underwater meadows of the sea grass species <i>Posidonia oceanica</i> (also known as Neptune Grass or Mediterranean tape weed), which is endemic to the Mediterranean Sea.

Sedimentary rocks	Rocks, usually of whitish/yellowish colour in Cyprus, formed by the deposition of minerals and organic particles by means of seawater, wind etc., very often containing fossils. In Cyprus, they are found at low or medium altitudes around Troodos.
Troodos ophiolite complex	The entire geological formation of Troodos, coloured grey like an ophis (snake). It formed at the bottom of the ancient Tethys Sea some 95 million years ago and gradually emerged from the ocean 15 million years ago to make Troodos and later the island of Cyprus.
Vernal pools	In Cyprus they are habitats that form in cavities on hard limestone (kafkalla) that collect water from December to February, and then gradually dry up. They host very specific plant species in the different stages of the water cycle. They are a European priority habitat type.

### CONTACT INFORMATION

For information, suggestions, complaints or comments related to the trails that are managed by the Department of Forests, you can contact the Department of Forests headquarters (Parks and Environment Sector), the headquarters of the nearest forest district, or the local forest station.

#### DEPARTMENT OF FORESTS HEADQUARTERS:

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**In case of fire or accident you can call 1407 (to report forest fires) or 112 (emergency calls), 24 hours, free of charge.**



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