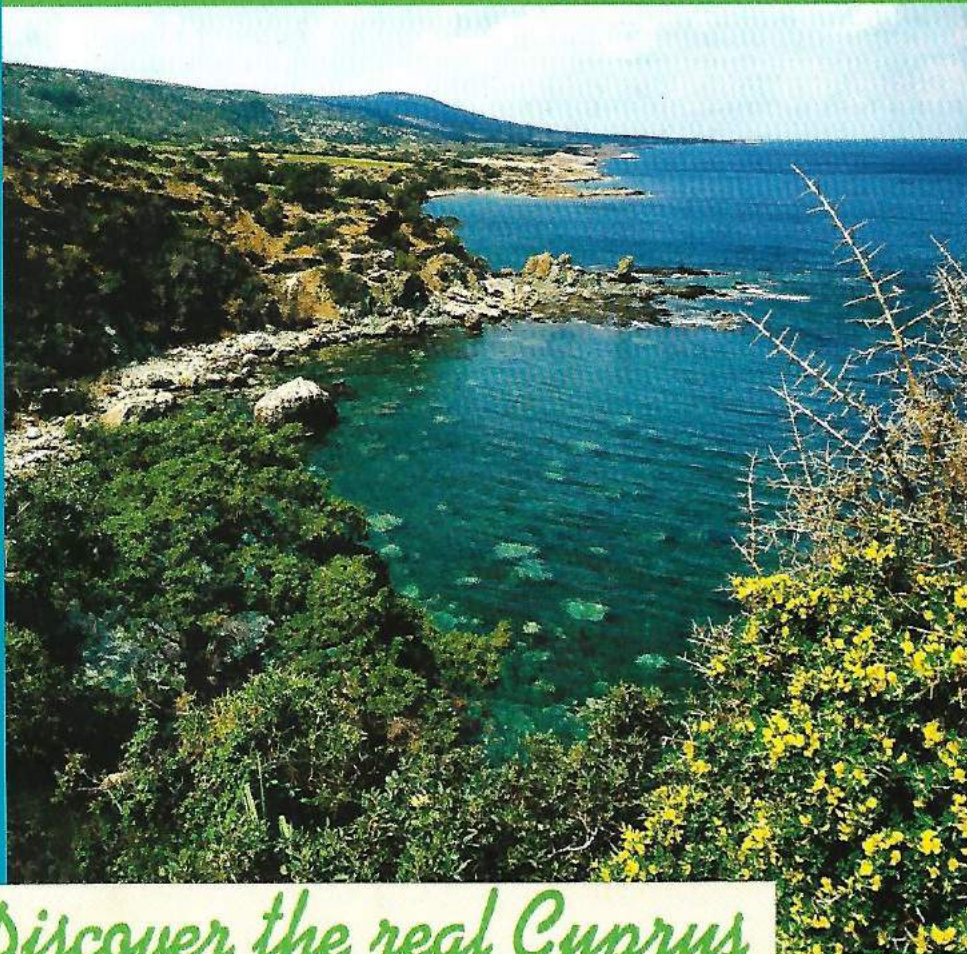


VILLAGE ROUTE-6

North Pafos and Akamas



Discover the real Cyprus

a self-drive tour to create your own adventure

PUBLISHED BY
CYPRUS SUSTAINABLE TOURISM INITIATIVE



CSTI IS AFFILIATED TO



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~ CYPRUS SUSTAINABLE TOURISM INITIATIVE ~



Tourism has changed dramatically over the years, and today's holidaymakers are more discerning; you want much more than sunshine and sand. You want to try a new sport, a new leisure activity or visit a little known village. You really want your holiday to be memorable.

The Cyprus Sustainable Tourism Initiative (CSTI) has been formed by people in the tourism industry to meet these challenges because Cyprus has something special to offer to all individuals - you just need to know what's available! Members of the CSTI include TUI, Sunvil, Thomas Cook, village communities, village producers, craftsmen and various environmental organisations. CSTI is affiliated to the Travel Foundation, a sustainable tourism charity based in UK.

One of the ways CSTI meets these changing needs is through the production of Village Routes, a series of self drive tours. This is the sixth and last of the 'Discover the Real Cyprus' series of routes. The routes encourage holidaymakers to discover the 'real' Cyprus. This will help boost the economy and regenerate people's lives in the villages. Some of them have lost out due to tourism in coastal areas. The CSTI village routes are specially designed to help you discover a very different Cyprus - one where time and tradition are linked to passing seasons, where craftsmen follow the traditions of their grandparents and the Cyprus that was once Aphrodite's playground!

Through this work, CSTI promotes conservation, the protection of the environment and the sensible use of natural resources so that the Cyprus of today can be enjoyed by the holidaymakers of tomorrow. By following these routes, not only you will have valuable memories to take away with you, but you will also put a little something back into rural Cyprus. Your visit here will have a positive impact on local communities.

Thank you for enjoying the 'real' Cyprus.



theTravel
Foundation 
caring for places we love to visit

A WHOLE NEW EXPERIENCE OF CYPRUS

With this guide you can discover the real Cyprus, taking a trip from the coast to the heart of the island. Here you can experience the mystery and tradition of this ancient land - with breathtaking landscapes, historic monuments, picturesque villages...and an amazing welcome.

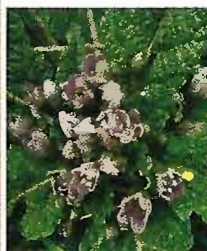
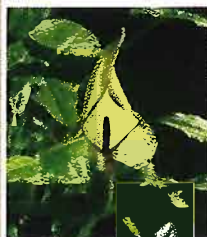
The guide will help you explore easily and includes a visit to the magnificent Avakas Gorge, as well as the beautiful beaches of Lara and traditional villages of the Laona plateau - where you can catch a glimpse of traditional Cypriot life and experience the genuine warmth of the people. We will guide you on what to do, where to eat and buy authentic local crafts and produce - everything for a unique day out.

The routes are smooth and well signposted to ensure an easy drive. You can decide what to do and when - break up the trip, or do the whole route in one day. This is one in a series of six village route guides, so do take a look at the others in the series - they will help you discover even more of the real Cyprus, away from your hotel and the pool! Your trip will also help people living in the villages and surrounding areas to make a fair living from tourism, enabling them to stay in their traditional homes, rather than search for work on the coast.

The routes are designed by the Cyprus Sustainable Tourism Initiative, which has been set up to care for this beautiful island and the wildlife and people who live on it, for generations to come. By visiting the places on this route, you 'll be doing your bit to help keep rural Cyprus special into the future.

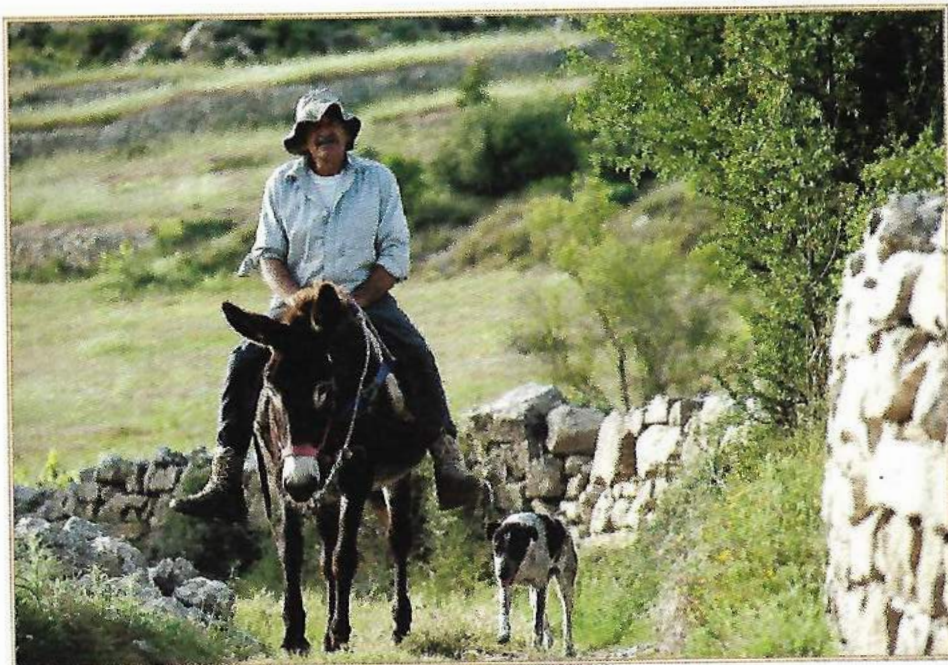


GEOLOGY, FLORA AND FAUNA OF AKAMAS



The geology of Akamas features a variety of sedimentary rocks such as limestone, sandstone and chalk, as well as igneous rocks such as basalt, olivine and enstantanitis. The mixture of these rocks with diabase and serpentine create the conditions for the growth of a variety and rare plants. The region is one of only 22 areas of endemism in Europe; many foreign botanists visit the area every year so as to study the region's wild flowers and fauna. The vegetation of the area suffered a great deal due to the unrestrained pasturing of goats, which one can still see today and as a result of fires and the cutting of trees. It is, however, rich with Brutia pine and wild Olive, while Carob trees dominate.

Among the 530 species of plants that grow in the 230sq km area, 36 are endemic and 23 rare. They include Lap-sana (*Sinapsis alba*) known in English as charlock; Sim-loudi (*Chrysanthemum coronarium*), the Crown daisy; Lales (*Anemone coronaria*) in a variety of colours, the Crown, or poppy anemone; Xinidin (*Oxalis*), the Cape Sorrel; Arkoscordos (*Allium neapolitanum*), the Wild garlic; Rasin (*Calycotome villosa*), a thorny bush with an abundance of pretty, yellow flowers known in English as the Prickly broom; Ksistarka, with its white, or pink flowers known in English as Rock rose; and Kapparka (*Capparis spinosa*), the Caper with the beautiful white flowers. Rare, wild flowers endemic to Cyprus include the red wild Tulip (*Tulipa Cypria*) and the Cyclamen cypricum. Among the shrubs common to Cyprus are Mersine (*Myrtus communis*), the Myrtle, commonly know in Cyprus as Latsia, the Phoenician juniper, Lentisk and Terebinth. Among the beautiful sandy beaches of the peninsula's extensive coastline are those of Toxeftra and Lara, two important nesting sites for the green turtle *Chelonia Mydas* and the loggerhead *Caretta-caretta*. The peninsula is home to 168 species of birds - both endemic and seasonal visitors - which include falcons, vultures, partridges, and turtle-doves. Additionally there are 16 species of hymenoptera and coleoptera; 12 species of reptiles, foxes and hares.

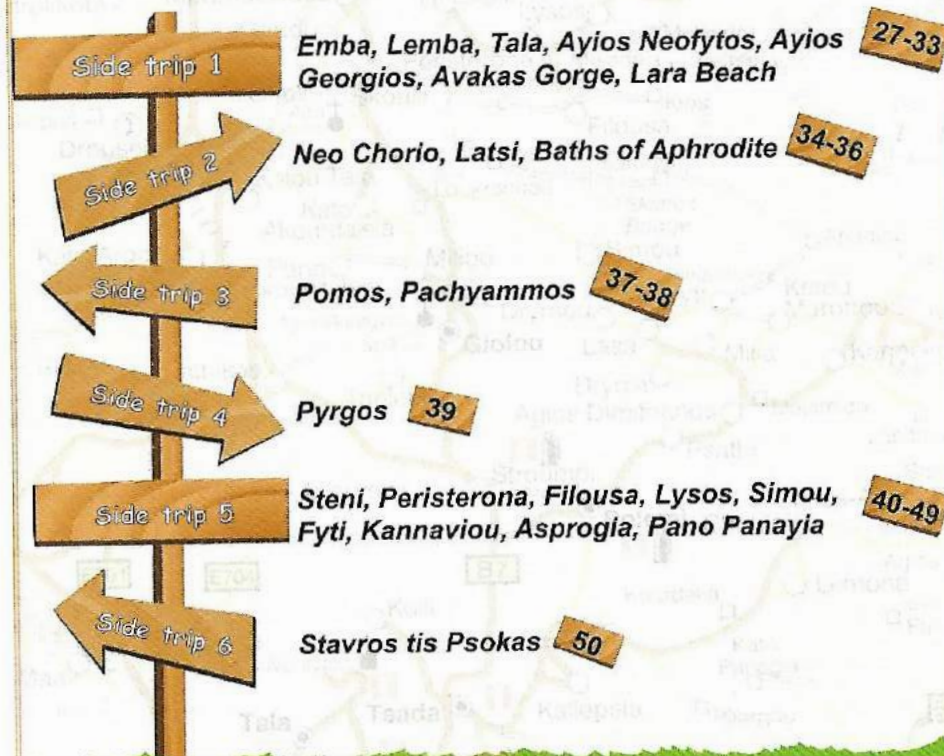


THE LAONA PROJECT

The Laona Project, which ran from 1989 until 1992, was initiated by the local branch of Friends of the Earth to demonstrate the feasibility of the ecological development of the Akamas Peninsula and the nearby villages of Kathikas, Arodes, Ineia, Kritou Terra and Akourdaleia on the Laona Plateau. The project generated the interest and support of the local communities and aimed to revitalise the declining economies of the area's villages. Rather than constructing new mass-tourist complexes which would devastate the fragile environment, traditional cultural and social values of this unique area, the project introduced an alternative strategy. It offered local people technical and financial assistance that enabled them to restore the existing traditional properties in their villages that could be used for the accommodation of visitors. It helped the villages to develop a small-scale tourism industry. The project also sought to improve the local agricultural base. In 1992, responsibility for the Project was taken by the non-profit Foundation for the Revival of Laona, which was later renamed Laona Foundation for the Conservation and Regeneration of the Cypriot Countryside. The Foundation now offers guidance and assistance throughout Cyprus, and can be contacted at: ccf@globalsoftmail.com. (This information was taken from the Foundation's website at: <http://www.conserva-tion.org.cy/laona.htm>).

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KOILI

Koili, or **Kyli** is situated 560 meters above sea level in a semi mountainous area of steep cliffs and narrow valleys. The village may derive its name from the morphology of the ground; the word 'Koili' in Greek indicates a hollow place. Another possibility, however, is that the village was named after the city of Kyllini in Peloponnesos which is why the name is also written as Kyli. The village is divided by the Mavrokolympos river - and because of the high rainfall that it receives - the area is ideal for growing winemaking vines, cereals, citrus fruits, vegetables, almond and carob trees. Koili's Community Council was established in 1953 and is one of the oldest in Cyprus.



WATERFALL

what to see

where to eat

Ayios Neofytos Enkleistra and Monastery (Tala Village) : Ayios Neofytos left Lefkara, his home town, and came to Nea Pafos in order to board a ship for Asia Minor where he wanted to join a reclusive community; he was robbed and put in prison as a tramp. Unable to leave the island after he was released, he discovered the cave where he spent his life praying and writing; when he died he was buried in the cave - the Enkleistra - which he inhabited in 1159. It contains some of the finest Byzantine frescoes from the 12th to the 15th centuries. Look for the sign before you enter Koili. Open all year round. April to October, Monday to Sunday 9:00 - 13:00 and 14:00 - 18:00. November to March, Monday to Sunday 09:00 - 13:00, 14:00 - 16:00. Entrance Fee: € 0.85 (for the Museum and the Enkleistra).

Vatouthkia Restaurant: located 2km before Adoni's Baths. Serves a selection of fish and traditional Cypriot dishes. Every Sunday Special Carvery Lunch buffet of selection of salads and dips, roast beef, roast pork, chicken souvla, vegetarian pasta dishes and a selection of desserts. Every Friday - June to September- BBQ evening with live music and Greek and Cypriot Dancing. Open all year round, Sunday to Monday from 9:30 to 19:00 (Fridays until late).



next stop

VATOUTHKIA RESTAURANT

FROM KOILI CONTINUE TOWARDS STROUMBI WHICH IS LOCATED AROUND 4 KM AWAY.

STROUMBI

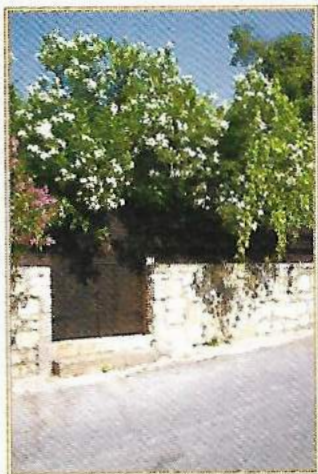
Local tradition has it that the village derived its name from its first inhabitant who was named Stroumbis; in Greek, the name (probably a nickname) describes a short, chubby person. The old village lies about 1 km north of today's settlement and it was destroyed entirely by the great earthquakes that hit Pafos in 1953. According to the mediaeval chronicler de Masse Latri, who wrote extensively about Cyprus, the old village was a Frankish feud and was marked on medieval maps as 'Strombi'. Like many other villages of Cyprus, Stroumbi saw a great decrease in its population when the inhabitants left for the city to find work.

Vines of mostly wine-making varieties, almond, olive, walnut and fruit trees are cultivated in the surrounding area and the village was known since ancient times for the quality of its wines. It is, then, no coincidence that Stroumbi's inhabitants established the annual festival of "Dionysia" in honour of the ancient Greek God Dionysos. The event, which is held in late August, lasts for 3 days and is celebrated with good food, plenty of wine, traditional dances and displays of folkloric art, handicrafts, fruit, vine-products and flowers.

next stop

FROM STROUMBI CONTINUE TOWARDS KATHIKAS WHICH IS LOCATED AROUND 8 KM AWAY.

KATHIKAS



Surrounded by vineyards, and known for the production of sultana grapes, the pretty village of Kathikas is the entrance to Akamas. It is built on a low hill at the fringe of the Laona (meaning a big mountain in the Cypriot dialect) Plateau which extends west into the Akamas Peninsula. It is the only village in Cyprus that links 6 communities, namely those of Pegeia, Stroumbi, Arodes, Theletra, Akoyrdaleia and Akousros. According to local tradition, the name of the village derives from the Greek word 'kathisma' - meaning both a terrain depression, but also a 'seat'; situated mid-way between Pafos and Polis, Kathikas was where camel caravans and travelers sat down to rest before continuing their journey. The main church of the village is dedicated to Panayia Evagelistria which was built in 1870. In addition, the village has 5 chapels dedicated to Ayios Nicolaos, Ayia Marina, Ayios Georgios, Ayios Onoufrios and Ayios Ipatios - a bishop who attended the First Ecumenical Council and who was killed by heretics when Constantine was Emperor of Byzantium. All the chapels are open. The village offers amazing views towards Coral Bay.

what to see

what to do

what to buy

where to eat

Sterna Winery: situated in the tranquility of the vineyards of Kathikas, Sterna Winery has been producing its 5 varieties of wine for generations. The winery is built on top of an ancient spring and 31 caves, where the bottles of wine are placed to age. The winery has a museum with exhibits of wine making equipment and a small cafe where you can get snacks. In addition to wine, here you can also buy souvenirs from the winery's shop. You will find the winery about 2km north of the village. (look for the sign on the Kathikas - Polis road (closed to the Farm Yard restaurant). The winery is open all year round, Monday to Sunday from 10:00 to 18:00. Closed on public holidays. Wine tasting is free.



Vasilikon Winery: this is a family winery that produces a small but quality range of wines. The vines in the vineyards are from forty to one hundred years old.

Trakkos Donkey Farm: if you like animals, visit the donkey farm where you

will have the opportunity to feed the animals (donkey feed € 2.00) or have a snack at the restaurant and enjoy the view of the cliffs and gorge below, as well as a view to the south towards Coral Bay. Located about 1 km outside the village on the way to Pegela. It is open all year round, Monday to Sunday from 9:00 to 19:00. Entrance fee € 2,00.

Agiasmatos Nature Trail: the starting point is at the right side of the Trakkos Donkey Farm. The trail is about 2km in length and leads to the Chapel of Ayia Marina on a plateau above a gorge.

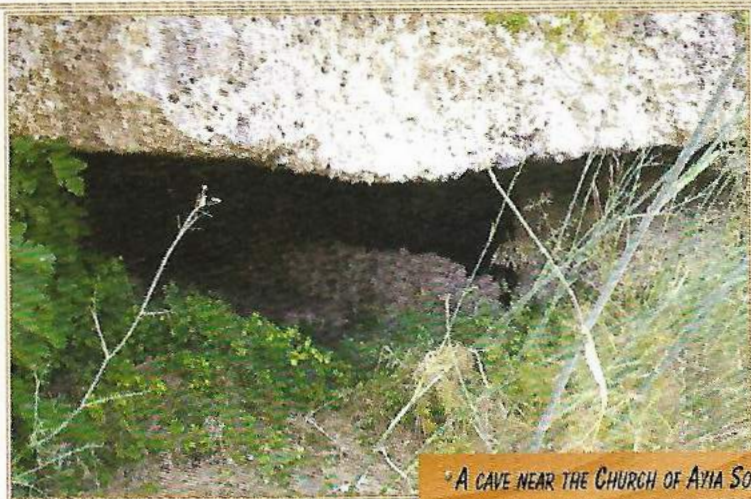
Araouzos Tavern: Serves fresh fish and home-made traditional dishes including Tavas Lamb Casserole, Kleftico cooked in an original clay oven, Stifado (rabbit cooked with onions and spices), Lamb with spinach, Souvla on charcoal every Sunday and Suckling Pig every Friday and Saturday, and of course, the traditional Araouzos Special Meze. Good selection of wines. Open for lunch and dinner from 12:00 to 22:30, Monday to Sunday all year round. Outside seating is available in the summer. It is located on the main village road (go right at the church).

next stop

FROM KATHIKAS CONTINUE TOWARDS ARODES WHICH IS LOCATED AROUND 3 KM AWAY

ARODES

Arodes was part of the Laona Project and many of the houses have been renovated. There are two vilages, Pano (Upper) and Kato (Lower) Arodes, with Pano Arodes being the largest of the two; only few refugee families live in Kato Arodes. Pano Arodes is built on top of a necropolis and was inhabited since Mycenaean times. It was one of the 46 villages that belonged to the Order of the Knights of St. John of Jerusalem who had their headquarters on the island of Rodos before coming to Cyprus. Cypriots called the Knights 'Rodites', or 'Arodites', hence the name of the village. The main Church of the village is dedicated to Ayios Kalantianos (from the Greek word 'Kalanta', meaning Christmas carols). The church was originally located 1 km outside the village next to a well; mud formed from the well's water was believed to have healing properties and locals used it to cure acne and other skin ailments. Two sarcophagi are found on the grounds of the church, that of Ayios Agapitikos (Saint who brings love - located at the front) and that of Ayios Misitikos (Saint who causes hate - located at the back); it is believed that pounding into powder a piece of the sarcophagus of Ayios Agapitikos and putting it into the drink of someone you desire makes the person fall in love with you; the powder from the sarcophagus of Ayios Misitikos has the opposite effect. This picturesque, unspoiled village is set among vineyards, almond, carob and olive trees and is a great base from which you can explore Akamas Peninsula. The gorges of Avakas (starts at the right side) and Dipotamos (starts at the left side) are accessible from the area of Koloni to the south end of the village; the two merge at the end. If you want to get something to drink, there is a coffee shop in the square of the church.



A CAVE NEAR THE CHURCH OF AYIA SOLOMONI

what to see

what to do

Panayia Chrysospiliotisa: It is located 3 km east of Pano Arodes and it is easily accessible from the main Kathikas-Polis road (it is signposted). The small chapel over the catacomb was built in 1947, and has the reputation for healing eye ailments. The site may have been originally a Roman tomb, and it was marked on mediaeval maps as Themokrini because of the well that still exist in the area. Under Turkish rule, Chrysospiliotissa was one of the hidden churches of Linovamvakoi (flax-cotton) Greek Orthodox who pretended to be Muslims in public, but secretly practiced Christianity. A ballad linked to one of the catacombs in the area tells the story of a beautiful Christian girl named Christina who was hidden here by her priest father in order to escape the Turks who came to take her to the Sultan who desired her; when her father was tortured in order to reveal her hiding place, she came out of the catacomb; she was also tortured along with her father. In the end she drank poison and died. Many of the catacombs in the area are linked and remains of frescos can still be seen.



ARODES SQUARE



FROM ARODES CONTINUE TOWARDS INEIA WHICH IS LOCATED AROUND 3 KM AWAY.

INEIA

Ineia was part of the Laona Project and it is adjacent to Drouseia. The name 'Ineia', or Inia may be a Frankish, or Turkish distortion of the village's original name which remains unknown. During the Frankish period the village was one of the 46 villages under the command of the Knights of the Order of Saint John of Jerusalem. From the Pittokopos area one can see 'Karavopetres' - the tall, isolated sea rocks which lay close to the coast: according to legend when the Saracen pirates destroyed the Monastery of Panayia tou 'Vlou' (a distortion of the word 'tyflou', meaning 'blind'), not tolerating the sacrilege, Virgin Mary turned the Saracen ships into rocks which the locals named karavopetres - a compound word meaning ship stones. Lara Beach and Turtle Hatchery are accessible from Ineia (about 11 km) by a dirt road starting south of the village.

what to see

what to buy



PSATHAROUA - CORN DOLL

Basket Weaving Museum: this unique museum exhibits a variety of baskets which are made and used widely, even today, in the Laona villages. Basket making on the island is one of the oldest handicrafts, and until a few years ago, most villagers knew how to make a basket which they used to store and carry crops such as grapes, olives and potatoes. Most common raw materials for basket weaving are cane grown next to streams and different kinds of rushes such as cat's tail. Flexible twigs from different trees are also used for making baskets and for making a cover for 'lamintzanes' (large wine or zivania bottles) to protect them from breaking and to protect the contents from light. Other materials include rope made of colourful strips of cloth that is used to make 'tsestos' - a flat open basket that was widely used for cutting 'phide' (thin, short noodles) and 'trahana' (coarsely grinded wheat which is cooked with milk and

then kneaded, made into small balls and left to dry in the sun; trahanas is used to make soup). In the old days, during weddings the bride's dowry was exhibited and carried around in tsestos for every one to see. The museum is located in the yard of the village church. Opening hours: June to October, Monday to Friday 11:00 to 13:00 and 16:00 to 19:00. Saturdays open 11:00 to 13:00. November to May, Monday to Friday 11:00 to 13:00 and 15:00 to 18:00.



TRAHANAS



MAKING A BASKET WITH CANE AND TWIGS

next stop

FROM INEIA CONTINUE TOWARDS DROUSEIA WHICH IS LOCATED AROUND 4 KM AWAY.

DROUSEIA

One of the prettiest villages in the Pafos area, Drouseia is a typical Cypriot village with narrow, winding streets. Many of the houses have been renovated with local stone as part of the Laona Project, but some of the old houses still have their iron blue doors and windows which were made by the village's ironsmith according to the tradition of old days. The village is built on the north side of the Laona Plateau that starts from Kathikas and expands west into Akamas. In the area surrounding Drouseia one can find gorges, underground caves, steep hills and deep green valleys. Drouseia provides stunning views to the east as far as the Troodos Mountains, the Chrysochou Bay and the towns of Latsi and Polis to the north, and panoramic views of the Akamas Forest, the magnificent beach of Lara and the island of Ayios Georgios tis Peyeias to the south. On a plateau, about 2 km outside the village, towards the Chrysochou River (on the way to Polis), is the cave of Ai Ampelis (Ayios Ampelis)- Dionysos, the Greek God of the vines; in the old days shepherds left flutes, bells and shepherd staffs in the cave as offerings. The village's first inhabitants were Arcadian Greeks; they named the village 'Ydrousa' (meaning Hydra), because of the abundance of water in the area - many creeks still run through the village. Eventually the letter 'Y' was dropped from the name and the village was called simply 'Drousa', or Drouseia. During the middle ages, the village was marked as 'Drusia' and belonged to the Lusignan Royal Family. Until the 1980s, Drouseians worked in the gold and copper mines near Polis. Today, many of the inhabitants are involved in the breeding of sheep and goats and the cultivation of grapes, cereals, legumes, olives and almonds. As well, many people are involved in the tourism industry; the former Drouseia Heights Hotel was built by local expatriates to provide employment to the people of the village. The main Church of the village is dedicated to Ayios Epiphanyos; the church was built in 1754, and it was renovated in 1856.

what to see

where to eat

Weaving Museum: It is located in the centre of the village. The museum exhibits items of traditional weaving from Drouseia and the nearby villages. Here one can study the creative skills of the people, learn the role of these items in people's every day lives, learn about the different styles of weaving of clothing and learn about the production, processing and application of raw materials such as cotton, wool and silk. The museum is open all year round, Monday to Friday from 8:00 to 14:30. On Mondays and Thursdays the museum is open also from 14:00 to 17:00.

Monastery of Ayios Georgios Nikoxilitis: the 17th century rich monastery of Ayios Georgios Nikoxilitis dissolved after the massacre of the monastery's monks by the Ottomans around 1821; some of the portable icons from the monastery were transferred to Drouseia and others to the Byzantine Museum in Pafos. The Monastery was rebuilt in 1923 after a fire destroyed the church of Ayios Georgios. A celebration is held here each year on Easter Monday. It is located about 3km from the village. From the main Kritou Terra - Polis road turn left onto the dirt road (it is signposted) until you reach the Monastery.

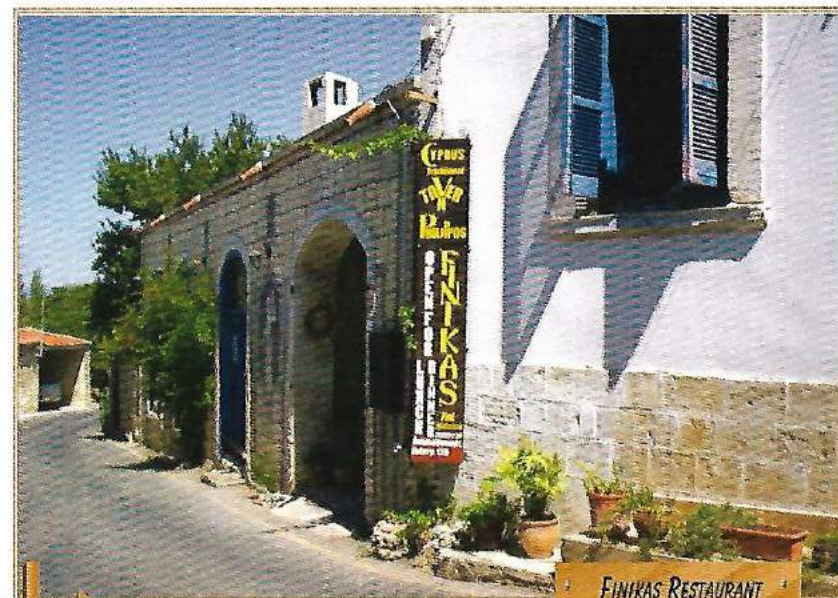
Drouseia Hills: it is located at the entrance of the village (coming from Kritou Terra). It serves grilled dishes, musaka, afelia (chunks of pork marinated in red wine and coriander), and other traditional Cypriot dishes. In addition to the good food and friendly service, it offers an excellent view. Open all year round from 10:00 until late, Tuesday to Sunday.

Stathmos Restaurant: located across from the weaving museum in the village square. It offers traditional Cypriot dishes including afella, pastitsio, legumes, stuffed vegetables (tomatoes, egg plants, green peppers) and souvla. Open all year round, Monday to Sunday from 8:00 to 22:00. Outside seating in the summer.

Finikas Restaurant: located in the village square

Christos Restaurant: located in the centre of the village

Karythea Restaurant: located north of the village on the Drouseia - Polis road.



next stop

FINIKAS RESTAURANT

FROM DROUSEIA CONTINUE TOWARDS KRITOU TERRA WHICH IS LOCATED AROUND 2 KM AWAY.

KRITOU TERRA

The compound name of the village derives from the French word 'la grotte' which means the 'grotto' and the word 'terra' which means earth, or land; Kritou Terra, then, means the land of grottos. The name was given to the village because of the many - and unique in Cyprus - rock-hewn caves found in the area surrounding the village. Kritou Terra is one of the largest and most attractive traditional villages of the Laona region and was part of the Laona Project. The village is a green oasis due to the abundance of water in the area and is known for its many fruit-bearing and walnut trees. Kritou Terra was the birthplace of Dragoman Hadjiosiph and Hadjigeorgakis Kornecios - a Greek who acted as interpreter between the Greek community and the Turkish Governors - who were beheaded in Constantinoupolis by the Turks.

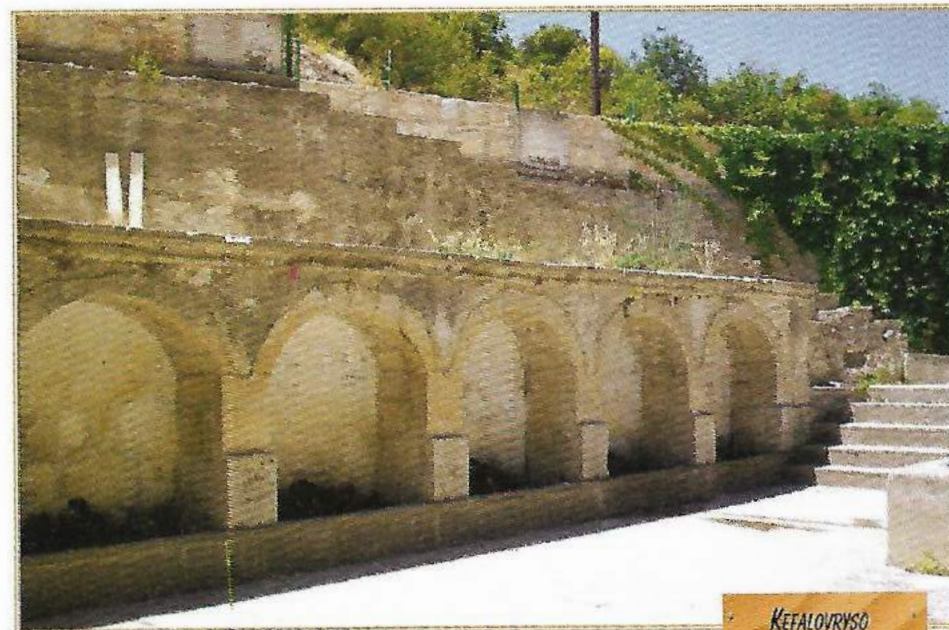
Also, the village was the birthplace of Archbishop Damaskinos who was exiled to Asia Minor by Ali Rouhi, the Cyprus' Pasha, because he opposed the heavy taxes that were imposed by the Pasha on the Cypriots. In more recent times Kritou Terra was the birth place of EOKA fighter Savvas Petrides and of the great contemporary poet Tziapouras. Kritou Terra was the first village in the area that had electricity. The cafe chantant called "Casino" can be visited. The walls of the cafe are decorated with colourful murals which were restored by the antiquities department.

what to see

what to do

Environmental Studies Centre: the Centre was set up by the Cyprus Conservation Foundation (a development of the Laona Project) with funding from the EU and the Lev-entis Foundation in 1995. It offers field studies courses to school children, overseas educational establishments and the University of Cyprus. More than 4,000 people attend the centre which is staffed with professors experienced in fieldwork. The centre is housed in the restored building of the old elementary school, the first school in the region of Pafos, which was attended both by Greek (the inhabitants still speak a Homeric dialect) and Greek speaking Turkish students. You will find the centre at the end of the main village road.

Kefalovriso - the Springs: the springs were once the centre of the village life where the inhabitants came to get their water and let their animals drink. The 6 springs and the 17 water mills around the region are evidence of the large amount of water in the area. The springs are located at the entrance of the village in the yard of the restaurant.



KEFALOVRSO

Ayia Aikaterini of Fidefkia: the 15th century church overlooks the valley of Chrysochou and is known locally as 'the seven - domed'. It was founded by monks from the monastery of St. Catherine on Mount Sinai who came to Cyprus every year to rent the land around the monastery to local farmers. Ayia Aikaterini was the daughter of a former governor of Cyprus who was exiled to Alexandria with his family by the tyrant Maximian; she returned to 'Constantia' the then capital of Cyprus when her father died, but she was forcibly sent back to Alexandria where she was beheaded because of her faith. Legend has it that instead of blood, milk gushed forth, so when the monks built the monastery they used milk to mix the mortar since water was not available. Digenis Akritas brought water to the monastery at Rigenas request; his reward was marriage to Rigaina. The church was destroyed by an earthquake in 1953 and was restored in 1992. Located about 4 km east of Kritou Terra. The church is always open.

Washing Holes: water from the springs was channelled into these washing holes (plis-tario), where the women of the village came to do their laundry. Instead of soap, the women used a mixture of ash and water to make 'alusiva', an effective washing solution which is still used by people in some villages to keep their hair healthy and shiny. Women bathe privately in a near-by little cave. To find the washing holes, turn left just before you reach the Coop bank and stop as soon as you make the turn. The washing holes are below the wall to the left (close to the corner).

next stop

FROM KRITOU TERRA CONTINUE TOWARDS CHOLI WHICH IS LOCATED AROUND 5 KM AWAY.

CHOLI

This small traditional village of 69 inhabitants is built on both sides of the Chrysochou river, or River of Stavros tis Psokas. The main crops cultivated in Choli are grains, pulses, tobacco, citrus and olive trees as well as grapes of the wine-making type. The village was marked on mediaeval maps as Coli, and it was probably a feud of a noble family with the same surname. The many ecclesiastic monuments in the area are great examples of Cyprus' cultural heritage and include the church of Archangel Michael which is dedicated to Panayia Eleousa as well as the ruins of the Chapels of Ayios Aristos, Ayios Georgios and Ayia Marina on the south side of the village; local tradition has it that they were built on the ruins of the ancient altar of the Goddess Artemis. The Chapels were abandoned during the Ottoman occupation of the island.

what to see

Church of Archangel Michael: it is found at the eastern edge of the village on a hill looking across the valley towards the Pafos Mountain Range. The wall paintings of the church, which is dedicated to Panayia Eleousa, date from the 16th century and are of a local conservative post-Byzantine style. The church is built against the east wall of an earlier watchtower that was originally three storey high with a flat roof and a cellar. It was probably built as an observatory at the time of King James the II, when Turkish expansion was a threat in the eastern Mediterranean.



FROM CHOLI CONTINUE TOWARDS SKOULI WHICH IS LOCATED AROUND 1KM AWAY.

SKOULI

Life unfolds in slow motion in Skouli, a small village known for its traditional stone built houses and the abundance of its fruit orchards. Even though small, it still has many traditional taverns and a few coffee shops catering mostly to the older men in the village. In this village there is a small Snake park. An interesting stop especially when it comes to children.



FROM SKOULI CONTINUE TOWARDS POLIS WHICH IS LOCATED AROUND 8 KM AWAY.

POLIS

Situated at the centre of Chrysochou Bay, Polis - meaning 'city' in Greek - is built on the ancient site of Marion and Arsinoe. Today it bears its 3rd name. The city flourished because of its proximity to the gold and copper mines; during the Cypro-classical period it became one of the most important ancient Cypriot city-kingdoms with commercial ties to the East Aegean islands, Attica and Corinth. During the wars between the successors of Alexander the Great, the battle for Cyprus between Antigonos and Ptolemy left Marion - which sided with Antigonos - in ruins. To punish Marion's inhabitants, Ptolemy, who won the battle, transferred them to Pafos. Later, Ptolemy Philadelphus founded a new city on the ruins of Marion and named it Polis of Arsinoe after his wife - she was also his sister. In mediaeval times, the Frank overlords omitted Arsinoe from the city's name, and called it Polis (or Polis Chrysochou because of its proximity to the village of Chrysochou). The beauty of Polis and the surrounding area which witnessed the love story of Aphrodite and handsome Adonis will enchant you. Whatever your interests, Polis has something for everyone: walk around the town and admire the stone buildings with their ornate doorways and interior arches; visit the archeological sites and museum; cycle or walk along the board-walk and take in the magnificent views; enjoy a water sport, or do some shopping and laze in the paved city square with its many café and restaurants.

what to see

what to do

Archeological Museum of Marion-Arsinoe: the construction of the museum was financed by the Government of Cyprus, as well as by private donations, and opened in 1999. Room I of the museum exhibits objects unearthed in the area around Polis; the objects are arranged chronologically, so as to present the development of the history of the area from the Neolithic and Chalcolithic to the medieval periods. This room was named after Mr. Nicos Shakoias who donated generously for the construction of the museum. Room II exhibits findings that were unearthed from the necropolis of the surrounding area. The museum is located on 28 Makarios III Ave. It is open Monday to Friday 9:00 to 15:00 and on Wednesdays 9:00 to 17:00. Entrance fee: €1,28.

Ayios Andronikos Church: a single-aisle, barrel-vaulted church dating from the 16th century. The church was fully decorated with multicoloured wall painting scenes which were whitewashed when the Turks turned the church into a mosque; the church was returned to Christian use in 1974. It is located in a small park near the square. Open Monday-Friday 10:00-13:00 and Sundays 8:30-16:00. It's closed on Saturdays.



AYIOS ANDRONIKOS CHURCH

Prodromi Traditional Fountain: situated in a paved square shaded by trees, the traditional fountain in Prodromi is worth a visit; Prodromi is adjacent to Polis and will take you 10 minutes to walk there.

Panayia Venetiotissa Nature Walk (4 km): Walk from the hospital to the camping site, turn left in front of the camping site and walk uphill to the Church of Panayia Venetiotissa. You can rest at the park opposite the traditional fountains before returning to Polis.

Orchard Route (2 km): start at the Police Station and walk north; turn right towards the hospital and follow the road to the camping site. Before the bridge turn right to return.

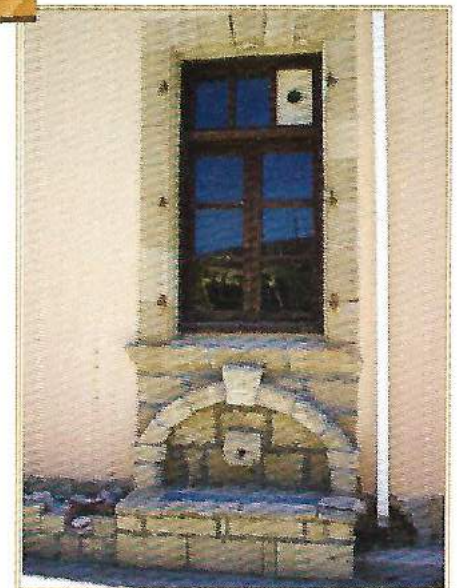
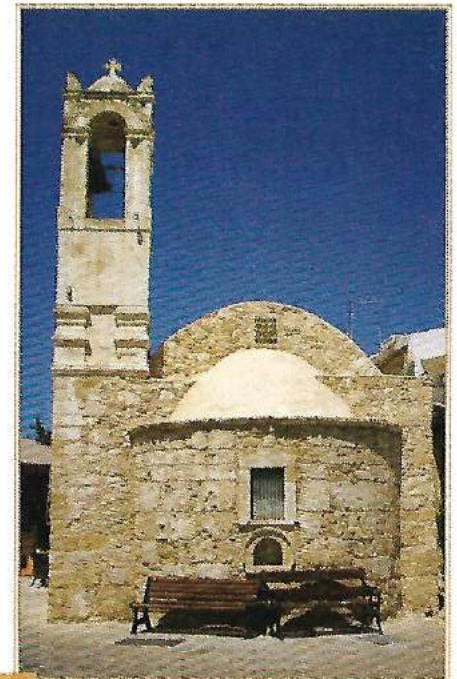
A Walk through the Olive Groves: start your walk at the old Bridge and walk north through the olive groves towards the village of Chrysochou. Return the same way.

Polis - Akamas Lighthouse Cycling Route: starts from Polis and ends at the Akamas lighthouse. Total Distance: 22 km. From Polis the route heads west towards Latsi and the Baths of Aphrodite, Fontana Amorosa and finally to the Akamas lighthouse. For more details check Cyprus Tourism Organisation's booklet.

A Walk through the Carob trees: just before Latsi (after the bridge) turn left and follow the road uphill through the carob trees towards Neo Chorio. The walk back offers a panoramic view of Polis Bay.



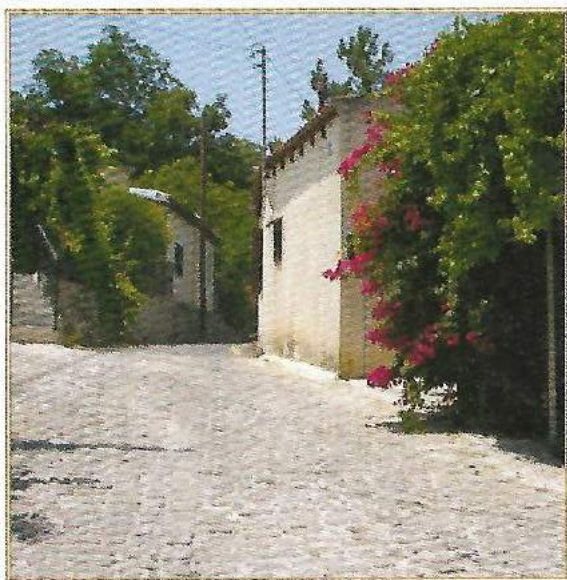
POLIS



FROM POLIS CONTINUE TOWARDS MILIOU WHICH IS LOCATED AROUND 13 KM AWAY

MILIOU

According to one tradition, the name of this green village derives from the Greek word 'Milia' which means apple tree; however, no apple trees grow in the vicinity of the village. The most possible explanation is that the name derives from the 7 water mills that once existed in the area. The village has an abundant supply of water and is situated in a fertile area where citrus, almond trees and vineyards are cultivated. There are ruins of a watermill to see as well as enjoy the surrounding valley which offers walking, hiking and bird watching opportunities, particularly during the migration seasons in the spring and autumn. Above the village are the ruins of the 12th century Monastery of Ayios Photios. Until recently, the most popular sight in Miliou was the sulphur springs and the chapel of Agii Anargyri, Kosmas and Damianos - two brothers who cared for the sick without taking any payment (àrgyros in Greek means silver from which money was once made); the springs and the small chapel are now used as a spa by the hotel that has been built on the site. Miliou was part of the Laona Project and many of the houses have been beautifully renovated with local stone. In the centre of the village there is a stone paved square with a kiosk where you can enjoy a drink and the magnificent view below.



next stop

FROM MILIOU CONTINUE TOWARDS GIOLOU WHICH IS LOCATED AROUND 3 KM AWAY

GIOLOU

Most people will tell you that the name of the village derives from the Turkish word 'giolo' which means 'road' or 'train station' - in the 1950s, there was a train that went from Polis to Famagusta and stopped in the village. This, however, cannot be correct since the village existed with the same name before the Turks came to Cyprus; the village is mentioned in Venetian records, and it was most probably a feud which belonged to someone with the same surname. The hills around the peaceful and quiet village of Giolou are planted with vines and citrus groves. As well as growing seasonal vegetables, a lot of the locals make their own wine, zivania, and halloumi. The main church of the village is dedicated to Panayia Chryseleousa. There are also chapels dedicated to Ayios Georgios, Ayios Marcos, Ayia Irini, Ayios Arkadios, Ayios Nepios and Profitis Elias.

what to see

what to do

what to buy

where to eat

Kouyiouka Water Mill: It is located on the B7 Pafos- Polis Chrysochou road, 3 km after Giolou village. Dedicated to Cypriot spirit and culture, this 200 years old, newly renovated building functions as a Cultural and Folkloric Multicenter. It houses a coffee shop, a traditional bakery, the Kouyiouka restaurant and the Kouyiouka museum. The coffee shop and bakery are open daily from 7:30 to 20:00. The restaurant is open daily for lunch; on Tuesdays, Wednesdays, Fridays and Saturdays the restaurant is also open in the evening.



next stop

FROM GIOLOU CONTINUE TOWARDS AKOURDALEIA WHICH IS LOCATED AROUND 4 KM AWAY

AKOURDALEIA

A good time to visit Akourdaleia is in the spring when the area is submerged in almond blossoms. Akourdaleia was part of the Laona Project. It is two separate villages, Pano (upper) and Kato (lower) Akourdaleia. The two small, pretty villages of about 90 inhabitants overlook the Chrysochou valley and are rich in vegetation: vines, carob, almond, citrus trees and grains are cultivated in their region. Local tradition has it that the villages derived their name from the word 'korda' - a long strip of leather which the Lusignians use to wrap as a belt around their waist, and with which a strong rope was made in the village where a leather trade industry once flourished. In the area of Tripospilios, about 1 km outside the village (a nature path goes through the area leading to Arodes and Kathikas), ancient domed tombs were unearthed, the findings of which have been transferred to the Archeological Museum of Pafos.

what to see

Folk Art Museum: it is located close to the exit of the village, on a hill on the main road to Pano Akourdaleia. The museum is housed in the old school of Kato Akourdaleia and consists of three rooms: in the first room one finds items relating to harvesting and threshing, as well as agriculture tools, old weighing scales and a collection of water clay pots. In the middle, small room are photographs of the flora and fauna of the area, photographs of farmers and items used for the processing of grapes. In the third room one finds old furniture, household items, an old loom and other weaving equipment, and local traditional uniforms. Monday-Friday: 10:00 to 12:00 and in the afternoon from 15:00 to 17:00. Entrance fee: €1,00.

Amarakos Inn: drop into Amarakos Inn for a traditional Cypriot meal. It is located on the village main road and it is signposted.

Ayia Paraskevi: it is located west of the village. The chapel dates from the 12th century, and was originally decorated with frescoes. Below the chapel is the miller's house and the ruins of one of the 3 water mills that once existed here. To get there, follow the dirt road to the right, just before you reach the Folk Art Museum. Ayia Paraskevi is also accessible from Pano Akourdaleia by a nature trail which starts in the centre of the village; this path was part of the Roman road that once connected Akourdaleia with Kritou Terra. The chapel is always open (try the side door).

what to do

where to eat

Pano Akourdaleia

Panayia Chryseleousa: the church is located in the centre of the village and dates from the 16th century. One can still see some of the worn out frescoes that once covered the interior walls of the church. It is always open.

Herb Garden: it is located in the yard of the old school which today houses the office of the Community Council. In a small paved square just before you reach the garden (across from Panayia Chryseleousa) you will see the 500 year old olive tree and an old olive press. You can rest here for a while before continuing your journey.



LEMBA

According to Nearchos Clerides, the original name of the village was 'Prastion Siouron'. The village's name was changed to Lemba (or Lemba) by the Franks because of its proximity to Empa (le Emba). On-going excavations in the area revealed numerous cruciform female figurines made of picrolite, and it is believed that the area was first settled in the Chalcolithic Period (3800-2500 BC). Until 1963, Lemba was predominantly a Turkish-Cypriot village; during the intercommunal violence of 1963, the majority of the Turkish-Cypriots inhabitants abandoned the village and following the Turkish invasion of Cyprus in 1974, the whole of the Turkish-Cypriot population was forced to move to the north. Today, a small number of Greek refugees live in the village. The village is set in one of the most fertile parts of Cyprus and citrus, olives, vegetables, and bananas are produced in the surrounding area.

what to see

what to buy

The Cyprus College of Art: this is the oldest specialist art school on the island and, over the years, has attracted thousands of artists, critics and students from around the world. Students are taught in small groups and have the opportunity to learn from other artists. From the main Pafos Kissonerga road, turn left after the Lemba Taverna.

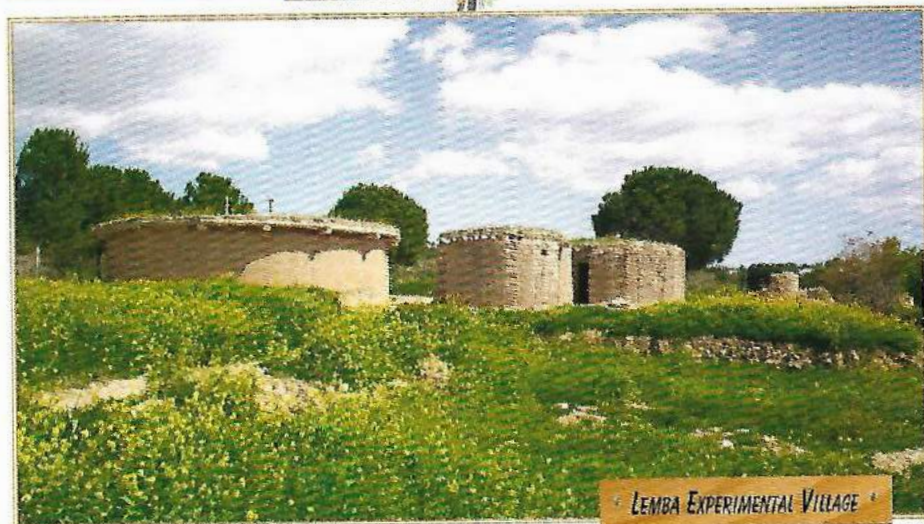
Lemba Experimental Village: built on an excavated Chalcolithic site, the Lemba Experimental Village was established in 1982, as an archaeological project to recreate a Chalcolithic village, and it is used to undertake a number of prehistoric activities, including the use of building materials, pyrotechnology, pottery firing and cooking methods. With the cooperation of the Cyprus Department of Antiquities, the project has developed into an important visitor attraction as well as a site for research into aspects of experimental archaeology. Chalcolithic cruciform figurines that were found on the site are displayed in the Cyprus Museum. To get there, go right at the Lemba Pottery Workshop and drive for about half km to the bottom of the village's main road and turn right.

Lemba Pottery: for Soteroula and George who were raised by a family of potters in the now occupied Kyrenia, beauty comes from simplicity. Each piece in their pottery workshop is individually crafted, so no two pieces of pottery are the same. Here you will find cups, mugs, water and storage jars, dinner plates and other practical pieces - all oven-proof and microwave and dishwasher safe. Visit them and find a distinct piece in a beautiful earth tone or Mediterranean colour. You will find it a few metres away from the Art Collage on the main village road. Winter hours, Monday to Friday 10:00 to 13:30 and 16:30 to 18:00. Summer hours, Monday to Friday 10:00 to 13:30 and 16:30 to 19:30. Also open on Saturdays (winter and summer) from 10:00 to 13:30.



LEMBA POTTERY

CYPRUS COLLEGE OF ART



LEMBA EXPERIMENTAL VILLAGE

PEGEIA

Coral Bay- The rocky coastline is punctuated by many sandy bays and to the north of Pafos lies the long sandy beach at Coral Bay. This is the ideal base from which to tour the magnificent Troodos mountains or to discover the delights of the little fishing harbour of Latsi and the village of Polis. Then get ready to enjoy yourself at night at the bars and discos, stroll down to the local fishing harbour and take in the unique night-time atmosphere, or relax with good food and wine in your own quiet corner of your favourite local taverna.

Ayios Georgios tis Pegelias- The tiny settlement of Ayios Georgios tis Pegelias (about 8 km northwest of Pegelias) on the peninsula of Drepano is a popular destination among Cypriots and visitors who come here to pray and light a candle to Ayios Georgios, for a good meal and to enjoy the stunning view. Shown below the church of Ayios Georgios is a fishing shelter. Three hundred metres from the coast lies the isle of Gernisos where wells, cisterns and the remains of a building of the Hellenistic period were found (the findings indicate that Appolo was worshiped here). Excavations in the area of Ayios Georgios Pegelias unearthed an unfortified 6th century settlement.

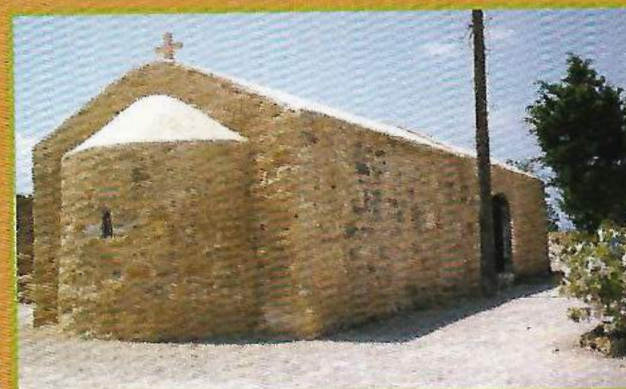
what to see

what to do

what to buy

where to eat

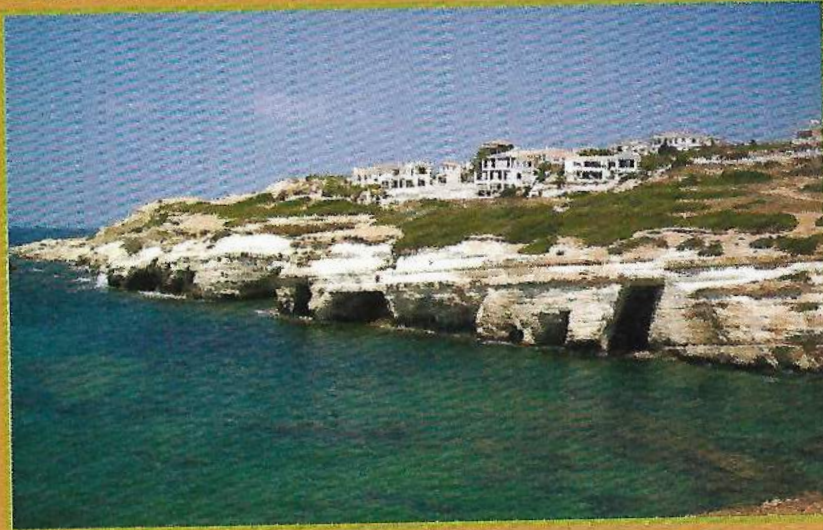
Ayios Georgios Pegelias: the church, which is one of the most photographed sites on the island, is very much respected by the people of the surrounding villages. Across from the new church is also the old chapel of Ayios Georgios Pegelias. They are always open.



Byzantine Settlement:

the settlement consists of 3 basilicas and a bath. It reached its high point of development during the reign of Justinian A. (527-565), and it may have been a port used by ships carrying wheat from Egypt to Constantinople. Entrance Fee: € 1,70. Open Monday to Sunday 8:30 to 16:00.

Kantarkastoi Sea Caves: these are the most spectacular caves on the island. According to locals, until 60 years ago seals lived in the labyrinth like caves which are connected. To get there from the main road, pass the Anesi Restaurant and the brown sign directing you to Polis and Latsi (on your right hand) and drive for about half km; then turn left on the Kafizi street and drive for about 2 km to the bottom of the downhill road.

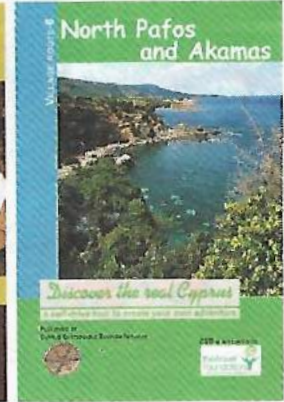
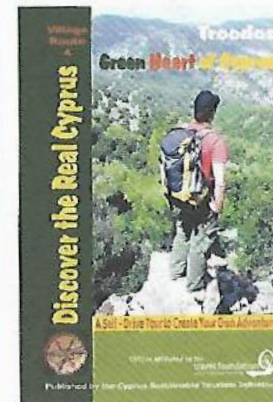
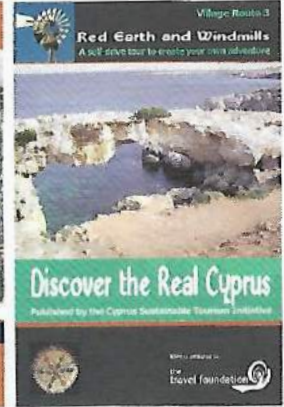
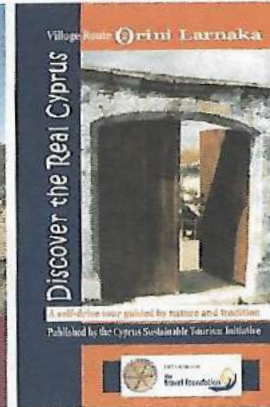
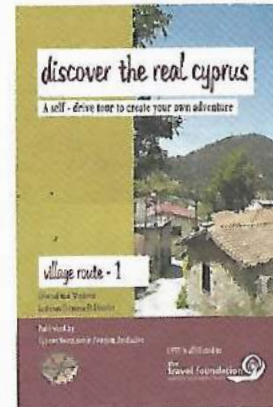


Fishing Shelter and Light House: the fishing shelter is below the church; you can swim at the small beach, or do some fishing at the light house.



Restaurants: there are a number of restaurants to choose from.

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AVAKAS GORGE AND LARA BEACH

The road to Avakas Gorge and Lara Beach is gravelly and bumpy, but the destination is rewarding. Although accessible by ordinary car, a 4x4 is recommended as car hire companies' insurance does not cover break downs in this area. Wear closed shoes, or hiking boots; there may be water in some places in the gorge. Carry a walking stick to support yourself when you need to climb and make sure you have plenty of water with you.



LARA BEACH, NESTING SITE OF CARETTA-CARETTA

what to do

where to eat

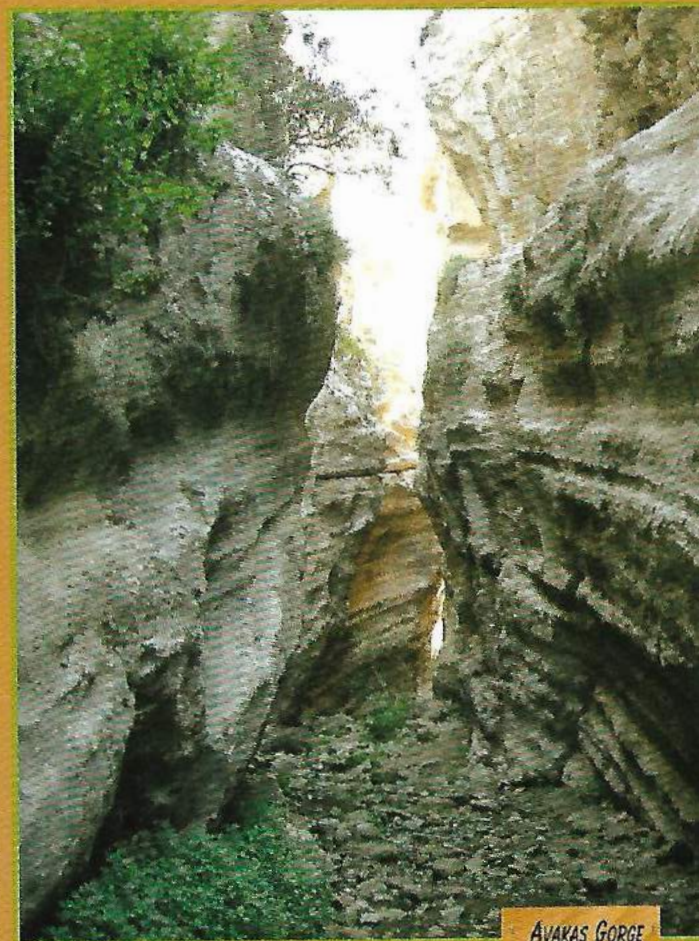
Avakas Gorge: millions of years have patiently shaped this magnificent gorge which is home to *Centaurea akamandis* - an endemic plant that grows only on the slopes of the gorge and nowhere else on the planet; efforts to transplant this plant elsewhere have been unsuccessful. There are two routes to access the gorge: if you want to see the full extent of the gorge start from the Koloni area to the south of Arodes. The second route is the coastal road: drive for about 1km on the gravel road having the Akamas coast on your left; turn right where you see the stone marked 'Viklari' (the Last Castle). Keep going (go right before you reach Viklari) until you reach the parking lot where you can leave your car and walk to the gorge. The gorge is 3 km long and takes about 2:30 hours to walk it.

A professional guide is recommended for your safety.

Toxeftra Beach: this is a popular beach located in the Toxeftra area. Go left where you see the rock directing you to the Viklari - Last Castle restaurant.

Lara Beach: this beautiful, sandy beach is the nesting site of the *Caretta caretta* turtle. To get there, stay on the gravel road, and drive for about 6 km past the sign for the Viklari Restaurant.

Viklari - The Last Castle: located on the hill, at the mouth of Avakas Gorge and covered under an immense trellis of grape vines, Viklari offers spectacular views of the surrounding area. In addition to the friendly service, Viklari offers a fixed lunch of chicken and pork souvla with salad and potatoes for the reasonable price of € 12:00 (if you visit in September, for dessert you will get the grapes that grow on the grape vines that shade the restaurant). Because this is a very popular restaurant, to make sure that there is a table available, call Simon on 99675397 or Froso on 99516324. Opening hours: April to the end of October, Monday to Sunday from 10:00 to 17:00. Only outside seating.



AVAKAS GORGE

Neo Chorio (New Village), the most western village of Cyprus, offers a breathtaking view of the bay of Chrysochou. It is built on the Laona plateau and much of the area surrounding the village is part of the National Akamas Forest. The village's first inhabitants were workers from the nearby 'Dkyo Potamoi' fiefdom which passed into the hands of the Turks after the Franks lost domination over Cyprus. Ancient tombs discovered in the area indicate that the site was inhabited since Roman times, and - although not located as yet - it is believed that somewhere in the area lies buried the legendary city of Akamantis. The village's houses are built with limestone from the area and gravel mixed with mud; many buildings have outside stone stairs which lead to wooden balconies. The main church of the village is dedicated to Ayios Minas, protector of the village, and it was built in 1912, with the work of and donations from the inhabitants. Close to the church of Ayios Minas (and close to the village fountain) is the 17th century small church of Ayios Georgios. The chapel of Ayios Ephraem (not open to visitors) is found at the entrance of the village, on a hill that provides a panoramic view of the area.

what to do

what to buy



Triskelion Pottery: Ara's and Nancy's work is well known on the island from exhibits, and their art pieces have been given as state gifts by the Cyprus government and bought by art collectors. Before coming to Cyprus, the couple obtained permission to study the Cypriot collection at the British Museum, and later, they studied the ancient technology of Cypriot pottery making. Their work is exquisite. The workshop is across the school. If the door is open, you can walk in and look around the shop.

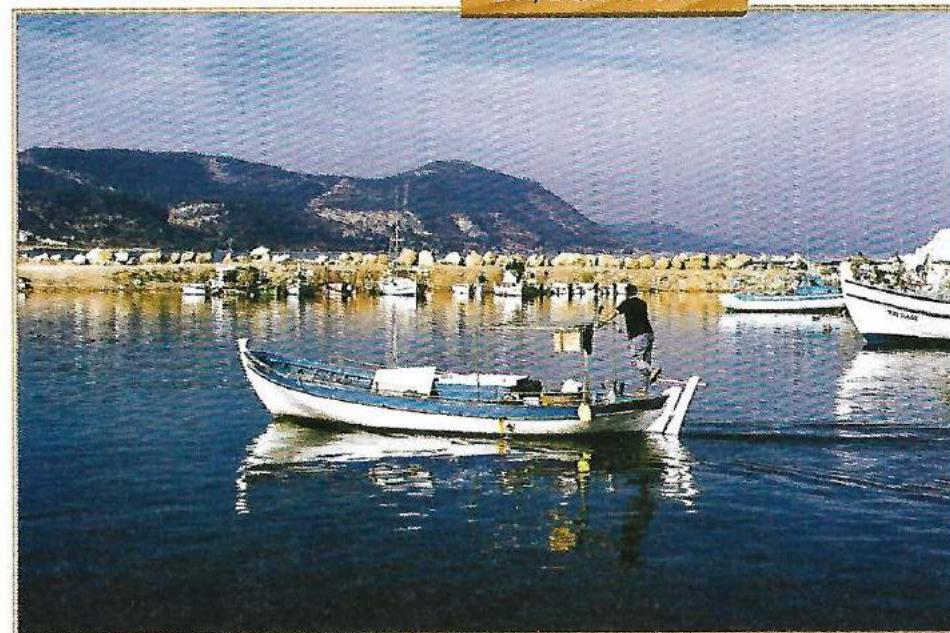
Smigies Nature Trail: circular. Length of short trail: 2,5 km. Time: 1 hour. Length of Long Trail: 5 km. Time: 2 hours. Starting point: Smigies camping site (2,5km west of Neo Chorio). Views of the Akamas peninsula to the west including Lara Beach and the Bay of Chrysochou, Polis, Latsi, Pachyammos and the Pafos Forest to the east. The long trail passes through the abandoned magnesium mines. The long trail links with Adonis trail.

Pisouromouti Nature Trail: circular. Length: 3km. Time: 1,5 hour. Starting point: Smigies camping site (2,5 km west of Neo Chorio). Northeast views of Chrysochou Bay and the Akamas Peninsula. It links with Aphrodites and Adonis paths.

Latsi is the picturesque horse shaped harbour of Polis. In the past the port was used for shipping carobs that were produced in the area. Today, the old stone carob warehouses have been converted into fish tavernas known all over Cyprus. There is much to do in Latsi: enjoy some fresh fish in one the tavernas; go swimming, or take a walk on the 45 metres long wooden pier; enjoy a walk by the sea, starting from the fishing shelter and going as far as the camping site (in Polis). You may also drive to the 'Limni Mines' (5km east of Polis), take a cruise to Akamas, or take diving lessons. What ever your interest, Latsi has something to offer to every visitor.

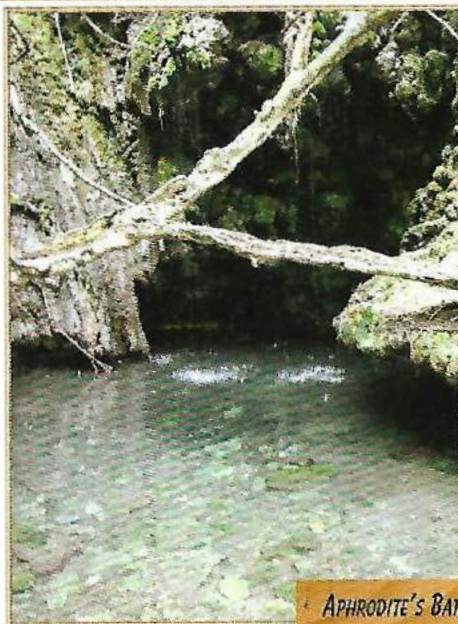


LATSI, HARBOR AND BEACH



APHRODITE'S BATHS

Aphrodite, Goddess of love and beauty, is said to have bathed in the waters of the pool of this natural grotto, shaded by a fig tree and surrounded by wildlife - the first cyclamens of the spring come out around Aphrodite's Baths. It is here that the goddess seduced handsome Adonis, and it is in the woods of the surrounding area that they hunted and enjoyed their love until Adonis was killed by a wild boar; his blood is said to have coloured red the poppies that grow in abundance in the area. According to the legend, bathing in the waters of the pool restores youth and aids fertility. Unfortunately, visitors are no longer allowed into the water of the pool.

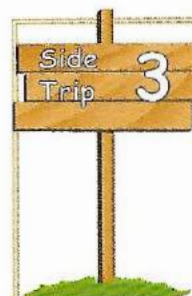


APHRODITE'S BATHS

what to do

Aphrodite Nature Trail: circular. Length : 7,5 km. Time: 3-4 hours. Starting point: Aphrodite's Baths. Points of interest: Aphrodite's Baths, the ruins of 'Pyrgos tis Rigainas'. Excellent views towards Cape Arnaoudis, Polis and the Pafos Forest.

Adonis Nature Trail: circular. 7,5 km. Time: 3-4 hours. Starting point: 400m before Aphrodite's Baths. It links with Smigies Trail and at Pyrgos tis Rigainas it links with Aphrodite's Trail.



POMOS

The cruciform idol which appears on the Cypriot one and two Euro coins was found in the area of Pomos, the most north-eastern community of the Pafos district. It is found on the coastal road between Polis and Xero village, found in the occupied area of Cyprus, and has some of the most beautiful, unspoiled beaches on the island. Its position is responsible for the growth of a fishing industry in the village, and it is used as a fishing shelter. Much of the area to the south of the village is uncultivated, since this region is part of the Pafos National Forest. Citrus fruits, bananas, avocado, almond, walnut and olive trees as well as few vegetables and pistachio nuts are grown in the area. In medieval times the village was marked on maps as Pomo. The writing of the village's name as 'Πωμός' (written with omega - the long Greek letter o), which derives from the Greek word 'Vomos' (altar), indicates an ancient Greek origin; it is said that an altar of Aphrodite may have existed in the area. This is supported by an archaeological site found in the area, which has not been investigated.

what to see

Museum of Natural History: similar to the museum of natural history of Troodos, the Pomos museum contains rock and marine life exhibits and has a rich collection of embalmed, endemic, wild animals which either died a natural death or were seized from illegal hunters. The museum is located across from the Coop bank (SPE) on the main road towards the exit of the village (on the way to Pachyammos.) The museum is open all year round, Monday to Friday from 9:00 to 15:00 and on Saturdays from 9:00 to 13:30

Pomos Dam: the dam is built on the banks of the River Livadi, and it is located 3 km southeast of the village. It has a capacity of 859,000 cubic meters and provides water for the largest part of village's area.

Chapels of Ayia Aikaterini and Ayia Thekla: these are only two of the seven chapels in the village. You will see them on the road to the dam. They are always open.

PACHYAMMOS

Pachyammos means 'thick sand'. The beach lies below Ayios Raphael Church and it is a Blue Flag beach.

what to see

Ayios Raphael: an Ithacan by origin, Ayios Raphael served as a priest at the church of St. Demetrios in Athens and became Bishop of the Ecumenical Patriarchate. Following the fall of the Polis (Istanbul), he settled in Lesvos where he was tortured and killed by the Turks when they occupied the island. His remains were found buried in an olive grove on the Hill of Karyes where a monastery was built. A Cypriot who was ill and was cured after visiting the monastery in Mitilini, upon returning to Cyprus, he donated the first money to build the Church of Miraculous Ayios Raphael in Pachyammos. In the yard of the church you will also see the Heroes' Monument which is dedicated to those who lost their lives during the 1963 bi-communal fighting and the bombardment of Tyliria by Turkey, and during the 1974 Turkish invasion of the island. The church is open Monday to Sunday. Winter hours: 8:00 to 16:15. Summer hours: 7:30 to 19:00. On Sundays the church opens at 5:00.

Ayios Nicolas: Ask at the office of the Church of Ayios Raphael.



PACHYAMMOS



CRUCIFORM IDOL

Side
Trip

4

PYRGOS

The green, beautiful village of Pyrgos is located in the Morphou Bay on the northwest of the island, next to the yet to be open Limnitis crossing point into the Turkish occupied north. It is close to Kokkina, a place of intense confrontation between the Greek Cypriot and Turkish Cypriot communities during 1963-1964, when Tyliria was bombarded by Turkey.

The village is divided into Upper and Lower Pyrgos and the name in Greek means 'Tower'. The village got its name from two towers in the area, said to have been built by the daughters of Rigaina during the Byzantine period. The main church in Kato Pyrgos is dedicated to Ayia Irini and Ayios Kostantinos and Eleni.



PYRGOS

what to see

Tower of Rigaina - Kato Pyrgos: the ruins of the tower of Rigaina are found on a hill overlooking the village of Kato Pyrgos. To get there, from the main village road, turn left at the petrol station and when you reach the bridge turn right and keep going straight until the end of the village road which leads to the hill.

Kaminia - Pano Pyrgos: Pano Pyrgos lies 5 km south of Kato Pyrgos; here you can see the 'Kaminia' the kilns where coal is made.



STENI

Steni, which means 'narrow' in Greek, is built on a narrow passage on the banks of the now dried up 'Steni River', hence the name of the village. The first inhabitants of Steni were shepherds who were attracted to the area by the abundance of water that the river provided for their needs and the needs of their livestock. It is most probable that the village was built at the same time as one of the 2 water mills - one on each side of the river- which date from the 16th century. The main products today are citrus, olives, cereals, cherries, avocado, mango, watermelons, apples and bananas. The village experienced two waves of migration of its inhabitants - mostly to South Africa - one during 1930-1950, and the second during 1960-1975. Today, the village numbers only 120 inhabitants. The main church of the village is dedicated to Ayios Tryfonas, protector of animals and crops; it was built by volunteer labour and with donations from the village's inhabitants and of Steni's expatriates in South Africa. The Monastery of Virgin Mary Chrysolakournas is found 3 km north of the village; the 12th century monastery lay abandoned until 1974, when it was restored by the Department of Antiquities.

what to see

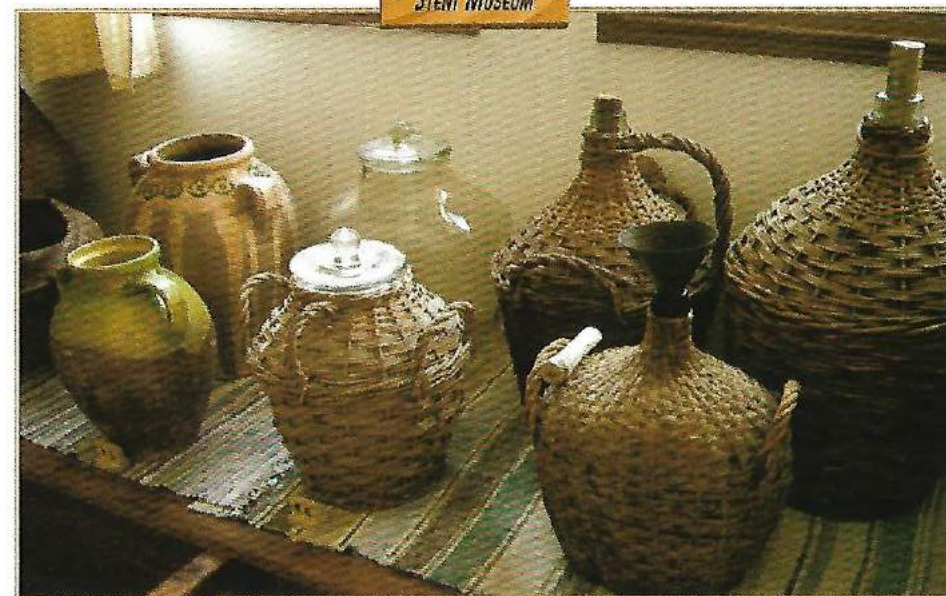
Heroes' Monument: erected on the banks of the dried up river that once ran through the village, the monument was built to honour the fighters from Steni who lost their lives during the War World II, National Liberation Struggle of Cyprus in 1955, and during the 1974, Turkish invasion of Cyprus. It is situated on the main road.



Museum of Village Life: it took the Community Council of Steni 30 years to collect the items for this 200 square metre museum which was built in order to preserve the history of the village. The museum's rich exhibits are a journey into the yesterday and bring the visitor face to face with the traditional everyday life of the people of Steni; it is dedicated to all the people of Steni. The museum is located on the first floor of the building of the Community Council, across from the heroes' monument. Opening hours: April to October, Monday to Sunday 10:00 to 18:00 and November to May 10:00 to 16:00. There is no entrance fee, but donations are appreciated.



STENI MUSEUM



PERISTERONA

Peristerona is a traditional Cypriot village known for its efforts to maintain the beauty and traditions of Cyprus. Community leaders put a lot of energy into improving the village, and encourage the constructing of new stone buildings as well as the renovation of traditional houses. For this reason, Peristerona was rewarded by the Bishopric of Arsinoe (Pafos) which decided to build its church here; the church is in the centre of the village and is dedicated to Ayios Mamas. The village is home also to 4 other churches, that of Ayios Theodoros, Ayios Georgios, Ayia Zoni and the church of The Holy Fathers. In recent years the locals have been involved in tourism related activities and many work for the Cyprus Forestry Department. The hills of the surrounding area are covered with vines, olive and fruit trees, wild flowers and herbs; between December and April wild mushrooms - they are very much sought after - grow in abundance in the area. Peristerona derives its name from the Greek word 'peristeri' which means 'pigeon'; some years ago, thousands of pigeons lived in the nearby Gorge of the Eagles.

what to see

Byzantine Museum: housed in the magnificent building of the Bishopric's Headquarters which is located in the centre of the village. The museum has an impressive collection of icons, metalwork art, characteristic Cypriot embroideries and woodcarvings. At the entrance of the museum one can also see the stump of an 1100 year old olive tree. The museum is open daily. Entrance Fee: € 2,00. Open Monday to Friday. Winter hours 10:00 to 16:00. Summer hours 10:00 to 13:00 and 14:00 to 18:00. Saturdays 10:00 to 13:00

FILOUSA

Filousa - one of 8 Turkish-Cypriot villages in the area - is a typical Cypriot farming village unchanged by time. It is located near Peristerona and is only ½ km away from the forest of Stavros tis Psokas. It derives its name from the Greek word 'Filos' - meaning friend - and was named so due to the friendliness of its people. In the old days there were a number of crafts people in the village. However, today there are only a few farmers and shepherds left, as young people moved to the cities to work, or study and have never returned. There are 2 coffee shops in the village, where the 30 local residents do their shopping, and 2 churches: the largest and oldest church is dedicated to Ayios George and was destroyed during an earthquake; the second church belongs to Ayios Vinkhianos. The area offers cycling, walking and bird watching opportunities; if photography is your hobby, Filousa will not disappoint you.

what to do

Evredou Dam: It is located west of the village, and it is ideal for fresh water fishing. It has a length of about 2 km and twists around 2 Mountains.

LYSOS

The largest part of f Lysos is located in the State Forest of Pafos - home of the Cyprus Moufflon - and 'Tripylos', the highest point in the eastern most part of the village, is located in the region of "Stavros tis Psoka". Vines, fruit, olive, carob, and citrus trees, as well as cereals and vegetables are cultivated in the region. Although the village saw an increase of its population in the past, today only 200 inhabitants live there. The name Lysos indicates that the village was settled in ancient times by immigrants (possibly Thrakofrygians) from Asia Minor. The name Lysos may originate from the Greek verb 'lyo' or 'liono' (which means melt), because Lysos was once used as a place for the melting of metals - particularly copper - that are found in the area. In resent history, Lysos was active in the national struggles; it was the first community in Pafos that organized groups of EOKA (National Organization of Cypriot Fighters) guerrilla fighters from the surrounding area. The hero, student and poet Evagoras Pallearides was active and was arrested in Lysos. There are many guerrilla hideouts in the area of the village and a number of monuments have been erected to commemorate Lysos' contribution to the National Liberation Struggle. The most important church of the village is Panayia Chryseleousa; two coats of arms (one belongs to the Gourri family) above the north and south doors of the church indicate that the church was built in medieval times.

what to see

Fountain: the traditional fountain has been restored using local stone; it is located in the village plaza.

where to eat

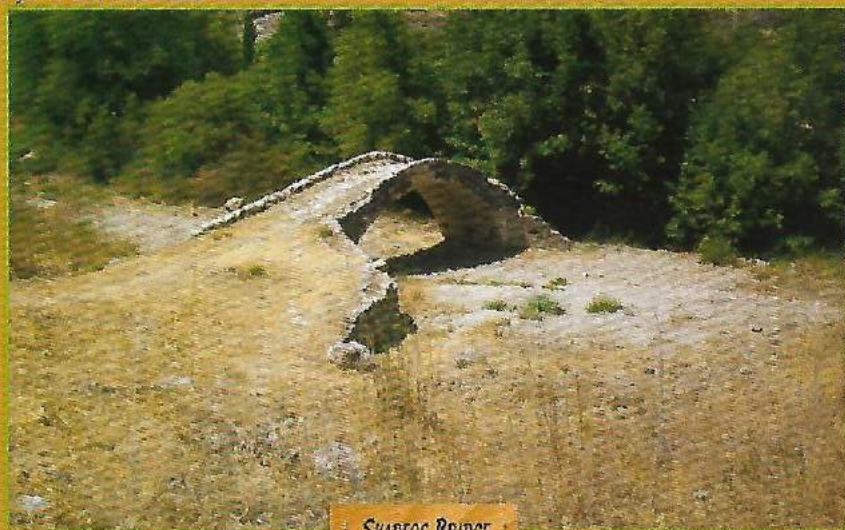
Demetriou Paradisos Hills Hotel Restaurant: the restaurant is open Monday to Sunday from 8:00 to 23:00 during the summer and 8:00 to 21:00 during the winter.

SIMOU

The finding of prehistoric items in the village's wider area suggests that Simou is an old settlement. Some believe that the village derives its name from its first inhabitant whose name was Simon and others say that the village - which may have existed since the Byzantine times - was named after Apostle Simon. During the Frankish rule of the island, the village was marked on old maps as Sima, and according to de Mas Latri the village was a feud that belonged to the Zappe family. It has a little bit of something to offer to every one; peace and quiet, magnificent views, walking, hiking and cycling opportunities around the dam. Mainly vines of the wine-making variety, legumes, cereals, citrus, almond and olive and some fruit trees are cultivated in this region. The Terebinth tree in the centre of the village is said to be as old as the village.

what to see

Skarfos Bridge: the bridge is only one of the three bridges that existed in the area during the 18th century according to the inscription. The bridges were used in antiquity by the camel caravans which carried copper and lumber from the mountains to the 'Limni Mines' port in the Argaka area (located 6 km outside Polis) from where they were exported to other parts of the Roman Empire. The bridge is located 2km north-east of the village over the river that bears the same name on the other side of the river. Look for the sign on the Fyti - Polis mainroad.



SKARFOS BRIDGE

FYTI

Fyti (or Phyti) is built on a plateau at an altitude of 680 metres and is located 25 km north-east of Pafos. According to Nearchos Clerides (a teacher from Agros who wrote extensively about the history and traditions of the villages of Cyprus), the village derives its name from the plant 'daphnion to knidion' - called by the Cypriots 'fitiliki' - which grows in abundance in the area. Another tradition has it that the village derives its name from the Greek verb 'Foito' which means 'I study'. This tradition is supported by the fact that at the beginning of the 19th century the village was a spiritual and educational centre where children from the surrounding villages came to study. In his writings, de Masse Latri refers to the village as 'Phiti' and includes it on the list of Frankish feuds. The village was once a centre of weaving for the Pafos area and its colourful 'Fythkiotika' textiles are known all over Cyprus. Today, only 97 inhabitants remain in the village; the rest of Fyti's inhabitants - like the inhabitants of many other Cypriot villages - were forced to move to the coastal cities to look for work. A picturesque village, Fyti preserves much of its traditional architecture. If you want to see samples of this traditional architecture walk around the narrow, graphic alleys of the village and go as far as the Forester's Mansion to the west side of the village; although in ruins, the mansion is still impressive.

what to see

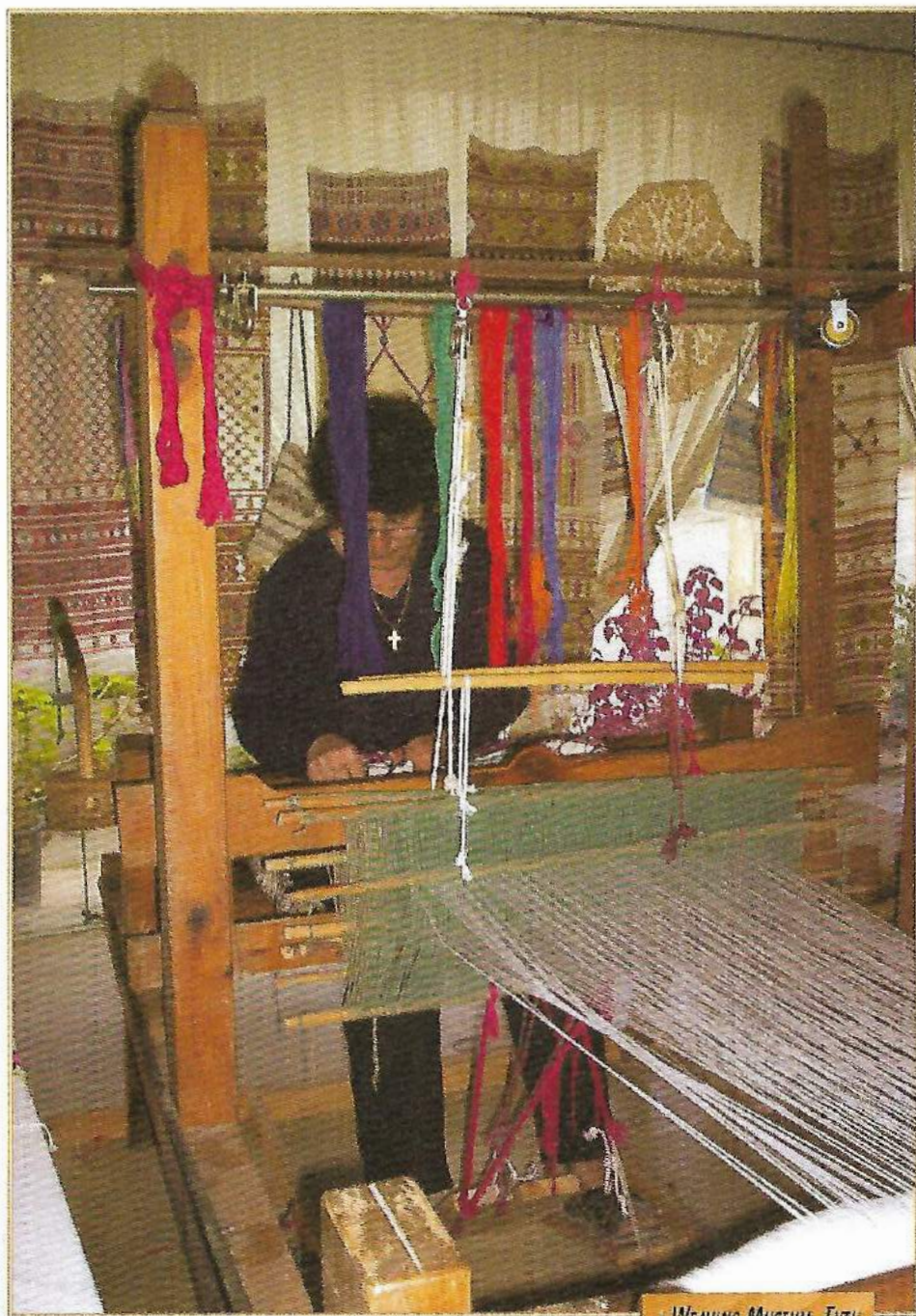
where to eat

Statue of Constantinos Foitides - benefactor of the village: it is located in a stone paved plaza in the centre of the village. Until 1938, the village's water supply came from wells; Constantinos Foitides bought water from a spring which belonged to the Monastery of Chrysorregiatissa and paid to transfer the water to the village. Next to the small plaza, which is decorated with herbal plants, flowers and an old olive press, you will also see the stone-made fountain.

Weaving and Folk Art Museum: it is located next to the plaza. Here you will have the opportunity to watch Mrs. Theano sitting at her loom weaving, surrounded by the colourful 'Fythkiotika' textiles that are produced only in Fyti. The main characteristic of Fythkiotika textiles are the geometric designs (or 'ploumia' as they are called by local weavers), which are similar to motifs one can see on Cypriot pottery of the geometric period. The museum houses also traditional agricultural tools and household items once used by the inhabitants of the village. Winter opening hours: Monday to Sunday 8:00 to 12:00 and 13:00 to 16:00. Summer opening hours: Monday to Sunday 8:00 to 12:00 and 13:00 to 19:00.

Fyti Taverna: It serves traditional Cypriot dishes. It is located in the village square and it is open all year round, Monday to Sunday from 8:00 until late.

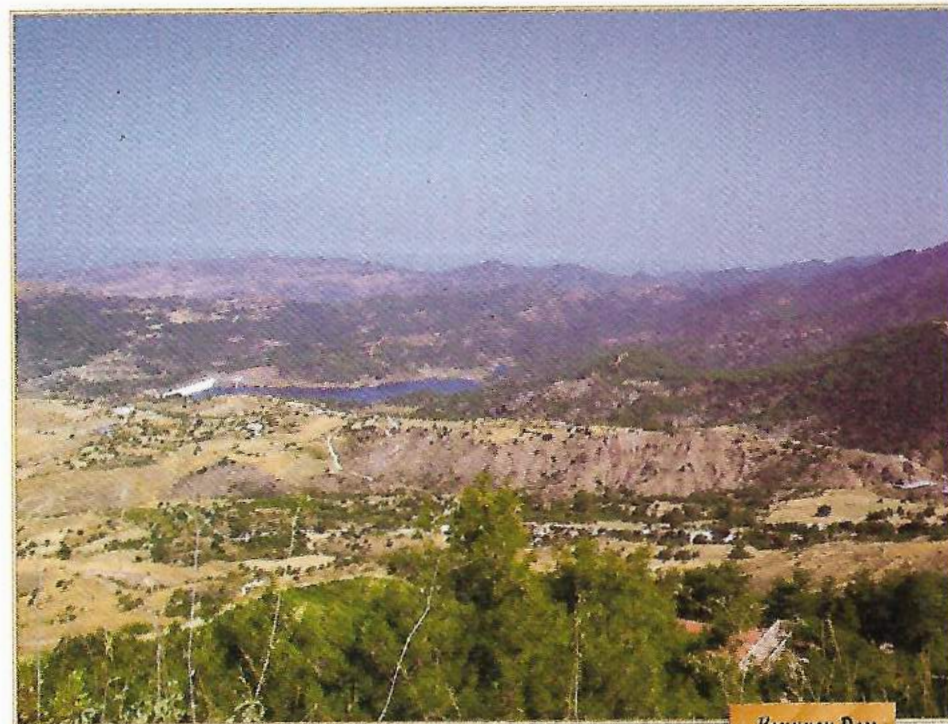
Pevkos: located at the entrance of the village close to the church.



WEAVING MUSEUM, FYTI

KANAVIOU

Close to Pano Panayia, the village is built on the right bank of the Ezousa River. It derives its name from the word 'kanavouri' - the Greek word for 'hemp' - which was cultivated widely in the area during the Lusignan and Venetian times. Here you can visit the Ezousa Winery.



KANAVLIOU DAM

ASPROGIA

Asporgia is located west of Panayia. The mosque with its small minaret indicates that not long ago some of the inhabitants of the village were Turks. The settlement is old and iron-pyrites was extracted here in antiquity. The steep-pitched church of the village is dedicated to Ayios Epiphantos and dates from the early 17th century. The traditional fountain of the village is worth a visit.

PANO PANAYIA

The area surrounding Pano Panayia (or Vouni Panagias) is part of the Natura 2000 programme; characteristic to the area are the *Quercus Infectoria* (Oak), the native Mediterranean pine tree forest in the northeast, as well as *Cupressus* (cypress) which grow mostly on the chalky eastern slopes of the surrounding area. The area is home to a variety of indigenous and migratory birds including the red foot falcon, as well as home to rare plants - among them *Scilla Morrisii* an endanger endemic plant. Pano Panayia is the birthplace of Archbishop Makarios the 3rd, first president of the Republic. The use of the adverb 'Pano' (upper) in the village's name indicates that another village existed in a lower location called Pelekaniaka (the word derives from the wood cutters). The old village, which was simply called Panayia, was destroyed by a sinking of the ground caused by an earthquake and the inhabitants rebuilt the village in its present location, some time at the beginning of the Turkish rule of the island. A church dedicated to Nostra Donna (Our Lady) indicates that the area was a Frankish fiefdom. Some years ago the main occupation of the inhabitants was lumbering; the nearby Royia Mountain Forest provided plenty of wood which was processed in the 32 wood working shops that existed in the village. Many of the young boys from the village went to study at the school of the Monastery of Chrysoroyiatissa.

what to see



ROBE WORN BY ARCHBISHOP MAKARIOS

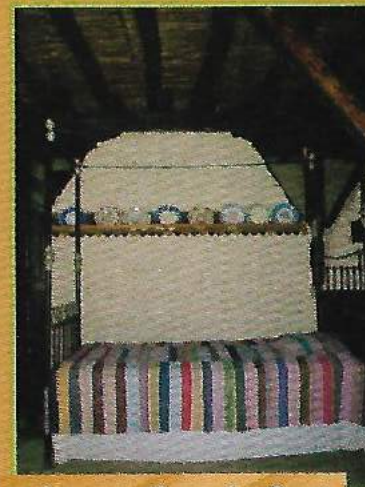
what to buy

where to eat

Historical Culture Center: situated at the far end of a large square, the centre is visited by many people because of its historical importance; it exhibits hand written documents, pictures, personal objects used by Archbishop Makarios III, as well as some of Archbishop Makarios III clothing that was burned during the EOKA B coup in 1974. The entrance is on the main village road close to the 'Oniro' hotel. It is open daily (except on public holidays) all year round. Summer hours 9:00 to 13:00 and 15:00 to 18:00. Winter hours 9:00 to 13:00 and 14:00 to 16:00.

House of Archbishop Makarios III: this is the family house where Archbishop Makarios III grew up. Ask at the Historical Culture Center; they have the key to the house and they will take you there. Opening hours same as above.

Ayia Moni: the oldest Monastery in Cyprus, Ayia Moni (also know as Ayios Nikolaos and Moni ton Iereon- meaning the Holy Fathers) lies 2 km south of the Monastery of Chysorogioatissa. The Monastery was built by Saint Eftychios and Nikolaos (they both attended the 325 Nicaea Council) around the 3rd century, and has been renovated many times over the centuries. As two inscription in Cypro-syllabic script on the west wall of the church (one dates from 1,000 BC) indicate, the Monastery was built on the ruins of a temple which was dedicated to Hera by King Nikokles of Pafos. The Monastery which came under the protection of Kykkos Monastery fell into decline during the Turkish rule of the island and it was completely abandoned during the 18th century. Today the Monastery hosts again the Monks of Kykkos.



ARCHBISHOP MAKARIOS' III HOUSE

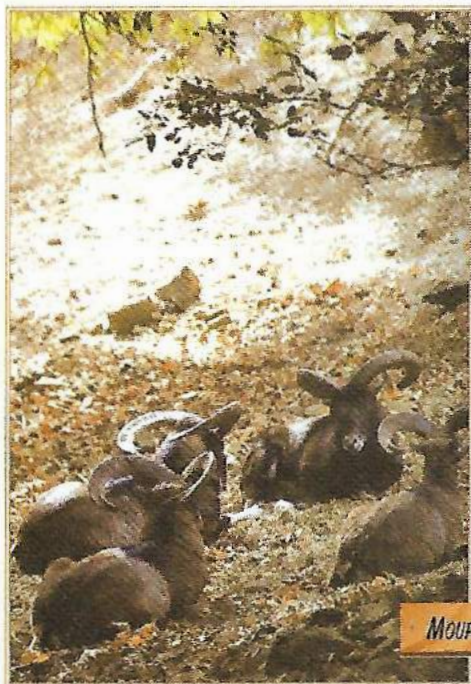
Vouni Winery and Restaurant: Vouni winery is one of the largest regional wineries of Cyprus and its vineyards cover an area of 30 hectares. It produces half a million bottles of wine of 31 labels per year, mainly from the local varieties of mavro, maratheftiko and the white spourtiko and xinisteri. The only exception is the Kannavera barrel aged, red dry wine. In 2008, the Kyriakides family completed extensive construction works and the winery to include an exhibition of grape products as its theme. New modern wine tasting facilities were added, and visitors have the opportunity to try traditional products made from grapes including zivania, palouzè, klofterka, soujouko and petimezi (used for making sweets). Services include free tours of the winery for individuals (groups € 4 per person), wine tasting and retail sales. The winery has a restaurant and a large patio. It serves tava, pulses, green beans (when in season), afelia and other traditional dishes. Hours: October to April Monday to Sunday 8 to 17. May to September 8:00 to 19:00. On weekends the restaurant opens at 9:00 to 17:00.



VOUNI WINERY AND RESTAURANT

STAVROS TIS PSOKAS

Although you can get to Stavros tis Psokas by the dirt road from Panayia, it is best to go there from Lysos. The journey to Stavros tis Psokas will take you deep into the National Pafos Forest and the Cedar Valley (the second largest cedar forest after Lebanon's) the domain of the elegant Moufflon of Cyprus. As the Mosaics in the Dionysos House in Pafos testify, Moufflon lived on the island for thousand of years. The animal was extensively hunted for its meat and antlers, particularly during the Frankish period. In 1940, hunting in the Forest of Pafos was prohibited and the Moufflon was declared a protected animal. A type of wild sheep, Moufflons appear in groups of 5 or 6, but they are shy animals and will disappear when they are approached. The Moufflon is the emblem of Cyprus Airways and appears also on the Cyprus' 5 cents Euro coin. Stavros tis Psokas is a forest settlement with wooded houses and has a fully equipped picnic area, as well as a restaurant. You can escape to Stavros tis Psokas for some cool weather and for the rare opportunity to see the Moufflon, a very much loved animal by Cypriots.



MOUFFLONS



The Travel Foundation is a UK charity that cares for the people and places we love to visit. We're working in favourite destinations to protect the natural environment, traditions and culture - the things that make holidays special; and help local people benefit from the tourism to their home - by offering goods and services for you to enjoy.

All of this can give you an even better holiday experience. *As well as help to ensure there are great places for us all to visit - for generations to come.*

Holidaymakers can find out much more about sustainable tourism, the work of The Travel Foundation and how they can make a positive difference when they travel by visiting www.makeholidaysgreener.org.uk

INSIDER GUIDE TO CYPRUS

The Seasons.

Cyprus is seasonal and breathtakingly so. From late October, when the first winter rains fall, there is a sudden greening of the countryside. The winter in Cyprus is brief and cold at night when the wonderful smell of wood smoke fills the air. Spring sees the vines in leaf and a spectacular array of wild flowers and orchids - many indigenous and some very rare. The summer is hot in Cyprus and you need to take plenty of water with you for a day out and use adequate sun protection.

During the winter (mid December - early March) snow falls on the mountains and on some days cars are not allowed. Best to check prior to leaving for Troodos by telephoning the Platres Police Station at 25813018. The weather conditions can change very quickly so do take extra clothing, food and drinks with you and check your hire car's tool kit and spare tyre before you set out.

The Fire hazard.

The Cyprus countryside does get very parched and dry in the summer months.

- Please do not discard cigarettes out of car windows.
- Do not have a barbecue in the countryside; use a proper picnic site and have a bucket of water close at hand.
- Do not discard glass bottles in the countryside as they can reflect the sun and start a fire
- If you see a fire please always report it by telephoning 1407. Prompt action saves animal lives and property.

Clothing Dress.

Following one of our routes, you can find yourself at an altitude of 1,000 meters (3,300 feet), so if you are going to spend evenings in the hills, or visit during winter months, be sure to take some warm clothing. During the spring and autumn there are often rain showers - and when it rains it really does rain! Pack a lightweight waterproof. When visiting monasteries, please ensure you are appropriately dressed in long trousers and sleeves - women and men with shorts and bare arms are frowned upon in all religious establishments.

Safety in the sun

- Never underestimate the strength of the sun and avoid being out in the sun for long periods between 11 -15 in the summer months.
- Always apply the appropriate sun care preparations.
- Use high factor creams for children and the elderly
- Always re-apply creams after swimming.
- Remember that it is possible to get sun burned on an overcast day.

Photographs

Most Cypriots do not mind having their photograph taken, but please always ask first. Photographs cannot be taken in most museums, monasteries and churches - please check first. Because the sunlight in Cyprus is so bright, a faster film than normal is needed and using flash will ensure that faces are not in shadow.

Religion

Most Cypriots are Greek Orthodox, but other denomination churches can be found in all towns. Visitors are welcome to join in Greek Orthodox services, but must be properly dressed (no shorts).

Opening Hours (Siesta)

Siesta time is still observed in most villages and shops are closed between 13:00 - 16:30.

Petrol Stations

Fill up before you go as there are few petrol stations en route. Petrol Stations take Electronic Credit Cards, or cash and have efficient and easy-to-work self service pumps when the garage is closed. Some villages have diesel pumps.

Pharmacies

These are in main towns only. Pharmacists are highly qualified and able to assist with many minor problems. The English-language newspapers give details of late-night openings and the weekend rota. This list is displayed in all pharmacy windows. The emergency number for information is 1433.

Wild flowers

Cyprus is blessed with many endemic and rare wild flowers and herbs. Please do not pick any of them, but leave them for others to enjoy. Do not disturb wildlife.

Emergencies

Accidents:

Should you be involved in a road traffic accident, ensure the police are called. Your statements will be taken in English and read to you. Get the name and number of attending police officers. Liabilities are often agreed on the spot. Call your car hire company immediately. They will advise you.

Health:

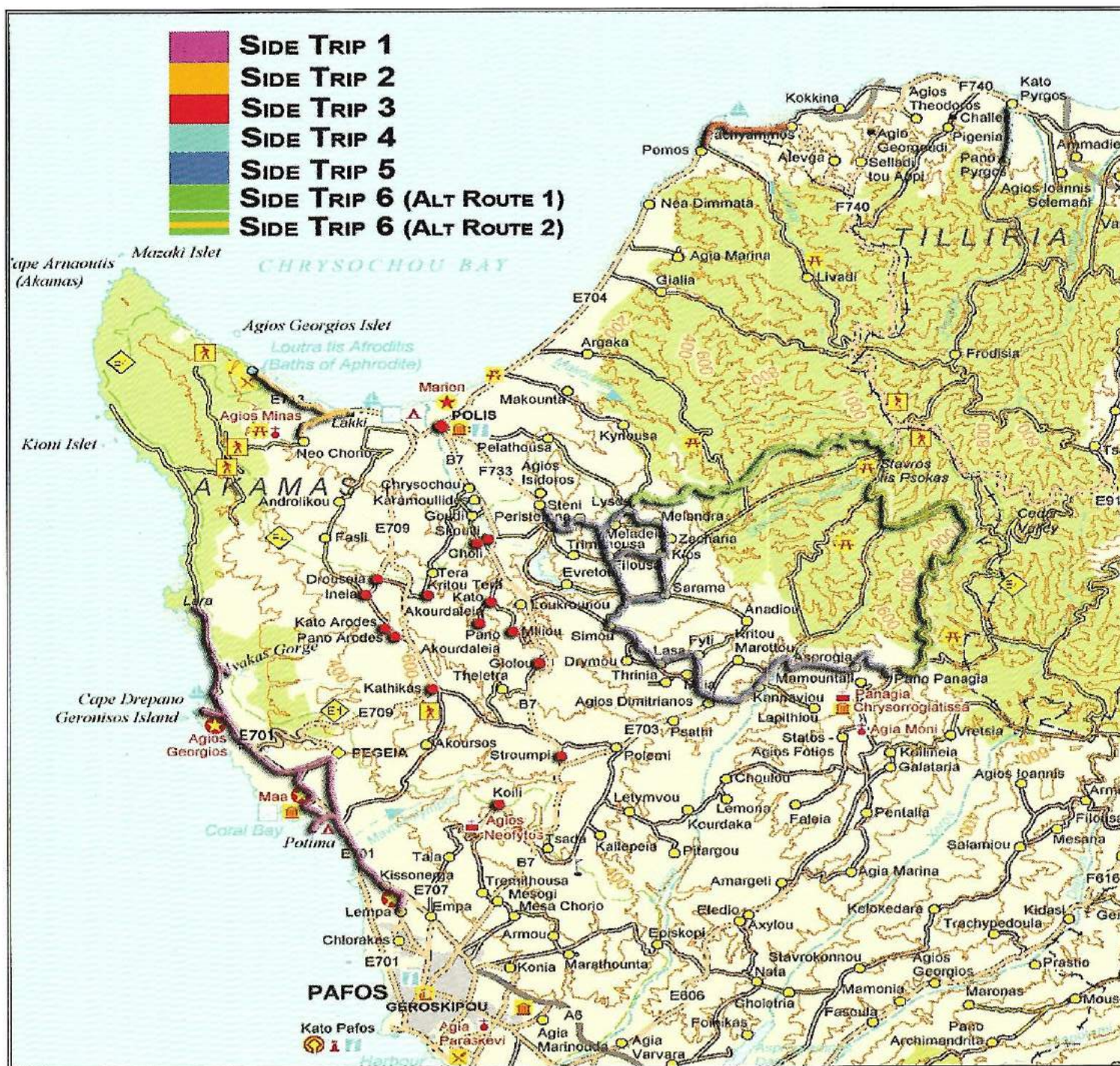
In an emergency seek a doctor for advice (the Greek for doctor is 'yiatros'). There are Emergency Departments in Limassol and Pafos General Hospitals and EU citizens are treated free of charge on production of Form E111 or EH1C.

Drive Safely

Visitors from UK are delighted as driving is on the left, with priority from the right at a roundabout. The road layout and road signs follow the British system but distances and speeds are given in kilometers and not miles. Speeding, careless driving, using a mobile phone while driving and riding a motorcycle without a helmet are all offenses that can be fined 'on the spot'.

- In Cyprus driving is on the **LEFT** side of the road
- Respect the speed limits! Maximum speed is 100 km/h on the motorway and minimum is 65 km/h. On intercity roads the limit is 80 km/h and on urban roads 50 km/h
- Do not drink and drive! The alcohol content limit is 22 micrograms of alcohol in 100 ml of exhaled air or 50 milligrams in 100ml in a the blood sample
- Do not drive and use a mobile phone; use a hands-free device
- Seatbelts are obligatory
- Have a valid driving license
- For motorcycles and motorbikes use a helmet for you and your passenger.
- No passenger can be under 12 years of age
- You must have appropriate insurance
- In case of an accident call 199 or 112

Rush hours in the towns are approximately between 7:30-8:00/13:00-13:30 and in late afternoon 17:00-18:00 in winter, or 18:00-19:00 in summer.



Main Route enlargement



By sending in this questionnaire you enter a draw to win an air-ticket and hotel accommodation in Cyprus

Your Opinion Counts

We hope you enjoyed "Village Route 6" whether you did part or all of it. This booklet is the final of a series of six and so we would like to ask your opinion in order to help us identify if and where improvements are necessary for future revisions of this series. We hope that you will drive the other routes as well, maybe on your next visit to Cyprus.

Where did you find out about the village route?

Tour operator ☐ Car Hire company ☐ Hotel Reception ☐

Other ☐ (please state.....)

Did you drive all or only part of the route? All ☐ Part ☐

If you only did part of the route, which part.....

From To.....

How long did you spend driving the route (including stops?)

1-2 hours ☐ 2-3 hours ☐ half day ☐ full day ☐

Where did you eat on the route? (please name the restaurant/café)

Was the description of the restaurant/café accurate?

(Please specify what information should be amended or included)

Was your overall experience of the restaurant?

Excellent ☐ Good ☐ Fair ☐ Poor ☐ Very poor ☐

Did you purchase any local products/crafts/wine etc? Yes ☐ No ☐

(If yes, what did you purchase and from where?)

What did you enjoy most about the route?

What did you enjoy least about the route?

Please let us know how the village route guide helped you with the following:

Experiencing the 'real' Cyprus

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

Exploring villages you wouldn't have known about otherwise

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

Sampling regional cooking/restaurants

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

Buying locally produced goods

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

Learning more about Cypriot history/culture

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

Meeting the local people

Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly Disagree ☐

How influential was this route guide in encouraging you to explore rural Cyprus? If this village route guide had not been available would you have visited this area by hire car anyway?

Definitely ☐ Very Likely ☐ Likely ☐ Very unlikely ☐ Definitely not ☐

About you

Is this your first visit to Cyprus? Yes ☐ No ☐

If not how many times have you visited the country before?

How did you book this holiday?

Tour Operator Package ☐ Flight and Accommodation separately ☐ Other ☐

please state:

Did you drive this route?

By yourself ☐ With your partner ☐ With friends ☐ With family ☐

Please specify the ages of children if appropriate

Do you have any additional comments that will help us improve the village route guides?

.....
.....
.....

Please detach and return to **Cyprus Sustainable Tourism Initiative, Block A2, Office 206, 56 Stavrou Ave, 2035 Strovolos, Cyprus**, or drop in basket with C.S.T.I. logo on at one of the sites along the route.

Thank You!

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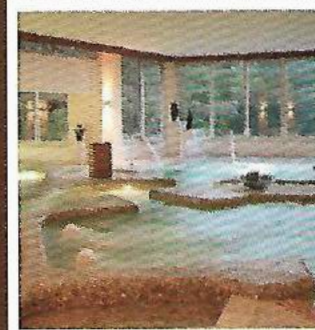
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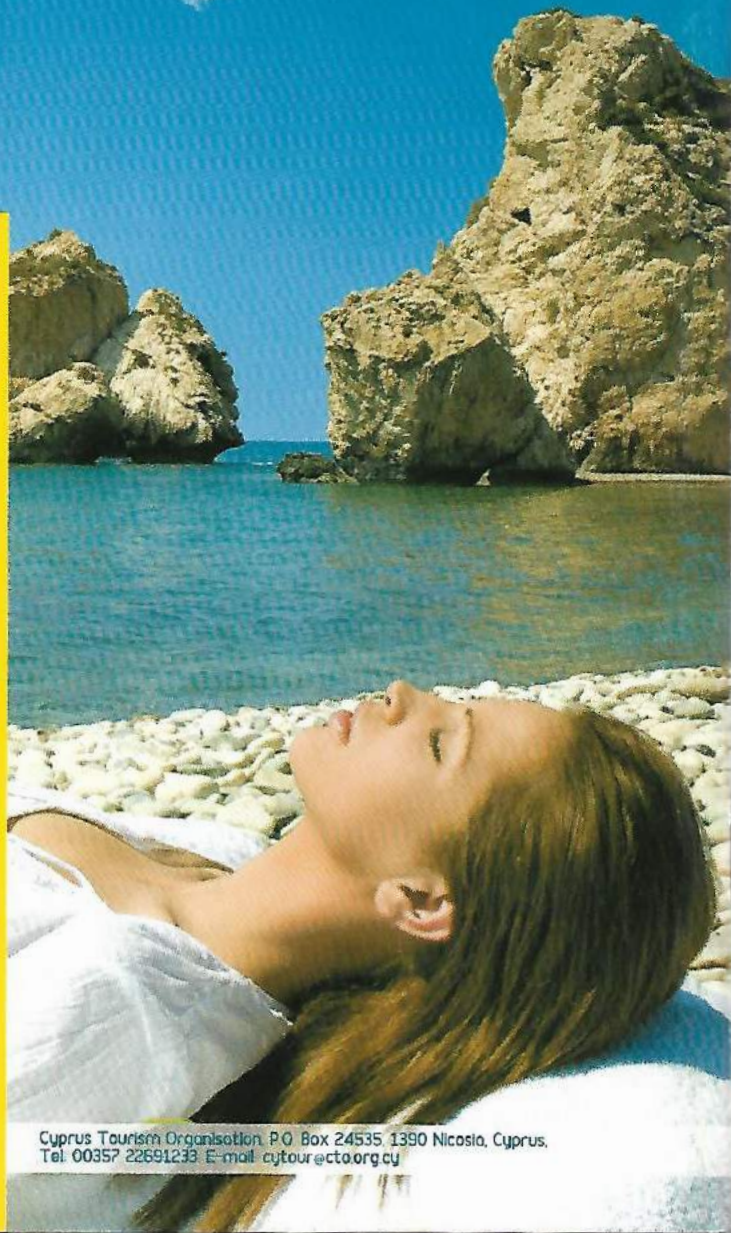
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