

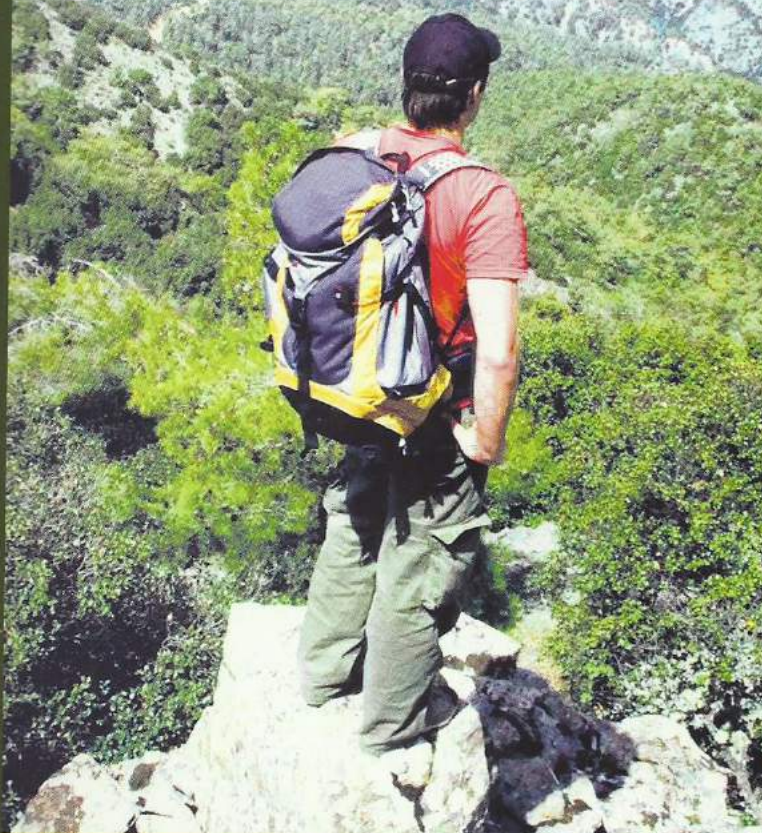
Village
Route
4

Discover the Real Cyprus



Published by the Cyprus Sustainable Tourism Initiative

Troodos Green Heart of Cyprus



A Self - Drive Tour to Create Your Own Adventure

CSTI is affiliated to the

travel foundation

caring for places we love to visit



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**Cyprus Sustainable Tourism Initiative**

Tourism has changed dramatically over the years, and today's holiday-makers 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 all individuals - you just need to know what's available! Members of the CSTI include First Choice, Sunvil, Thomas Cook and Thomson, village communities, village producers, crafts people and various environmental organisations. CSTI is affiliated to the Travel Foundation.

One of the ways CSTI meets these changing needs is through the production of a series of Village Routes. This is the fourth of a series of six 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 crafts people 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. Going on these routes, not only will you 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.

Kalosorisate - A Village Welcome

The region of Troodos is made up of many small, unknown villages which are ready to welcome you. Some of the larger villages are very popular among the locals for a Sunday outing. Once you get to the high peaks of the Troodos mountains, you have panoramic views of the south part of the island, specifically the city of Limassol, the Salt Lake and the Peninsula of Akrotiri. Higher up, on the north slopes of the mountains, you have a view of the central plain of Mesaoria and Nicosia - the capital of the island - as well as Pentadaktylos Mountains in the northern occupied part of the Island. A large part of this route is known as the Commandaria region and takes its name from the famous wine of the island that is produced in the area. Known to Homer and Isiodos, this sweet wine was originally called 'Nama Kyprion'. The area spreads between 400 and 1400 metres of altitude and gives the visitor the opportunity to admire the beautiful terraced vineyards that give a variety of native and non-local types of grapes. Archaeological evidence proved that some of the local varieties of grapes have been cultivated on the island for more than 4000 years.

This booklet has the information you need to experience the real Cyprus: what to do, see, where to eat and where to buy local crafts and products. Roads are smooth and well signposted to ensure an easy drive and a truly memorable visit. You can go right around in a day; you can do part of the route in one day and part on another; or you can break your journey as you wish. Where possible we have given dates of village festivals and other special events. If dates are not shown, the Cyprus Tourism Organisation (CTO), or your travel representative can help you.

Route Information:

Aproximate length of main route (round trip): 159.49 kms. Driving time: 183 minutes. **Aproximate length of side routes: Platres/Kykkos** (round trip): 47.28 kms. Driving time: 70 minutes. **Kyperounda/Troodos** (round trip): 22 kms. Driving time: 20 minutes. **Saittas/Lofou/Limassol:** 39.40kms. Driving Time: 40 minutes. **Saittas/Apaisia/Limassol:** 29.85 kms. Driving Time: 43 minutes.

If you are coming from Paphos or Larnaka, you need to get to the the Polemidia round - about in Limassol. At the Polemidia round-about take the Troodos exit B8 which takes you towards Alassa village. Just outside Limassol, you go past the small Polemidia dam which is on the left hand side of the road. A few more kilometres and you come down the valley of Limnatis River which pours into the Kouris dam. Alassa is on the hill above the dam. Start your tour here.



Lania. The Village of Artists.

Road Conditions: If you are driving the route in winter, please keep in mind that some of the roads in the area, particularly those in the high peaks of the mountain may be closed during winter because of snowfall. The best place to ask about the condition of the roads is the local police station. (The Platres Police station phone number is 25813018.)

Petrol stations on the route: Platres, Prodromos, Kakopetria.

For events in the Commandaria region visit: www.cyprusvillagelink.com.cy

Geology, Vegetation and Fauna of Troodos

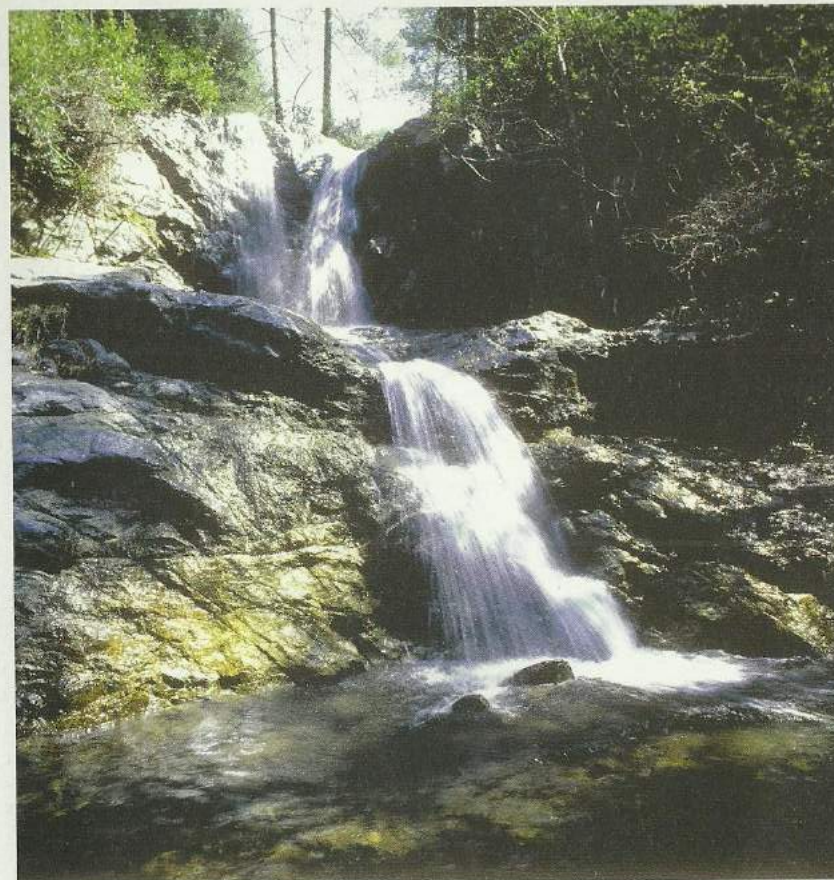
Geology: Cyprus is divided into four geological zones: a) the Pentadaktylos (Kyrenia) Zone, b) the Troodos Zone or Troodos Ophiolite, c) Mamonia Zone or Complex and d) the Zone of the autochthonous sedimentary rocks (see Cyprus geology map, page 52).

The Troodos Zone dominates the central part of the island and constitutes the geological core of Cyprus. It was formed in the Upper Cretaceous (90 Ma) on the Tethys sea floor, which then extended from the Pyrenees through the Alps to the Himalayas. It is regarded as the most complete and studied ophiolite in the world, and it is a fragment of a fully developed oceanic crust, consisting of plutonic, intrusive and volcanic rocks and chemical sediments. It was created during the complex process of oceanic spreading and formation of oceanic crust and emerged in its present position through a complicated tectonic process relating to the collision of the Eurasian plate to the north and the African plate to the south.

Vegetation and Flora: the Troodos forests are mostly natural, regenerated without human intervention. Brutia pine dominates at the lower elevations. Along riverbeds vegetation is made up of oriental plane, oriental alder, laurel, bramble, myrtle, mint and ivy. At the lowest altitudes are found the wild olive, strawberry tree, sumach and the endemic Golden Oak. The dominant forest species at higher altitudes is Black Pine. Other hardy, woody species common to the area are juniper, wild service tree, cotoneaster, barbery and the endemic dwarf gorse. The age of a considerable number of black pine trees and junipers often exceeds 500 years - a few are close to 1000 years old. These trees are strictly protected for their ecological and scientific value. The total number of individual plant species recorded is close to 750. Among them, 72 are endemic to Cyprus, of which 12 are exclusive to the Troodos National Forest Park, that is, they can be found only in the Troodos National Forest Park and nowhere else in Cyprus, or on the planet. Some of these plants have been named after Troodos. Because of these characteristics, Troodos is considered a botanical heaven and has been classified among the most important mountainous habitats of flora in Europe.

Fauna: The animal life of the Park is also rich and with high conservational value. Of the mammals, worth mentioning is the Cyprus moufflon, which however is very rare and scarcely to be seen. The fox, and the hedgehog live in the park; they have evolved to endemic subspecies, obviously because of their long isolation in the island habitats of Cyprus.

4 For more information visit the Troodos National Forest Park Centre.



Interesting is the special mammal group of bats, which prefers mine galleries and old buildings for nesting. More than 80 bird species have been recorded to nest, or to visit the Park. Of particular interest are the rare and protected griffon vulture, the raven and Bonelli's eagle. Typical of the park, are the smaller birds, crossbill, treecreeper, the nightingale and the Cyprus wheatear. Various reptile species appear during the warmest seasons of the year. The blunt-nose viper which can be extremely dangerous only if somebody steps on it, the slim-tailed Agama, the Mediterranean chameleon, different lizard species and other snake species. In moist sites, the endemic freshwater crab is characteristic; the green toad, the trout, which is an escape from fish farms and various other smaller animals can be seen. Of the insects, butterflies are of the greatest interest. More than 30 species have been recorded in the Park, including some very rare and endemic species.

5



6 Vineyards.



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Alassa

Alassa, the first village on the route, is sprawled on a hillside with a view of the Kourris Dam, the biggest of Cyprus. The ancient Cypriots of the Copper and Roman times chose to live here on the banks of the river which provided them with water for themselves and their animals and plenty of river stones to build their houses. The ruins of the settlement are still visible at the Mantilaris and Paliotaverna areas (you can only see the site from behind the fence). Alassa is an excellent plateau and landscape that is suitable and equipped for a picnic during any season.



Kourris Dam. Summer 2008.

What to do

Kourris Dam: The old Alassa village was sacrificed in order to build the dam in 1988. It lies at the foot of a mountain cliff known as the Cliff of the Perished Cart, and it is the biggest dam of Cyprus with a capacity of 115 million of cubic meters of water. During Cyprus' water crisis in the summer of 2008, the dam was empty.

What to buy

What to see

Where to eat

After Alassa you can either choose to do the side trip to Lofou (see page 38) or continue on the main route to Monagri. Distance to Monagri: 6.4 km Time: 6 minutes. To get to Lofou, turn left just after Alassa, on F817, to begin a pleasant winding road journey through a botanical garden towards the village of Lofou. Distance: 10 km Time: 15 minutes.

Monagri

Monagri - from the words 'moni' which means monastery and 'agrin' which means valley - was created as a small monastery area with farms belonging to the monastery since Byzantine times. The valley is home to two historical women's monasteries, that of Amasgou - Our Lady of Damascus and St. John the Monagrian. In addition to the monasteries, the village has two other churches that of Saint George and the church of St. Mary of Essokiras which is located in the centre of the village. The surrounding area with the deep cliffs, visible river banks and rare plants is every botanic hunter's dream. The inhabitants are involved in growing almond trees, olive trees and small farms.



Amasgou Monastery. Monagri.

What to see

Amasgou Monastery: the monastery gives its name to the river valley of Kourris. It encloses a small Byzantine church which houses some of the most beautiful frescoes on the island. Opening hours: 9:00 to 12:00 and 2:30 to 4:30

St. John the Monagrian: the monastery was the home of the local hermit St. John the Monagrian. You will find it at the far end of the valley where you can also see the cave where he lived his ascetic life.

What to buy

What to do

Where to eat

Your next destination is Doros Village: Distance: 0.84 km Time: 2 minutes

Doros

The village derives its name from the Dorians (descendants of Doros, son of Ellen), one of the four ancient Hellenic tribes, who are believed to have settled in the area. Walk around the cobblestone roads of the old village and admire the restored traditional stone houses.

What to do

Agios Epiphanios: visit this 11th century chapel to see the remains of the Byzantine wall paintings. The chapel is located on the main village road. Opening hours 10:00 to 12:00 on Wednesdays and Saturdays.

Karseras Winery: visit the Karseras winery where you can taste and buy local brews such as Commandaria, Brandy and Zivania. Located close to Agios Epiphanios Chapel, on the main village road. Opening hours Monday to Friday, 9:00 to 17:00.



Katerina Home - Made Sweets:

Katerina Sweets are found all over Cyprus and around the world. Katerina, a refugee from Lapithos, learned her secret recipes for her spoonsweets from her grandmother and mother-in-law. She started growing her own fruit and vegetables to have them fresh for the 17 different kinds of sweets and 14 kinds of marmalades and jams that she makes at her workshop. Stop here and have a coffee and sample her sweets under the vinetrelis outside in the yard, or

watch her work in her shop through a live camera. At Katerina Sweets you will also find diabetic sweets. Buy some for yourself or friends. Limassol - Platres main road. www.katerinasweet.com Opening hours: 7:00 to 19:00

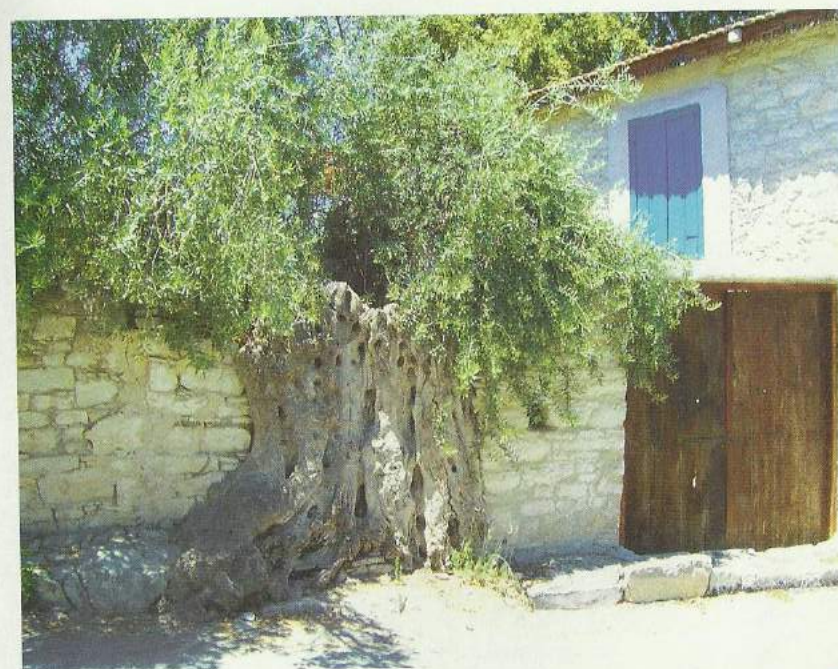
Commandaria Annual Festival: last weekend of July

Where to eat

10 Your next destination is Lania. Distance: 1.60 km Time: 1 minutes

Lania

When the French vineyards were destroyed by a disease, King Henry went looking for new, healthy plants to replenish his vineyards so he could continue making champagne; he found them in Lania. The village lies on a spectacular U shaped hillside that resembles a horse shoe - a symbol of good luck for the locals. According to tradition, the village got its name from Lana, daughter of the Greek god of wine Dionysos. Lania is an ancient grape-crushing center where 17 grapemills (lenoi) were working day and night in order to prepare juice for wine making and the making of 'soujoukkos' - a healthy, nutty, sausage-looking stick. In addition to the locals, a large community of British expatriates made Lania their home. This beautiful hillside village was discovered also by a number of painters and artists who keep their studios in the village. You can visit them in their studios and buy a painting of a local landscape, artifacts and authentic souvenirs. It is tradition in Lania for everything to be closed Mondays.



Lania. **11**

What to see

Linos: this is the only Linos (workshop for producing wine) in Cyprus that has its original equipment and is kept the way it was in the old times. Located on the main village road, close to the church. It is always open.

Olive Mill: near the back of the church. Always open.

Folk Art Museum: near the back of the church. Open Sundays from 11:00 to 16:00.

Panagia Chrisolaniotissa: the church houses the 12th century old icon of Mary of Valanas. The icon which is believed to be miraculous, was found buried in the ruins of the chapel of Panagia of Valana on the hill northeast of the village. Go to the Lania Democratico Centre across the church and tell them you want to see the church; they will call the person who has the key.

Pleiades: this is a mosaic workshop-gallery and café together. The gallery exhibits works of local artists and has also a jewellery and hand-made crafts collection. The space is also used for cultural events. Open daily from 9:00 to 18:00. Located next to the Platanos Snack and Taverna Café.

Michael Owen Gallery: Michael's original paintings are found in private collections around the world. Visit him at his studio on the weekends any time after 10:00. He is usually there also on weekdays. You will see his sign on the main road - about 30 meters past Platanos Snack and Taverna Café.

Pat Thompson Studio: Pat is usually around and he is open from 10:00 until dusk. Watercolours -originals and prints. Across from the Lania Taverna, on the main road.

Lania Taverna: open Tuesday to Sunday, from 9:00 to 16:00. Friday and Saturday the taverna is also open for dinner. Traditional Cypriot dishes. Located on the main village road.

Platanos Snack and Taverna Café: on the main village road. Sandwiches and other snacks. Opening hours 10:00 until late, Tuesday to Sunday.

Where to eat

12

Leave Lania and turn right on B8 to get to Trimiklini, your next destination. Distance: 6.40 km Time: 5 minutes.

Trimiklini

Infront of the traditional kafeneion (coffee shop), in the centre of the village, you will find a thriving fruit market supplied by the orchards of the surrounding area. The area is known for its exquisite varieties of peaches, apples, figs, prickly-pears, pomegranates and other aromatic berries which are used as desserts and cooking ingredients. Before you leave the village, have a local coffee or a drink at the kafeneion.



Trimiklini Market.

What to see

Double Bridge: this stone built bridge is a wonder of engineering and it is located between Trimiklini and Moniatis (turn left before you reach the Pera Pedi - Saittas junction). The bridge stands in the heart of a pine-forest. Great place to take pictures.

Fruit Market: Buy some fresh fruit or a jar of 'glyko' - fruit preserved in syrup.

Where to eat

Your next destination is Moniatis. Turn right onto B8 and then left on E802. Distance: 4.80 km Time: 4 minutes.

13

Moniatis



Surrounded by forest, Moniatis is mainly known for its many cottages that are built around the old village. Because Moniatis is very close to Limassol (which in turn is central to the whole island), many Cypriots and foreigners live here.

Double Bridge.

What to do

Mesa Potamos Monastery: this 16th century recently restored monastery is dedicated to Agios Ioannis Prodromos. It is accessible from the Saittas-Amiantos road as well as from the main Limassol Platres motorway (6 km - turn right on the dirt road at the sign). The monastery is open from 6:00 to 18:30

Mesa Potamos Waterfalls: Just before arriving to the monastery you will see the path to Mesa Potamos Waterfalls. You can rest here and have a picnic by the creek under the shade of the gigantic pines of Calabria (*pinus brutia*). From here you can walk for a few kilometres to Pano Platres by the Trout Farm.

Millomeris Nature Trail: this is only the bottom part of the Millomeris path and waterfalls (see also Pano Platres page 16) and is accessible up to a certain point by car from the main road to Pano Platres. Just before you reach Platres, look for the brown sign directing you to turn left, then reach a second road and turn right. Park before the end of the road and walk towards the cafeteria (it is open for a few hours during the summer) and then walk down the steps to the waterfalls.

Where to eat

14 Next is Pano Platres. Distance: 6.42 km Time: 7 minutes.

What to see



Making baskets. Troodos Summer Festival.



The old art of making pictures with pieces of silk cocoons.

15

Pano Platres

The larger of the 2 Platres villages, Pano Platres (Upper Platres) is where most Cypriots spend, or would like to spend their summer holidays; between July and August, the time that most of the Cypriots have their summer holidays, the village takes on a cosmopolitan character. The village is a regional centre and has numerous hotels, shops and restaurants that cater to every taste, as well as government services.



What to do

Pouziaris Nature Trail: circular - 9 km. Time needed: 3-4 hours. Starts at Psilo Dendro by the Trout Farm, 50 meters south of the 2nd entrance to Pano Platres. Look for the sign to Mesa Potamos.

Kalidonia Nature Trail: linear - 3 km. Time needed: 1 1/2 - 2 hours. Start your walk at the left of the Psilo Dendro Trout Farm which is at the second entrance to the village. After 1 km up the path you find the Kalidonia (beautiful nightingale) waterfalls.

Millomeris Nature Trail: linear - 1.5 km. Starting point is on the main road to Kato Platres, pass the restaurants and before the church of Panagia. Go down the steep slope to the waterfalls and come back the same way.

Choose any of the many good restaurants on the main road.

Where to eat

16 Next you will be driving to Foini through Kato Platres and the valley of the cherries. Distance: 5.40 km Time: 6 minutes.

What to buy

Foini (Phini)

Hidden in a large Valley, Foini is named after Jouan de Finion, a medieval nobleman. The location of the village has protected its inhabitants against the Arab invaders. The rich soil of the area has inspired the locals who pioneered the making of the famous 'pithos' (large clay pots) as well as other pottery for many centuries. Foini supplied all the vineyards area with these pots which were used for storing wine. Park along the road above the old school (cultural center) which is visible on the right hand side at the entrance of the village.

What to see

Pilavakis Pottery Museum: The museum is housed in a 400 years old house where the family of the museum owner, Mr. Pilavakis, used to make their pottery. Old photographs taken by the first British Governor Sir Woolsey Garnet and his Photographer Foscolo testify for the activity of the Foini potters. The pottery, household items and tools - their use is explained by Mr. Pilavakis who is also the curator of the museum - bring to life village activities of the past. To find the museum, turn left at the statue of Archbishop Sofronios in the village square and walk along the main road until you reach a second small square with coffee shops. The museum is on your right. Entrance fee: €1,00. Open daily 9:00 to 17:00. In the winter the museum is closed on Sundays.

Sofronia's Pottery Workshop: Sofronia was trained in making pottery when she was 8 years old by her grandmother. Today she is the oldest and only woman potter left in Foini. Her authentic Cypriot designs appeared on the old 10 cents coin of the Cyprus Republic. To find her, walk to the village square where you will see the statue of Archbishop Sofronios; turn left and walk about 200 meters along the main road until you see a brown hand written sign 'Pottery' and follow it up the hill. Sofronia is in her workshop most of the day. Winter from 9:00 to 16:00. Summer from 9:00 until dark.

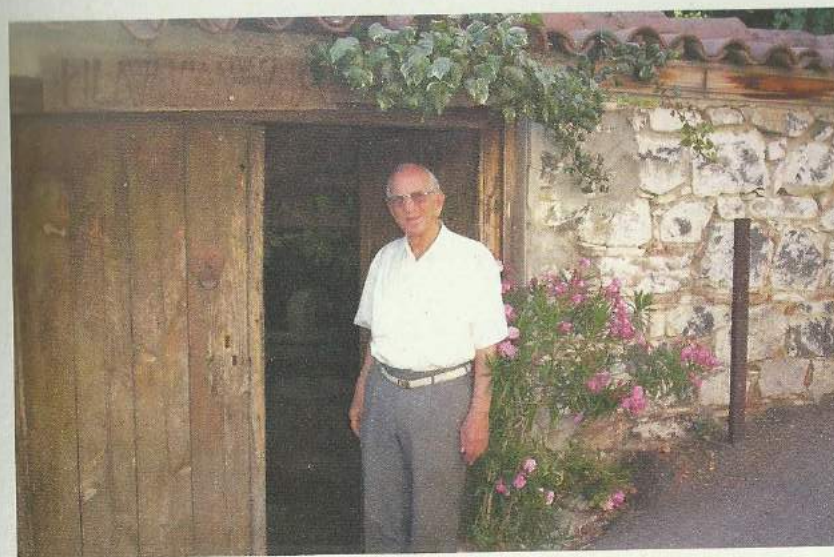
What to buy

Where to eat

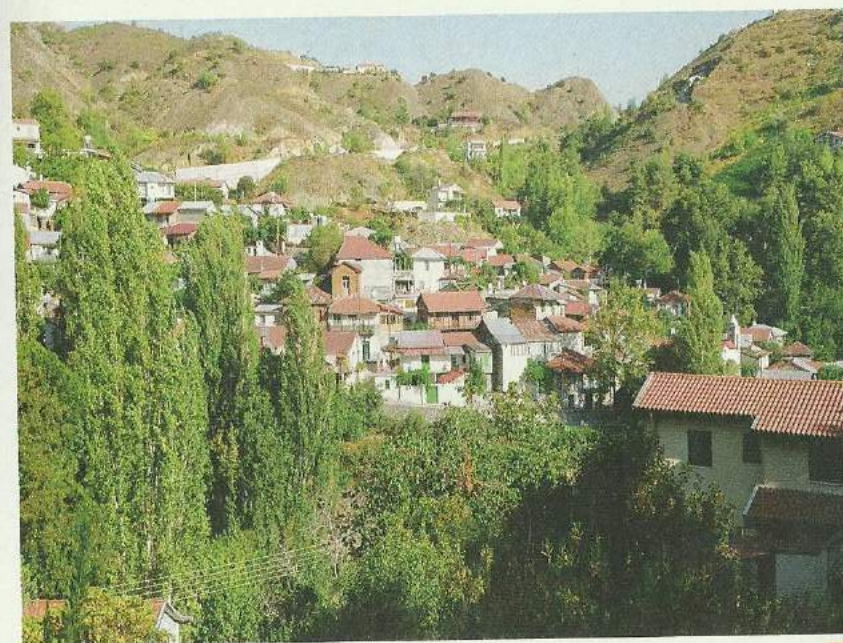
What to do



18 Ourania of Phini Delights.



Mr. Fanis Pilavakis of Pilavakis Museum.



Foini. 19

What to see

Medieval Bridge: very close to the Timios Stavros Church. Follow a steep path downhill.

The Handara Waterfalls: 2km north of the village on the old road to Panagia Trooditissa. At the Park for the Missing at the entrance of the village, turn right.

Agioi Anargyroi Monastery: the monastery is located 1 km outside the village on the way to Agios Demetrios. Turn left at the road shrine and drive about 100 meters down the hill. The monastery is always open.

Phini Delights Workshop: visit young Ourania at her delights workshop and sample and buy some of her delicious loukoumia; she got her recipe from her uncle who brought it to Cyprus from Egypt years ago. The workshop is located on the main village road at the entrance of the village, just below the Park of the Missing. Look for the yellow sign. Open daily May to October 9:00 to 19:00. November to April 9:00 to 16:00

Neraida Restaurant: this is the place to try some of the traditional Foinikiotiko Tava, traditional Cypriot koupepia (stuffed grape leaves) and gemista (stuffed vegetables) including stuffed courgette flowers. Neraida's specialty is grilled trout. To get there, when you reach the village square, at the statue of Archbishop Sofronios, turn right and drive until you reach the bottom of the road. Opening hours: May to September, 8:00 to 23:00. September to April, 9:00 to 16:00

Annual Events:

July 1st and November 1st - Panygiri of Agioi Anargyroi
July 17th - Panygiri of Agia Marina
Easter Monday Events

Where to eat

The drive to Agios Demetrios, Treis Elies, Kaminaria, Lemithou and Prodromos will take you to the southeast boundary of Marathasa valley where the smell of a thousand flowers blends with the clear air of the forest. Marathasa covers a large part of the northwest Troodos. As you come from Foini, at the crossroads before you turn left to reach Agios Demetrios you will see the Chapel of Agios Georgios Kapouralis. Distance to Agios Demetrios: 8 km Time: 12 minutes.

Agios Demetrios



The village of Agios Demetrios is hidden under an immense trellis of the 'verigo' type of grapes which the people of the village export, or sell at the local market. The main village church is dedicated to Agios Demetrios. Park below the church and take a picture of the traditional Kamini (communal kiln) which in the old days was used by the potters of the village. From there it will take you 10 minutes to get to Treis Elies which lies 4 km away.

Treis Elies

The village was named Treis Eleouses after three famous icons of the Eleousa Virgin Mary; the icons are still kept in the 18th century Church of Panagia Eleousa (or Chrysosotira) and the chapel of Agia Paraskevi. The 18th century high pitched roof chapel of Archangel Michael is located by the square of the old school which today houses the office of the Community Board and the Health Centre. Tradition has it that Agios Charalambos lived in Treis Elies in the 2nd century A.D., but no evidence survive to support this tale.

What to see

The Sulphur Spring: the water of this spring is alleged to cure indigestion and other ailments. Turn right at the T-junction, at the entrance of the village and park 50 meters after the Community Office. Walk about 300 meters down the path.

Venetian Bridges Nature Trail: linear - 2.5 km. Just outside the village, on the way to Kaminaria, you will see the sign 'Venetian Bridges'. This is a very pleasant walk through fields of fruit trees and vineyards. You will also see two beautiful bridges of the Venetian period. The trail continues to the bridges of Elia and that of Kelefos.

Where to eat

Your next destination is Kaminaria and Lemithou. Distance 4 km. Time: 8 minutes

Kaminaria

As the name indicates, Kaminaria is the village of kilns which were used by the locals in the production of resin from the pine wood of the surrounding forest. Just above the village on the west side of the valley, near the cemetery is the 16th century Chapel of Panagia Kardiovastazousa (Heartholder). Close to the old school you can also see the 17th century Church of Ayios Ermolaos.

Lemithou

It will take you 15 minutes to get to Lemithou from Kaminaria. At a 1000 meters above sea level, Lemithou has one of the healthiest climates in Cyprus. The village was once the centre of the region and was known for the Mitsi English School (founded in 1912) where many government employees came to study. Today it operates as a secondary school. The main village church is dedicated to Panagia Iamatiki. It is believed that the blessed spring water by the church is capable of healing people of nose haemorrhage and other ailments. In the heart of the village you will see the Chapel of Agios Theodoros. The chapel was rebuilt in 1975, after a big fire destroyed completely the 16th century church which stood at the same spot.

What to do

What to see

Lemithou - Prodomos Nature Trail: 0.2 km long going uphill all the way. The starting point is 1km outside the village on the way to Prodomos.

What to buy

Where to eat

The road to Prodomos, your next destination, provides exquisite views to the south and south west. You will be driving through a beautiful forest of pine and oak trees as well as other endemic plants. Seventy out of the 140 endemic plants and trees of Cyprus grow in this part of the Troodos Mountains. Distance: 2 km Time 5 minutes. You can get to Prodomos also from Paliomylos, a quite small village which lies 3 km south of Lemithou.

Prodomos

Prodomos is situated 1400m above sea level and is the highest village in Cyprus. As such, it has unique weather conditions all year round. The village takes its name from St. John the Baptist (Prodomos in Greek). Prodomos produces the best cherries in Cyprus and it is believed that this is due to the blessing of the area by Holy Mary Trikoukkitisa. A landmark from old times is the run down Berengaria Hotel where the rich and famous spent a lot of their free time. The hotel was named after Berengaria, bride of Richard the Lionheart; they were married in Cyprus.



A view of Prodomos.

What to see

Holy Mary Trikoukkiotisa: is located at the south entrance of the village (when coming from Lemithou, turn right at the T-Junction). Visiting hours are between 9:00 - 13:00 and between 15:00 to 16:00

Cyprus Forestry College: this is where forestry students from all over Cyprus come to study. The College is located close to the Prodromos round - about on the way to Troodos Peak.

Traditional Kilns: a worthwhile sight to see are the traditional kilns where pine resin (tar) was prepared which was used as lining for pottery. The site is located about 2.72 km from the Prodromos round-about on the road to the Olympos peak. Turn right at the Prodromos Dam Picnic sign and park by the sign of the Cyprus Forestry College and walk down the track.

Stavroulia Nature Trail: the starting point is 2.72 km from the round-about, at the Prodromos Dam sign. Length 5 km can be circular provided you return on the main Pedoulas -Prodromos road. Excellent view points to Pentadaktylos mountains, the central plain of Mesaoria and the Kykkos Monastery of Panagia.

Byzantion Restaurant: in addition to Pastitsio, Afelia (chunks of pork cooked in wine and coriander) and other traditional Cypriot dishes, Byzantio specializes in Gemista (stuffed vegetables), Stifado (chunks of beef cooked with onions, tomato sauce and spices) and Moussaka (vegetarian Moussaka is also available). Located at the Prodromos round-about. Open daily for breakfast and lunch from 9:00 to 16:00.

OverHill Restaurant: here you can try Krasato (pork cooked in wine) with Pourgouri (cous-cous), Pulses, Horta (seasonal wild greens) pork, chicken or lamb souvla and the traditional Cypriot meze dishes. The restaurant serves also grilled trout. Located at the Prodromos round-about. Open daily, October to April 7:00 to 19:00 and May to September 7:00 to midnight.

Where to eat



Harris Anaxagoras of Byzantion Restaurant and his son. Prodromos.

What to see

View Point: Located about 150 meters from the round-about on the way to Troodos square. Stop at the view point, take some pictures and enjoy the breath-taking view of the mountains and the village below.

Where to eat

After Prodromos you can choose to follow the main route which will take you to Kakopetria, or go on the side trip to Pedoulas and Kykkos Monastery (see page 40). From the Prodromos round-about (for Pedoulas, or Kakopetria) follow the direction to Pedoulas. About 3 km before you reach Kakopetria you will be making a stop at Agios Nicolaos tis Stegis. Distance from Prodromos to Kakopetria: 12 km. Time 20 minutes.

Agios Nicolaos tis Stegis



This unique double roof monument is on the World Heritage list of UNESCO and is visited by thousands of tourists and Cypriots each year. It is situated 15 km outside Prodromos on the way to Kakopetria. When you enter Agios Nicolaos tis Stegis, you enter the world of Byzantine Art. Here, archaeologists were able to separate two layers of wall paintings dated from the 11th to the 14th centuries; what was removed from the apse is now in the Byzantine Museum in Nicosia. Every arch and vault of the church tells a story about Christ, Panagia and other saints. There is also information about monks who visited the church, like Vassilios Barsky, as well as information about donors, often shown kneeling in prayer. Of particular interest is the wallpainting of the breastfeeding Virgin Mary. Opening hours: Tuesday to Saturday 9:00 to 16:00. Sundays 10:00 to 16:00. The church is closed on public holidays.



26 Agios Nicolaos tis Stegis.

Kakopetria

Kakopetria is one of the most popular mountain resorts among Cypriots and visitors. The name of the village means 'bad stone'. According to a local tale, during a village wedding a big stone came rolling down the slope of the mountain and crashed the young couple, hence the name Kakopetria. The old part of the village is particularly interesting. Walk through the stone paved roads and admire the traditional houses with their beautiful wooden balconies. Some of them have been converted into restaurants where you can enjoy traditional Cypriot food and hospitality. Stop at one of the shops that line up the streets and buy a souvenir made by a local, or some traditional home made 'glykon', the fresh fruit preserved in syrup.

What to see

Old Mill: you should not miss the Old Mill; in the old days people came to the mill from far to have their wheat turned into flour. The millstone, which is still there, turned with water coming down the mountain.

Linus Pottery: you can visit the workshop between 9:00 and 17:00

Linus Restaurant: at this truly Cypriot traditional taverna you can enjoy grilled trout, ostrich fillet cooked with sweet peppers and soy sauce, or the special Linus steak cooked with mushrooms and artichokes. Opening hours: May to September 8:00 to midnight. October to April 8:00 to 23:00

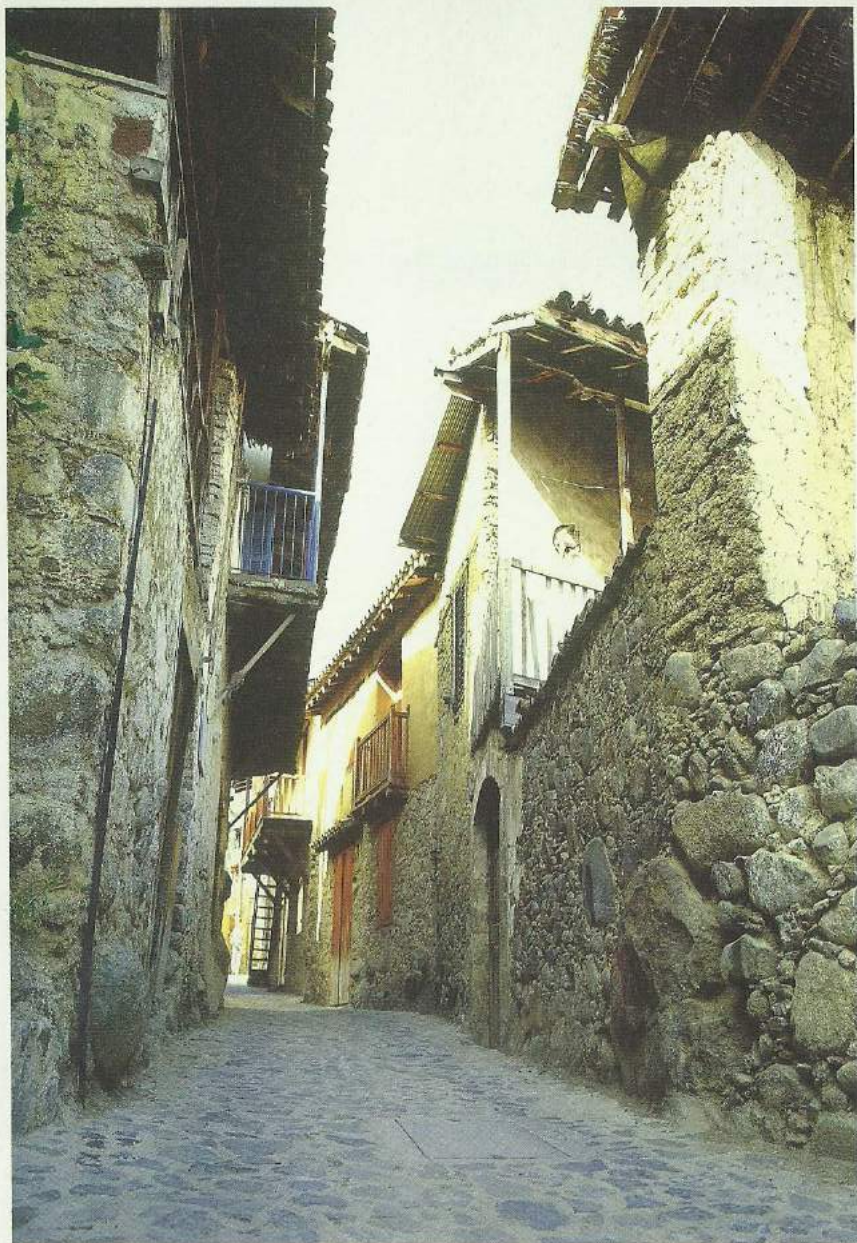
The Mill: located next to the old mill, The Mill offers a view of the village. It is famous for its succulent trout and serves a variety of vegetarian and non vegetarian dishes. Opening hours: winter and summer, Monday to Friday 12:00 to 23:00. On weekends: 12:30 to 15:30 and 19:30 to 23:00. Closed on public holidays.

What to buy

Where to eat

Your next destination is Spilia. Distance: 9.80 km Time: 15 minutes. To get to Spilia, drive towards Kyperounda and Amiantos villages.

What to do



28 Kakopetria.



Street Market. Kakopetria. 29

Spilia

At an altitude of 1000 meters and hidden as if inside the rocks of the mountains, the village gives the impression that it is built in a cave, hence its Greek name Spilia. The village was built when the adjoining village of Kourdali started to expand. Worth visiting in Kourdali is the old monastery of Panayia Kourdaliotissa which still has some of its original wall paintings.

What to do

Panagia Kourdaliotissa: this spiritual sanctuary was built by Ioannis Kourdalīs in the 16th century. It is divided in three parts with wooden columns and beams and is decorated with Byzantine wall paintings. Sister Isidora, the first nun of the monastery, lives nearby and keeps an eye for visitors. She will let you in. Visiting hours: 9:00 to 12:00 and 2:30 to 4:30

Skarparis (shoemaker) Museum: the museum was created by Andreas Chrysanthou in memory of his shoemaker father Christos. Visit the museum to see his tools, shoe lasts and even the debit note book which Mr. Christos kept for shoes he made for the village people. Go into the Community Office (next to the Sama restaurant) and ask Mr. Antonis Karis to open the museum for you. Opening hours: 8:00 to 14:00, Monday to Friday.

Folk Art Museum: on the main village road. Ask Mr. Antonis Karis at the Community Office to open it for you.

Sama Restaurant: located on the main village road. Sama (packsaddle) is favoured by many Cypriots who visit Spilia just so they can taste Maria's excellent Gemista, Kotopoulo Tsoukas (chicken cooked in a pot with tomatoes and onions), or Kolokithokeftedes. Open on Saturdays from 7.30 to 23:00 and Sundays from 13:00 to 16:00.

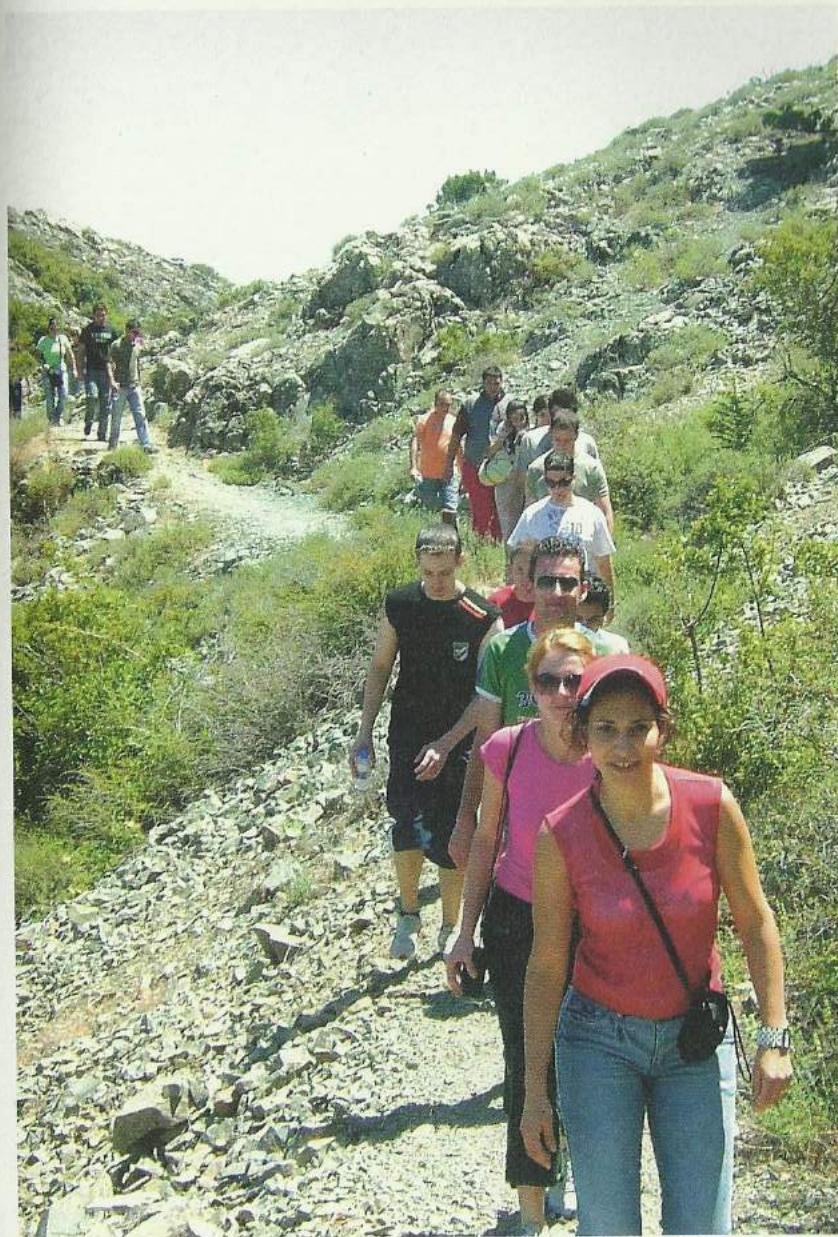
Nature Trail: 3.75 km long - roughly 2 hours. On the way to Kyperounda you will see the sign 'Doxa si o Theos' (Praise the Lord) Nature Trail. From the top of the mountain you can see the twin peaks of Madari.

Where to eat

30 Your next destination is Kyperounda. Distance: 7.43 km Time: 10 minutes.

What to see

What to buy



Doxa Si o Theos Nature Trail.

Kyperounda

The name of the village is derived from the the name of the plant 'kypiros' or vicia that used to grow in the area. Kyperounda is a thriving community which developed quite fast in the last 10 years. The upper road is filled with modern buildings. On the right hand side of the road (at the exit of the village on the way to Kato Amiantos) is the old Sanatorium which was turned into a regional hospital that serves now the valley of Pitsilia. On this same road you can admire the terraced farming with fruit trees and vines. The old village is down the valley where you can see the old traditional houses and the 18th century church of Ayia Marina, located in the village square.

What to do

Museum of Traditional Agricultural Life and Nature History: the museum houses a rich collection of exhibits, objects that have to do with everyday rural life : tools and farming equipment as well as pottery and furniture. One of the rooms houses a rich collection of embalmed animals, birds and reptiles that died a natural death. The museum is located on the main road of the old village, 100 meters before the Community Board Office; they are responsible for opening the museum to visitors. Monday to Friday between 8:00 to 14:00.

Timios Stavros: The chapel is decorated with early 15th century wall paintings. It operates also as an ecclesiastical museum of icons (some from the 13th century) and other religious object. It is located near the Community Board Office which is responsible for opening the chapel to visitors. The Community Board Office is open from 8:00 to 14:00, Monday to Friday.

Where to eat

From Kyperounda you can choose to continue on the main route (in which case you will be going to Kato Amiantos), or go on one of the side trips to either Troodos Square and Chionistra, or the Platania Forest Station. Leave Kyperounda and drive south until you reach the Karvounas (3 way) junction. Kato Amiantos: Distance: 8.78 km Time: 9 minutes. Troodos Square: Distance: 11 km Time: 20 minutes. On the way to Troodos Square you can stop at the Pano Amiantos view point to see the asbestos mines below, make a few optional stops at one of the picnic areas, or follow one of the nature trails. Platania Forest Station: Distance: 1 km (go towards the direction of Kakopetria).

What to see

What to buy



Museum of Traditional Agricultural Life and Nature History. Kyperounda.



Chapel of Timios Stavros (Holy Cross). Kyperounda.

Kato Amiantos

Kato Amiantos (Lower Amiantos) is a large village named after the asbestos mine. Until the mine closed down, the inhabitants of Kato Amiantos never left their village as there was plenty of work for them in the mine. Here you can see the many traditional houses which are built of the volcanic stone of the area.

Fylagra

Fylagra (7 km away) is a small community with numerous traditional restaurants favoured by city people. Unfortunately, the lush surrounding forest was partly burned by the big fire of June 2007. History, however, is still intact. Names of places at Fylagra refer back to Venetian times when the D'Avila di Marino dynasty owned this farmforest lands.

Saittas

Adjacent to Fylagra, Saittas is host to the church of Lady Mary Saithkiotissa (the Bow and Arrow Lady). The name refers to the twin sister of Apollo, the ancient guardian of the forest and Goddess of childbirth Artemis, who lived and hunted in this forest.

What to do

Kato Amiantos, Loumata ton Aeton (Bathing of the Eagles)


Nature Trail: 2.5 km long: Time needed: 1 hour. The beginning of the path is by the bridge above the coop and the coffee shop.

Where to eat

From Saittas you can follow the main route back to Limassol, which will take you through Trimiklini, Lania and Alassa, or choose one of the side routes. For the Lofou side route (if you have not done this side trip in the morning) turn towards Pera Pedi and when you enter the village, turn left at the sign to Lofou. Distance: 11 km Time: 20 minutes.


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What to buy





TROODOS

The Green Heart of Cyprus



Best Emerging Rural Destination Cyprus

For Agios Mamas, Kapeilio, Limnatis and Apaissia side route, drive towards Trimiklini (1km) and take the second (after the Saittas junction) left turn: 5 km. Time: 7 minutes.

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Agios Mamas

Side Route 1

It is believed that the village was built by the Byzantine Akrites (border guards), defenders of the island from Arab raids between the 7th-10th centuries; it was named after Agios Mamas, patron saint of the Akrites. Grapes is a stable product of Agios Mamas which marks the beginning of the forest and fruit valley of Xylourikos River that runs along the Kapeilion and Limnatis villages to the south.

Kapeilio

Kapeilio, (3km) is a small village of few houses. The name of the village means Tavera - the wine drinking inn. There may have been an old inn in the area which was the backyard of the Kykkos Monastery monks who were involved in the production of wine. To the south of the village is the Church of Panayia Ampelitziotissa (the Vine Protector). The area around Kapeilion and Agios Mamas is a flora explorer's and birdwatching heaven.

Limnatis

The best time of the year to visit Limnatis, which lies 1 km away, is in February when the almond trees are in blossom. The surrounding area is the home of the almond tree, which is the reason for an almond tree festival held here in the first week in spring. Drive to the center of the village to see the 600 years' old Pistasia Tree, next to the small Chapel of Agios Mamas. If you want to enjoy the silence among the blossoming almond trees, visit the Chapel of Agios Epiphanius outside the village: from the main village road - after the cemetery - turn right onto the steep uphill road (Dominiki Papacharalambous Str.); when you reach the T-junction turn right and after about 500 meters make another right turn. Park at the plateau and walk down to the chapel. The door is open.

Your next destination is Apaisia. Distance 8.45 km Time: 10 minutes. On the way there you will pass through Korphi Village which means 'the top of the mountain'. Korphi is a new village, built to replace the old one which was destroyed by earthquakes. The old abandoned village of Korphi is on a different mountain peak 2 km northeast of the new village, and it is visible from the motorway.

Apaisia

The area surrounding Apaisia (or Apesia) was inhabited from the Neolithic times through to the Hellenistic and Roman periods. The ancient broken pillars that were found scattered in the area serve as witnesses to the antiquity of the settlement. Also witness to history is the 'Catacomb' (underground cave) behind the village church; hunted down by the Roman Rulers of the Pagan Amathus, the first Christians of the island found safety in this cave - one of the many that are found in the surrounding mountains. The inhabitants of Apaisia arrived in the area from 'Apaisos' of Asia Minor (today Turkey) and gave their new settlement the name of the village they left behind. Widespread cultivation in the area is not possible as the terrain is rocky and chalky. Apaisia produces a small quantity of cereals, carobs, almonds and olives.

What to see

Old Tremithos (Pistasia Atlantica): This impressive 1,500 years' old green giant is the oldest tree in Cyprus. It is located on the main village road, walk past the Community Office.

Olive Mill: the more than a century old mill is housed in a beautiful stone building. It is located on the main village road, walk past the Community Office. Opening hours: Mondays, Wednesdays and Fridays 9:00 to 17:00

Venetian Cistern: the 500 years old cistern supplied water to the villagers for their household needs and the needs of their animals and fields. Turn left at the entrance of the village. You will see the cistern just a few meters past the new village church.

16 Skalopatia (16 Stair Steps): on the main village road, across from the new village church. Open from 8:00 to 22:00.

Where to eat

Your next Destination is Limassol. Distance: 12.4 km Time: 21 minutes.

Lofou

Side Route 2

If you decide to do this side trip in the morning, turn left just after Alassa, on F817. You will begin a pleasant winding road journey through a botanical garden towards the village of Lofou. This beautiful vine village oversees a vast chalk-like landscape which spreads as far as the eye can see. The original name of the village was 'Eptalophoi' because it is built on 7 (epta) hills (lofoi in Greek). The history of the village goes back to the Byzantine time, and the location was chosen to allow the then landowners to keep an eye on their vineyards at all times. Walk around the narrow streets of the village and admire the traditional stone houses.



Kamares Restaurant.



38 Lofou Taverna.



What to see

Panagia Chrysolofitissa: a mixture of Byzantine and Gothic architecture, the church houses beautiful icons and wall paintings by Giavopoulos. Ask at the Community Board Office (located across the street from the church) to open it for you. Monday to Friday, 8:00 to 14:00.

Old Olive Mill: Ask the employee at the Community Board Office to open it. Monday to Friday, 8:00 to 14:00.

Lofou Taverna: part of the Agrovino Company which operates also a wine cellar and a café, the taverna is a beautiful renovated village house where you will find all the traditional Cypriot dishes. To get there, when coming from the south (the direction of Alassa), turn left at the sign to St. Therapon. After driving about 200 meters on the main village road turn right at the sign directing you to the taverna. There is parking at the end of the road. Opening hours: Tuesday to Sunday 12:00 to 16:00 and 18:00 to 22:00

Kazani Restaurant: Kazani's specialities are Loukanika, Pagidakia Krasata (ribs in wine) and Hot Halloumi cheese. To find Kazani, when coming from the south, turn left at the sign to St. Therapon and stay on the main village road. After about 300 meters make a left turn at the first (narrow, downhill) road and drive until you reach the bottom of the road. There is an empty field on the left where you can park. Opening Hours: Wednesday to Sunday 18:00 to 22:00

Kamares Taverna: a truly traditional taverna where every corner and wall is an exhibit of village life of old times. To get to Kamares, when you reach the south entrance to the village turn right and follow the road downhill to the bottom of the road. Just before you reach the taverna there is a steep uphill passage to the Taverna's Parking lot. Opening hours: Tuesday to Sunday 9:00 to 17:00. On Sunday the Taverna is open also for dinner.

What to buy

Where to eat

From Lofou head back to Limassol. Distance: 28 km Time: 20 minutes

What to do

Pedoulas

Side Route 3



Pedoulas was once the village of shoe and sandal makers "Pedylas". Like many other villages in the Marathasa area, the village was established during the Byzantine period when Arab raids forced Cypriots to leave the coastal areas and move to safer places in the mountains. In the Middle Ages, Pedoulas and the whole of the Marathasa valley, belonged to the Royal Family of the Lusignans. In the 19th century - due to its climate - it developed as a tourism resort where visitors were

accommodated in local traditional houses. After the World War II the village became an economic centre of the Marathasa area. There is an extensive cultivation of cherries and vineyards.

What to do



Archangel Michael Chapel: a world heritage site of UNESCO, the chapel of Archangel Michael is decorated with 1474 wall paintings. If closed, ask at the Byzantine Museum across the street. Donations are appreciated.

Byzantine Museum: the museum was established to house and preserve icons and holy objects from the many Pedoulas' churches. It is located across the street from the old chapel of the Archangel Michael. Donations are appreciated. Opening hours: May to September, 10:00 to 13:00 and 2:30 to 17:00, October to April 10:00 to 13:00 and 14:00 to 15:30. Closed on Mondays.

Folk Art Museum: you will find the museum on the same road that leads to Archangel Michael Chapel and Byzantine Museum, next to the Platanos restaurant. Opening hours: 10:00 to 16:00 Tuesday to Sunday.

Where to eat

Next you will visit the Kykkos Monastery: Distance 20 km. Time: 30 minutes

What to buy

Kykkos Monastery

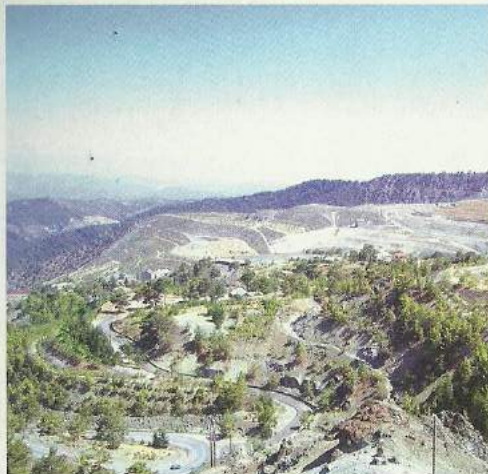
Kykkos is the richest monastery in Cyprus. It is known for one of the three oldest icons of Virgin Mary in the world, which were painted by St. Luke while Virgin Mary was still alive. The icon was donated by the Byzantine Emperor Alexios Comnenos, in the 11th century, to the Hermit Isaiah who lived in the Kykkos Mountains. Ever since, the icon never left the monastery and became the object of worship to thousands of pilgrims who come to pray for healing and forgiveness. During the Ottoman period of the occupation of the island, the locals donated their land to the monastery to avoid paying heavy taxes; as a result, the monastery acquired a lot of land which it developed. Some of the money from that development was used to create a big research center in Nicosia, as well as a conference centre. The Monastery is involved also in the restoration of the many remote churches on the island and the publication of new books on the history of Cyprus. The first President of Cyprus, Archbishop Makarios the 3rd, spent some years as a novice at the monastery; he is buried above the monastery, as it was his wish. The monastery has an exquisite Byzantine Art Museum, as well as a winery where different types of wine are made. You can buy them from the monastery's small shop. Entrance fee: € 5. Open daily November to May 10:00 to 17:00. June to October 10:00 to 18:00.



Kykkos Monastery. 41

Pano Amiantos Asbestos Mines

Side Route 4



Mining of asbestos, which faced out the forest in the area, started in 1904 and intensified during the 50s. Mining activities in the area lasted until 1988, when the mine closed down due to the international campaign against the use of asbestos. There is now a new government initiative to turn the area into a geological park by 2008. The village inhabitants of the now abandoned Pano Amiantos who worked in the mines, started arriving in 1904, when people were given the right to mine in the area.

What to do

Asbestos Mines: Stop above the asbestos mine at the specially designed View Point to view the area where asbestos was extracted from the serpentinite.

Almirolivado and Kampos tou Livadiou Picnic Areas: on the way to Troodos Square. Both sites are signposted.

Mnimata ton Piscopon Nature Trail: 8 km long. It takes you down the north slopes of the area above Kakopetria. On this trail you can enjoy a magnificent view of the Solea valley.

Livadi Nature Trail: circular, 1.5 km long. It is accessible to people in wheelchairs.

Kannoures Trail: 9 km long. Located only 500m away from the Troodos Square. It starts by the valley of Karyotis river and takes you towards Kakopetria village.

Where to eat

From the Amiantos Mines view point drive past the camping area. Soon after that you will reach the Troodos square.

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What to buy

Troodos Square and Chionistra

Park at the square and from there walk to the Troodos Environmental Centre. After you visit the Centre, drive towards the direction of Prodromos. A few kilometres from the square, turn left at the sign for Mount Olympos to visit Chionistra. If you need a break from driving, there are many restaurants and shops at the Square.

What to see

Troodos Environmental Centre: at the centre you can watch a 10 minutes film about the rising of Cyprus from the sea. In the main display room there are indigenous embalmed animals, collections of butterflies, wood samples and fossils information about the unique flora and fauna of Cyprus and information about nature trails. In the garden of the centre is a collection of rocks and plants from the Troodos mountains. Entrance fee: € 0.85. The centre is open daily including holidays and weekends during March - November, except Easter Sunday. The centre is closed during holidays and Saturdays in the months of December to February.

Chionistra: drive up to the top of Mount Olympos to admire the view. As you go up, on the left hand side, you will see the Skiers' Club where you can rent skiing equipments. The club operates when there is snow (usually between the end of December to the end of February).

Persefoni Trail: Starts at the south part of the Troodos square.

Atalanti Trail: 9 km Time needed: 3-5 hours. Starts at the Troodos square and ends at Chromio.

Artemis Trail: about 7 km long - circular. Time needed 2-5 hours. Starts about 300 meters from the Troodos-Prodromos and Chionistra junction. It goes around Chionistra.

What to buy

Where to eat

Leave Troodos Square and head for Kato Amiantos, your next destination. To get there, drive back to the Karvounas junction and follow the sign to Kato Amiantos.

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Platania Forest Station

Side Route 5



At Platania Forest Station you might have the unique experience of seeing one of the magnificent moufflon of Cyprus which live under protection in a fenced off part of the forest. A type of wild sheep that has similarities to the goat, the moufflon of Cyprus lived on the island for more than 10.000 years. It was hunted extensively until the beginning of the 20th century. Today there are only 3.000 moufflons left on the island mainly in the Paphos forest around the Tripilos mountain and the cedar valley. The Moufflon is a shy and agile creature

and is rarely seen. The park was created in order to protect the animal, but also to give people a chance to come close to the animal.

What to do

Moufflon Park: after you leave Kyperounda, drive south to the Karvounas (3 way) junction and turn toward the direction of Kakopetria. The park is signposted, and it is a few meters after the sign for Platania. Park your car and walk up the path and around the fence and look for the moufflon.

Platania Forestry Department: here you can get information on the flora and fauna of Cyprus. Open Monday to Friday from 8:00 to 14:00.

Platania Restaurant: sit under the thick shade of the platanos trees and have something to eat before continuing your journey. Opening hours: May to October - Monday to Sunday from 6:15 to 21:00. November to April - Monday to Sunday from 6:15 to 17:00.

Where to eat

From Platania go back to the Karvounas junction and from there either go on the side trip to Troodos Square (see page 43), or continue on the main route to Kato Aniantos.



The Travel Foundation is an independent UK charity that aims to help the outbound travel industry manage tourism more sustainably. The Foundation offers a unique resource to the tourism industry, helping to safeguard resources on which business depends and balancing the need for sustainability with profitability.

The Foundation's focus is on protecting and enhancing the environment, improving the well-being of destination communities and enriching the tourism experience, now and in the future.

The development of the Foundation helps enable a real breakthrough for sustainable tourism and is good news for consumers, companies, destination communities and policy makers. In addition, the Foundation projects and activities offer customers the reassurance that their favourite destinations will be protected for generations to come.

Business are better able to meet the needs of their customers, at the same time as protecting the resources on which their future depends.

Destination communities receive greater benefit from tourism, with a boost to their local economy and conservation of the natural environment, local traditions and culture.

Local and national governments have evidence to develop effective tourism policies and support destination communities and environments.

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 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 other than on 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 easily.
- 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 pants and sleeves - women and men with shorts and bare arms are frowned upon in all religious establishments.



Insider guide to Cyprus cont.

Safety in the sun

- Never underestimate the strength of the sun and avoid being out in the sun for long periods between 11.00 -15.00 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 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

The official religion of Cyprus is Greek Orthodox, but other 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 a few petrol stations en route. These 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 is 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 'iyatros'). There are Emergency Departments in Limassol and Paphos General Hospital 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 roundabout. The road layout and road signs follow the British system but distances and speeds are given in kilometers not miles. Speeding, careless driving, motorcyclists not wearing helmets and using mobile phones 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 motor way and minimum is 65 km/h. In intercity roads the limit is 80 km/h and in urban areas 50 km/h
- Do not drink and drive! The alcohol content limit is 22 micro grams of alcohol in 100 ml of exhaled air or 50 milligrams in 100 ml in the blood
- 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 under 12 years of age
- You must have appropriate insurance
- In case of an accident call 199 or 112

 www.firstchoice.co.uk

 www.thomson.co.uk

 www.sunvil.co.uk



www.thomascook.com



www.visitcyprus.com

Your Opinion counts

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

We hope you enjoyed the village route whether you did part or all of it. This route is the third of a series of six and so we would like to ask your opinion to help us improve this route, but also in the development of the subsequent routes. We hope that you will also drive the other routes, maybe on your next visit to Cyprus.

Name.....Phone.....

Address.....E-mail.....

Where did you find out about the village route?

Tour operator ☐ Car Hire ☐ 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 would be amended or included

.....

Was your overall experience of the restaurant?

Excellent ☐ Good ☐ Fair ☐ Poor ☐ Very Poor ☐

Did you purchase any local products/crafts? 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:

Experience 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/restaurant

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 ☐

Did you drive this route?

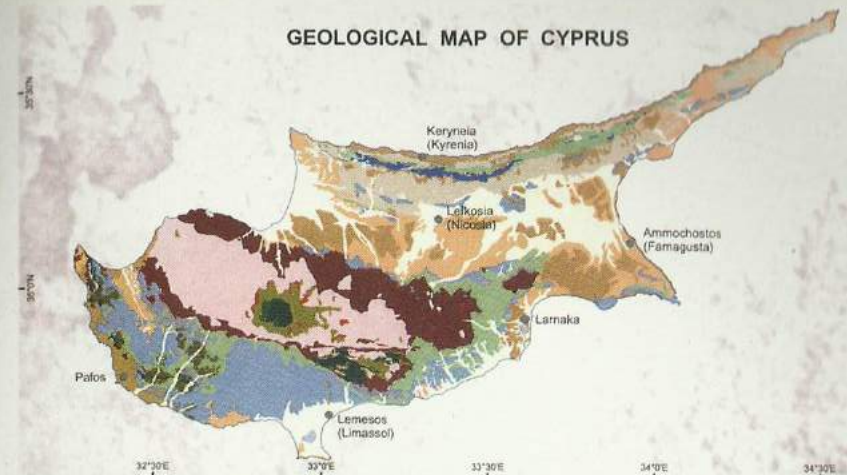
By yourself ☐ With your partner ☐ With friends ☐ With Family ☐

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

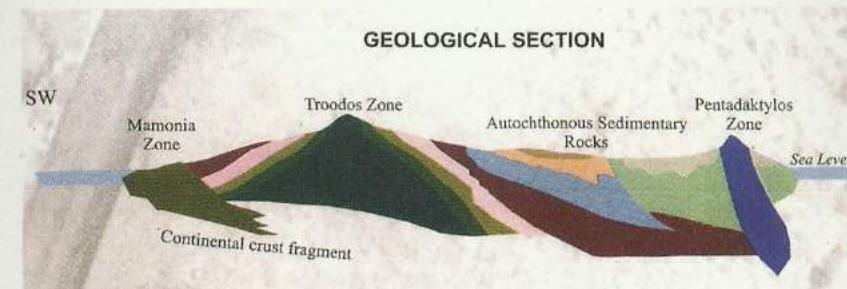
.....

Please detach and return to your Tour Operator Rep., or mail to
CSTI, P.O.Box 58538, 3735 Limassol

GEOLOGICAL MAP OF CYPRUS



GEOLOGICAL SECTION



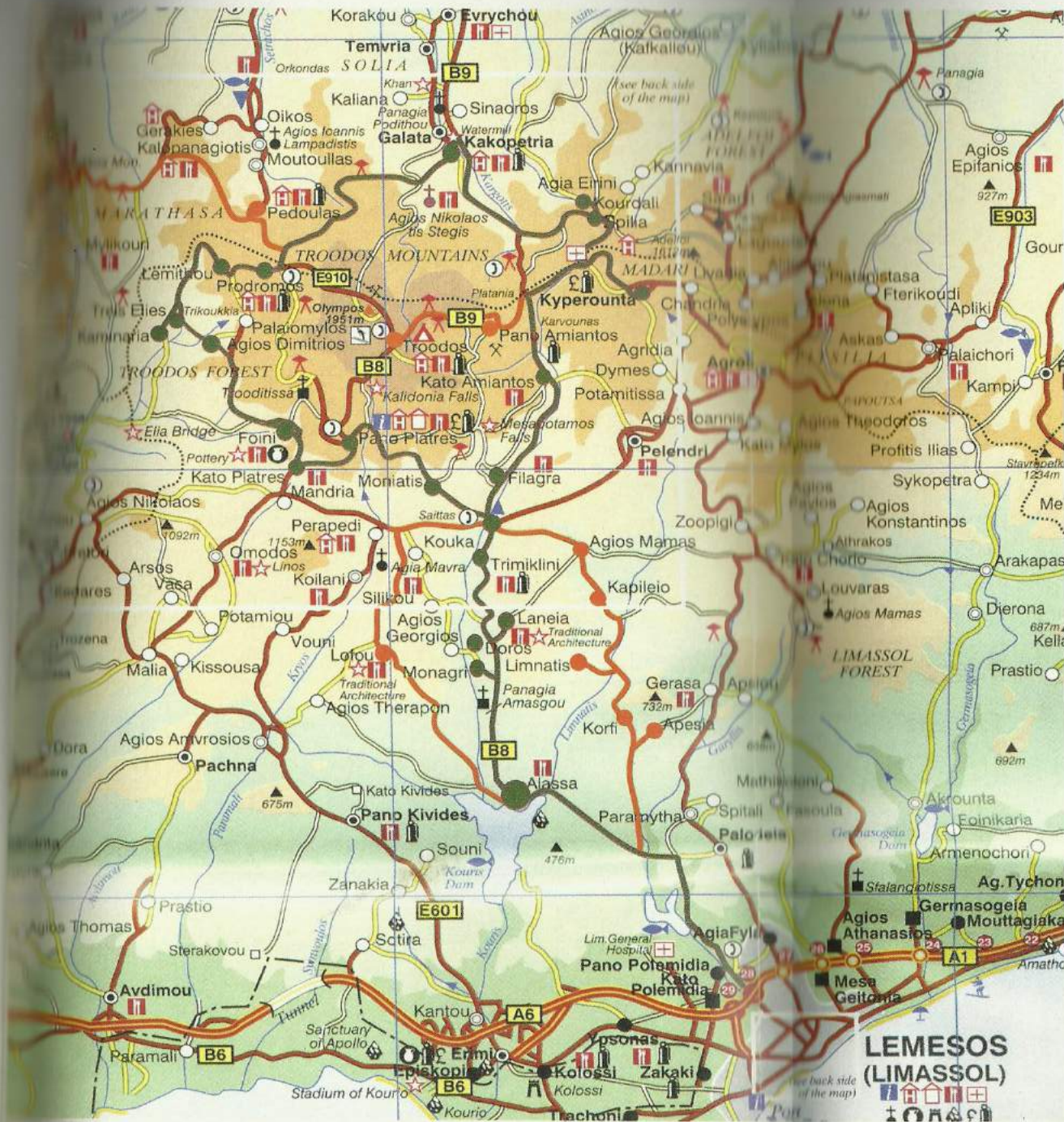
Geological Survey Department, 1415 Nicosia, Cyprus

Bicycle Trails

(For more information consult CTO's bicycle trails book.)



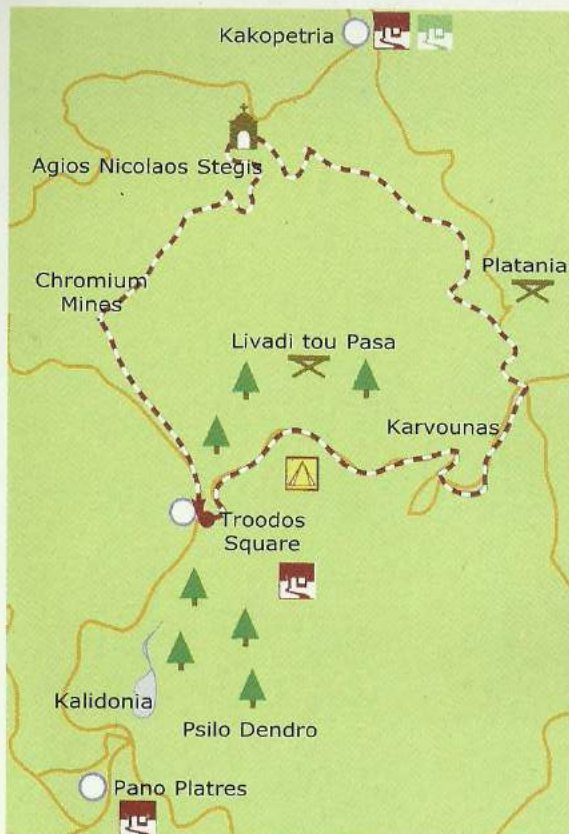
Central/Connecting Bicycle Trail 10. Pitsilia -Troodos: Alona 1035m, Polystipos 1080m (4km), Handria 1170m (12km), Kyperounda 1115m (13.5km), Karvounas 1190m (19.5km), Pano Amiantos 1400m (25km), Troodos Square 1730m (28.3km).



Side Routes

Main Route





Regional Bicycle Trail 1.
Troodos-Agios Nicolaos Stegis-Troodos: Troodos Square 1730m, Karvounas 1190m (9km), Platania 1090m (10km), Agios Nicolaos Stegis 850m (18km), Troodos Square 1730m (36km).



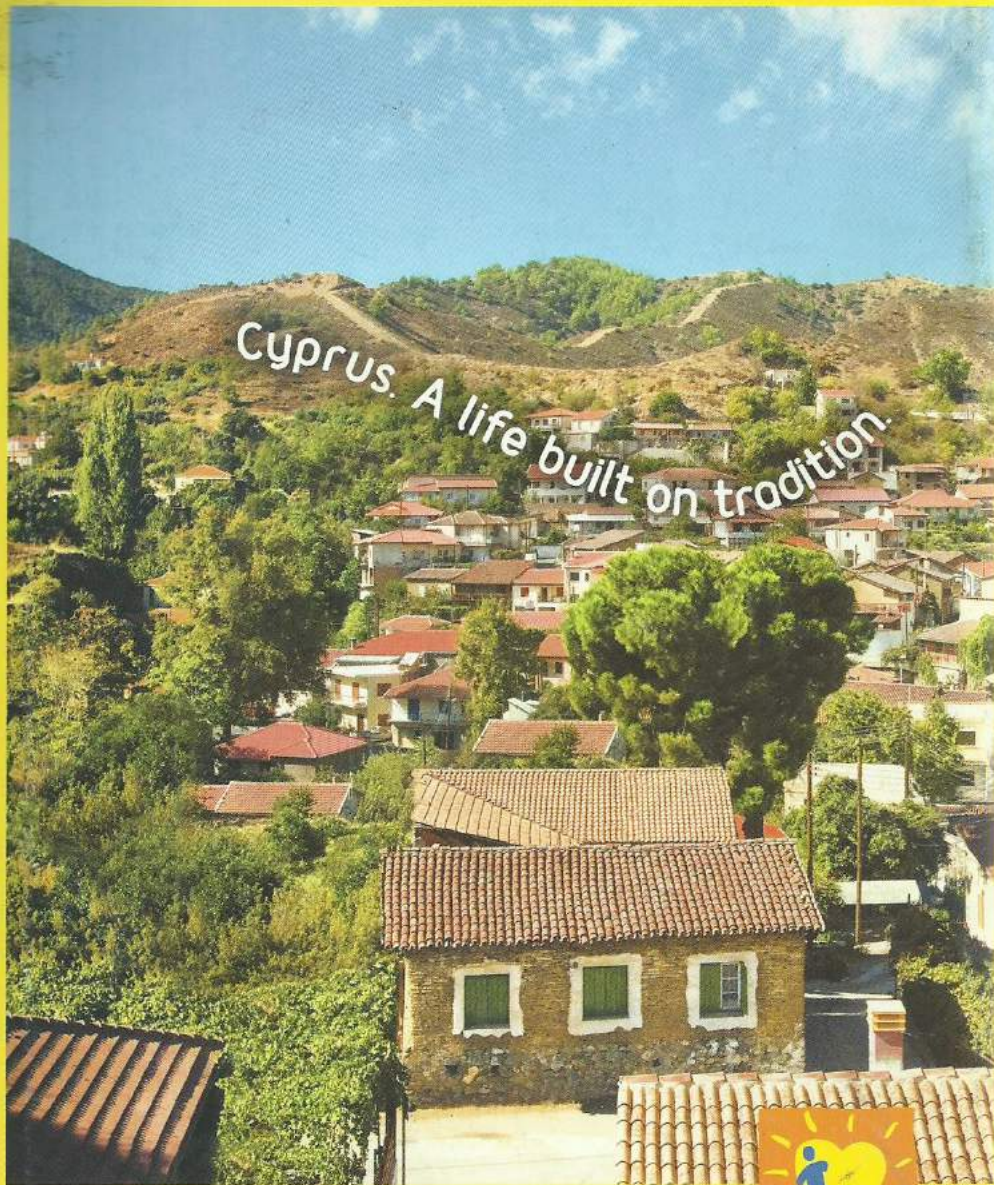
Regional Bicycle Trail 2.
Troodos-Psilo Dendro-Kalidonia-Troodos: Troodos Square 1730m, Psilo Dendro 1185m (11km), Kalidonia 1300m (14km), Troodos Square 1730m (18km).



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