

Cyprus. Follow the E4 and other nature trails



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# EUROPEAN LONG DISTANCE PATH E4

## INTRODUCTION

The European long distance path E4 was extended to Cyprus following a proposal by the Greek Ramblers Association to the European Ramblers Association, the coordinating body of the European Network of long distance paths. The main partners in Cyprus are the Cyprus Tourism Organisation and the Forestry Department.

The path starts at Gibraltar, passes through Spain, France, Switzerland, Germany, Austria, Hungary, Bulgaria, mainland Greece, the Greek island of Crete, to the island of Cyprus.

In its Cyprus section, European path E4 connects Larnaka and Pafos international airports. Along the route, it traverses Troodos mountain range, Akamas peninsula and long stretches of rural areas, along regions of enhanced natural beauty and high ecological, historic, archaeological, cultural and scientific value.

Few people have the time or the stamina to tackle the whole route in one go. The information given here is a general outline, to assist ramblers identify the path route. It is by no means a detailed description of all aspects of covered areas. Ramblers are strongly advised to research further any path section(s) to be attempted, with particular emphasis in the availability and proximity of overnight licensed accommodation establishments, especially in remote mountain and rural areas.

It should be stressed that the route by no means represents all that Cyprus has to offer the Rambler. It is primarily designed as cross-country route, and as such is inevitably selective, missing out some fine landscapes and/or cultural sites. It does however provide a sampler of the scenic and cultural variety that is Cyprus. Happy rambling!



## 1.0 LARNAKA - AMMOCHOSTOS (FAMAGUSTA) DISTRICTS

This section of the path covers 176 km, 86 km in the Larnaka district and 90 km in the Ammochostos (Famagusta) district. It is subdivided in 7 parts for easier reference. Covering its entire length requires about 50-60 hours.

### 1.1- SHEET I Larnaka airport - Rizoelia

**Length: 12 km, time required: about 5-7 hours**

The route starts at Larnaka International Airport. It follows a southerly course along the Larnaka Salt Lake, passing by the mosque of Hala Sultan Tekke (altitude 10 m) (paved road along 1 km). It then travels south-eastwards of the Salt Lake (dirt road), up to Kamares aqueduct. Then it crosses the Larnaka - Lemesos (Limassol) A5 motorway, near the old "Pasha" building, heads north-west towards Aradippou Industrial zone (1.5 km dirt track). It then crosses this road and goes through the Aradippou Industrial Zone, finishing by the eastern entrance to the Rizoelia National Forest Park.

The Larnaka Salt Lake is surrounded by halophytic vegetation characterised by halophytes, both shrubby and herbaceous. Rushes are often found in wetlands and occasionally reed beds. Plants along the rest of the route consist mostly of terebinth, date palms, olive trees, eucalypt trees, tamarisks and phrygana with thyme, lotus tree and fleabane. Rock formations consist mainly of deposits of sand and pebbles, sand and clay, sand and gravel, chalky marls and gypsum.

### 1.2- SHEET I Rizoelia - Panagia Ambelion - Kellia - Voroklini - Pyla

**Length: 28 km, time required: about 9-12 hours**

The first section of the route traverses the Rizoelia National Forest Park, a recreation area providing various services such as a picnic site, cycling and walking paths, sporting grounds and scenic points. Ramblers can admire the scenic view (east of Larnaka town, the Salt Lake, the Airport, Aradippou village and the west side of Stavrovouni rocky peak).

The dominant forms of vegetation types throughout the park consist of cypress trees, pines and acacia, together with low growing shrubs/phrygana, mainly thyme, prickly burnet, wild asparagus and caper. Rock formations consist mainly of gypsum, chalky marls, alluvial deposits, river terrace deposits, marls and calcarenite.

On leaving the Park from the northern exit, the route heads towards Panagia ton Ambelion or Panagia Aimatoussa (1 km paved road). Then it crosses the Larnaka -



Lefkosia (Nicosia) motorway (72) by means of an overhead bridge and travels parallel to the Rizoelia - Agia Napa motorway (73). It then crosses the Larnaka - Athienou road and enters the village of Kellia. This route section alternates between dirt track and paved road along 4 km. The route traverses the village of Kellia, passes along rural roads, through the Voroklini forest (alt. 100 m). It then climbs along forest roads to the chapel of the Prophet Ilias. Here the view is panoramic. Ramblers may view the whole Larnaka bay, the British sovereign base area of Dhekeleia and surrounding villages. The route then passes through Voroklini village and continues eastwards to the bi-communal village of Pyla (3 km dirt track), inhabited by both Greek and Turkish Cypriots. The village provides a wide choice of tavernas, offering excellent fish dishes. From Pyla, ramblers have the choice between heading south along the coastal road of Dhekeleia, a touristic area with many restaurants and hotel accommodations, onwards towards the free Ammochostos (Famagusta) district areas and return via the Kokkinohoria (red soil villages). The second option is to head back towards Pyla village.

### 1.3- SHEETS I and II Ormideia - Xylofagou Forest - Panagia Xylofagou church - Liopetri river - Agia Thekla - Agia Napa - 'Kermia'

**Length: 35 km - 8 km cycling path, 24 km dirt track and 3 km paved road, time required: about 11-14 hours**

The route passes very close to the sea. It starts at about 300 metres south of the village of Ormideia and ends in an area known as "Kermia", east of Agia Napa village. Altitude varies from about 0 - 98 metres.

From Pyla the route crosses the Larnaka - Pyla road and heads towards the British Sovereign Base of Dhekeleia and Ormideia village, along the old Larnaka - Dhekeleia - Ormideia road (B3). It then heads to Panagia Xylofagou church, passing through Xylofagou village. The route continues past agricultural land, reaching Potamos tou Liopetriou, Agia Napa village and thereafter "Kermia". There is an abundance of hotel, catering and recreation facilities along the route.

Vegetation consists of Phoenician juniper, pine, wild olive, acacia, Calabrian pine and cypress, Mediterranean hawthorn, eucalypts and phrygana (mainly thyme, lotus tree and helianthemum species). Rock formations consist of alluvial and river terraces deposits made of sand and gravel, as well as reef limestone.

Points of interest include the Panagia church, Liopetri river, Agia Thekla church, the ancient tombs at Makronissos and the medieval monastery of Agia Napa.





#### 1.4- SHEET II Kermia - Western end of Cape Gkreko - Cape Gkreko - Agioi Saranta - Sotira Forest - Southwestern Sotira - "Streftaras" area.

**Length: 20 km-18.5 km dirt track, 1.5 km paved road, time required: about 7-9 hours**

This E4 path section commences at the western end of Cape Gkreko National Forest Park, in the "Kermia" area, and finishes south west of the village of Sotira, in the Streftaras area of the Sotira forest. Altitude is between 0 - 195 metres. The entire route that passes through Cape Gkreko National Forest Park is a proposed nature conservation area ("NATURA 2000").

The area is dominated by "maquis" vegetation, mainly consisting of Phoenician juniper. Other species include wild olive, pine, boxthorn, buckthorn, tree purslane and rock samphire. About 400 different plant species have been identified in the National Forest Park area. Of them, 14 are endemic, and a further 14 are considered rare.

The geology of the area consists of reef limestone, sand and gravel, chalks and calacerinte.

The inhabitants of the Sotira community are mainly employed in the tourist industry and agriculture.

There are plenty of available facilities along the route, such as the picnic sites of Agioi Anargiroi and Agios Antonios, a kiosk, restaurants, and hotel accommodations at Konnos.

Interesting points are the sea caves, the ruins of the ancient temple to Aphrodite, Cape Gkreko lighthouse, the Bridge (Korakas archway), Agioi Anargyroi church, the sea caves and Konnos beach.



The route goes past cultivated fields as well as copses mainly of pine trees, cypress trees, lentisk and juniper.

The geology of the area consists mainly of limestone, chalks, sand and gravels and calcarenite. Points of interest are Liopetri dam and Agios Georgios Angonas church.

#### 1.6- SHEET I Pyla forest - Pyla - Aspromoutti - Troulli - Avdellero

**Length: 16 km, time required: about 8-11 hours**

The route starts at the British sovereign base area and passes through the bi-communal village of Pyla (1,400 inhabitants). It ascends towards the Aspromoutti forest (altitude 140 m), then descends to the Agios Georgios monastery at Mavrovouni, past the village of Troulli (1,050 inhabitants). Then the route goes west and ends in the village of Avdellero (110 inhabitants).

Vegetation consists of pine, cypress, acacia, reed-beds and phrygana (thyme, lotus tree, asparagus and helianthemum species).

The geology of the area is mainly calcarenite, chalks and pillow lava of the Troodos Ophiolite Complex.

#### 1.7- SHEET I Avdellero - Archangelos - Megali Moutti - Koshi - Moutti tou Ziou - Kalo Horio - Klavdia - Stazousa church

**Length: 30 km, time required: about 11-14 hours**

The final part of the route starts from Avdellero village. It crosses the phrygana vegetation of the area, ascends towards the monastery of Archangelos, through the Megali Moutti forest (altitude 240 m). It then crosses the Larnaka-Lefkosia (Nicosia) A2 motorway (via the Koshi underpass), it ascends towards the Moutti tou Ziou forest (altitude 270 m) and through the Turkish Cypriot villages of Kalo Horio and Klavdia, ends west of Panagia tis Stazousas church.

Vegetation consists of Calabrian and Aleppo pine, cypress, Mediterranean hawthorn, eucalypts, acacia, reed-beds and phrygana (thyme, prickly burnet, lotus tree, asparagus and fleabane).

The geology of the area consists of pillow lava of the Troodos Ophiolite Complex, umber, chalks, sand and gravel.

#### 1.5- SHEET II + I Sotira - Liopetri dam - Liopetri Community Forest - Xylofagou - Xylotymbou - Pyla community forest

**Length: 35 km - 26 km dirt track and 9 km paved road, time required: about 10-14 hours**

The greater part of the route passes mainly through rural areas. It starts at Sotira and ends in the Pyla Forest, through the Liopetri forest and Xylofagou and Xylotymbou villages. The inhabitants of the area are employed mainly in the hotel industry and in agriculture. The area has plenty of facilities such as restaurants, kiosks, coffee shops and inns.



## 2.0 STAVROVOUNI - AETOMOUTTI - MACHAIRAS REGIONS

This section of the E4 path is 74 km long. It covers the area from the village of Klavdia to Archontides restaurant on the main road between the villages of Kalo Horio and Farmakas. The area is not particularly difficult to walk. It is estimated that about 25 - 27 hours are needed to cover it. The Path is subdivided in two parts.

### 2.1 - SHEET III Stavrovouni Forest area: Klavdia (Stazousa), Kornos, Delikipos

**Length: 28.5 km, time required: about 10-13 hours**

The first part commences at the village of Klavdia and ends at Delikipos park. The path surrounding area is semi-mountainous. The geology consists mainly of pillow lava and diabase dykes, diabase and alluvial deposits. The forest vegetation is mainly Calabrian pine, cypress, wild olive, Mediterranean hawthorn and lentisk, while fruit trees consist of olive trees and carob.

The route from Klavdia goes in a south-westerly direction to the monastery of Stavrovouni, past the churches of Panagia tis Stazousas, Agios Modestos and Agia Varvara. Stavrovouni (mountain of the cross) monastery, was built in 327 A.D by St Helena. She left a fragment of the Holy Cross to the monastery, hence its name. Women are not allowed in the monastery proper. The route then passes in a north-westerly direction, to the village of Kornos and via the Kornos picnic site, ends up at Delikipos village. All along the route there are plenty of facilities, including catering and medical assistance.

Points of interest include splendid views from the Stavrovouni peak, as well as the traditional pottery at Kornos village.

### 2.2- SHEET III Machairas Forest areas: Delikipos park, Aetomoutti forest, Lythrodontas, Mantra tou Kambiou, Prophet Ilias and Kionia picnic sites, Machairas Monastery, Lazanias, Fikardou

**Length: 45.5 km, time required: about 11-14 hours**

This path section starts at Delikipos park, westwards to Aetomoutti and north-west to Lythrodontas village, ending at the Archontidis Restaurant in Kalo Chorio. The area geology consists mainly of pillow lava and diabase dykes, diabase and alluvial deposits.

Vegetation is mainly pine, wild olive, carob, oak, shrubs such as golden oak, eastern strawberry tree, sumach, lentisk, rockrose and phrygana.



Points of interest along the route include the monastery of Prophet Ilias built in the 16th century A.D, a nearby inn used as a children's camping site, the Kionia picnic site, the Kionia peak from where large parts of Lefkosia (Nicosia), Lamaka and Lemesos (Limassol) are visible, and the 7th century A.D monastery of Machairas.

The rare and protected endemic plant *Crocus hartmannianus* can be found in the Machairas region. The entire Machairas forest has been proposed as a "NATURA 2000" site. Two houses in the traditional village of Fikardou have been granted the Europa Nostra award.

The picnic sites provide recreational facilities. In the villages of Lythrodontas, Lazanias and Fikardou there are coffee shops, restaurants, as well as traditional Agrotourism accommodation houses.

## 3.0 ADELFOI FOREST - TROODOS FOREST

The section of the E4 path that goes through the Adelfoi and Troodos forests is 70 km long. It is subdivided in 4 sections. It starts at a point on the main Lefkosia (Nicosia) - Klirou - Kalo Horio - Farmakas road (E904), 4 km (south) of Klirou village, towards Farmakas village, at an altitude of 500 m. It ends at the chapel of Agios Georgios Kapourallis, on the main Foini - Lemythou road, at an altitude of 1050 m. The path is not particularly difficult, despite some short steep parts. About 25 to 30 hours are needed to walk along this section.

### 3.1 - SHEET IV Main road of Lefkosia (Nicosia) - Klirou - Kalo Horio - Farmakas (E904) 4 km (south) of Klirou towards Farmakas - Stavros Agiasmati church

**Length: 24 km, time required: about 8-10 hours**

The first section of the route includes the following subsections: Agios Epifaneios (dirt roads and paved roads 8 km), Agios Epifaneios - Panagia Bridge Forest Station (forest road 7km), Panagia Bridge - Stavros Agiasmati (4km paved road, 5 km forest road, 5 km uphill).

The forest vegetation consists mainly of Calabrian pine accompanied by sparse low shrubs mainly rockrose, caper, terebinth. At higher altitude the endemic golden oak of Cyprus appears.

The area geology is mainly lava which later becomes diabase. The village of Agios Epifaneios at an altitude of 600 m has only 300 inhabitants employed in agriculture, animal husbandry and/or work in Lefkosia (Nicosia). There are restaurants, coffee shops and supermarkets along the way.

There is an information office at the Panagia Bridge Forest Station (altitude 450 m)





open during working hours. The small picnic site nearby offers an opportunity to stop and rest. At the end of this section (altitude 1050 m) lies the 15th century A.D chapel of Stavros Agiasmati, a site included in the UNESCO World Heritage List.

### 3.2- SHEET IV Stavros Agiasmati - Panagia tou Araka

**Length: 7.5 km, time required: about 2-4 hours**

The route is a nature trail in its entirety and functions as such since 1995. On leaving the church of Stavros Agiasmati, it ascends for a while through forested area. It then goes past deserted vineyards and re-enters the forest, reaching the village of Lagoudera. It then descends through the village of Lagoudera (altitude 1000 m), from where it follows existing roads to reach the church of Panagia tou Araka.

The forest vegetation throughout the route consists of Calabrian pine, the endemic golden oak, and other shrubs such as eastern strawberry tree. The rock formations are exclusively diabase. The region of Madari, a proposed nature conservation area (NATURA 2000) can be admired from the highest point of the route.

As a result of urban drift, only about 200 people reside in Lagoudera. Those who have remained are mainly employed in agriculture. The Madari region produces fine grape varieties, wine, zivania, walnuts, hazelnuts, apples, figs and almonds.

The 13th century A.D church of Panagia tou Araka - another UNESCO world heritage site - with its beautiful frescoes, is well worth a visit.

### 3.3- SHEET IV Panagia tou Araka - Platania

**Length: 15 km, time required: 5-6 hours**

After the church of Panagia tou Araka the route continues to the village of Saranti, ascending up a paved road to reach the area known as "Selladi tou Karamanli" (3 km - alt. 1180 m). An old path 4 km long starts from here past the "Black Forests", to the "Selladi tis Horas" (alt. 1150 m) over the village of Spilia. A new path 2 km long leads through the forest to the area known as "Doxa soi o Theos" (alt. 1320 m) north of the village of Kyperounta. From there, it trails along dirt tracks and paths (6 km) to the Platania Forestry Station (alt. 1000 m), 6 km from the village of Kakopetria.

Most of the route passes through thick natural forest of pine (*Pinus brutia*), often accompanied by a thick understorey of golden oak, or alternating with tall thickets of golden oak.

The rock formations are mostly diabase again, whereas nearer to Platania they are gabbros. In the villages of Spilia, Kyperounta and Kakopetria there are shopping, restaurants, and accommodation at hotels or agrotourism establishments.



At the Platania Forest Station there is a picnic and camping area and a small restaurant. Here, one can visit the fenced area where Cyprus mouflon (*Ovis gmelini ophion*) are kept.

### 3.4- SHEET IV Platania - Troodos - Agios Georgios Kapourallis

**Length: 32.5 km, time required: 9-11 hours**

At Platania, the E4 path passes through the Forest Station and then ascends to "Kambos tou Livadiou" picnic site (alt. 1650 m), 8 km further down. From there, it goes along a paved road to reach Plateia Troodos (Troodos Square alt. 1700 m), from where the "Persephone" nature trail commences. Then it goes along paths and dirt tracks to reach "Kryos Potamos" and Kaledonia waterfalls (alt. 1400 m). This section of the route is 10 km long. After Kalidonia it reaches a sightseeing spot along the main Troodos - Platres road (alt. 1500 m) and continues to "Kambi tou Kalogirou" picnic and camping site (alt. 1400 m). From there, it descends to Agios Georgios Kapourallis church (alt. 1020 m) and enters the Pafos Forest section.

The vegetation and scenery along this section of the route is varied. As the altitude changes so does the vegetation, with black pine appearing at the higher ground, over 1400 m, gradually displacing Calabrian pine. The golden oak disappears over 1600 m, while species appear that survive only on Troodos. These include whitebeam, Troodos juniper and barberry. The Troodos forest has been proposed as a nature conservation area of the European "NATURA 2000" network and is considered one of the most important mountainous flora habitats of Europe. Furthermore, its world famous geological ophiolite complex attracts considerable international scientific interest.

In Plateia Troodos (Troodos Square), one should visit the "Troodos Visitor Centre". There are ample facilities to shop, rest or camp at the camping site situated about one kilometre to the east. Hotel accommodation is available at the nearby village of Pano Platres, a resort with various facilities.







#### 4.0 PAFOS DISTRICT: PAFOS FOREST - AKAMAS - PEGEIA - TSADA - PAFOS AIRPORT

In the Pafos district section, the E4 path stretches along 219 km. The time needed to walk along the entire path is estimated between 80 - 85 hours. The path is subdivided into 8 subsections.

##### 4.1 - SHEET V Prodomos (Agios Georgios Kapourallis) - Panagia tou Kykkou monastery

**Length: 34 km, time required: about 12-15 hours**

Arriving at Agios Georgios Kapourallis (alt. 1100 m), situated on the outskirts of the village of Agios Dimitrios, one can find catering and accommodation establishments, visit sites of cultural interest such as Agios Dimitrios church and enjoy the unique natural beauty of the surrounding area.

The route passes along a forest road parallel to the Foini - Agios Dimitrios - Lemythou road and enters Pafos forest, offering splendid views of the Diarizos river valley. The route then crosses the traditional village of Kaminaria (alt. 1100 m), an optional resting and re-supply stop. Before entering the village of Kaminaria, ramblers may choose to follow the path leading to the Venetian bridges along the Diarizos valley. There are four churches on the outskirts of the village dating to the 16th and 17th centuries A.D, namely the church of Agios Vasilios, the church of Panagia tis Kardiovastazousas, the church of Agios Georgios and the church of Agios Ermolaos. After Kaminaria, the route reaches the Komitizi picnic site (alt. 1000 m), where one can rest, fill up with fresh drinking water and enjoy the beauty of the Platys river valley. The path then arrives at the picturesque village of Milikouri (alt. 1200 m) where in spring the smell of roses fills the air. The skill of rose water production has been practised in the area since ancient times. The path passes over the village and reaches Kykkos (alt. 1400 m), at a distance of 100m from the monastery. The monastery, the only historical monument in the Pafos forest, houses a very interesting museum of Byzantine art, as well as a winery.

##### 4.2- SHEET V Panagia tou Kykkou monastery - Stavros tis Psokas Forest station

**Length: 26 km, time required: about 9-12 hours**

After Panagia tou Kykkou monastery, the path passes through the nature conservation area of the Valley of Roudia, along the Kykkos - Vrysi- Lazarides - Stenoi - Kaminoudhkia - Selladi tis Elias - Cedar Valley road, with beautiful views of the Black Cliffs (alt. 1200 m).



The route ends in the Cedar Valley (alt. 1000 m). It takes about an hour to ascend to the Tripylos mountain, through cedars and pines. There is a forest fire lookout station on the peak of Tripylos mountain (alt 1452 m) offering a wonderful opportunity to rest and admire the panoramic view of practically the whole of Pafos Forest. From Tripylos, the path leads to the "Horteri" nature trail, with its beautiful pine copses and endemic golden oak. Here, ramblers can study the flora and unique geology of the area. The path continues to "Stavros tis Psokas" Forest Station (alt. 800 m), where one can rest and spend the night. Advance booking is necessary. Here one may also admire Cyprus fauna in the form of the mouflon and the fallow deer.

##### 4.3- SHEET V Stavros tis Psokas' Forest Station - Lysos

**Length: 25 km, time required: about 8-11 hours**

After "Stavros Psokas" Forestry Station the route goes through the Agios Theodoros valley (average alt. 700 m) an area characterised by thick riverine vegetation of Calabrian pine (*Pinus brutia*), oriental alder, oleander, oriental plane tree and many other plant species. Sightings of birds of prey are frequent here, indicative of the ecological value of the valley. At the end of the valley in the region known as "Tzioumalis", the route turns northwards, following the forest road towards "Aftoulina" crossroad. From there it goes around the "Tremitha" mountain and ends up at the region of "Kopes", the outer limits of the Pafos forest. It then enters rural areas around the village of Lysos and, leaving the pine forest behind, continues along carob trees, olive groves, cereal fields and deserted fields that have been colonised by shrubs such as kermes oak, Mediterranean hawthorn, thorny gorse, prickly burnet and other species. It then passes through the Turkish Cypriot village of Melandra and enters the village of Lysos (alt. 600 m). The village offers catering and accommodation options.

##### 4.4- SHEET VI Lysos - Kritou Tera

**Length: 24 km, time required: about 8-11 hours**

The E4 path leaves the village of Lysos and extends along an old rural road between Lysos and the village of Meladeia. There are visible signs that the road was used in older times as a main connecting road to Polis Chrysochous Valley. It passes through the camping site at the village of Peristerona and traverses "Vouni" hill, going past the churches of Agion Pateron, Agia Zoni, Panagia tis Chrysolakounas and, through a stand of carob trees, ends up at the village of Steni (alt. 150 m). It then passes through fields of tobacco plants and ends at the village of Goudi, where one can see the "Platanos ton Plymmaton" in itself a monument to nature.



The route then reaches the ancient village of Kritou Terra (alt. 450 m), a place of various food options and traditional architecture agrotourism establishments where one can spend the night. The old school building houses an interesting Environmental Studies Centre, where one can learn about the unique habitats of the Akamas peninsula.

#### 4.5- SHEET VI Kritou Tera - 'Loutra tis Afroditis'

**Length: 22 km, time required: about 8-11 hours**

The route continues through the fields surrounding Kritou Tera village an area of rare plant species, and reaches the village of Drouseia (alt. approx. 600 m), considered to be the gateway into the Akamas peninsula. The route then leads to "Smygies" picnic site and "Piana" forest fire lookout station (alt. 550 m). Below the fire station, the path follows "Adonis" Nature Trail and ends up at "Loutra tis Afroditis" (alt. 50 m), where according to legend the goddess Aphrodite used to take her beauty baths in a natural grotto. The route offers a wide variety of attractions to admire, study and enjoy. The combination of rare geological formations, varied and rare flora, and fauna, and the dazzling blue seaviews provide a fascinating experience.

#### 4.6- SHEET VI Loutra tis Afroditis' - Pegeia

**Length: 36 km, time required: about 12-15 hours**

At "Loutra tis Afroditis", history and mythology referring to the goddess Aphrodite and Adonis unfold before one's eyes. The route follows the contours of the coast and, to the accompaniment of the sound of waves breaking on the rocks, goes past Fontana Amorosa, Agios Kononas and the protected beach at Lara - Toxeftra, where the green (Chelonia mydas) and loggerhead (Caretta caretta) turtles nest. It reaches the entrance into Avakas gorge, just before the village of Pegeia (alt. 100 m). The route through the Akamas peninsula is impressive with attractions such as sea caves, gorges and maquis forest areas. This is the longest path distance over which one is away from villages and other inhabited areas. It is therefore recommended that ramblers go prepared for a continuous trek, up to the village of Pegeia. Camping inside the Akamas National Park is prohibited.

#### 4.7- SHEET VII Pegeia - Tsada

**Length: 28 km, time required: about 10-13 hours**

After the Avakas gorge, the path approaches the village of Pegeia, ascends towards Pykni forest, crosses the main Pegeia - Kathikas road, follows the old Pegeia - Kathikas road, ending at the village of Pegeia. From there it follows the Pegeia - Akoursos dirt



road and finishes at Mavrokolymbos quarry. It then crosses the main Akoursos - Pegeia road and reaches a splendid area of natural beauty with waterfalls, a secluded oasis of peace and tranquility.

It is notable that despite intense grazing in the area, the indigenous cypress trees growing along the Koili village have managed to survive. Continuing uphill, the route reaches Koili (alt. 600 m) where one can rest and spend the night. The path then passes through vineyards east of Koili, crosses the main Pafos - Polis Chrysochous road and ends up in Tsada village (alt. 600m), located on a hill about 8 km north - east of Pafos town.

#### 4.8- SHEET VII Tsada - Pafos airport

**Length: 24 km, time required: about 8-11 hours**

The final section of the E4 path in Pafos descends from the village

of Tsada, alongside the nearby golf course, through wild gullies, towards the valley of Morounero, follows the valley and reaches the village

of Episkopi (alt. 200 m). Look out for the vertical rock formation in the area. The route then follows the natural course of the river and ends up at the coast, by Pafos international airport. It follows along the coast to reach the airport, where the European Long Distance Path E4 ends (or starts).









Prepared by the Department of Lands  
and Surveys, KYPROS 2004.

SCALE 1 : 200000

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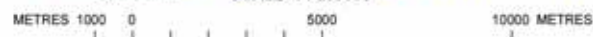






















## OTHER CYPRUS NATURE TRAILS

### INTRODUCTION

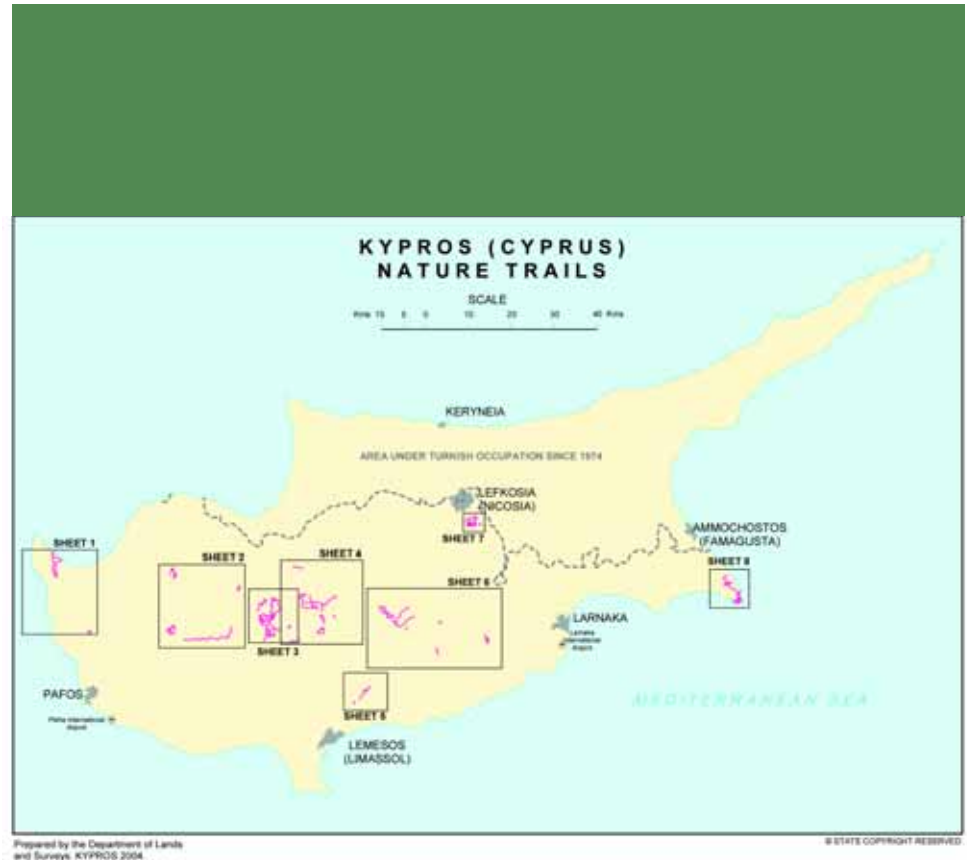
Prior to the technological revolution and the subsequent dominance of the motor vehicle, the main road network in Cyprus was comprised of paths and cart tracks. These provided the only link between villages and among villages and rural areas.

Nowadays, cart tracks have long disappeared, and most paths are now covered by thick vegetation.

In recent years with financial support from the Cyprus Tourism Organisation, the Forestry Department has created a number of trails throughout the island, from Cape Gkreko in the southeast to Akamas peninsula in the west.

These have been designed to cover areas of rich natural vegetation and cultural interest. They have been landscaped on gentle gradients and are, as a rule, circular so that all age groups can use them with ease. In many cases, there are signposts in place, to indicate a trail starting point, as well as flora and geology features along the route.

Although walking in Cyprus can be enjoyed throughout the year, the recommended seasons are during late autumn (November) and spring, when the Cyprus rural and forest areas are at full bloom.



## DEGREE OF DIFFICULTY OF TRAILS

All nature trails are divided in 3 categories of difficulty, as follows:

**Category 1:** Easy trail, with gentle gradient. Suitable for all ages and fitness levels.

**Category 2:** Average degree of difficulty, suitable for adults in fair to good fitness levels. Sudden changes in gradient (uphill and/or downhill), and/or course along narrow or rough terrain.

**Category 3:** High degree of difficulty. Route with difficult terrain such as sudden changes in gradient (uphill and/or downhill), course along particularly rough and/or slippery, and/or narrow, and/or steep terrain. Suitable for adults in very good to excellent fitness levels. Unsuitable for young children.

## USEFUL ADVICE

1. Use footwear suitable for walking on cross country terrain.
2. Wear a hat and sunglasses and carry along ample supply of water.
3. Entrance to monasteries and churches is permitted only to suitably attired persons.
4. When you walk:
  - respect the property of others
  - avoid any disturbance and destruction
  - do not leave behind litter
  - show consideration for animals and wildlife and avoid disturbing them in their natural surrounding
  - leave flowers and plants where they grow
  - take care not to cause fires
5. In Cyprus there are 8 species of snakes, of which only one is dangerous to man. In case of a snake bite by the “Vipera lebetina”, medical attention should be sought immediately. Wells and other water sources are the most risky spots.
6. Picnic sites provide sanitary facilities and drinking water. Most include facilities for barbecues.
7. When attempting to walk over remote mountain/rural areas it is highly recommended to have access to a mobile telephone
8. Forestry Department: Tel 22805510



### **SHEET 1: 1. Adonis Trail (Circular)**

**Starting point:** 400m before Baths of Aphrodite

**Length: 7.5 km, Duration: 3-4 hours, Degree of difficulty: 3**

**Points of interest:** Views to Polis, Pafos forest and Akamas peninsula. The path goes past Pyrgos tis Rigainas (Queen's Tower). At location Kefalovrysia, where a potable water fountain is found, it links up with Smigies trail. At Pyrgos tis Rigainas (Queen's Tower) it links up with Afroditi (Aphrodite) trail. In order to complete its circular path the trail follows the main road connecting Baths of Aphrodite and Polis, for about 400m.

### **SHEET 1: 2. Afroditi (Aphrodite) Trail (Circular)**

**Starting point:** Baths of Aphrodite

**Length: 7.5 km - Duration: 3-4 hours - Degree of difficulty: 3**

**Points of interest:** The Baths of Aphrodite, where according to legend, the goddess bathed. The ruins of Pyrgos tis Rigainas (Queen's Tower), are believed to be part of a medieval monastery complex. A huge 100-year-old oak tree is located near the ruins. Excellent viewpoints towards Cape Arnaoutis (Akamas), Polis and Pafos forest. Along the route, there are two potable water fountains, one near the ruins of Pyrgos tis Rigainas (Queen's Tower) and one between locations Loutra and Kakoskali. The trail links with Adonis trail.

### **SHEET 1: 3. Smigies Trail (Circular)**

**Starting point:** Smigies picnic site, 2.5 km west from Neo Chorio village, in the Akamas region.

**Length: (a) Short route 2.5 km. (b) Long route 5 km**

**Duration: Short route - 1 hour - (b) Long route - 2 hours**

**Degree of difficulty: 2**

**Points of interest:** Views initially to the west coastline of Akamas peninsula, including Lara Bay, and later to the east, to Chrysochou Bay, Lakki settlement, Polis, Pachyamos village and Pafos forest. The long route goes past the disused magnesium mines which include a deserted kiln and then through a dense part of Akamas forest. The long route links up with Adonis trail at location Kefalovrysia (potable water fountain location). At their starting point both trails pass by the Piana fire lookout station.



### **SHEET 1: 4. Pissouromoutti Trail (Circular)**

**Starting point:** Smigies picnic site, 2.5 km west from Neo Chorio village, in the Akamas region.

**Length: 3 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Rich in forest vegetation such as Phoenician juniper, pistacia sp. and cistus sp. Views towards Chrysochou Bay to the northeast and Akamas coastline to the west. Panoramic view from the peak.

### **SHEET 1: 5. Agiasma Trail (Circular)**

**Starting point:** 1 km from the Kathikas village, towards Pegeia village

**Length: 2 km - Duration: 45 minutes - Degree of difficulty: 1**

**Points of interest:** Rich geology area of high and impressive rock formations and vineyards. A stone-built fountain with potable water, 800m from the starting point.

### **SHEET 2: 1. Moutti Tou Stavrou Trail (Circular)**

**Starting point:** Selladi tou Stavrou, 3 km above Stavros tis Psokas at the crossroad junction of the roads to Panagia tou Kykkou monastery, Stavros tis Psokas and Pyrgos.

**Length: 2.5 km - Duration: 1 hour - Degree of difficulty: 1**

**Points of interest:** Route through pine forest with good views towards Morfou Bay and the east part of Akamas peninsula. At a crossroad 500m into the trail, the left course has been abolished while the right course keeps the rambler on the trail circular path.

### **SHEET 2: 2. Chorteri Trail (Circular)**

**Starting point:** Location Platanoudkia, about half way along the road connecting Stavros tis Psokas with Selladi tou Stavrou.

**Length: 5 km - Duration: 2 hours - Degree of difficulty: 3**

**Points of interest:** Excellent views towards Stavros valley and the forest station. At the start of the trail there is a potable water fountain. The trail passes through rich golden oak growth.

### **SHEET 2: 3. Ariadni Trail (Circular)**

**Starting point:** From 'Tree Tops' hotel, just after Gerakies village, towards Panagia tou Kykkou monastery.

**Length: 5 km - Duration: 2.5 hours - Degree of difficulty: 3**

**Points of interest:** Excellent views. It goes past the picturesque village of Gerakies in Marathasa valley, nestling on the hillside amongst lush vegetation, on the fringes of Pafos forest. Ascends to the south of "Tree Tops" hotel, then descends. To become circular, the last part runs along the Gerakies - Kykkos main road for about 800m.

#### **SHEET 2: 4. Vouni Panagias Trail (Circular)**

**Starting point:** Pano Panagia village, across the cultural centre near the church.

**Length: 9.8 km - Duration: 3 hours - Degree of difficulty: 3**

**Points of interest:** At its highest points it offers excellent views to Panagia village, Akamas peninsula, Pafos forest and Troodos mountain range. The route goes through vineyards. Towards the end of the trail there is a choice between two routes. One leads to Panagia Chrysorogiatissa monastery and then on to Panagia village. The other, a shorter route, leads directly to the village. There is access to Vouni fire lookout station.

#### **SHEET 2: 5. Enetika Gefyria (Venetian Bridges) Trail (Linear)**

**Starting points:** (a) Kaminaria village (b) Vretsia village

**Length: 17 km - Duration: 6 hours,**

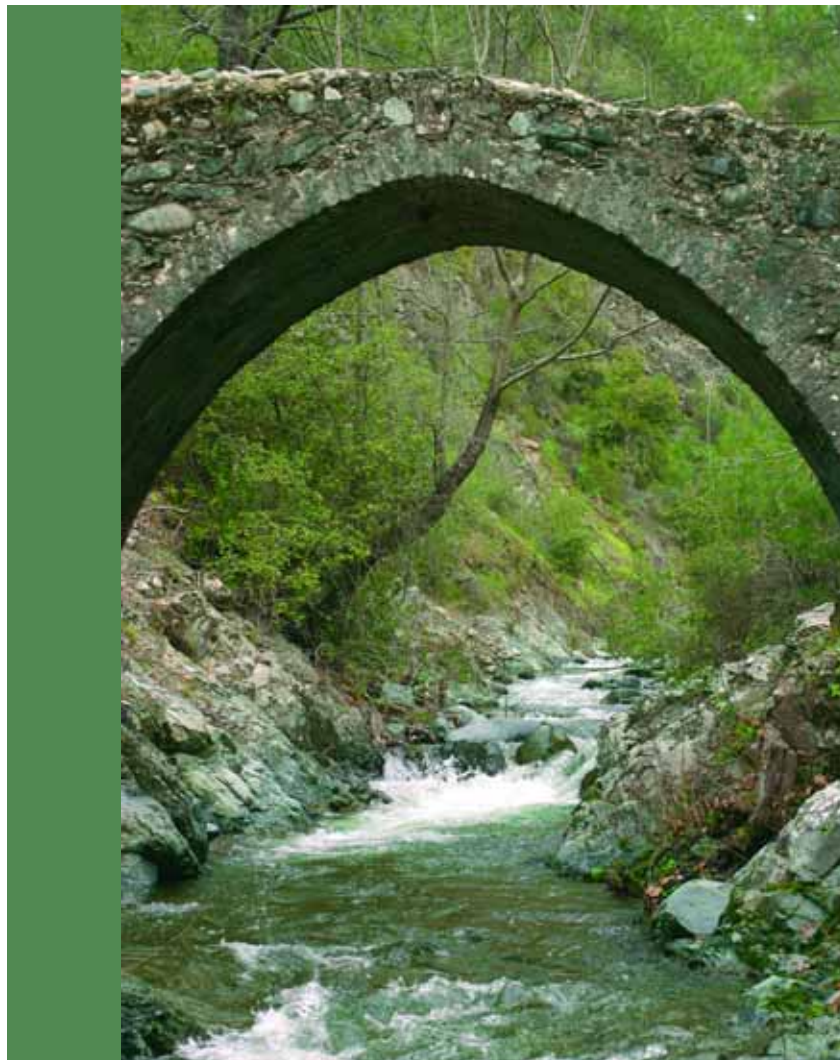
**Intermediate distances / duration:** Kaminaria village - Elia Bridge 3.2 km - 1 hour, Elia Bridge - Tsielefos Bridge 3.9 km - 2 hours, Tsielefos Bridge - Roydia Bridge 6.9 km - 2 hours, Roydia Bridge - Vretsia village 3 km - 1 hour.

**Degree of difficulty: 3**

**Points of interest:** The medieval bridges of Elia, Tsielefos, and Roydia. The view all along the way is panoramic. Goes through dense pine forest, over Arminou dam, past Pera Vasa picnic site (a huge dry tree trunk of the Pera Vasa pine exhibited here), and continues through "Saouris" farm belonging to Kykkos monastery, past the Cave of Saouris, "Mita's" pen and near the vultures' observation point.

#### **SHEET 3: 1. Mnimata Piskopon Trail (Linear)**

**Starting point:** On the main Troodos - Karvounas road, 1.5 km before Troodos Square (Plateia Troodos), 9 km from location Karvounas, at Kampos tou Livadiou picnic site. The starting point is approximately 300 m along the narrow paved road. Following a 1 km route on a path widened to accommodate ramblers using wheelchairs,





a crossroad is reached with a wooden signpost: “Mnimata piskopon” (northwestern direction), to be followed. The first kilometre of this route is part of Kampos tou Livadiou trail. The trail ends at the loose surface road connecting location Platania with Agios Nikolaos tis Stegis church.

**Length: 8 km - Duration: 3 hours (up to Platania - Agios Nikolaos tis Stegis loose surface road) - Degree of difficulty: 3**

**Points of interest:** The trail goes through dense thickets of black pine, follows a course along the edge of cliffs, offering views towards the Chromium River, Solea Valley and Morfou Bay. The trail ends at Platania - Apotheri- Agios Nikolaos tis Stegis forest road, with a choice of three routes ending at Agios Nikolaos tis Stegis church, Kakopetria village and Platania picnic site respectively. The trail is linked with Kampos tou Livadiou trail.



### **SHEET 3: 2. Kannoures - Agios Nikolaos Tis Stegis (Kakopetria) Trail (Linear)**

**Starting point:** On the main Karvounas - Troodos square road, 1 km before Troodo Square (Plateia Troodous), 9.5 km from location Karvounas. Ends at Agios Nikolaos tis Stegis church, or continues up to Kakopetria village.

**Length: 9km (12 km up to Kakopetria village) - Duration: 3 hours (4 hours up to Kakopetria village) - Degree of difficulty: 3 due to its length. Relatively easy, mainly downhill route.**

**Points of interest:** Forest landscape. Starts by the stream of river Karyotis and follows the scenic river valley. Goes past the now disused chromium mine installations and ends by the 12th century A.D church of Agios Nikolaos tis Stegis with its excellent frescoes, a listed UNESCO World Heritage site. From Agios Nikolaos tis Stegis the route may continue on Pedoulas - Kakopetria main road for about 3km, to reach Kakopetria village.

### **SHEET 3: 3. Livadi Trail (Circular)- Also Accessible by Persons using Wheelchairs**

**Starting point:** On the main Troodos - Karvounas road, 1.5 km before Troodos Square (Plateia Troodous), 9 km from location Karvounas, at Kampos tou Livadiou picnic site. The starting point is approximately 300 m along the narrow paved road.

**Length: 1.5 km - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** Route through pine forest. Good views towards Solea Valley.

### **SHEET 3: 4. Artemis Trail (Circular)**

**Starting point:** 300 m from the junction between the road to Olympos mountain peak(Chionistra) and Troodos - Prodomos main road.

**Length: 7 km - Duration: 2.5 - 3 hours - Degree of difficulty: 1**

**Points of interest:** Black pine forest, rare endemic and other species of flora, geological formations of the region. Access to two 500-year-old black pines (Pinus nigra ssp. Pallasiana). The “walls of the old town”, ruins of temporary fortifications built during the last year of Venetian rule of Cyprus (1571 A.D) by a group of Venetian generals who chose the location for a final stand against the invading Ottomans. The route is circular going round Olympos mountain peak (Chionistra) at an altitude of 1850m. Provides spectacular views in all directions.

Can connect with Atalanti trail.

### **SHEET 3: 5. Persefoni Trail (Linear)**

**Starting point:** 150 m south of Troodos Square (Plateia Troodous), towards the area Police station. The trail is linear. Ramblers must either return by car waiting at the junction with the forestry road, or return along the same route.

**Length: 3 km - Duration: 1 hour - Degree of difficulty: 1**

**Points of interest:** Rich black pine forest vegetation during initial 2 km. Excellent views towards the trail end, by Makria Kontarka location.

### **SHEET 3: 6. Kalidonia Trail (Linear)**

**Starting points:** (a) About 350m off the Troodos - Platres main road, 3 km from Troodos Square (Plateia Troodous). Access to the starting point is also possible via the old Troodos - Platres main road, past the Presidential summer house. (b) Location Psilo Dendro over Pano Platres village.

**Length: 3 km - Duration: 1.5 hours - Degree of difficulty: 3**

**Points of interest:** Starting from Troodos Square approach, the trail goes downstream through dense forest vegetation, along river Kryos Potamos, which flows all the year round. Past the scenic Kalidonia waterfalls, the trail ends at location Psilo Dendro, over Pano Platres village.









### **SHEET 3: 7. Katarraktis Myllomeris (Waterfalls) Trail (Linear)**

**Starting point:** Between Pano Platres church and village centre, more towards the church. There is vehicular access to the falls at the end of the route, via loose surface roads, starting from a point along the main Platres - Limassol road, about 1 km from location Psilo Dendro.

**Length: 1.2 km - Duration: 30 minutes - Degree of difficulty: 3**

**Points of interest:** The trail leads to Katarraktis Myllomeris (waterfall), through rich vegetation. The first half of the trail goes parallel to river Kryos Potamos. The final half leads to an open area offering excellent views towards the south.



### **SHEET 3: 8. Kampos Tou Livadiou Trail (Circular)**

**Starting point:** Road leading to Kampos tou Livadiou picnic site, situated between Troodos Square (Plateia Troodous) and location Karvounas, 1.5 km from Troodos Square and 9 km from Karvounas.

**Length: 3 km - Duration: 1 hour - Degree of difficulty: 1**

**Points of interest:** A significant concentration of century old black pines. The trail passes by Kampos tou Livadiou picnic site. Connects to Mnimata piskopon and Livadi trails.



### **SHEET 3: 9. Atalanti Trail (Circular)**

**Starting point:** Troodos square (Plateia Troodous)

**Length: 14 km - Duration: 4-5 hours - Degree of difficulty: 2**

**Points of interest:** The path goes round Chionistra (Olympus mountain peak) at an altitude of 1700 - 1750m, passing through dense thickets of black pine and Troodos Juniper (Juniperus foetidissima, Juniperus oxycedrus). One of the largest Junipers, 800 years old, is to be seen there. There are superb views in all directions. An interesting entrance to a disused chromium mine. After 9 km the trail reaches Troodos - Prodomos main road. To carry on one must cross the road and walk for about 200 m on the Chromium housing settlements forest path towards Agios Nikolaos tis Stegis. There, a wooden signpost indicates the trail direction. Onwards, the trail continues in a parallel to the main road direction, ending up at Troodos Square (Plateia Troodous). About 3 km into the path route, towards Troodos Square, there is a potable water fountain.



### **SHEET 3: 10. Prodomos Reservoir - Stavroulia Trail (Linear)**

**Starting point:** Along the main Troodos Square - Prodomos village road, over Prodomos reservoir. For the trail end there are two options on separate points on Pedoulas - Agios Nikolaos loose surface road.



**Length: First option: 4.5 km - Second option: 4.5 km**

**Duration: 1.5 - 2 hours - Degree of difficulty: 3, steep downhill gradient**

**Points of interest:** Excellent views towards Morfou Bay and Troodos range. The trail passes through very dense pine forest. Further panoramic views eastwards towards the now disused chromium mine installations.

### **SHEET 3: 11. Psilo Dendro - Pouzariis Trail (Circular)**

**Starting point:** The junction of Platres - Mesa Potamos forest road with the main Moniatis - Platres - Troodos road, near location Psilo Dendro.

**Length: 9 km - Duration: 3-4 hours - Degree of difficulty: 3, very demanding, due to steep uphill/downhill route**

**Points of interest:** For the first kilometre it passes through dense pine thickets (Pinus brutia) changing to black pine (Pinus nigra ssp. Pallasiana), after 3 km. Panoramic views.

### **SHEET 3: 12. Kato Amiantos - 'Loumata ton Aeton' Stream Trail (Linear)**

**Starting point:** The main road between Kato Amiantos village and S.E.K Trade Union summer camping site.

**Length: 2.5 km - Duration: 1 hour - Degree of difficulty: 2**

**Points of interest:** Traverses a scenic hillside. Runs along the banks of the stream 'Loumata ton aeton', through lush vegetation ending at Amiantos Park. Goes past an old restored E.O.K.A\* hideout and 'Loumata ton aeton' stream. The trail can become circular by following roads towards S.E.K Trade Union summer camping site.

\* Ethniki Organosi Kypriou Agoniston (E.O.K.A), National Organisation of Cypriot Fighters, fought an anticolonial, liberation war during period 1955-59.

### **SHEET 3: 13. Pinewood Valley Athletic Trail (Circular)**

**Starting point:** Pedoulas - Prodomos - Troodos main road, near the road leading to "The Churchill Pinewood Valley" hotel.

**Length: 800m - Duration: 0.5-1 hour - Degree of difficulty: 1**

**Points of interest:** Scenic view towards the local area villages of Pedoulas, Moutoulas, Kalopanagiotis and beyond, towards Morfou Bay. The route is lined with a variety of wooden structures for fitness exercise. Area flora of interest is signposted.



### **SHEET 3: 14. Prodomos - Lemithou Trail (Linear)**

**Starting point:** Prodomos village square

**Length: 2 km - Duration: 1-1.5 hours - Degree of difficulty: 3 (downhill slope)**

**Points of interest:** Route towards the peak below “Verengaria” disused hotel. The trail ends past “Mitsis” school, at Lemithou village. Return via the same route, or alternatively via the Lemithou-Prodomos main road. Pleasant route through thick black pine area. Scenic views all around.

### **OUTSIDE COVERAGE OF SHEET 3: Kalopanagiotis - Oikos Villages Trail (Linear)**

**Starting point:** Kalopanagiotis village (sheet 3), at a downhill point of the main road at the centre of the village, towards the church of Agios Ioannis Lambadistis.

**Length: 4 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Private properties planted with vineyards and fruit trees. “Kyklos water mill” on the banks of river Setrachos, an old bridge once used as an aqueduct for irrigating surrounding orchards. Kalopanagiotis mineral springs and the church of Agios Ioannis Lambadistis, a listed UNESCO World Heritage site. The trail then travels for a while along the banks of river Setrachos, ascending up to the village of Oikos, before continuing downhill to meet again the river, reaching Farangas spring.

### **NOT OUTLINED ON SHEET: Arsos Trail (Linear)**

**Starting point:** Arsos village, at Athkies fountain, on the main road towards Agios Nikolaos village. Traverses Arsos village. In its reverse course it may commence from Poullin fountain to the west of the village.

**Length: 2 km - Duration: 45 minutes - Degree of difficulty: 1**

**Points of interest:** The trail follows along the stream from Athkies fountain to Poullin fountain, passing from a further two traditional fountains. Access to the medieval chapel dedicated to the Virgin Mary and to an old traditional olive mill.

### **SHEET 4: 1. Kourdali - Limeria (Spilies tou Digeni) Trail (Linear)**

**Starting point:** Kourdali village. Location Selladi tis Straorouthkias is accessed 2 km on the loose surface road from Spilia village, thereon walking for a further 2 km towards location Limeria.

**Length: 3.6 km - Duration: 1.5 hours - Degree of difficulty: 2**



**Points of interest:** The trail passes through rich forest vegetation offering the opportunity to visit various hideouts used by E.O.K.A\*.

At location Selladi tis Straorouthkias the trail meets Agia Eirini-Limeria (Spilies tou Digeni) trail. Both trails continue on a common route for 2 km.

\* Ethniki Organosi Kypriou Agoniston (E.O.K.A), National Organisation of Cypriot Fighters, fought an anticolonial, liberation war during period 1955-59.

### **SHEET 4: 2. Agia Eirini - Limeria (Spilies tou Digeni) Trail (Linear)**

**Starting point:** Agia Eirini village. Location Selladi tis Straorouthkias is accessed 2 km on the loose surface road from Spilia village, thereon walking for a further 2 km towards location Limeria.

**Length: 5 km - Duration: 2.5 hours - Degree of difficulty: 3 due to steep, ascending gradient**

**Points of interest:** The trail passes through rich forest vegetation offering excellent views towards Morfou Bay and the opportunity to visit various hideouts used by E.O.K.A\*. At location Selladi tis Straorouthkias the trail meets Kourdali-Limeria (Spilies tou Digeni) trail. Both trails continue on a common route for 2 km.

### **SHEET 4: 3. Moutti tis Choras-Selladi tou Karamanli Trail (Linear)**

**Starting point:** (a) Location Moutti tis Choras, 1 km after Spilia village towards Agia Eirini and Kannavia villages. (b) Location Selladi tou Karamanli, 1.5 km from Saranti and Lagoudera villages towards Spilia village or 6 km from Spilia on loose surface road.

**Length: 3.8 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Old trail offering excellent views towards Morfou Bay. Connects with the local area network of trails such as Doxa si o Theos-Moutti tis Choras, Madari-Selladi tou Karamanli and Selladi tou Karamanli-Kannavia. The trail passes through rich forest vegetation known locally as Mavra Dasi (Black Forests).

### **SHEET 4: 4. Doxa si o theos - Moutti tis Choras Trail (Linear)**

**Starting point:** (a) Location Doxa si o Theos, 2 km from Kyperounda sanatorium/first aid centre, or 5 km from Spilia village on the Kyperounda-Spilia main road. (b) Location Moutti tis Choras, 1 km from Spilia village towards Agia Eirini/Kannavia villages.

**Length: 1.8 km - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** A forest loose surface road trail. Offers excellent views towards Morfou Bay. Connects with the local area trail network of Doxa si o Theos-Madari and Moutti tis Choras-Selladi tou Karamanli. At starting point (a) there is a fountain with potable water. This path is part of the European Long Distance Path E4.

#### **SHEET 4: 5. Doxa si o Theos - Madari Fire Lookout Station Trail (Linear)**

**Starting point:** (a) Location Doxa si o Theos, 2 km from Kyperounda sanatorium/ first aid centre, or 5 km from Spilia village on Kyperounda-Spilia main road. (b) Madari fire lookout station. Vehicular access from Chandria-Polystypos main road, towards Madari peak. The route is surfaced during its initial 800m. The final 800m are on uneven, narrow and steep loose surface road.

**Length: 3.8 km - Duration: 2 hours - Degree of difficulty: 3**

**Points of interest:** Panoramic views all around from an attitude of 1400-1600m, along Madari range. The trail ends near Madari peak (1613 m). Ramblers have the opportunity to visit Madari fire lookout station overlooking the area. Connects with the local area trail network of Madari-Selladi tou Karamanli and Doxa si o Theos-Moutti tis Choras. At starting point (a) there is a fountain with potable water.



#### **SHEET 4: 6. Teichia tis Madaris Trail (Circular)**

**Starting point:** Near Madari fire lookout station, by the end point of Doxa si o Theos - Madari trail. The starting point can be accessed by vehicle from Chandria - Polystypos main road in the direction of Madari peak, 3 km away. The road is surfaced up to the lower starting point of the trail.

**Length: 3 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** High, impressive cliffs all along the trail. Trails through an interesting geological area. Excellent views towards Mesaoria plain and Morfou Bay. It connects with trails Madari-Doxa si o Theos and Madari-Selladi tou Karamanli.

#### **SHEET 4: 7. Madari-Selladi tou Karamanli (Linear)**

**Starting point:** Near Madari fire lookout station. Vehicular access from the Chandria - Polystypos main road. The final 800m of the access road is on loose surface road, rugged and steep. Ends up at location Selladi tou Karamanli, where there is access towards Saranti village (1.5 km surfaced road) and Spilia village (6 km loose surface road).

**Length: 3.5 km - Duration: 1.5 hours - Degree of difficulty: 3, difficult descending route**

**Points of interest:** Excellent views towards Morfou Bay, Mesaoria plain and Troodos range. About half way through, the route trails through cedar forest. Connects with the local area trail network of Madari-Doxa si o Theos, Teichia tis Madaris, Moutti

tis Choras-Selladi tou Karamanli and Selladi tou Karamanli-Kannavia. Through a surfaced road of 2 km it connects with Lagoudera-Agros trail.

#### **SHEET 4: 8. Selladi tou Karamanli-Kannavia Trail (Linear)**

**Starting point:** Location Selladi tou Karamanli on the main road from Saranti village to Spilia village. The part of the road from Saranti village is surfaced whilst the part of the road from Spilia village is on loose surface road. Ends at Kannavia village.

**Length: 3 km - Duration: 1.5 hours - Degree of difficulty: 3**

**Points of interest:** Part of the route runs through forest area. Scenic views towards nearby valley. Connects with local area trail network of Madari-Selladi tou Karamanli and Moutti tis Choras-Selladi tou Karamanli.

#### **SHEET 4: 9. Lagoudera or Agros-Madari Trail (Linear)**

**Starting point:** (a) From Agros village. On the Agros by-pass, at a point above the dam - (b) From Lagoudera village. On the Chandria/Polystypos road towards Lagoudera village. Access from the rural road, before Lagoudera village. Both courses join at the Chandria/Polystypos-Agros village, 800m before the road point leading to the Adelfoi peak and Madari fire lookout station.

**Length: From Agros village 3 km, from Lagoudera village 8 km**

**Duration: From Agros village 3 hours, from Lagoudera village 3.5 hours - Degree of difficulty: 3**

**Points of interest:** Panoramic views.

#### **SHEET 4: 10. Lagoudera - Agros Trail (Linear)**

**Starting points:** a) The rural road between Lagoudera and Chandria -Polystypos main road, 700m from Lagoudera village. b) Agros village, along the Agros by-pass, at a point above the dam.

**Length: 6 km - Duration: 2.5 hours - Degree of difficulty: 3**

**Points of interest:** Runs through vineyards and orchards of apple, cherry and pear trees. The first section from Lagoudera village runs parallel to river Lagoudera, which it crosses. At the Madari - Papoutsas mountain crest there is panoramic all-round view. From the ridge it is possible to head towards Madari, along both the access road and the trail network starting at Adelfoi peak. The Lagoudera starting point is near Lagoudera - Stavros tou Agiasmati trail.



#### **SHEET 4: 11. Panagia tou Araka-Stavros tou Agiasmati Trail (Linear)**

**Starting points:** (a) Panagia tou Araka church, Lagoudera village (b) Stavros tou Agiasmati church (8 km from Platanistasa village)

**Length: 7 km - Duration: 3 hours - Degree of difficulty: 3**

**Points of interest:** The churches of Panagia tou Araka (1192 A.D) and Stavros tou Agiasmati (1494 A.D) with their excellent frescoes. Both churches are listed UNESCO World Heritage sites. Special prior arrangements must be made to open the Church of Stavros tou Agiasmati. The trail runs through dense pine forest, orchards, almond trees and past old stone terraces. To the east of the trail lies Kionia peak, to the north Morfou Bay and Pentadakylos range, to the west Olympos mountain and to the south Madari area. The trail is connected with Lagoudera or Agros-Madari trail.

#### **SHEET 4: 12. Agros - Kato Mylos Trail (Circular)**

**Starting point:** Near "Rodon" hotel at Agros village.

**Length: 6 km - Duration: 2 hours - Degree of difficulty: 2**

**Points of interest:** Route through orchards with apple, cherry and pear trees, vines and rosebushes from which the renowned Agros rose water is made. The trail continues through forested area with excellent views of the surrounding region. The final section of the trail runs along an asphalt road that returns to Agros village.

#### **SHEET 4: 13. Alona "Petrrou Vanezi" Trail (Circular)**

**Starting point:** At two points on the main road of Alona village. One point is located by the Alona Co-operative building. The second point is located 300m further to the south, by the village church.

**Length: 1.5 km - Duration: 30 minutes - Degree of difficulty: 3**

**Points of interest:** Alona is one of the most beautiful villages of Pitsilia region, with stone houses and rich greenery. The trail goes through dense hazelnut plantations, cherry, apple and almond trees, reaching a water stream.



#### **SHEET 4: 14. Asinou - Agios Theodoros Trail (Linear)**

**Starting points:** (a) Asinou church (b) Agios Theodoros village in Solea valley

**Length: 5.6 km - Duration: 1.5-2.0 hours - Degree of difficulty: 2**

**Points of interest:** Varied landscape, panoramic view to Morfou Bay. The route goes through forested area, along a path and a rural road. The 12th century A.D church of Asinou with its famous frescoes, a listed UNESCO World Heritage site.

#### **SHEET 4: 15. Moni-Fylarga Trail (Linear)**

**Starting point:** Trimiklini-Pelendri road, at a point near Pelendri village. Ends at location Fylarga, on Saittas-Kato Amiantos village main road.

**Length: 3 km - Duration: 1 hour - Degree of difficulty: 2**

**Points of interest:** View towards Lemesos (Limassol) Bay, river Kourris (and dam), the eastern side of Troodos forest.

#### **SHEET 5: 1. Kyrarissia-Germasogeia dam Trail (Linear)**

**Starting point:** About 5 km from the main Parekkklisia - Kellaki road. Ends at Germasogeia dam.

**Length: Two routes. The first is circular, 3.7 km long. The second is linear and ends at Germasogeia dam, 11 km long**

**Duration: First route 1.5 hour. Second route 3-3.5 hours**

**Degree of difficulty: First circular route: 2, initial steep downhill route.**

**Second linear route: 3, initial steep downhill route and rather lengthy.**

**Points of interest:** Initially it is partly a forest route. Short course along river Kyparissos, then affords panoramic views of Germasogeia dam and Lemesos (Limassol). Passes through thickets of Cypress trees (*Cupressus sempervirens* var. *Horizontalis*). Can be combined with the Germasogeia Dam trail.

#### **SHEET 5: 2. Germasogeia dam Trail (Circular)**

**Starting point:** Foinikaria to Prastio road, by the eastern side of Germasogeia dam.

**Length: 1.3 km - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** Goes round a small land peninsula extending into the dam. The dam has been enriched with various kinds of fish. Angling is permitted with a special licence obtainable from the Fisheries Department. To the south of the trail there is a short 150m path, where the old endemic plant species *Bosea cypria* may be seen and studied.



#### **NOT OUTLINED ON SHEET: Choirokoitia Trail (Linear)**

**Starting point:** Road to Choirokoitia, just after the archaeological site parking area, opposite Tochni village turnoff and Agios Fanourios and Agios Nektarios churches. Reverse course from Choirokoitia village to the archaeological site is also possible.

**Length: 2 km - Duration: 45 minutes - Degree of difficulty: 2**

**Points of interest:** Choirokoitia archaeological site, one of the most important Neolithic Period settlements, a listed UNESCO World Heritage site.

#### **SHEET 6: 1. Lefkothea (Aetomoutti) Trail (Linear)**

**Starting point:** Lythrodontas - Pano Lefkara road, 3 km from Lythrodontas village, on a forest road.

**Length: 1.3 km - Duration: 30 minutes - Degree of difficulty: 2**

**Points of interest:** Excellent view from the Atou (Eagle) peak towards Lefkosia (Nicosia) and Lefkara village areas.

#### **SHEET 6: 2. Pano Lefkara - Kato Drys Trail (Linear)**

**Starting point:** Pano Lefkara village, starts and finishes on two points, 600m apart, along the main road to Vavatsinia village,

**Length: 2.5 km - Duration: 1 hour - Degree of difficulty: 3, steep downhill route**

**Points of interest:** Links Pano Lefkara and Kato Drys villages, over cross-country. Connects with Pano Lefkara-Metamorfofis tou Sotiros church trail. Excellent views all around.

#### **SHEET 6: 3. Pano Lefkara - Metamorfofis tou Sotiros Church Trail (Circular)**

**Starting point:** Pano Lefkara village, starts and finishes on two points, 600m apart, along the main road to Vavatsinia village.

**Length: 2.3 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Panoramic views of Pano and Kato Lefkara villages, Kato Drys village, Agios Minas convent. Excellent views in all directions including Stavrovouni monastery. To make the route circular, the final section follows the main road to Vavatsinia village for about 600m.

It links up with Pano Lefkara - Kato Drys trail.



#### **SHEET 6: 4. Agia Varvara- Stavrovouni-Stavropolefos -Aspradi Trail (Linear)**

**Starting point:** Agia Varvara church, near Stavrovouni monastery

**Length: 3 km - Duration: 1 hour - Degree of difficulty: 2**

**Points of interest:** Excellent views towards Mesaoria plain, Lamaka and Lefkosia (Nicosia). Links with Stavrovouni - Anglisides trail.



#### **SHEET 6: 5. Stavrovouni - Anglisides (Linear)**

**Starting point:** Stavrovouni road, 2 km before Stavrovouni monastery. Ends at a point 2 km outside the village of Anglisides, by the local abattoir (slaughterhouse).

**Length: 2.5 km - Duration: 1 hour - Degree of difficulty: 1**

**Points of interest:** Superb views towards Lamaka region: the airport, salt lake and Lamaka town. Runs through reforested areas. Links up with Agia Varvara - Stavrovouni - Stavropolefos - Aspradi trail.



#### **SHEET 6: 6. Spilia tis Athasias Trail (Linear)**

**Starting point:** Loose surface road starting from Vavatsinia-Kionia forest road, 3 km outside Vavatsinia village. Accessible only from this end, ramblers have to return to trail start.

**Length: 5 km (2.5 km each way) - Duration: 2 hours (1 hour each way) - Degree of difficulty: 3, steep downhill route, especially towards the trail end.**

**Points of interest:** The trail starts as a rural road for about 200m, thereon continues as a narrow path through pine vegetation. Ends at location Spilia tis Athasias, an old cave, believed to have been dug in search of ore.



#### **SHEET 6: 7. Kionia-Profitis Ilias Trail (Linear)**

**Starting point:** Kionia picnic site. Access from Panagia tou Machaira monastery road leading to Kionia peak, or from Vavatsinia village towards Panagia tou Machaira monastery. Ends at Profitis Ilias monastery, about 8 km west of Lythrodontas village and 6 km from Mantra tou Kampiou, access being along loose surface roads.

**Length: 7 km - Duration: 2.5 hours - Degree of difficulty: 3, steep downhill route, especially towards the trail end.**

**Points of interest:** Potable water fountain at start. Initially follows forest route, providing excellent views towards Mesaoria plain.

#### **SHEET 6: 8. Mantra tou Kampiou Trail (Circular) - Also Accessible by Persons using Wheelchairs**

**Starting point:** Mantra tou Kampiou picnic site, towards Machairas forest.

**Length: 1 km - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** Scenic forest route.

#### **SHEET 6: 9. Kakokefalos-Mantra tou Kampiou Trail (Linear)**

**Starting point:** Panagia tou Machaira monastery road leading to Kionia peak, about 1 km before Kionia picnic site. Goes past the ruins of an old pen. Ends at Mantra tou Kampiou picnic site.

**Length: 5.5 km - Duration: 2.5 hours - Degree of difficulty: 3**

**Points of interest:** Panoramic view over the whole surrounding and towards Mesaoria plain. Rich natural vegetation.

#### **SHEET 6: 10. G. Taramidis Trail (Linear)**

**Starting point:** Loose surface road after Kionia picnic site towards Kionia peak. Ends on asphalt road near Panagia tou Machaira monastery.

**Length: 3.5 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Panoramic surrounding views.

#### **SHEET 6: 11. Machairas - Lazanias Trail (Linear)**

**Starting point:** (a) 500m from Machairas monastery (b) Lazanias village

**Length: 2 km Duration: 1 hour Degree of difficulty: 3**

**Points of interest:** Follows river Pediaios, a habitat rich in flora and fauna. Links up with Lazanias - Fikardou trail.

#### **SHEET 6: 12. Lazanias-Fikardou Trail (Linear)**

**Starting point:** (a) 200m after Lazanias village. Ends at Fikardou village. (b) Fikardou village.

**Length: 2 km - Duration: 45 minutes - Degree of difficulty: 2**

**Points of interest:** Panoramic views of the surrounding region. Rich in flora and fauna. Links up with Machairas - Lazanias and Fikardou- 'Archontides' restaurant trails.







**SHEET 6: 13. Fikardou - 'Archontides' Restaurant - (Kalo Chorio - Farmakas Road) Trail (Linear)**

**Starting point:** (a) Fikardou village church (b) 'Archontides' restaurant, on Kalo Chorio - Farmakas main road

**Length: 5 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Follows the ridge, offering spectacular views of surrounding area and Lefkosia (Nicosia). Rich in flora and fauna. Links with Lazanias - Fikardou trail.

**SHEET 6: 14. Gouri Trail (Linear)**

**Starting point:** Gouri village. Access from Nicosia - Gouri main road, towards the cemetery, by the traditional water fountain.

**Length: 900 m - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** Indigenous flora, traditional soil terraces.

**SHEET 7: Athalassa National Forest Park Trail**

A network of trails, of a total combined length of 20 km. Despite being referred to individually as either circular or linear, all trails are interlined within the boundaries of Athalassa National Forest Park.

**SHEET 7: 1. Athalassa dam Trail (Circular)**

**Starting point:** Southwest entrance, by the picnic area. Access from the Lefkosia (Nicosia) - Latsia main road.

**Length: 2.2 km - Duration: 45 minutes - Degree of difficulty: 1**

**Points of interest:** Runs round Athalassa dam. Picnic area, the dam and a bird watching observation shelter.

**SHEET 7: 2. Agios Georgios Trail (Circular)**

**Starting point:** Agios Georgios dam parking place. Access from Aglantzia - Geri main road and Leoforos Keryneias (Kyrenia Avenue), near Aglantzia - Geri road junction.

**Length: 2 km - Duration: 45 minutes - Degree of difficulty: 1**

**Points of interest:** Picnic area, the dam and the Environmental Centre at the junction of Leoforos Keryneias (Kyrenia) and Athalassa avenues.









**SHEET 7: 3. Agios Georgios - Dasovotnikos Garden Trail (Linear) Trail (linear)**

**Starting point:** Point to the south of Agios Georgios dam. Access from Aglantzia - Geri main road and Leoforos Keryneias (Kyrenia anenue), near Aglantzia - Geri road junction.

**Length: 2.5 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Forestry Botanic garden (Dasovotnikos Garden), next to the forest nursery, open Monday to Friday 07:30 -14:30.



**SHEET 7: 4. Athalassa Park Southwest Entrance - Nations Park Trail(s) - (4 Different Interconnected Routes with the Option of Circular Route)**

**Starting point:** Athalassa park Southwest entrance. Access from Lefkosia (Nicosia) - Latsia main road.

**Length: 2.5 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Picnic area by Athalassa dam, Nations Park.



**SHEET 7: 5. Dasovotnikos Garden - Picnic Area of Athalassa Park Southwest Entrance (Linear)**

**Starting point:** Forestry Botanic garden (Dasovotnikos Garden). Access from Lefkosia (Nicosia) - Latsia main road.

**Length: 2.2 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Runs through pine, eucalyptus, cypress and mimosa trees. Picnic area by Athalassa dam.



**SHEET 7: 6. Nations Park - Agios Georgios Trail (Linear)**

**Starting point:** Nations Park. Access from Aglantzia - Geri main road.

**Length: 2.5 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Nations Park, Agios Georgios dam picnic area.



**Length: 4 km - Duration: 1.5 hours - Degree of difficulty: I**

**Points of interest:** Links two picnic areas. Runs along the length of Athalassa dam for part of the route.







**SHEET 8: 1. Konnos - Spilia tou Kyklopa (Cyclops' Cave) Trail (Circular)**

**Starting point:** Konnos beach, between Protaras area and Cape Gkreko (Pidalion). Ends at the picturesque Spilia tou Kyklopa (Cyclops' Cave).

**Length: 2.4 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Coastal route, rich flora. Returns to Konnos beach area, via a parallel route. Links up with Konnos- Agioi Anargyroi and Profitis Ilias - Konnos trails.

**SHEET 8: 2. Kavos Trail (Circular)**

**Starting point:** Old quarry, Cape Gkreko parking area. Access from Agia Napa Cape Gkreko main road, near the Cape.

**Length: 2.5 km - Duration: 45 minutes - Degree of difficulty: 2**

**Points of interest:** Beautiful views, especially from the top of the Cape. Rich vegetation. Impressive cliffs suitable for rock climbing. Sea fossils are in evidence. Links up with Agioi Anargyroi - Sea Caves and Sea Caves trails.

**SHEET 8: 3. Profitis Ilias - Konnos Trail (Linear)**

**Starting point:** (a) Profitis Ilias chapel at Protaras area. Access from Cape Gkreko - Paralimni main road. (b) Konnos beach, between Protaras area and Cape Gkreko.

**Length: 8.5 km - Duration: 3 hours - Degree of difficulty: I**

**Points of interest:** Panoramic view from Profitis Ilias chapel. Runs past Agioi Saranta and Agios Ioannis chapels. Ends at Konnos beach. Links up with Panagia - Agioi Saranta, Panagia - Agios Ioannis, Konnos - Agioi Anargyroi and Konnos - Spilia tou Kyklopa (Cyclops' Cave) trails.

**SHEET 8: 4. Agioi Anargyroi Trail (Circular)**

**Starting point:** Agioi Anargyroi chapel. Access from main Protaras - Cape Gkreko road, near the cape.

**Length: 2.3 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Phoenician juniper growth, nearby picnic areas. Links up with Konnos - Agioi Anargyroi and Agioi Anargyroi - Sea Caves trails.



**SHEET 8: 5. Panagia - Agios Ioannis Trail (Linear)**

**Starting point:** (a) Church of Panagia, on a side road, about 300m left of Cape Gkreko - Protaras main road, in the direction of Protaras area. (b) Agios Ioannis church. Access from Protaras area, via loose surface roads.

**Length: 2.8 km - Duration: 45 minutes - Degree of difficulty: I**

**Points of interest:** Agios Ioannis, Agioi Saranta and Panagia chapels.



#### **SHEET 8: 6. Agioi Anargyroi - Sea Caves Trail (Linear)**

**Starting point:** (a) Agioi Anargyroi chapel. Access from main Agia Napa - Cape Gkreko road, near the cape. (b) Location Sea Caves. Access from Agia Napa - Cape Gkreko main road, near the cape.

**Length: 4 km - Duration: 1.5 hours - Degree of difficulty: 1**

**Points of interest:** Runs mostly along the coast. Ends at location Sea Caves. The sea area is popular for scuba diving. The trail goes over the natural bridge "Kamara tou Koraka" and below the cape. Offers excellent views, rich vegetation. In places sea fossils can be observed. Links with Konnos - Agioi Anargyroi, Sea Caves and Kavos trails.

#### **SHEET 8: 7. Panagia - Agioi Saranta Trail (Linear)**

**Starting point:** (a) Panagia chapel, on a side road, about 300m left of Cape Gkreko - Protaras main road, in the direction of Protaras. (b) Agioi Saranta chapel. Access from Protaras area, via loose surface roads.

**Length: 2.5 km - Duration: 45 minutes - Degree of difficulty: 1**

**Points of interest:** Agios Ioannis, Agioi Saranta and Panagia chapels.

#### **SHEET 8: 8. Konnos - Agioi Anargyroi Trail (Linear)**

**Starting point:** (a) Konnos beach between Protaras and Cape Gkreko (b) Agioi Anargyroi chapel. Access from main Protaras - Cape Gkreko road near the Cape.

**Length: 1.4 km - Duration: 30 minutes - Degree of difficulty: 1**

**Points of interest:** Coastal route. Rich vegetation, excellent views. Ends at Agioi Anargyroi chapel, built over a sea cave, once occupied by hermits. Links up with Konnos - Spilia tou Kyklopa (Cyclops' Cave), Agioi Anargyroi - Sea Caves and Profitis Ilias - Konnos trails.

#### **SHEET 8: 9. Sea Caves Trail (Circular)**

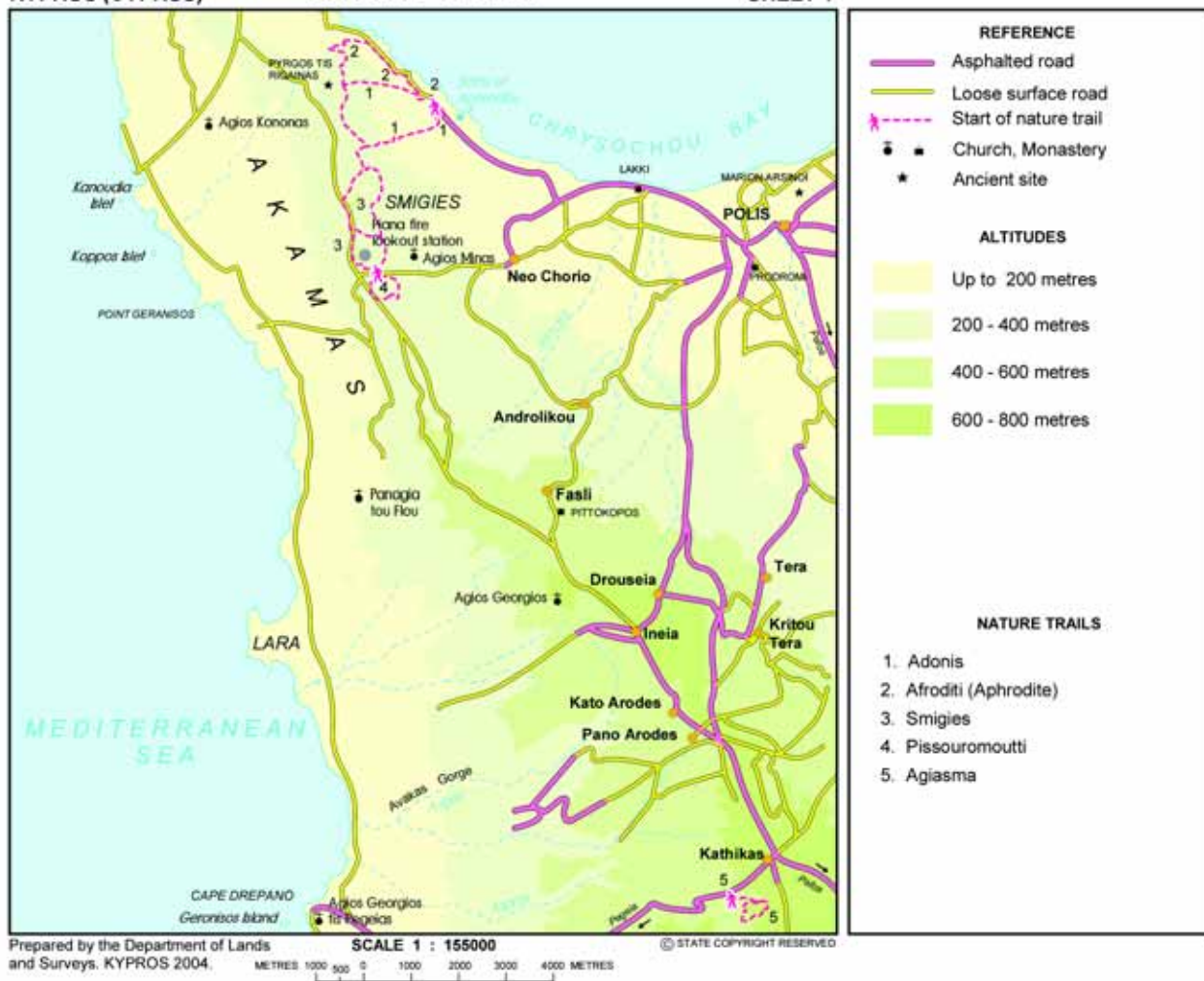
**Starting point:** Sea Caves. Access from Agia Napa - Cape Gkreko main road, near the Cape.

**Length: 3.6 km - Duration: 1.5 hours - Degree of difficulty: 2**

**Points of interest:** Mostly coastal route. Beautiful views. Sea fossils can be observed at the caves. Links up with Kavos circular trail.









## REFERENCE

- Asphalted road
- Loose surface road
- - - Start of nature trail
- Church, Monastery
- ★ Ancient site

## ALTITUDES

- Up to 600 metres
- 600 - 800 metres
- 800 - 1000 metres
- 1000 - 1200 metres
- 1200 - 1400 metres

## NATURE TRAILS

1. Moutti tou Stavrou
2. Chorteri
3. Ariadni
4. Vouni Panagias
5. Enetika Gefyria

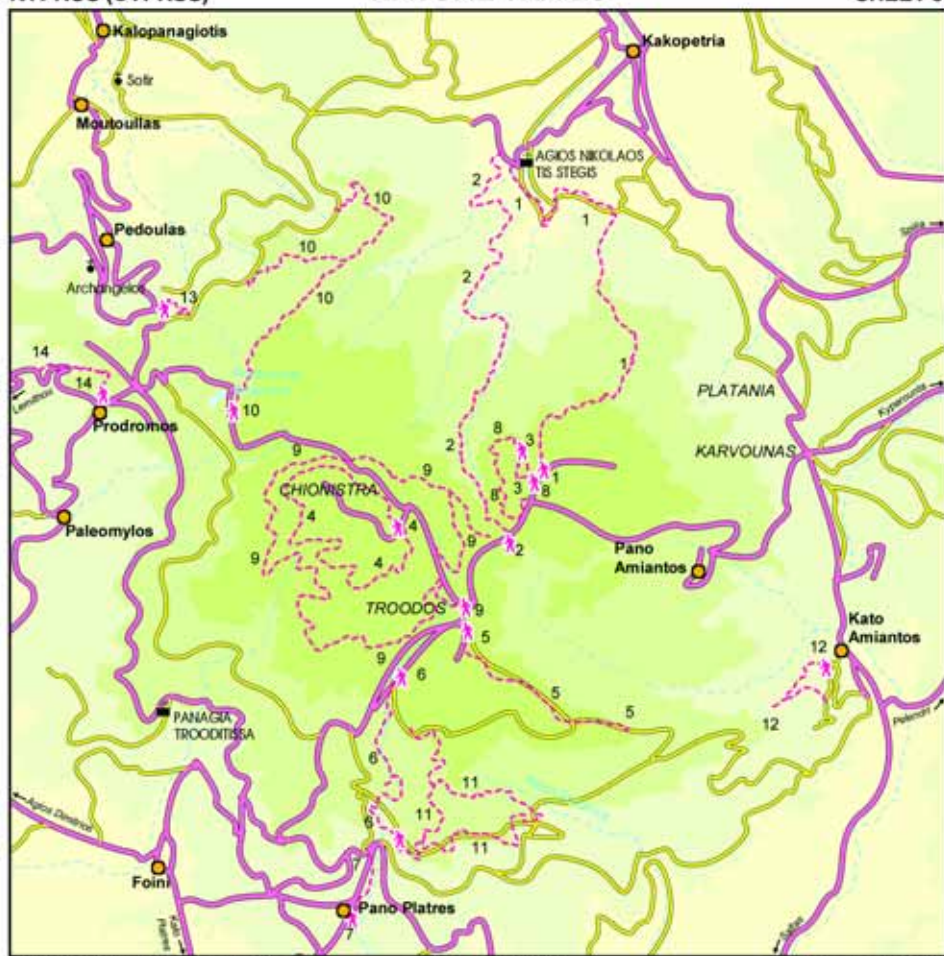
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## REFERENCE

- Asphalted road
- Loose surface road
- - - Start of nature trail
- Church, Monastery
- Ancient site

## ALTITUDES

- Up to 1000 metres
- 1000 - 1300 metres
- 1300 - 1600 metres
- 1600 - 1900 metres

## NATURE TRAILS

1. Mnimata piskopon
2. Kannoures - Agios Nikolaos tis Stegis
3. Livadi
4. Artemis
5. Persefoni
6. Kalidonia
7. Katarraktis Myllomeris
8. Kampos tou livadiou
9. Atalanti
10. Prodomos reservoir - Stavroulia
11. Psilo dentro - Pouziaris
12. Kato Amiantos - Loumata ton aeton
13. Pinewood Valley athletic trail
14. Prodomos - Lemithou

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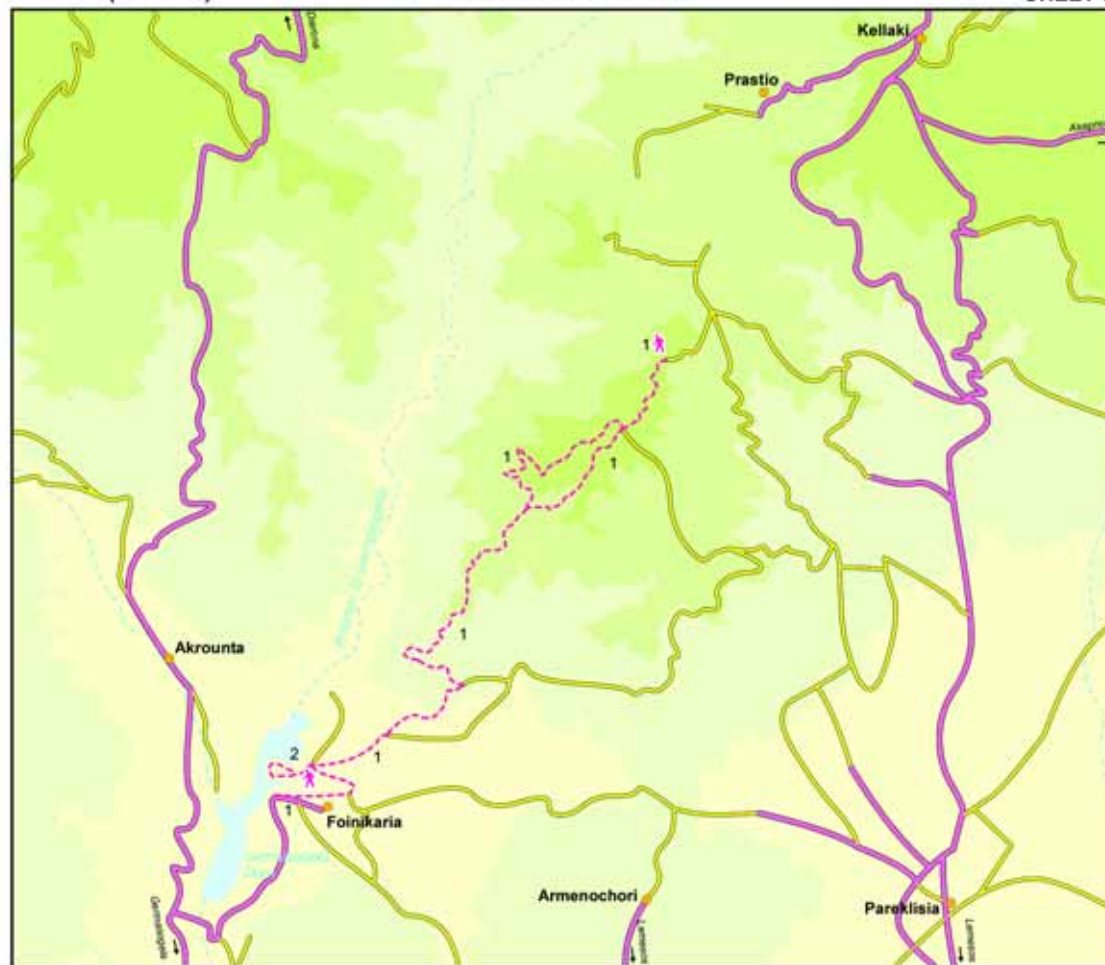
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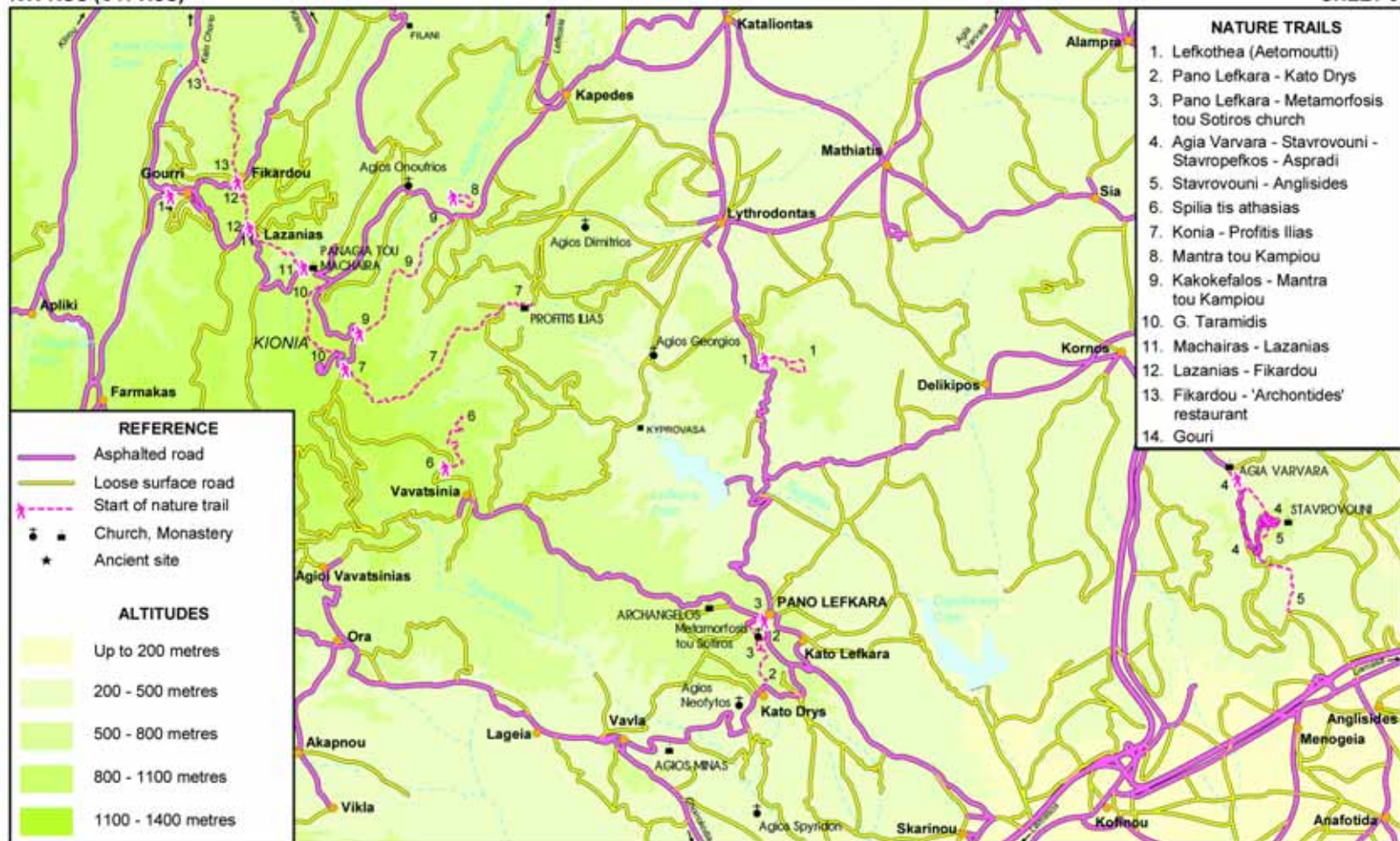
- Asphalted road
- Loose surface road
- - - Start of nature trail
- ✠ Church, Monastery
- ★ Ancient site

## ALTITUDES

- Up to 200 metres
- 200 - 400 metres
- 400 - 600 metres
- 600 - 800 metres

## NATURE TRAILS

1. Kyparissia - Germasogeia Dam
2. Germasogeia Dam



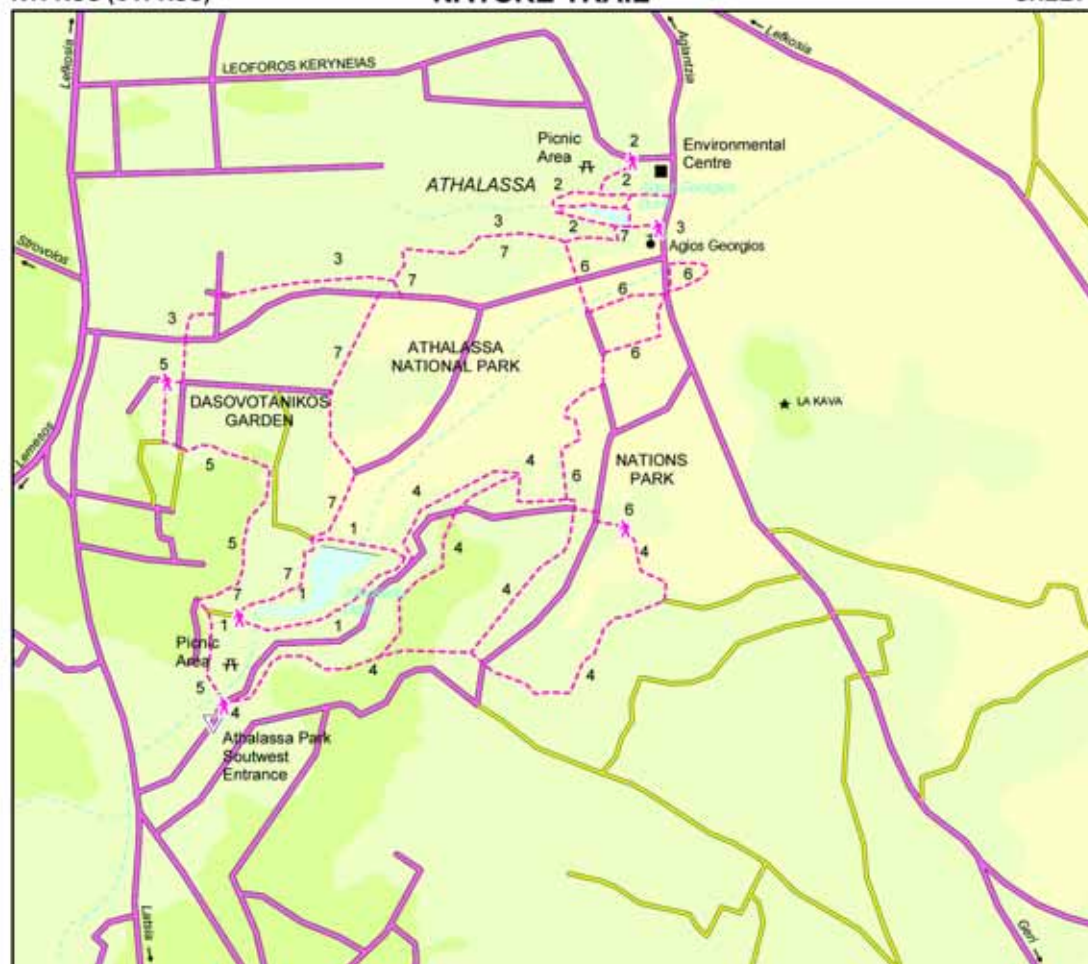
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## REFERENCE

-  Asphalted road  
 Loose surface road  
 Start of nature trail  
 Church, Monastery  
 Ancient site

### ALTITUDES

- Up to 150 metres  
 150 - 175 metres  
 175 - 200 metres

## NATURE TRAILS

1. Athalassa Dam
2. Agios Georgios
3. Agios Georgios - Dasovotianikos Garden
4. Athalassa Park S.W. entrance - Nations Park
5. Dasovotianikos Garden - Athalassa Park S.W. entrance
6. Nations Park - Agios Georgios
7. Athalassa Park S.W. entrance - Agios Georgios



## REFERENCE

- Asphalted road
- Loose surface road
- - - Start of nature trail
- Church, Monastery
- ★ Ancient site

## ALTITUDES

- Up to 50 metres
- 50 - 100 metres
- 100 - 150 metres
- 150 - 200 metres

## NATURE TRAILS

1. Konnos - Spilia tou Kyklopa
2. Kavos
3. Profitis Ilias - Konnos
4. Agiol Anargyroi
5. Panagia - Agios Ioannis
6. Agiol Anargyroi - Sea caves
7. Panagia - Agiol Saranta
8. Konnos - Agiol Anargyroi
9. Sea caves



## CYPRUS TOURISM ORGANISATION

Leoforos Lemesou 19  
P.O.Box 24535, CY1390 Lefkosia (Nicosia), Cyprus  
Tel. 22691100, Fax. 22331644  
E-mail: [cytour@cto.org.cy](mailto:cytour@cto.org.cy)  
Website: [www.visitcyprus.com](http://www.visitcyprus.com)

### CTO Tourist Information Offices in Cyprus

#### Lefkosia (Nicosia)

11 Aristokyprou, Laiki Geitonia  
(East of Plateia Eleftherias)  
CY 1011 Lefkosia,  
Tel. 22674264

#### Lemesos (Limassol)

1) 115 A' Spyrou Araouzou  
CY 3036 Lemesos,  
Tel. 25362756

2) 22 Georgiou A'  
CY 4047 Lemesos, Potamos Germasogeias  
(eastern entrance of Dasoudi Beach),  
Tel. 25323211

3) Lemesos Harbour  
Service to all passenger boats  
Tel. 25571868

#### Larnaka

1) Plateia Vasileos Pavlou  
CY 6023, Larnaka,  
Tel. 24 654322

2) Larnaka International Airport  
CY 7130, Larnaka,  
Tel. 24643576  
(Service: 08:15-23:00)

#### Pafos

1) 3 Gladstonos  
CY 8046 Pafos, Tel. 26932841

2) Kato Pafos  
63A Poseidonos  
CY 8042, Pafos, Tel. 26930521

3) Pafos International Airport  
CY 8320 Pafos  
Tel. 26423161 (service to all arrival  
flights up to 23:00)

#### Polis

2 Vasileos Strasioikou  
CY 8820 PolisChrysochous,  
Tel. 26322468

#### Agia Napa

12 Leoforos Kryou Nerou  
CY 5330, Agia Napa, Tel. 23721796

#### Paralimni-Protaras

Leoforos Protara, Kavos Gkreko 356  
CY 5296, Tel. 23832865

#### Platres

CY 4820 Platres  
Tel. 25421316

#### Production:

**CYPRUS TOURISM ORGANISATION**

in co-operation with the  
**FORESTRY DEPARTMENT**  
(Ministry of Agriculture and Natural Resources)

#### Design:

**SUCCESS TEAM**

#### Text:

**Forestry Department**  
**Filios Fylaktou**

#### Adaptation:

**Marina Christofides**

#### Photos:

**Cyprus Tourism Organisation**  
**Forestry Department**  
**Action Global Communications**  
**Filios Fylaktou, Loucas Christoforou (afiap)**  
**Christos Georgiades**

#### Printing:

**ARISTOS PHILIS PRINTERS LTD**

July 2007

ISBN 9963-44-037-1

**Emergency numbers:**

**FIRE SERVICE**  
**POLICE**  
**MEDICAL**

**112**



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