

# Self-Guided Walking on Cyprus

Trip Code: SGCY

Version:



WALK & TREK



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Uncover the fascinating history and diverse relics of Cyprus
- Experience the peaceful rural landscapes of the Larnaca foothills
- Hike in the beautiful nature reserve of the Troodos Mountains
- Explore the Akamas Peninsula on foot, discovering sparkling coves and secluded beaches
- Enjoy delicious Cypriot cuisine and sample locally produced wines

## AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- Hire Car Included
- Daily departures available
- Max altitude 1865m
- Join at Larnaca Airport

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

With its alluring blend of nature, culture and history, and of course year-round sunshine, the Mediterranean island of Cyprus has a long-held appeal for holidaymakers. On this relaxing self-guided holiday, you will enjoy hiking through the contrasting landscapes of Cyprus at your own pace, and immerse yourself into the cultural gems of this endearing sun-kissed island at your leisure.

Your week begins with three nights in the foothills near the Larnaca coast, giving you a welcoming taste of traditional Cypriot hospitality and the pleasure of peaceful rural trails. Heading to the mountainous interior of the island, you will spend two nights beneath the peak of Mt Olympos (1952m) and discover the lush landscape of alpine forests and waterfalls of the Troodos Mountains. From the highlands, you descend to the coast at the wild Akamas Peninsula for your final two nights, where rugged trails and secluded turquoise coves await. You will also have the opportunity to explore the harbour city of Paphos and its fascinating antiquities, delving into its rich history and intriguing Greek mythology.

Staying at carefully selected traditional family-run hotels and holiday apartments on a B&B basis, you will enjoy a warm Cypriot welcome and have plenty of opportunity to savour the local culinary delights at your choice of restaurants and tavernas each night. With the flexibility of your hire car, the island is your oyster, as wherever you stay, you can get to pretty much anywhere else in a day.

## Is this holiday for you?

We have specially designed this trip with flexibility in mind, allowing you to make the most of your holiday and all this beautiful island has to offer. We have included car hire in the cost of your trip too, so you have even more freedom to explore as you desire. You just need to ensure that your chosen driver within your party is over 25 years of age and have held a full valid driving licence for at least 1 year.

Your walks will take you on straightforward and easy to follow dirt paths and forest tracks through a variety of scenery, with an average walking time of 2-3 hours per day. With the flexibility of your hire car, you can explore the sights and delve into Cyprus's rich history to your heart's content.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Hire car

### What's not Included

- Travel insurance
- Travel to/from Larnaca
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Entrance fees
- Any supplements connected to the car hire
- Fuel for the hire car
- Any additional transport
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using a signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Car Hire

Car hire is included in the cost of this trip and is supplied by our partner Avis.

The car type included on this trip is based on the number of passengers in your group. We include the following car types:

Category B hire for solo travellers

Category B hire for bookings of 2 passengers

Category C hire for bookings of 3 to 4 passengers

Category E hire for bookings of 5 passengers

Category J hire for bookings of 6 to 7 passengers

The Avis car hire office in Larnaca Airport is open 24 hours.

Upon booking with us you will be asked to provide the name and driving license details of the person within your party who will be the designated driver for your group. It is important to note that the driver must be over the age of 25 years old and have held a clean driving licence for a minimum of 1 year. It is possible to add an additional driver to the booking for an additional fee, this can be arranged directly with the Avis office when collecting your vehicle.

Please ensure you read the terms and conditions of the car hire [www.avis.co.uk/TermsAndCondition](http://www.avis.co.uk/TermsAndCondition)

You can also find answers to frequently asked questions and further information regarding our self-guided holidays with car hire [here](#)

## **Self-Guided Families**

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## **Joining Arrangements & Transfers**

The trip starts and ends at Larnaca Airport. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Larnaca with many departures from regional UK airports; it is also here where you will collect your hire car for the week.

## **Meal Plan**

This trip is arranged on a bed & breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

With the abundance of sunshine experienced, Cyprus is a fruitful island and you will have plenty of opportunity to enjoy delightfully fresh local produce. Cypriot cuisine is a blend of Greek, Turkish, Mediterranean and Middle Eastern cultures, with hearty meat dishes and delicious cheeses, along with fresh fruit and vegetables. Cypriots have many traditions related to gastronomy; food is considered an integral part of the culture and the way to proudly demonstrate their warm hospitality.

The traditional Meze is synonymous with Cyprus - an amazing array of small dishes that combine to make a sharing feast. These mouth-watering dishes can include dips, succulent meats, fresh fish, salad, vegetables, pulses, olives and halloumi cheese. The perfect way to sample a variety of flavours if you're finding it hard to decide!

Other traditional dishes include grilled meat kebabs called souvlakia and herby grilled sausage called sheftalia; roasted goat; stuffed vegetables called gemista and stuffed vine leaves called koupepia (we may also know of these as dolmades); moussaka; and kleftiko - a hearty slow cooked meat stew.

For a sweet treat, loukoumades are deep fried dough balls soaked in honey and coated in crushed nuts.

Coffee is also inherent in the culture and a strong indication of their hospitable nature, traditionally served very strong and with a glass of cold water, without milk. The coffee should be sipped slowly, and the thick layer at the bottom not consumed.

The wines of Cyprus are still relatively unknown but is a hidden gem waiting to be discovered. Wine production has a long history dating back hundreds of years with traditional local and foreign grape varieties used. Indigenous varieties include Mavro, Xynisteri, Moscato, Malaga and Lefkada. Be sure to have a taste of the Commandaria sweet wine, known as the wine of kings and the oldest wine in the world, coming from the time of the Crusaders. This dessert wine comes from a Protected Denomination of Origin, only produced in 14 villages on the slopes of the Troodos mountains. Did we also mention it's delicious?

## Accommodation

For this holiday you will stay in a hand picked selection of family-run 3\* hotels, showcasing the different landscapes of the island and each with its own unique character.

In Tochni, well known for its agrotourism, you will stay in restored traditional stone-built houses that have been converted to a collection of holiday apartments spread throughout the charming village. The holiday complexes typically have a shared courtyard or terrace and sometimes a pool, offering beguiling views over the surrounding countryside. Depending on availability, you may be accommodated in a hotel in the neighbouring village of Kalavassos, in a similarly converted traditional stone house typical of the area. Air conditioning at these hotels may be at a small additional charge, payable directly to the hotel.

Your hotel in Pano Platres is a part of the cultural heritage of Cyprus: a resort hotel located amidst forests of tall pine, full of history and coupled with modern amenities. A perfect base from which to explore the Troodos Mountains.

At the coastal nature reserve of Akamas, you will stay in a hotel close to the sea, with a pool and gardens. The small town centre of Polis is within easy walking distance, and the pebble beach and azure waters is just a stone's throw away, perfect for a refreshing dip and relaxing in the Cypriot sunshine.

Accommodations are subject to availability and can change. Any alternatives offered will be of a similar standard.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.



# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.



## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 2 to 4 hours each day for consecutive days.

## Climate

Cyprus enjoys an intense Mediterranean climate, with sunny skies for around 360 days of the year. Summers from June to September are hot and dry, while winter months from November to March are mild, and snow can fall in the Troodos Mountains.

The best time to visit Cyprus on an active holiday is in the spring, when the temperatures are pleasant and the flora is luxuriant in bloom. In April and May, coastal regions experience average daytime temperatures around 22-25 C, while temperatures in the Troodos Mountains can reach an average of 19-24 C during the day.

Summer months bring intense heat, alleviated in some ways by the sea breeze while on the coast and the relatively cooler air of the mountains. In the months of July and August, temperatures can reach an average of 30-32 C in coastal regions, while cities inland can reach a toasty 37 C.

Autumn can still be warm and humid, with temperatures dropping only slightly in September and October to around 25-28 C.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

The Rough Guide to Cyprus

Journey into Cyprus - Colin Thubron

The Cyprus Problem: What Everyone Needs to Know - James Ker-Lindsay

Bitter Lemons of Cyprus - Lawrence Durrell

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket

- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof jacket
- Waterproof trousers
- Rucksack (approx. 20 l)
- Small first aid kit inside your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries

- Your self-guided route notes

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

Please note our 'from price' listed is based on 4 persons in twin/double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

A hire car is included in the cost of this holiday. The chosen driver within your party MUST be over 25 years of age and held a full valid driving licence for at least three years. We cannot confirm your booking until we have received the name and driving licence number of the driver within your party.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## Why KE

Experience Cyprus's rural foothills, high mountains, alpine forests and sparkling coast in just one week. With options of easy walks to explore on foot, and the flexibility of a self-drive itinerary, you decide the pace of your holiday. Car hire is included in the cost of your holiday.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change