EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

On Foot in Northern Cyprus (LNC 2014)

WALK & TREK

TOUR DURATION **8** DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Trek Grade: Easy to Moderate
Tour Code: LNC

Tour Highlights - On Foot in Northern Cyprus

- ✓ Kyrenia - Visit this picturesque harbour town. Enjoy wandering the backstreets or take a meal at one of the waterfront restaurants
- ✓ Bellapais Abbey - Explore this twelfth century Crusader abbey, and pretty village setting, once home to Lawrence Durrell
- ✓ Crusader Castles - Take quiet mountain paths to Buffavento Castle at Northern Cyprus' highest point, and Kantara Castle on the north coast
- ✓ Mountain Villages - Follow ancient paths through the Besparmak Mountains to local villages
- ✓ Local Food - Enjoy the fresh Mediterranean flavours of mezes and other local dishes

Tour Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 5 lunches, 0 dinners
Start Point:	Join tour: Bellapais near Kyrenia
End Point:	Tour ends: Bellapais near Kyrenia
Maximum Altitude on Trek (m):	820
Transport:	Bus
Countries:	North Cyprus

On Foot In Northern Cyprus

Explore one of the most unspoilt regions of the Mediterranean. We travel to North Cyprus and walk in the beautiful Besparmak Mountain range, following quiet mountain trails leading to imposing Crusader castles. In Kyrenia, we wander the picturesque harbour front and narrow cobbled backstreets. Every evening we return to our hotel to relax by the pool or enjoy delicious, locally-grown food in nearby restaurants.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

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

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organization throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour in Kyrenia

We stay at our hotel just outside Kyrenia at Bellapais Village, an ideal base for our week's stay. Kyrenia is a lovely eclectic mix of Venetian facades, mosques and minarets and a Crusader castle, which dominates one end of the old harbour; a setting further enhanced by the dramatic backdrop of the Besparmak Mountains.

Overnight: **Standard Hotel**

DAY 2 Walk through Besparmak Mountains to Bellapais village

After a morning briefing we drive to the start of our first walk, near Arapkoy. We walk from here amongst the Besparmak Mountains to the village of Bellapais, made famous by Lawrence Durrell in his book Bitter Lemons. Much of the village still retains the easy charm of those Durrell days, but the main attraction is the Crusader abbey after which the village is named. Originally founded by Augustinian canons fleeing Palestine in 1200, the abbey went into decline after it was plundered by the Genoese in the 14th century. The monks of the abbey earned a reputation for scandal that was certainly not in keeping with their pious vows, keeping concubines on site and refusing to accept any but their own children as novices. Indeed the village that grew up around the abbey is reputed to be people by the descendants of those very monks. After visiting the abbey and the famous Tree of Idleness we continue our walk back to the hotel. We can then take the bus into Kyrenia for an optional visit to Kyrenia Castle and Shipwreck museum.

Overnight: **Standard Hotel**

DAY 3 Visit Buffavento Castle. Ascend to area's highest point

Transferring by bus this morning, we head for the highest of the Kyrenia strongholds, the ruined fortress of Buffavento. The name means buffeted by the wind and a walk up to the top of the highest tower will likely give you some indication as to why. From here on a good day you can see half the island, with views of the Troodos Mountains, Famagusta and Nicosia stretching out beneath you. Keeping with the highest theme we then head back into the Besparmak range to the highest point in Northern Cyprus before descending to the Church of Panayia Plataniotissa and Kyrenia Rock. From here we continue to the Herbarium of Alevkaya before returning, by bus, to the hotel.

Overnight: **Standard Hotel**

DAY 4 Discover Kantara Castle. Walk to Kaplica Beach

We head east today as we drive along the coast to Kantara Castle, the easternmost and the lowest of the three bastions, located in the foothills of the Kyrenia ranges. En route we will stop near the village of Cinarli and visit the Incirli cave. Kantara saw its fair share of conflict during the crusades and the conflicts with Frederick II and the Genoese. Indeed Richard the Lionheart won a famous victory here when he defeated the self -proclaimed king of the island, Isaac Komnenos, after the latter’s illjudged slight against Richard’s fiancée. After visiting the castle we will pick up our trail through the variety of landscapes of the Kirpasa Peninsula, upon which the castle stands. Finishing up at Kaplica beach with time for a swim before we transfer back to Kyrenia by chartered bus.

Overnight: **Standard Hotel**

DAY 5 Optional excursion to the historic city of Famagusta

This day is left free for personal exploration. Once one of the richest cities and most important trading ports in the world, Famagusta has been an eyewitness to the history of the last 2,500 years. The once, so called, City of 365 churches, ravaged by severe wars and earthquakes, still contains beautiful examples of medieval and gothic architecture. Its majesty had apparently had an influence on the artistic muse of a certain William Shakespeare, who is purported to have used it as the setting for Othello. Indeed the Venetian Citadel, overlooking the harbour, is popularly known as Othello’s Tower. There is an option to visit Famagusta in the morning and then in the afternoon to visit the ancient site of Salamis, a few miles to the north, and the most important ancient city on the island; the site is strewn with Mycenaean, Roman and Byzantine artifacts. Alternatively you may prefer to relax and spend your free time on one of the local beaches.

Overnight: **Standard Hotel**

DAY 6 Hike amongst the ancient sites of the western coast

Today we take our bus out to the West Coast, via Guzelyurt Town to the village of Kalkanli. From here we take a circular walk in the surrounding countryside and archaeological sites. In this area you will find sites such as Tumba tou Skuru, believed to be the final resting place of King Skuru (archaeologists are unsure if he was Roman, Venetian or Greek) who legend has it was a sinister cannibal, burying babies and eating them - children's bones found in the tomb next to his only seem to support this story. We will return to the hotel by bus.

Overnight: **Standard Hotel**

DAY 7 Walk forest trails to the hillside village of Lapta

Today we return to the west end of the Besparmak range with a bus ride to Kozan Village to start our walk. Besparmak is known locally as The Five Fingered Mountain and legend has it that the mountain was formed when the Byzantine hero, Dhiyenis Akritas, leapt across the sea from Anatolia, leaving his handprint forever etched into the landscape as he landed. We walk from here to visit Sinai monastery just over the Karsiyaka village. We continue walking on a forest track to Lapta village before returning for a final evening at our hotel. On this walk you will have the opportunity to see many different kinds of wild flowers and orchids.

Overnight: **Standard Hotel**

DAY 8 Tour ends in Kyrenia

Our tour ends this morning at the hotel.

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 5 lunches,0 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Other Sightseeing & Activities

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

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Famagusta & Salamis - optional day trip £35

Tipping - Tour Leader

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

Tipping - Local Crew

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

Foreign Exchange

North Cyprus

ATM Availability: ATMs available in Kyrenia town centre

Credit Card Acceptance: Credit cards are accepted at some restaurants, hotels and shops

Travellers Cheques: Travellers Cheques can be exchanged at local banks, however this may be difficult and the exchange rate will not be as good as cash.

Local Currency: Turkish Lira

Recommended Currency for Exchange: All major currencies are suitable for exchange, £sterling, euro or $US

Where to Exchange: Most major towns, TL can advise

Joining your Tour

Flight Information

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

Booking a land only package with Explore

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on **'Land Only'** arrangements should make their own way to the joining point. Please refer to separate **'Joining Instructions'** for time and place of rendezvous with tour leader

Booking a flight inclusive package with Explore

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

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

Important Information

Travel Insurance

It is a condition of joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Visa Information

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

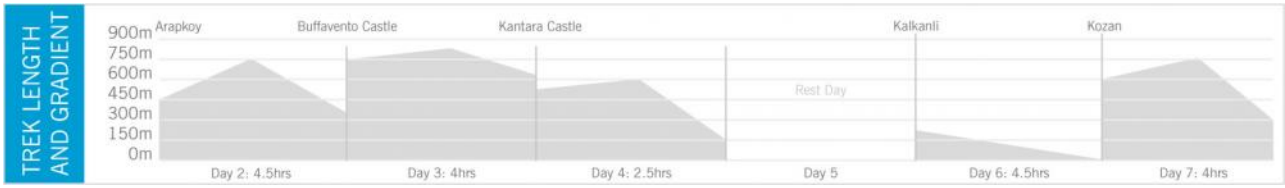
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Vaccinations & Protection

North Cyprus

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

Preparing for your Tour



Trekking Details

We walk on 5 days with a daily average of 4 to 6 hours.

Maximum Altitude on Trek (m)

820

Climate

North Cyprus

The climate in North Cyprus is generally very favourable. Typically mediterranean, North Cyprus has very hot dry summers and cooler, yet still pleasant, winters. Temperatures mid summer could reach into the 40s with the lowest temperatures in winter around 15 degrees.

Clothing

Clothing should be lightweight. However, a jumper or fleece is also advisable for the evenings, as temperatures drop sharply. A raincoat is advisable for early spring as sporadic rain showers can be common at this time.

Equipment

Personal water bottle, trekking pole, insect repellent, suncream, lip salve and you may wish to bring binoculars.

Footwear

Well broken in walking boots, plus sandals or trainers for relaxing.

Luggage: On Tour

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

Luggage allowance on tour: 20kg

General Information

Food

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

North Cyprus

Lunch £: 10

Dinner £: 18

Drink

North Cyprus

Bottle of Beer £: 2.50

Water £: 1

Country details

North Cyprus

Population: 264,172

Size of Country: 3,355 Sq Km

Major Language: Turkish, although English is widely spoken

Religion: Islamic

Time Difference to GMT: +2

Electric Supply & Plugs

North Cyprus

3 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO_2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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