

EXPLORE!

TRIP NOTES



Walking in Cyprus (CY 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate

Trip Code: CY

Trip Highlights - Walking in Cyprus

- ✓ Lefkosia - Walking tour of this divided capital
- ✓ Walking in the Troodos Mountains - Traditional villages, beautiful views and pine scented forests
- ✓ Akamas Peninsula - Stunning coastal walking in the 'Footsteps of Aphrodite'
- ✓ Roman ruins - Pafos mosaics, Kourion. Well-preserved, fascinating historical sites

Trip Essentials

Accommodation: 6 nights Standard Hotel
1 night Simple Hotel

Included Meals: 7 breakfasts, 0 lunches, 0 dinners

Start Point: Join trip: Larnaka
End Point: Trip ends: Larnaka

Maximum Altitude on Trek (m): 1650

Transport: Bus

Countries: Cyprus

Walking In Cyprus

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



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.

Accommodation Grade: Standard

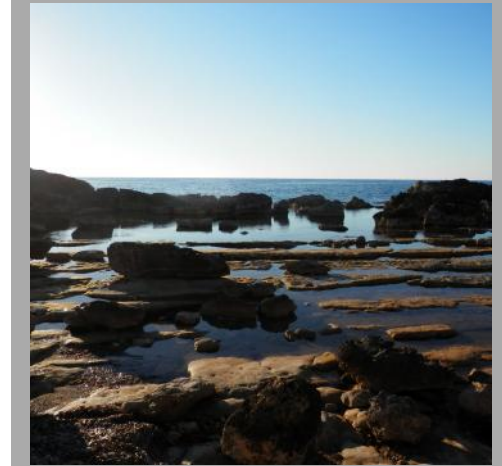
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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.

Trek Grade: Moderate

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



Your trip 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 Larnaka

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

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Drive to Troodos via Lefkosa and Solea Valley

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

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Walk to Pedoulas

Troodos is 1750m above sea level and the cool air is fragrant from the pine forests that swathe the rolling mountains. Today we descend along winding tracks to Pedoulas village (1100m) at the head of the Marathasa Valley. The walk is easy paced and rewarded with great views of mountain villages where wild flowers, mostly in spring, provide colourful splashes on the mountain sides. The abundant sunshine is ideal for the cherry orchards around Pedoulas village, the main producer of cherries in the region. Try some of the splendid preserves and liqueurs! Today's 20km walk is expected to take around 6hrs with 200m ascent and 450m descent

Overnight: **Simple Hotel**
Single Room Available

 **Included Meals:** Breakfast

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

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

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 5 Baths of Aphrodite walk

The Akamas Peninsula is a protected wilderness area where nature has taken over. Walking in this unspoilt region affords wide sweeping views down to the craggy coast. Today we'll visit the Baths of Aphrodite, where the goddess Aphrodite bathed after her liaisons with Adonis. We'll also follow a circular nature trail around the Baths. The region is host to a number of the 365 species of

birds to be found on the island, many of which are migratory stopping on their route between Eurasia and Africa. There is the option to extend the walk to a full day trip or simply relax and enjoy the perfect surroundings. Today's 14km walk is expected to take around 4hrs with 575m ascent and descent.

Overnight: **Standard Hotel**

Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 6 Walk to Agios Georgios tis Pegeias

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

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 7 Drive to Larnaka via Pafos and Kourion

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

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 8 Tour ends Larnaka

Our tour ends today in Larnaka.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Notes

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

Food & Drink

Included meals: 7 breakfasts, 0 lunches, 0 dinners included in the price of this trip. 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 Trip

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

Food

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.

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Cyprus

Lunch £: 4.00 - 6.00

Dinner £: 12.00 - 15.00

Drink

The prices for 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.

Cyprus

Bottle of Beer £: 2.90

Water £: 0.70

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

Kykkos monastery museum - €5.

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 recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow 18 Euro for tipping.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Cyprus

ATM Availability: Most tourist centres will have some ATM availability.

Credit Card Acceptance: Larger hotels, restaurants and some shops.

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

Local Currency: Euro

Recommended Currency for Exchange: GBP/Euro and USD are all easily changeable.

Where to Exchange: Money exchange houses are generally better than banks.

Joining your Trip

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

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

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

Joining Tour Abroad

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

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

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

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

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

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The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducing Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

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

Visa Information

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

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

Vaccinations & Protection

Cyprus

Nothing compulsory. Tetanus and polio are recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/>

and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Trip

DAILY DISTANCES

Day 2	5km	6km	1.5/1.5hrs
Day 3	20km		6.5hrs
Day 4	14km		4.5hrs
Day 5	14km	6km	4/2hrs
Day 6	18km		6hrs

Optional Walks

Maximum Altitude on Trek (m)

1650

Trekking Details

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

Walking Boots

Well broken-in lightweight walking boots are strongly recommended.

Climate

Cyprus

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

Clothing

Summer: Pack essentially for hot conditions and bring mainly lightweight clothing. Evenings are cooler in the mountains so you should also bring a warmer sweater and waterproofs.

Winter: Pack for cold conditions. During the months of November – March the weather can be particularly cold at nights and in the morning so bring warm clothing. It is possible we will encounter snow on the higher ground; hats, gloves and a fleece jacket are essential. We recommend waterproof jacket and trousers if travelling in the spring, autumn or winter. Also bring swimwear.

Equipment

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

Footwear

Please bring comfortable trainers/sandals for the towns/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 trip: 20kg

General Information

Country details

Cyprus

Population: 75,000.

Size of Country: 3,335 sq. km

Major Language: Greek and some English.

Religion: Greek Orthodox

Time Difference to GMT: +2

Electric Supply & Plugs

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, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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, 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.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

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, 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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