

# Walking in Western Cyprus

**Trip style:** Walking with sightseeing

**Destination:** 📍 Cyprus

**Trip code:** CYP07-LCL09

**Grades:** 1, 2 & 3

**Carbon Footprint:** 🌿 1419kg CO2



## HOLIDAY OVERVIEW

With its world-famous archaeological sites, mountains, nature trails, and beaches, western Cyprus offers an endless variety of things to see and do. Holiday highlights include discovering the island's amazing ancient ruins, taking coastal walks along the Akamas Peninsula, trekking in the UNESCO-listed Troodos Mountains, and soaking up beautiful natural landscapes. You'll also enjoy a stay in Paphos - the chic harbourside resort treasured for its Venetian architecture and archaeological park.

## WHAT YOU'LL LOVE

- Exploring the Akamas Peninsula
- Walking in the UNESCO-listed Troodos Mountains
- Admiring Ancient Roman and Byzantine ruins at Kourion
- Staying in Paphos, the birthplace of Aphrodite
- Visiting an eco-garden to learn about organic produce
- Sampling a variety of Cypriot food and wine

## WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Paphos
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Option 1: 4 to 7 miles (7- 8km) on good paths, with some rocky sections. Up to 1,000 feet (300m) of ascent in a day. Option 2: 4 to 9 miles (10-12 km) on good paths, with some rocky sections. Up to 1000 feet (300m) of ascent in a day.

The walk in the Troodos mountains may be changed to an alternative, if the conditions are snowy, which may also be the case for early February departures. Our local guides will assess the situation and keep guests updated in resort of any change to the programme.

## ITINERARY

### **Day 1:** Arrival Day

Welcome to the Athena Beach Hotel. Unpack and settle in.

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### **Day 2:** Birthplace of Aphrodite and the Pissouri Plateau

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### **Day 3:** Limassol sightseeing with Eco Garden and Kourion

Today is all about sightseeing in and around the Limassol district. We begin with a trip to ancient Kourion, one of the most impressive archaeological sites in all of Cyprus. Wander between the ruins of this once mighty Greek city state, marvel at the remarkably well-preserved mosaics in the House of Eustolios and be wowed by the Greco-Roman amphitheater that dates from the 2nd century BCE. Heading downhill now, we pass interesting Akrotiri Marsh, on the migrating path of birds coming from Africa to Europe. Over 200 species of birds are regularly recorded here, where the Cypriot wetlands offer a winter refuge. We'll also visit an Eco Garden to learn about the organic produce they grow there, sample homemade herbal teas, and taste all-natural Cypriot marmalade made by the owner and executive chef.

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### **Day 4:** Adonis and the Aphrodite Trail

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### **Day 5:** Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include: Paphos Waterfront Stroll along the promenade to the harbour and enjoy a drink overlooking the town's imposing castle. Some of the best restaurants and cafés are located here, most of which offer superb views of the sea. Pano Paphos (Upper Paphos) Known locally as Ktima or Pano Paphos, this part of town is characterised by its beautiful, white-washed houses and busy shopping scene. Keep your eyes peeled for the striking street art that lends the place a splash of colour. Paphos Archaeological Park (Nea Paphos) Backed by the blue waters of the Mediterranean Sea, this outstanding UNESCO World Heritage Site features extensive Greco-Roman ruins and incredibly well-preserved mosaics depicting Greek mythology. Believed to have been in use as far back as the 3rd century BC, the Tombs of the Kings (a network of ancient underground burial chambers) are just one of the site's many highlights.

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### **Day 6:** Troodos Mountains

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### **Day 7:** Smigies Trail

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### **Day 8:** Departure Day

We hope to see you again soon.

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## Constantinou Brothers Athena Beach - Cyprus

The 4-star Constantinou Bros Athena Beach Hotel enjoys an enviable beachfront location in a quiet part of Paphos, offering a wide range of facilities and bright spacious rooms. All the bedrooms are spacious and well equipped with a private balcony where guests can relax.

### Hotel facilities Athena Beach Hotel

- Bar with a large, comfortable terrace
- Beautiful views of the Mediterranean and the hotel's tranquil gardens
- 3 freshwater swimming pools
- Indoor pool (heated November to March)
- Indoor and outdoor Jacuzzis
- Floodlit tennis courts
- 24-rink indoor and outdoor bowls green facilities
- Mini-golf
- Mini market/souvenir shop
- Jewellery shop
- Free parking
- Laundry and dry cleaning facilities
- Currency exchange

### Hotel's Elixir Spa

- Heated pool (heated November to March)
- 2 Saunas
- Steam bath
- Gym
- Hairdressing salon
- Professional massages
- Aromatherapy and other treatments to help relax and rejuvenate

### Hotel facilities Pioneer Beach Hotel

- 3 Bars. 1 with beautiful views of the Mediterranean and the hotel's tranquil gardens
- 1 freshwater swimming pool
- Indoor pool (heated November to March)
- Indoor and outdoor Jacuzzis
- Floodlit tennis court
- Indoor and outdoor bowls green facilities
- Mini market/souvenir shop
- Jewellery shop
- Free parking
- Laundry and dry cleaning facilities
- Currency exchange

### Hotel's Elixir Spa

- Heated pool (heated November to March)
- 2 Saunas free of charge
- 1 Steam bath
- Gym
- Hairdressing salon
- Professional massages

### **Hotel policies**

Mobility scooters are not permitted in the hotel, although use of manual or electric wheelchairs are.

### **Vaccinations & health information - SHARED WITH ALL EU NEW 2026**

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

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### **Passport & Visa information - SHARED FOR ALL EU NEW 2026**

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

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### **Packing list - Overseas Guided Walking**

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of

your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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