Cyprus is an ancient land of mystery, legend, beauty and love. Aphrodite rose from the sea foam near your resort of Paphos, and took pity on Pygmalion by bringing to life his statue of the beautiful Galatea - their son was Paphos. At the crossroads of three continents, the area has a long history of invasions, and but for its mountain ranges, whose winter snows irrigate the island, Cyprus would be desert instead of the lush, green landscapes you now find. Paphos was the capital for 600 years and its visible archaeological legacy has led to the whole town being placed on UNESCO’s World Heritage List.

PROGRAMME

DAY ONE: Fly direct to Paphos. Transfer to your hotel in Kato Paphos (20 minutes) for seven nights half board accommodation.

DAYS TWO TO SEVEN: Paphos orientation walk and three included walking excursions, private transportation included. Two of the walks highlight the Akamas peninsula – an area of rocky coves, sandy bays on the coast and picturesque villages inland.

Walk 1: the Akamas Peninsula. After a 45-minute northwards coach transfer into the nature reserve area of the Akamas peninsula, you follow the trail that Adonis used on his way to meet Aphrodite (or so the locals say!). The area is rich in flora, including species found only here. The walk takes 3.5 hours (5 miles), with ascents/descents of 250m.

Walk 2: Panayia and the Vouni Trail. Today’s walk starts at the village of Panayia, one hour’s drive from Paphos. The path goes through vineyards and amid unusual limestone rock formations. Your walk takes about 3 hours (4.5 miles), with ascents/descents of 300m.

Before returning to Paphos, you will visit Chrysorogiatissa monastery, 3000ft up (the trail’s name, ‘Vouni’ means a ‘peak’), and founded in 1152.

Walk 3: the Troodos Mountains, 1 ½ hours drive away. These impressive, often snow-capped, mountains are the backbone of Cyprus - the highest peak, Mount Olympus, rises to 6000ft. This is a 5-mile trail around the mountain starting and finishing on the road to Chionistra, crossing ski runs and with stunning views on all sides. There are signs indicating particular flora species on the slopes and you will see black pines and junipers of the region growing out of the barren rocks. 3 hours, with little ascent or descent. Apart from your three included walking excursions, there is an optional excursion to the capital and Green Line in Nicosia.

DAY EIGHT: Free time until your transfer to the airport for your return flight.

Extend your holiday - extra week available in Paphos.

If you have friends who are not walkers interested in this itinerary, it is featured in our Escorted Holidays brochure with a touring programme.

Flight Details and Prices are on our website www.preferredts.com or please enquire Tel: 0116 279 3929