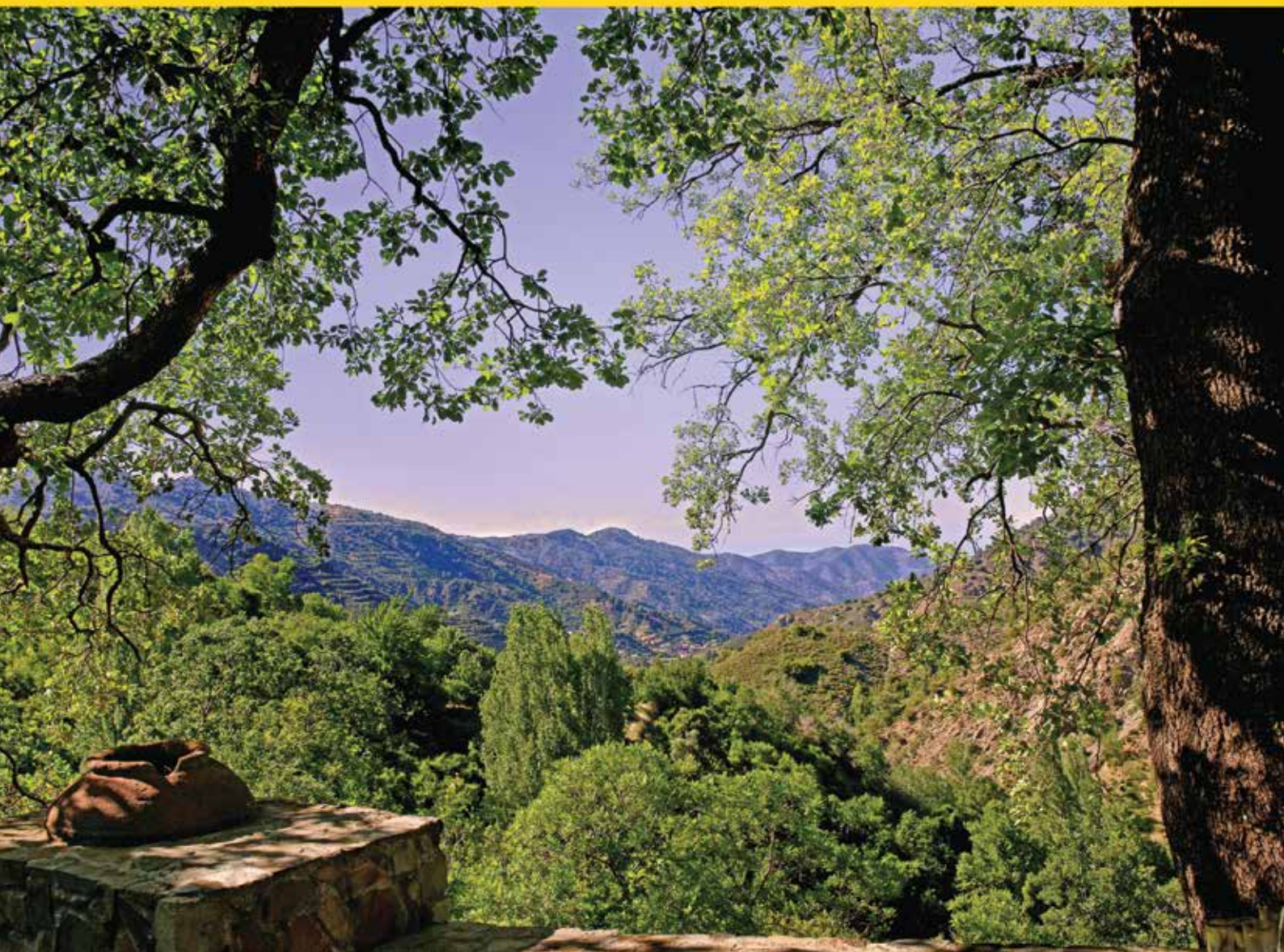


Cyprus
EDEN Routes

**EUROPEAN DESTINATIONS
OF EXCELLENCE**





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Cyprus



Cyprus is a country rich in history and tradition, dating back for more than 10.000 years. It is the third largest Mediterranean island, located on the south-eastern edge of the European Union. The name of Cyprus can be traced back to Homeric times. The island has been inhabited since prehistoric times.

Throughout history, the important strategic location of the island played a major role in its dramatic and turbulent fortunes. It was subsequently occupied by several conquerors. Phoenicians, Assyrians, Persians, Egyptians, Romans, Crusaders, Franks, Ottomans and British have all left vivid marks and reminders from their conquest of the island, a fact which today gives visitors the opportunity to wander through an open air museum with Neolithic settlements, ancient Greek, Hellenistic and Roman theaters and monuments, Byzantine and Latin churches and monasteries, Venetian fortifications and castles, Ottoman mosques and British colonial style buildings.

Cyprus has a Mediterranean climate with prolonged hot summers and mild sun-drenched winters with little rainfall. The Troodos mountain range occupies

most of the southwestern part of the island while the coastal areas of Lemesos (Limassol), Pafos, Larnaka, Agia Napa and Paralimni have developed into popular touristic resorts. The capital of Cyprus, Lefkosia (Nicosia), is located inland.

Many villages and areas in Cyprus preserve their traditional way of life by maintaining old customs and traditions. The Cypriots are positively inclined towards visitors, generating a warm rapport atmosphere for conversation. A convenient communication advantage for many visitors is the fact that English is widely spoken.





What is EDEN



EDEN – European Destinations of Excellence is a project promoting sustainable tourism development models across the European Union. The project is based on national competitions that take place every year and result in the selection of a national tourist “destination of excellence” for each participating country. Through the selection of destinations, EDEN effectively achieves the objective of drawing attention to the values, diversity and common features of European tourist destinations. It enhances the visibility of emerging European destinations, creates a platform for sharing good practices across Europe and promotes networking between awarded destinations.

The European quest for excellence in tourism is developed around an annual theme, chosen by the Commission together with the relevant national tourism bodies. The key feature of the selected destinations is their commitment to social, cultural and environmental sustainability. The aim of the project is to award emerging, relatively unknown European destinations, in the 28 Member States and candidate countries. In this way, EDEN helps to spread the sustainable practices used in the awarded destinations across the EU and to turn them into all-year-round venues. The entire process thus aims to help de-congest over-visited tourist destinations.

So far, the main EDEN annual themes have been: agrotourism, intangible heritage, protected areas, aquatic tourism, regeneration of physical sites and accessible tourism.



European Destinations of Excellence

EDEN in Cyprus

The Cyprus Tourism Organisation (CTO) is the responsible national authority for the implementation of the EDEN project in Cyprus. Since 2007 and almost every year, the CTO has carried out a Cyprus EDEN Competition concerning the annual theme. The awarded destinations in Cyprus are the following:

- ▶ 2007, Troodos: «Best Emerging European Rural Destinations of Excellence».
- ▶ 2008, Agros: «Tourism and Local Intangible Heritage».
- ▶ 2009, Vouni Panagias: «Tourism and Protected Areas».
- ▶ 2010, Kato Pyrgos: «Aquatic Tourism».
- ▶ 2011, Kalopanagiotis: «Tourism and Regeneration of Physical Sites».
- ▶ 2013, Polis: «Accessible Tourism».



Troodos



The Troodos area has been selected in 2007 as the national «Best Emerging European Rural Destination of Excellence” under the framework of the program EDEN - European Destinations of Excellence.

The Troodos massif constitutes the highest mountain range in Cyprus with its peak, Olympus, rising to 1.951 meters. The awarded area comprises of picturesque mountain communities, which are concentrated in tranquil villages located in Marathasa valley (west), Solea valley (north), Pitsilia region (east) and the wine villages and mountainous resorts in the Koumandaria region (south).

Each village in the Troodos mountain area is attractive, with picturesque alleys and magnificent fragrances of pine, jasmine, hyacinth and rose in village squares and house yards. Most village houses have preserved their traditional architectural style. The Byzantine era churches and monasteries scattered throughout the area are a vivid sample of the island’s devout and cultural heritage. Ten such religious sites are

included in the UNESCO World Heritage List, under the title «painted churches in the Troodos Region». All richly decorated with murals, they provide an overview of Byzantine and post-Byzantine painting in Cyprus.

The Troodos natural environment is idyllic. The valleys are full of vineyards, hazelnut trees, walnut trees, cherry trees and so many other fruit trees. The landscape is beautiful, especially during spring time, where nature is lush green and in blossom.

Connoisseurs and those who generally appreciate good food are encouraged to taste the local wines, especially in the wine villages, accompanied by delicious traditional Cypriot dishes.

Visitors to the area may spend the night in one of the many traditional houses or hotels in the area. Regardless of the type of chosen accommodation, the visitor will experience the genuine Cypriot traditional hospitality!



For trekkers, the Troodos area offers a plethora of nature trails and mountain routes for walking, or mountain biking. Moreover, the area is ideal for angling in some fresh water dams and even for snow skiing, during peak winter months. Nature lovers can enjoy the rich area flora and fauna, bird watch, observe and collect herbs/endemic plants, or study the Troodos unique geologic rock formations. Five Troodos natural protected areas have been included in the NATURA 2000 network.

Visitors might be fortunate enough during their area travels to experience a local religious festival or a cultural event, where local tradition and heritage is intertwined with the lifestyle of the locals.



Agros

Agros is located in Lemesos (Limassol) District, at an altitude of 1.100 meters. It is the main village of Pitsilia Region. It is a mountainous village, rich in history and tradition. Its name is derived from the Monastery of Megalos Agros, built, according to tradition, by 40 monks who settled there from Anatolia during the Byzantine Iconoclasm period. The Monastery stood at the spot where the Church of Panagia of Agros is located today. Agros is renowned for its local production of rosewater, from the abundance of rose bush cultivation, evident in the area.

Agros has been awarded EDEN «Tourism and Local Intangible Heritage» national destination in 2008.

Visitors can enjoy wonderful views by exploring on foot throughout the village, built amphitheatrically along the inclined slopes of Troodos. Especially in spring time, the lush surrounding valley, scented with trees and rose bushes offers a memorable experience!



Vouni Panagias (Pano Panagia)

Pano Panagia village is located at an altitude of 900 meters, in the mountainous region of Pafos District. Its climate and soil renders it as one of the best wine-growing locations in Cyprus. It is a tranquil mountainous village, in an area of surrounding churches, monasteries and unparalleled natural beauty. The village is dedicated, as suggested by its name, to Panagia (Virgin Mary). It is the birthplace of Archbishop Makarios III, first President of the Republic of Cyprus (1960-1977).

The unique natural environment contributed so the area to be included in the list of the protected areas of the NATURA 2000 network as Special Protection Area (SPA) and under Sites of Conservation Interest.

The village has been awarded EDEN «Tourism and Protected Areas» national destination in 2009.







Kato Pyrgos

Kato Pyrgos is a rustic seaside village on the north Cyprus coast, in Tilliria region. The name of the village is derived from a nearby Venetian era watchtower (tower: pyrgos in Greek).

The small community of Kato Pyrgos lives in a largely unspoiled area, rich in history and culture.

It provides interesting monuments, religious sites and archaeological findings of the Hellenistic and Medieval eras. Kato Pyrgos combines rugged mountainous landscapes with crystal clear sea waters, an ideal escape destination for relaxation and serenity.

Kato Pyrgos has been awarded EDEN «Aquatic Tourism» national destination in 2010.



Kalopanagiotis

Kalopanagiotis is a mountainous picturesque village, located at an altitude of 700 meters in the District of Lefkosia (Nicosia). Its history dates back to pre-Christian period. In the area there was a spa dedicated to the god Asclepius. The recorded founding of the village was in the 11th century, its name being derived from the first resident of the village ("kalos Panagiotis" means "good Panagiotis" in English).

Kalopanagiotis has been awarded EDEN «Tourism and Regeneration of Physical Sites» national destination in 2011.





Polis

Polis (Polis Chrysochous) is the smallest municipality in Cyprus, in the District of Pafos. It has been one of the first settlement areas of Cyprus with findings from the Neolithic age. Polis is considered the continuation of the ancient Cypriot kingdom of Marion, later named Arsinoe. It is located on the northern coastline of Cyprus, near Akamas Peninsula and the beautiful natural site of "Baths of Aphrodite". Like Kato Pyrgos, the area combines beautifully landscaped mountain and sea views, providing plenty of accommodation options, as well as restaurant establishments for all tastes.

Polis has been awarded EDEN «Accessible Tourism» national destination in 2013.





REFERENCE

- | | |
|--|---|
|  EDEN Destination |  Fishing shelter |
|  EDEN Route 1 |  Excursion site |
|  EDEN Route 2 |  Golf Course |
|  EDEN Route 3 |  UNESCO Cult. heritage |
|  Beach |  Church/Monastery |
|  Castle |  River |
|  Camping site |  Footpath |
|  Arch. Sites/Museum | |



EDEN Routes



Cyprus is the perfect tourist destination, offering areas of interest even for the most discerning visitors. Being an established Mediterranean destination, tourists are quite familiar with its popular seaside resorts, ideal for year round holidays. But how can a visitor explore Cyprus, discovering the off-track areas, which only the locals know? This hidden, unknown Cyprus is promoted by the Cyprus Tourism Organisation (CTO) through 3 suggested tourist routes by car, as presented in this brochure.

The suggested tourist routes connect geographically all 6 awarded national European Destinations of Excellence (EDEN), inviting visitors to discover and explore a largely unknown island of unique natural beauty, rich in tradition, culture and history.

NOTE: Each proposed EDEN route is not necessarily a single day trip. Its duration and content will be determined by the time available to visitors, as well as by the range of their interests and potential activities within close proximity, along the route.

All 6 Cyprus awarded EDEN destinations provide accommodation facilities, subject to prior reservation.

All suggested tourist routes run on surfaced (tarmac) road.

So organise your time schedule, pack the appropriate equipment that should include:

- *Information material. The Cyprus Tourism Organisation (CTO) provides, free of charge, “a visitor’s map of Cyprus”, as well as an array of publications on special interests, such as wine routes, cycling network and nature trails. All publications are accessible online, at www.visitcyprus.com,*
- *Hiking shoes, or even a bicycle,*
- *Camera, to capture the wonderful scenery and sites,*
- *Hat, sunglasses, sun lotion and your swimsuit, there is every possibility that you will need it,*
- *Binoculars, especially if you are bird watching,*
- *Mobile phone, in case you need to communicate, whilst in some of the most remote parts of the island,*
- *Car, (4x4 in winter), with a full tank of petrol,*

and get ready to meet the “other” authentic Cyprus, away from the frequented and noisy touristic resorts on the island!

RECOMMENDATION: In any Cyprus village, stop at the local coffeehouse for a refreshing Cyprus coffee (ca-fe). Feel free to socialise and ask locals for directions, nearby sites and accommodation establishments.





MARATHASA

SOLEA

PANAYIA TOU KYKKOU

PANAYIA PODITHOU

KALOPANAYIOTIS

Stavros tou Agiasmati

Ayios Ioannis Lambadistis

Ayios Nikolaos tis Steyis

Panayia tou Araka

Archaggelos

Alithinou

TROODOS

Prodromos

PLATIA TROODOUS

AGROS

Pelendri

PITSILIA

Panayia Katholiki

ZOOPIGI

COMMANDARIA AREA

GERASA

Apollo Hylates Sanctuary

LEMESOS

REFERENCE

- | | |
|--|---|
|  EDEN Destination |  Fishing shelter |
|  EDEN Route 1 |  Excursion site |
|  Beach |  Golf Course |
|  Castle |  UNESCO Cult. heritage |
|  Camping site |  Church/Monastery |
|  Arch. Sites/Museum |  River |
| |  Footpath |

EDEN Route 1



Alpine Landscape in a Mediterranean Island.

Agros – Troodos - Kalopanagiotis

Suggested start point of this tourist route is Agros, a village in the Limassol District located at a distance of 48 km from Lemesos (Limassol), via the E110 main road (Lemesos, Gerasa, Zoopigi, Agros). Agros has been awarded national 2008 Intangible Heritage EDEN destination.

Agros offers recreation and leisure, throughout the year. No matter what time of the year, visitors are presented with the opportunity to visit interesting sites and sample traditional Cypriot cuisine, in one of the many local taverns and experience true Cypriot hospitality.

Things that you can do:

If you have time before you reach Agros make a short detour to visit the Church of Timios Stavros (Holy Cross) near Pelendri village. The church has remarkable frescoes (wall paintings), samples of the Palaiologan art and other periods. The church site is included in the UNESCO World Heritage List.

In Agros nature lovers can follow one of three nature trails (Agros-Madari 3km, Lagoudera-Agros 6 km, Agros-Kato Mylos 6 km) to explore the nearby hills and enjoy the panoramic views, the vineyards, fruit trees and rose bushes. Opting to spend some time

within the village itself one may wind down in one of three designated parks, (Anastasias Park, Park of Agios Lukas, Kaoura's Park).

The village churches are of particular interest, fine samples of Byzantine architecture: the Churches of Panagia Eleousa and Timios Prodromos, both built in the 19th century, the Church of Agios Gerasimos and the Chapel of Agia Kyriaki (5 km northeast of Agros).

The Byzantine Church-Museum of the Monastery of Megalos Agros is of high historical and religious importance. It houses many beautiful hand painted icons dating from the 12th century, the iconostasis that used to separate the church nave from the sanctuary, old manuscripts and other precious ecclesiastical items which have been saved, following the demolition of the monastery in 1894.

A place of interest is Frangoulides Museum, near Panagia Eleousa church, dedicated to Solon Frangoulides, one of the most important representatives of Cypriot art, pioneer artist and icon painter.





Visitors seeking a sample of traditional Cypriot village life may visit Eliomylos, the old mill and manual olive press, near Timios Prodromos church. All the tools of the trade are displayed, constituting a Folklore Museum representative of a former era.

Complete your tour in Agros by tasting the local delicacies at one of the local restaurants. Ask to find out the way rosewater is produced and taste some traditional sweet fruit preserves (gly-ka kou-ta-liou). Do not forget to purchase locally produced smoked meat: lountza, bacon, pastourma (pastrami), sausages, for the route ahead.

EDEN Route 1 continues, ascending the Troodos mountain range through Chandria village and the B9 main road, through a dense natural forest landscape, rare for a Mediterranean island.

Next stop for a relaxing break is Troodos Square (pla-ti-a), at an altitude of 1.725 meters. Just about every Troodos visitor stops here for a coffee or a snack. Should you wish to spend some time in the area it is recommended to make a short visit (by foot) to the Troodos Visitor Centre. The Centre provides information for the Troodos National Forest Park. It has a reception area with a small shop, an exhibition gallery and a film theatre. A botanical and geological trail is connected to the building.

The area around Troodos Square is one of the most attractive spots in Cyprus, both in winter and summer.

Activities abound, such as snow skiing in the 4 ski runs of nearby Olympus peak, horse riding by renting a horse from near the square, or tennis at the nearby CTO Dolphin pavilion.

Things that you can do:

The area of the Troodos mountain resorts could constitute a holiday destination in Cyprus by its own. The complex of Troodos mountainous villages has been awarded 2007 «Best Emerging European Rural Destination of Excellence», under the EDEN project.

Visitors can explore the area by car, driving on winding main roads connecting the picturesque villages and resort of the Troodos region. Every village has a unique charm, well worth of a stopover.

During the British colonial era (1878-1960), due to the hot climate of capital Lefkosia (Nicosia), the administrative government center was transferred to Troodos. The area is rich in flora, fauna and geological rock formations.

Four nature trails, unique in beauty, commence from the Troodos Square vicinity:

- Persefoni linear trail (3 km), from the Square to Makria Kontarka.
- Atalanti circular trail (14 km), Square – Chromio – Square.
- Artemis circular trail (7 km), round the Olympus/Chionistra mountain peak.
- Kalidonia linear trail (3 km), from Kryos Potamos to Platres village.

A section of the E4 European Long Distance Path passes from Troodos. Whatever your fitness level, as a hiker in the area you will definitely enjoy an outing in a tranquil forested area, surrounded by natural beauty.

The Cyprus Tourism Organisation (CTO) provides a Troodos area map and brochure for nature trails.

You may enjoy your lunch in one of the organized area picnic sites:

- Prodomos Reservoir (5 km from Troodos Square).
- Kambos tou Livadiou (2 km from Troodos Square).
- Armyrolivado (2,5 km from Troodos Square).
- Livadi tou Pasia (2,3 km from Troodos Square).

The Troodos region is ideal for cycling along the main road connecting villages, along scenic landscapes and mountain hills. For an organized cycling tour, there is a circular mountain bike network (57, 1 km), marked with a blue dotted line. The network covers a combination of main roads and forest dirt roads. The circular cycling network is divided into three sections:

- Psilo Dendro (Platres) – Karvounas, total distance 16,2 km.
- Karvounas – Prodomos, total distance 22,7 km.
- Prodomos – Psilo Dendro (Platres), total distance 18,2 km.

The Cyprus Tourism Organisation (CTO) provides a brochure for the Troodos Cycling Routes which is also available online, at www.visitcyprus.com

Troodos is rich in history and culture, with a number of religious sites well worth of a stopover visit. Ten churches are included in the UNESCO World Heritage List, under the title «painted churches in the Troodos Region»:

01. Stavros tou Agiasmati, Platanistasa
02. Agios Nikolaos tis Stegis, Kakopetria
03. Panagia tou Araka, Lagoudera
04. Panagia, Moutoullas
05. Timios Stavros, Pelendri
06. Panagia tis Podythou, Galata
07. Archangelos (Michael), Pedoulas
08. Metamorfosis tou Sotiros, Palaichori
09. Panagia Asinou (Forbiotissa), Nikitari
10. Agios Ioannis Lampadistis, Kalopanagiotis



Should one wish to indulge in more earthly pastimes, a number of suggested Wine Routes are available, to follow at one's own pace. Practice some wine tasting in a local winery, where the traditional way of viniculture is still maintained. We recommend sampling the famous commandaria, in one of the 14 villages of the "Commandaria Wine Route", or a wine from the local variety xynisteri or black, in the «Krasochoria Wine Route». If you wish to keep up with the locals ask for zivania (zi-va-ni-a). A high alcohol content drink (you have been warned!), zivania is best enjoyed ice cold, though with the prospect of driving one must not go into excess.

The Cyprus Tourism Organisation (CTO) provides a brochure for Cyprus Wine Routes Which is also available online, at www.visitcyprus.com

Located about 5 km from Troodos Square is Platres village where you can find many types of accommodation. Platres is the end point of the Kalidonia linear nature trail through Kalidonia waterfalls. The beauty of Platres has been immortalized by the Nobel Laureate Greek poet George Seferis. Trooditissa Monastery, 5 km from Platres, is a recommendable place to visit.



Before leaving Troodos Square one may try some of the local delicacies sold by vendors, such as paluze (ppa-lu-ze), soutzouko (shou-shou-kko), salted nuts, or traditional sweet fruit preserves (gly-ka kou-ta-liou).

From Troodos Square, EDEN Route 1 follows the E910 main road, towards the villages of Prodromos, Pedoulas, Moutoullas and Kalopanagiotis.

At the beginning of the route, we recommend you follow the signs leading up to the peak of Mount Olympus, the highest elevation point on the island (1,951 meters). From here, visitors enjoy uninterrupted bird's-eye views to all directions.

The highest altitude village in Cyprus, Prodromos, is located on the mountain's slope at 1,380 meters. At the top of the mountain there lies the once majestic hotel Berengaria, also known as the hotel of kings, now sadly defunct. The linear nature trail Prodromos – Zoumi (3 km) commences at Prodromos. A little further outside the heart of the village, one can find another linear scenic trail, Prodromos Reservoir – Stavroulia (4, 5 km). It is worth visiting the picnic site located at Prodromos Reservoir (Fra-ktis) to enjoy the beautiful natural surroundings.

One popular Cyprus summer holiday resort is Pedoulas village. Rich in history, dating back to the Byzantine era, during the feudal Frankish and Venetian rule of Cyprus the village was owned by the island's royalty. Pedoulas is surrounded by pine forests and cherry trees. Do not forget to drink fresh

cool water, from one of the many natural springs that abound in the area. In the village vicinity you may visit the Byzantine Museum, where icons and other ecclesiastical items are housed, the Folklore Museum. From Troodos Square, EDEN Route 1 follows the E910 main road, towards the villages of Prodromos,

Another listed UNESCO World Heritage Site that you can visit is Panagia (Virgin Mary) at Moutoullas village. The church has a sloping wooden ceiling and wall paintings (frescoes) dating from 1280.

EDEN Route 1 ends at Kalopanagiotis village. Kalopanagiotis is popular for its traditional architecture and the restoration work undertaken for most of its dwellings, a project which contributed to the village been awarded European Destination of Excellence for «Tourism and Regeneration of Physical Sites», in 2011.



Things that you can do:

Start by walking on the cobblestone village alleys, admiring the traditional architecture and the restoration work of most of the surrounding buildings. It should be noted that the Department of Antiquities in Cyprus has declared most of the houses as ancient monuments. Continue your walk towards the most important village attraction, the cluster of churches of Agios Ioannis Lambadistis, a listed UNESCO World Heritage site. Include in your visit the nearby Byzantine Museum and admire the rich collection of ecclesiastical exhibits.

Further down from Agios Ioannis Lampadistis is the Venetian Bridge in a wonderful landscape of rich vegetation, created by Setrachos River. Approximately 1 km south of Lambadistis is the old structure of Kykko's watermill.

Kalopanagiotis is an ideal destination for many kinds of activities and interests. You can hike and enjoy the rich natural environment, walk through the alluring nature sites, bike through the quiet streets, or relax in the designated picnic areas, in an ideal environment to unwind and soak up everything the area has to offer.

For something different, you can indulge in a local spa, in a village whose water healing abilities have been used and praised by Cyprus royals, since the Roman, Byzantine and Frankish eras.

Kalopanagiotis provides a number of accommodation establishments.



REFERENCE



EDEN Route 2

The Serenity of Nature.

Vouni Panagias – Cedar Valley – Kykkos Monastery – Stavros tis Psokas – Kato Pyrgos

EDEN Route 2 is one of the most scenic and beautiful drives that Cyprus has to offer. Most of the route is through Pafos Forest, a declared 'Special Protection Area' since 2005, with no villages. Pafos Forest is a Permanent Game Reserve area, thus constituting a perfect shelter for the island's wildlife. Here, you may encounter the Cyprus wild sheep, known as mouflon or agrino (*Ovis gmelini ophion*), the largest rare endemic mammal of the island.

NOTE: There are no petrol stations along this route. It is recommended to avoid traveling through Pafos Forest at night, you will miss the essence of the route, that is, the magnificent scenery. During the winter months due to weather conditions, part of the route in the Pafos Forest can become inaccessible due to landslides and rocks on the road. Check beforehand with the Forestry Department and let your accommodation establishment know you are departing on this route.

Suggested start point of this route is the village of Pano Panagia which administratively belongs to Pafos District. The village is located about 35 km northeast of Pafos town, via the B7 main road towards Polis and then turning right on the B703 main road, through the villages Polemi and Kannaviou.

At a distance of 6 km before you reach Pano Panagia, there is the Asprogias – Kanavviou Dam, a site rich in natural environment with incredible view. You should stop briefly here, to take in the view and take some photos.

Vouni (Pano) Panagias has been awarded national EDEN 2009 «Tourism and Protected Areas» destination. The picturesque village is dedicated to Panagia (Virgin Mary). The natural attractiveness of the area has contributed to its inclusion in the NATURA 2000 list of protected areas, as a «Special Protection Area (SPA)» and as «Sites of Conservation Interest».





Things that you can do:

Stroll around the village center. From there, you can walk to the Church of Panagia Eleousa and visit the humble dwelling, now a museum, where Archbishop Makarios III was born, the First President of the Republic of Cyprus.

You may see local handicrafts and personal belongings of village folk, dated from the 19th century, at the village Museum of Folk Art.

You can go hike around the circular trail Vouni (9.8 km), appreciating the scenic panoramic views around Panagia and out towards Akamas peninsula, Pafos Forest and the wider Troodos mountain range.

It is recommended to visit the picturesque monastery of Panagia Chrysorrogiatissa, 1.5 km southwest from the village. The monastery is dedicated to Panagia (Virgin Mary) of the gold pomegranates. Here, you may admire the rich collection of relics and icons, among them the frescoes within the monastery chapel. The monastery houses an old winery, which one may visit.

An area side route is «Vouni Panagias – Ambelitis» Wine Route, providing a delightful wine experience, including tasting some of the best Cyprus wines. This specific wine route includes three wineries. During September, an annual Wine Festival event is hosted at the village.

The EDEN 2 Route continues on F726 road, towards Cedar Valley (20 km) and Kykkos Monastery (37 km), at Marathasa region. The asphalted road has many turns, but the scenery along the way through the forest will reward the effort.

At a distance of 3 km from Panagia, there is a designated picnic area. At a distance of 16 km the route takes a right turn, following the signpost: Cedar Valley (4 km), Kykkos (22 km). Don't miss it!





Next stop is Cedar Valley. Leave your car on the cobble stone street and walk around at your own pace. Cedar Valley is one of the rarest and most beautiful ecosystems in the island. Cedar conifer trees (*Cedrus brevifolia*) reach up to 35 meters and are concentrated only in Pafos Forest, at an altitude between 900-1,400 meters. The area has been included in the NATURA 2000 EU network of nature protection areas and is considered as being one of the most important biotopes in Cyprus. Enjoy the scent of the grand, centuries- old trees and let the magic of nature inspire you!

At a distance of 29 km into the route you reach a signposted T junction. The road signs indicate “Stavros tis Psokas” (19 km), to the left and “Kykkos” (8 km), to the right.

Kykkos Monastery was founded around the end of the 11th and the beginning of the 12th century. Dedicated to Panagia (Virgin Mary), the monastery possesses one of an estimated three icons attributed to Agios Loukas (St. Luke) the Evangelist. The monastery has a superb museum with exhibits of ecclesiastic items, vestments, rare religious icons and a great library with rare books, maps and manuscripts.

If you visit the monastery on August 15th or September 8th you can participate in the celebration events for a feast of the Assumption of Virgin Mary, along with thousands of faithful worshipers gathered here from all over Cyprus.

You can head towards the location Throni, 3 km west from the monastery to visit the resting place of Archbishop

Makarios III, first President of Cyprus and admire the panoramic view.

Next recommended stop on the EDEN Route 2 is Stavros tis Psokas Forest Station (27 km from Kykkos Monastery), at an altitude of 860 meters in the heart of the Pafos Forest. There is a designated picnic area, a cafe-restaurant, a short term accommodation hostel (guest house) and a fenced enclosure to see the mouflon. You may stay overnight at the guest house, provided you obtain prior confirmation of reservation. For information, contact Stavros tis Psokas Forest Station, tel. number: 26 99186/26 991858, or the Nicosia Head Offices of the Cyprus Forestry Department, tel. number: 22 805529.

There are two recommended circular nature trails at the area where you can walk: easy trail Moutti tou Staurou (2, 5 km) and a more difficult trail Chorteri (5 km).

From Stavros tis Psokas, if you have the time, it is recommended to ascend to Tripylos peak (alt. 1,452 meters). The path offers a wonderful opportunity to admire the rich natural habitat of pine trees and endemic cedar conifers. On the peak of Tripylos there is a forest fire lookout Station, where you can stop to enjoy the panoramic view of Pafos Forest and take star photos of your Cyprus holiday experience.

From Stavros tis Psokas, EDEN Route 2 ends due north (37 km), at Kato Pyrgos village, where you can spend the night. Alternatively, you can continue (34 km) along the route through Lysos, village, before arrival and overnight stay at Polis.



REFERENCE

	EDEN Destination		Fishing shelter
	EDEN Route 2		Excursion site
	EDEN Route 3		Golf Course
	Beach		UNESCO Cult. heritage
	Castle		Church/Monastery
	Camping site		River
	Arch. Sites/Museum		Footpath



EDEN Route 3

The Cool Breeze of the Glassy Sea!

Kato Pyrgos – Polis – Lakki (Latsi) – Baths of Aphrodite.

Start EDEN Route 3 from Kato Pyrgos. Also known as Pyrgos Tillirias (pyrgos=tower) Kato Pyrgos is a rustic seaside village, on the northern Cyprus coastline, on the west edge of Morfou Bay. It has monuments, churches/chapels and some interesting findings from the medieval and Hellenistic eras. Kato Pyrgos has been awarded national EDEN destination 2010 for «Aquatic Tourism».

Things that you can do:

Visitors can start from the village square, admiring the very old oak, dating since 1898. There are the two churches: Agia Irini and Ag. Konstantinou and Elenis. Walking to the Community offices and courtyards of the Primary School and the Gymnasium, the visitors can see the Monuments dedicated to the brave men of Tilliria who gave their lives for the freedom of the island.

A walk, or cycling tour around the alleys of the village

will be enhanced by beautiful pictures and scents of peach, orange, lemon and other fruit trees, scattered throughout the locality. A recommended location for taking photographs is the top of the overlooking hill, at the ruins of the medieval tower (Observatory).

Visit the small village harbor and enjoy the bright, colorful sunset. If you're lucky you may catch up a cultural event in the amphitheater, under the clear night sky.

Ascending towards the mountain, you may visit the chapel of Panagia tis Galoktistis, built using milk. The wall paintings (frescoes) inside the chapel date from the 12th and 14th centuries. Nearby lies the chapel of Profitis Ilias, built on the ruins of an earlier medieval church.



Three small torrents cross Kato Pyrgos, ending to the sea: Flevas, Potamoudi and Katouris. The nearby mountain dam is an ideal location for hiking and taking photographs.

The sea waters of Kato Pyrgos locality are among the cleanest in Cyprus, with wide, secluded beaches, ideal for swimmers and water sports enthusiasts. The most frequented beaches are Omega, Apothikes and Kryoneri. After your swim you can taste delicious seafood and traditional dishes (me-ze-des) in the small taverns by the beach. During summer try juicy figs (sy-ka) and prickly pears (pa-pou-tso-sy-ka).

EDEN Route 3 continues west, along the coastal main road to Mosfili, Alevga, Pachyammos, Pomos, with direction and final stop at Polis (46 km).

The route provides pleasant views of the sea on the right and the hills on the left. There are many areas to park your car and swim in the cool sea waters. It is worthwhile to plan your journey in a way to find your way along this part of the route during sunset.

You may combine a stop in the village of Pomos, with a visit to the local Museum of Natural History.

Polis, the seaside resort, is the next route stop. Also known as Polis Chrysochous due to its location at Chrysochou Bay, Polis has been awarded (2013) national EDEN Destination of Excellence in «Accessible Tourism».



Polis is built where Marion, one of the town-kingdoms in Cyprus, used to be in ancient times. During the Hellenistic – Roman era, Marion was named as Arsinoe.

The locality is ideal for visitors seeking to combine relaxation with swimming in uncrowded clear waters. You can spend some of your holiday time at one of many accommodation establishments in the area, far away from other more vibrant island tourist resorts.

Things that you can do:

Begin your orientation from the traditional square of Polis, where many shops are concentrated. Walk through the narrow cobblestone streets and admire the local architecture of the buildings. Most of the buildings have been restored, maintaining their original architecture and wooden balconies. Sit at a traditional cafe (ka-fe-ni-o) by the square and leisurely sip a Cyprus coffee, or enjoy fish meze or other local delicacies, at one of the many restaurants and tavernas.

Close to the square there is Agios Andronikos Church and nearby Park. The church offers fine samples of frescoes, dating from the 16th century. At close distance there is Agia Kyriaki church, dating from the 18th century.

A visit to the Archaeological Museum of Marion - Arsinoe is considered a must. There, you can see excavation findings from the ancient city of Marion, covering a period of 3,000 years, up to the medieval period.

You can visit the Byzantine Museum of Arsinoe, in Peristerona village (9 km), or the Museum of Rural Life in Steni village (5 km).

If you want to enjoy the cool blue waters of the sea and taste some fresh fish, drive to the picturesque harbour of Lakki (Latsi), at a distance of 4,4 km westwards from Polis. Here, the old carob storage warehouses have been converted to first class traditional taverns, specializing in seafood and other delicacies, enjoyed by the sea.

Camping enthusiasts may camp in the organized camping site, located between Polis and Lakki (Latsi). The site is surrounded by eucalyptus trees, right by the sea. The beach in front of the site has been awarded the «Blue Flag».

The small marina of Lakki (Latsi) is the starting place of boats offering organized day cruises along Akamas peninsula, with stop overs at secluded rocky inlets for water dips in waters not reachable by road. These spots are of extreme beauty and perfect for swimming and snorkeling.

An innovative system of access to the sea for disabled persons has been installed in the Municipal Beach of Lakki (Latsi), another “Blue Flag” awarded beach.

Close to Lakki (Latsi), there is a well-known Cyprus landmark: Loutra tis Afroditis (Baths of Aphrodite), a must visit. It is a location rich in natural beauty, where according to legend, the goddess of love, Afroditi (Venus), took her beauty bath by a natural cave. Here, Afroditi met her lover Adonis, when he paused to drink water whilst hunting. The moment Adonis drunk the water, he fell in love with Afroditi.

There are three recommended circular nature trails in the area: Afroditi, Adonis, Smigies, each 7,5 km. Along the trails you can enjoy the rich natural environment, with several panoramic viewpoints. At Smigies there is an organized picnic area.

The Cyprus Tourism Organisation (CTO) provides a brochure for the Troodos Cycling Routes which is also available online, at www.visitcyprus.com





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Akamas Peninsula

If you have time you may drive to Akamas peninsula. The peninsula is considered to be of a great natural beauty, rich in flora and fauna. Akamas is a landmass untouched by development, full of endemic plants and ecosystems.

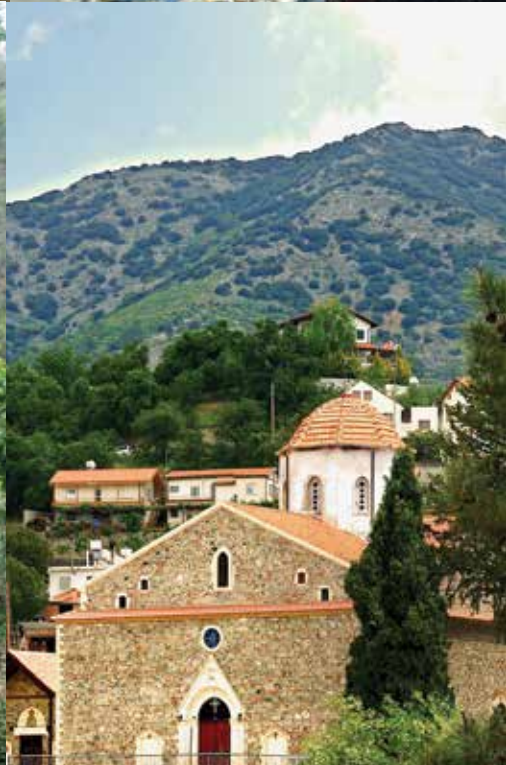
The peninsula covers an area of approximately 230 sq.km. It is an uninhabited area of unique natural beauty. Due to their remoteness, Akamas beaches are the nesting ground of two protected species of turtle: the loggerhead turtle *Caretta Caretta* (*Caretta Caretta*) and the Green Turtle (*Chelonia mydas*).

The beaches of Lara and Tokseftra are designated protected areas towards turtle reproduction.

NOTE: Akamas peninsula is a remote area, with no surfaced roads. Driving is done on narrow loose surface path. It is thus strongly recommended that driving in this area should be carried out strictly during daytime, with the use of a four wheel drive (4x4) vehicle. During winter months, the area can become inaccessible due to weather conditions. In any case, check before driving there.









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