

Following Aphrodite's Trail

Hotel-to-hotel  independent walking

- White sandy beaches, honey-colored villages, pretty fishing harbours
- Fantastic bird-spotting: griffin vultures, red-footed falcons, Cyprus warblers
- Exotic Mediterranean flora: oranges, lemons, banana trees
- Over 10,000 years of historic and cultural interest
- Lovely sunny climate, ideal for year round walking; excellent value for money holiday

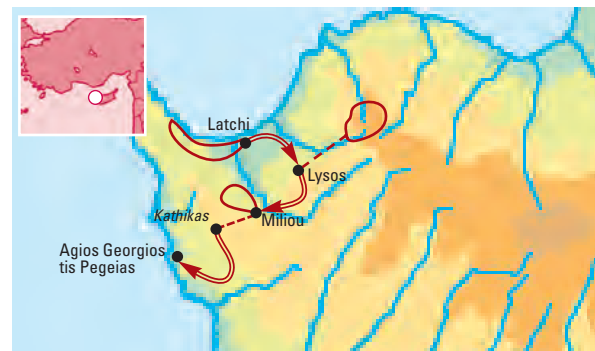


This independent hotel-to-hotel walking holiday offers a carefully planned mix of gentle coastal rambles combined with some slightly more challenging inland trails. Cyprus is where the floral zones of Africa, Europe and Asia meet, and over 5000 species flourish here. During your week, you will explore the very best of the Akamas Peninsula, Cyprus' most westerly tip, and aptly named the island's true wilderness. According to legend, Akamas, son of Theseus, first discovered it returning from Troy. Today, a nature reserve, surprisingly few visitors come here to admire its turquoise seas, jagged rocks, and gentle hills cloaked in pine and juniper forests.

From the Baths of Aphrodite, you walk inland to Lysos and tiny Miliou, then finish in sleepy Agios Georgios tis Pegeias, just down the coast from untouched Lara Bay, where turtles still breed. Through citrus groves and across sweeping headlands, the walking is undemanding, letting you relax and admire the backdrop of the Troodos mountains, and the azure seas of the Akamas coastline below. The hotels are lovely and varied too: from the tiny pension near the harbour at Agios Georgios tis Pegeias, to the fabulously restored C17 monastery, now a boutique spa hotel - with its own vineyard - in the mountain village of Miliou.

"The combination of independent walking with good logistical support in good destinations is a very attractive package."

Miss Hogland



FOLLOWING APHRODITE'S TRAIL | DAY BY DAY

Day 1 Arrive in Latchi

We meet you at Paphos airport and take you (1 hour) to your hotel near Latchi in time for dinner on the panoramic terrace overlooking the beautiful sandy beach. You spend two nights here.

Day 2 Baths of Aphrodite Circular Walk 16km/9mi/4.5hr

Today's circular walk takes you first along the beautifully unspoiled Adonis Nature Trail, through carob groves, juniper, pine and rock rose. Stop off at the ruins of the mediaeval Queen's Tower, then a gradual ascent to the peak of Moutti tis Sotiras - spectacular views even across to Turkey on a clear day. It's then down through bright pink oleander until you reach the sea, then your final stretch takes you back along the coast via the secret pool where Aphrodite bathed with her lover, Adonis, and back to your hotel.

Day 3 Latchi to Lysos 21km/13mi/6hr or 24km/15mi/6hr

The beautiful horse-shoe Bay of Chrysochou is at your heels this morning as you descend through citrus groves and along the wooded Makounta Valley. Lunch at Agios Merkounios (where the trickling stream is perfect for feet cooling!) then on through forest - look out for brightly colored rock rose, strawberry trees and the endemic Golden Oak. Sweeping views towards the western Troodos Mountains as you approach Lysos - a traditional stone built village with C15 Byzantine church. Your hotel here has a welcoming swimming pool and lovely open dining terrace for al-fresco meals.

Day 4 At Lysos 21km/13mi/6hr or 25km/16mi/6.5hr

Today's walk takes you through the Paphos pine forest and along one of the most beautiful wooded valleys on the island. Good chance of spotting the renowned Cyprus moufflon, and birds of prey are frequent here too. After lunch, you wind through orchards, oleander and olives as you head back up, with stunning views west back towards the Akamas Peninsula and north over Chrysochou Bay.

Day 5 Lysos to Miliou 21km/13mi/6hr

Sweeping views as you descend in to the Evretou Valley where you'll have a good chance of spotting Cyprus warblers and black francolins. On to Simou village - home to a 1000 year-old trimithia tree - and on via the Venetian built medieval Skarfos Bridge to Miliou where a former C17 monastery has been transformed into an atmospheric boutique spa hotel.

Day 6 Miliou Circular Walk 17km/10mi/5hr

From the oasis-style, white-washed village of Miliou, unchanged over the years, it's on through an open valley cloaked in vines and citrus groves to the abandoned village of Theletra. It's quite eerie to see 100-year old rusty pitchforks still resting against stone farmhouse walls. Your final stretch takes you through orchards perfumed with almond blossom as you return to Miliou in time for pre-dinner drinks on the sunny terrace.

Day 7 Miliou/Kathikas to Agios Georgios tis Pegeias 17km/11mi/5.5hr

A lift to Kathikas - a traditional village where locals are likely to come out to greet you and offer oranges as you walk through! From here a ridge path (stunning views of Lara Bay) leads you to the Avagas Gorge. Then down through tropical banana trees to the tiny fishing port of Agios Georgios tis Pegeias. Our friendly family-run hotel is just a stone's throw from the sea if you fancy a final dip.

Day 8 Leave Cyprus



Dates and Prices

Departs selected
Wednesdays

Tour
Only

2012 departures

Feb 8, 15, 22, 29	\$2,383
Mar 7, 14, 21, 28, Nov 7, 14, 21	\$2,417
Apr 4, 11, 18, 25	\$2,449
May 2, 9, 16, 23, 30	\$2,499
Oct 3, 10, 17, 24, 31	\$2,499
Sep 5, 12, 19, 26	\$2,563

Singles: Add \$69 per night for Feb, Mar, Apr & Nov departures; add \$81 per night for May & Oct; \$96 per night for Sep. All rooms are sole occupancy of a double room. Solo traveler supplement is an additional \$319.

Child: This holiday is unsuitable for children under 12.

Room upgrade: Prices from \$23 per person, per night, based on 2 sharing.

Holiday type: Independent walking, hotel-to-hotel, no minimum group size, however airport and luggage transfers are subject to at least 2 people (in total) booked on each departure.

Departs: Selected Wednesdays from Feb 8 to Nov 21.

Duration: 8 days (7 nights).

Meals: Continental breakfast, 3 picnics and 7 evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Paphos Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Paphos Airport at 15:10 (Feb-Apr & Nov) or 13:55 (May, Sept-Oct), (transfer to hotel, 1 hour, provided). **Return:** Paphos Airport by 14:25 (Feb-Apr & Nov) or 13:10 (May, Sept-Oct) (transfer provided).

Tour only: Transfers included from Paphos airport at 15:10 (Feb-Apr & Nov) and 13:55 (May, Sept, Oct) and back to Paphos airport departing hotel at 13:00 (Feb-Apr & Nov) and 12:00 (May, Sept, Oct).

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FOLLOWING APHRODITE'S TRAIL | WHERE YOU STAY



Aphrodite Beach Hotel
★★★
Latchi
Days 1+2



Paradisos Hills Hotel
●●●●
Lysos
Days 3+4



Ayii Anargyri
★★★★
Miliou
Days 5+6



West End Hotel
●●
Agios Georgios tis Pegeias
Day 7

For extra nights we recommend Latchi.

FOLLOWING APHRODITE'S TRAIL | WALKING DETAILS



This holiday explores the untouched western end of Cyprus. You follow unspoiled nature trails and country pathways over rolling hills, verdant vineyards, forests and through off beaten track villages.



Average daytime temperature (°C):

12 12 13 16 20 23 21 17 14
JAN FEB MAR APR MAY SEP OCT NOV DEC



Average monthly rainfall (mm):

76 45 46 58 58 25 25 33 48
JAN FEB MAR APR MAY SEP OCT NOV DEC

Note: During the winter months the walk on day 4 may not be possible, however alternative walking notes will be provided.

Further details at www.breakaway-adventures.com