

Welcome to Troodos



Mount Olympus (or Chionistra) is the highest peak of the imposing Troodos Mountain range and it rises 1952m above sea level. The Troodos range stretches across most of the southern and western part of Cyprus and it covers approximately 3000 sq. km. This tranquil region provides a cool refuge for long walks in the summer amongst idyllic pine forests and aromatic shrubs. Skiing can be enjoyed on the slopes of Mount Olympus, usually from the beginning of January until the end of March.

Troodos – Geological significance

The Troodos Mountain range is a unique geological destination, a magnet both for professionals, scientists and students, as well as for geology aficionados. The Troodos Mountain range is an ophiolite (Greek words ophis (snake) and lithos (stone) – serpent-like stones), a term used to describe a group of igneous rocks, which make up the oceanic crust. Troodos is part of a very ancient section of oceanic crust, which was uplifted to its present position due to the collision of the African and Eurasian Tectonic Plates, and the subduction of the former beneath the latter. Since it is located above the sea, it is the most complete and best-studied ophiolite in the world. In other words, Troodos visitors can observe an ophiolite complex, formed 90 million years ago 8,000 meters below sea level.

Troodos Geopark

The Troodos Geopark is located in the central part of Cyprus and its area is approximately 137,000 hectares (1,370 sq.m.), covering 45% of the total area of the Troodos range and 15% of the total area of Cyprus. In 2015 it officially joined the UNESCO Global Geoparks Network. The Geopark combines the fascinating local geology with the unique natural environment of the Troodos and the long history of human societies. The Geopark includes 110 villages with a total population of approximately 25000 inhabitants. There are 50 mapped out Geosites and many more activities, fauna and flora for you to discover at www.troodos-geo.org

Useful Information

Buses:

There are rural buses that connect Troodos with the urban centres of Lefkousia and Lemessos. For more information on routes and timetables, please visit www.publictransport.com.cy and en.limassolbuses.com

Private taxis:

Taxi service is available on request. Taxis are obliged to have taximeters and charge commences from the minute the passengers board the taxi. For more information on taxi arrangements please contact the Platres Tourist Information office during working hours.

Useful Telephone Numbers:

| | | | |
|---------------------------------------|------------------|---|----------|
| Troodos Hospital (Kyperounta village) | 112/+35725806744 | Cyprus Public Transport | 1416 |
| Platres Hospital | +35725422225 | Platres Tourist Information Office | 25421316 |
| Platres Police station | +35725805960 | Airports / Flight Information | 77778833 |
| Fire station | 112/199 | Pharmacies (all night / all day) | 25806744 |
| Forest Fires emergency number | 1407 | Trimiklini private pharmacies (08.00-22.00) | |
| Cyprus Public Transport (from abroad) | +35722221416 | EMEL Ltd Limassol Buses | 77778121 |
| Cyprus Ski Club | 22449837 | | |

Climate and Weather:

With altitudes up to 1952 meters it is much cooler in Troodos than in the coastal areas. Differences in temperatures with other places on Cyprus are 8-12 degrees Celsius on average. During the winter subzero temperatures are not uncommon.

In the highest areas there is often enough snowfall to go skiing. The mean temperatures vary according to the season with the lowest of -1 degrees and the highest of 7 degrees in February and with the lowest of 18 degrees and the highest of 28 degrees in August. The duration of the daylight throughout the year ranges from 4 hours in December to 11 hours in June.

Heartland of Legends - Authentic Experiences

The Heartland of Legends is a circular route, which passes through the Troodos Mountains and encloses an area that offers authentic experiences, which bring our visitors close to the Cypriot nature, the tradition and the way of life of the Cypriots. Well-hidden places where you can unwind enjoy slow life, delicious food and healthy climate. The Route offers authentic experiences, which are accessible at close proximity from each other and which can be enjoyed all year round. Discoverer handicraft and gastronomy workshops and more at www.heartlandoflegends.com

Hiking

With a favorable climate all year round, the great outdoors of the island is easily accessible, and offers a myriad of opportunities to take a journey through nature, history and culture, thanks to the numerous paths and nature trails. A total of 65 designated walking trails have been created to highlight the beautiful landscapes and strong Mediterranean character of the island. For more information on trails, please visit www.visitcyprus.com

Wine Routes

The rich wine history of Cyprus has been alive and ongoing for something like 6,000 years. Take any of our seven wine routes to experience Cypriot hospitality and be introduced to the world of Cyprus wine. Visit one of the many modern wineries that presently operate on the island and taste their wines. For more information on wine routes please visit www.visitcyprus.com

Bridges

In Troodos Mountains you will come across a number of the island's most beautiful bridges. There are three beautiful medieval bridges – Roudia, Ela, Tzelefos that you can discover if you hike the Venetian Bridges nature trail. You can also find bridges all around the Troodos area, such as the Double Bridge in Trimiklini Village, the Medieval Bridge and Orkontas Bridge in Kalopanagiotis Village, Milia Bridge, south of Pano Platres Resort and many others.

Choose your experience and follow the numbers on the map to make the most out of your visit at Troodos! Audio Guides available



Explore Troodos

1. Troodos Visitor Centre

The Troodos Visitor Centre is situated 200m west of Troodos square and provides information about the Troodos National Park, its importance in the development of the region, as well as information about the mountain's natural environment.



2. Troodos Geopark Visitor Centre

The Troodos Geopark Visitor Centre is situated in the restored elementary school of the abandoned Amiantos (asbestos) mine. The Visitor Center hosts exhibits of the abandoned Abbestos and Chromite mines, a maquette of the geology of the area, depicting sites of geological importance.



3. Botanical Gardens in Amiantos

The Troodos Botanic Garden "A.G. Leventis" is located in the Troodos National Forest Park, within the boundaries of the old Amiantos asbestos mine at the altitude of 1400 m. The area is included in the «Natura 2000» network of protected areas of Cyprus. Around 150 flora species can be found today at the Garden but in the near future this number is expected to be greater than 500.



4. Cyprus Railways Museum – Evrychou Village

The Cyprus Railways Museum is housed in the old Railway station near Evrychou village, in the Troodos Mountains. Original documents, drawings, photos and various objects related to the Cyprus railways are exhibited in the Museum Rooms. At the rear side of the Museum the platform and a part of the track have been reconstructed using the original rails.



5. Kalidonia Waterfall

Kalidonia Waterfall is situated close to Platres village and it is a 12-metre-high waterfall. Surrounded by lush green vegetation, in the heart of the forest, it is truly a sight to see.

6. Millomeris Waterfall

Millomeris Waterfall, just a kilometre away from Platres, is a 15-metre-high waterfall with easy access. If you want a light walk with a waterfall view at the end, start from Platres and walk for about a kilometre through nature and end up at Millomeris.



7. Mesa Potamos Waterfall

It is situated on the river bed of Arkolachanias River or Mesa Potamos, northwest of Saitas near the Timios Prodromos Monastery at Mesa Potamos at an altitude of 1000m. The height of the waterfall is 7 meters.



8. Chantara Waterfall

It is located a few minutes north of the village of Foini, amid a beautiful landscape flooded with greenery that is sure to charm anyone who visits. The water falls from a height of approximately 8 meters, gushing along rough, volcanic rocks.



9. Platanistasa Water Mill

It is located in the village of Platanistasa in the Nicosia district. The mill was used by the villagers and other residents in the surrounding area for the production of flour and groats. It is located nearly a meter above the river bank on the south side opposite a green area with chestnuts and walnuts.

10. Water Mill of Rodou

It is one of the two watermills located in the Village of Galata. The building is of great architecture value, nestled in an area of unique natural beauty.

11. Kykkos Water Mill

In the village of Kalopanagiotis lies one of the best-preserved watermills of the island. It is located one kilometer south of the monastery of Agios Ioannis Lambadistis, in a lush green environment.



12. Kampos Forest Heritage Museum

The museum is divided in two sections and the visitor can be guided using interactive media and attractive photo displays. On the ground floor, the display walks through the history of the Cypriot forest from the Bronze Age through to the British Colonial era and in the basement of the museum, the more recent history of wood processing.



13. Cedar Valley (Koilada ton Kedron)

The breathtaking mountain Cedar Valley is nestled within Pafos Forest, and is distinctive for its thousands of endemic Cedrus brevifolia species (Cedar trees), which is a close relative of the famous cedars of Lebanon.



UNESCO Churches

A genuine Byzantine treasure trove is nestled in the mountain range of Troodos that reveals the island's religious heritage. One of the greatest concentrations of churches and grandiose monasteries of the former Byzantine Empire characterizes the island. Of these, ten beautifully painted churches are included on the UNESCO World Heritage List.

14. Stavros tou Agiasmati

Located about 3km outside the mountainous village of Platanistasa, this 15th century church retains the most complete cycles of mural paintings of the second half of the 15th century on the island.



15. Metamorphosis tou Sotiros

Overlooking the beautiful, old mountainous village of Palaichori, the Metamorphosis tou Sotiros Church (Transfiguration of the Saviour) is an early 16th century chapel. The church's interior is completely painted with one of the most complete series of murals of the post-Byzantine period in Cyprus.

16. Timios Stavros

The village of Pelendri was once the property of Jean de Lusignan, son of the Lusignan King of Cyprus, Hugh IV. According to an inscription in the apse, the original wall paintings date to 1171 / 1172 with fragments of the decoration

preserved on the apse under the layer of the 14th century frescoes.



17. Panagia tou Araka

This 12th century church near Lagoudera village contains some of the finest frescoes of the late Comnenian style (1192), similar to those prevailing throughout Greece, the Balkans and Russia, and were painted by the famous artist Theodoros Apsvedis.



18. Agios Nikolaos tis Stegis

The church of Agios Nikolaos tis Stegis (St. Nicholas of the Roof) is located about 2.5km from Kakopetria. It once belonged to a monastery complex. It is entirely covered with frescoes dating from the 11th to the 17th centuries and it is considered one of the most interesting Byzantine churches on the island.

19. Panagia Podithou

The church of Panagia Podithou in Galata village was built in 1502 and once belonged to a monastery. Its frescoes are of the Italo-Byzantine style, which was adopted on the island towards the end of the 15th century.



20. Panagia Asinou

Located on the east bank of a stream, 3km from the mountainous village of Nikitari, Panagia Asinou Church is a small church dedicated to the Virgin of "Phorbia". It contains some of the finest Byzantine wall paintings on the island, dating from the 12th to the 17th century and reflect the art of Constantinople.

21. Agios Ioannis Lambadistis

Located just off the village of Kalopanagiotis this is a complex of three churches - Ioannis Lambadistis (1731), Agios Irakleidos (11th century) and a Latin chapel (15th -16th century) - all under a single, enormous pitched timber roof.



22. Panagia tou Moutoulla

This tiny 13th century chapel in the vicinity Moutoullas village that has a steep-pitched wooden roof. The wall paintings in the chapel are the only series of the thirteenth century (1280) that survive in Cyprus and can be dated with precision.

23. Archangel Michael

This painted church dates back to 1474 and is located in the lowest part of the Pedoulas village. It also has a pitched wooden roof typical of the Troodos churches. The frescoes are of the local post- Byzantine style that developed prior to the Venetian rule.



Important Monasteries

24. Kykkos Monastery and Museum

The best-known and richest monastery on the island is the Kykkos Monastery which was founded in 1100 and is dedicated to the Virgin Mary. It possesses one of three surviving icons ascribed to have been painted by Saint Luke. The museum is an integral part of the monastery and houses a priceless collection of icons, consecrated vessels, manuscripts and Cypriot antiquities. The first President of Cyprus, Archbishop Makarios III served as a novice here and was buried at Throni, a scenic location 3km west of the monastery.



25. Panagia Trikoukiotissa Monastery

This Convent is one of the oldest in Cyprus and is located only few kilometres away from Prodromos village. It is not known exactly when it was founded but is certain that it existed during the Frankish-Venetian period (1191-1571). Few nuns live here and sell fruit and traditional spoon sweets produced in the monastery.

26. Timios Prodromos Monastery

The Monastery of Timios Prodromos in Mesa Potamos is built at a magnificent location, in the forest. Although its construction date is unknown, recent conservation, revealed wall paintings fragments that date back to the 15th century. A small group of monks live here and usually offer herbal tea and traditional sweets to visitors.



Legend

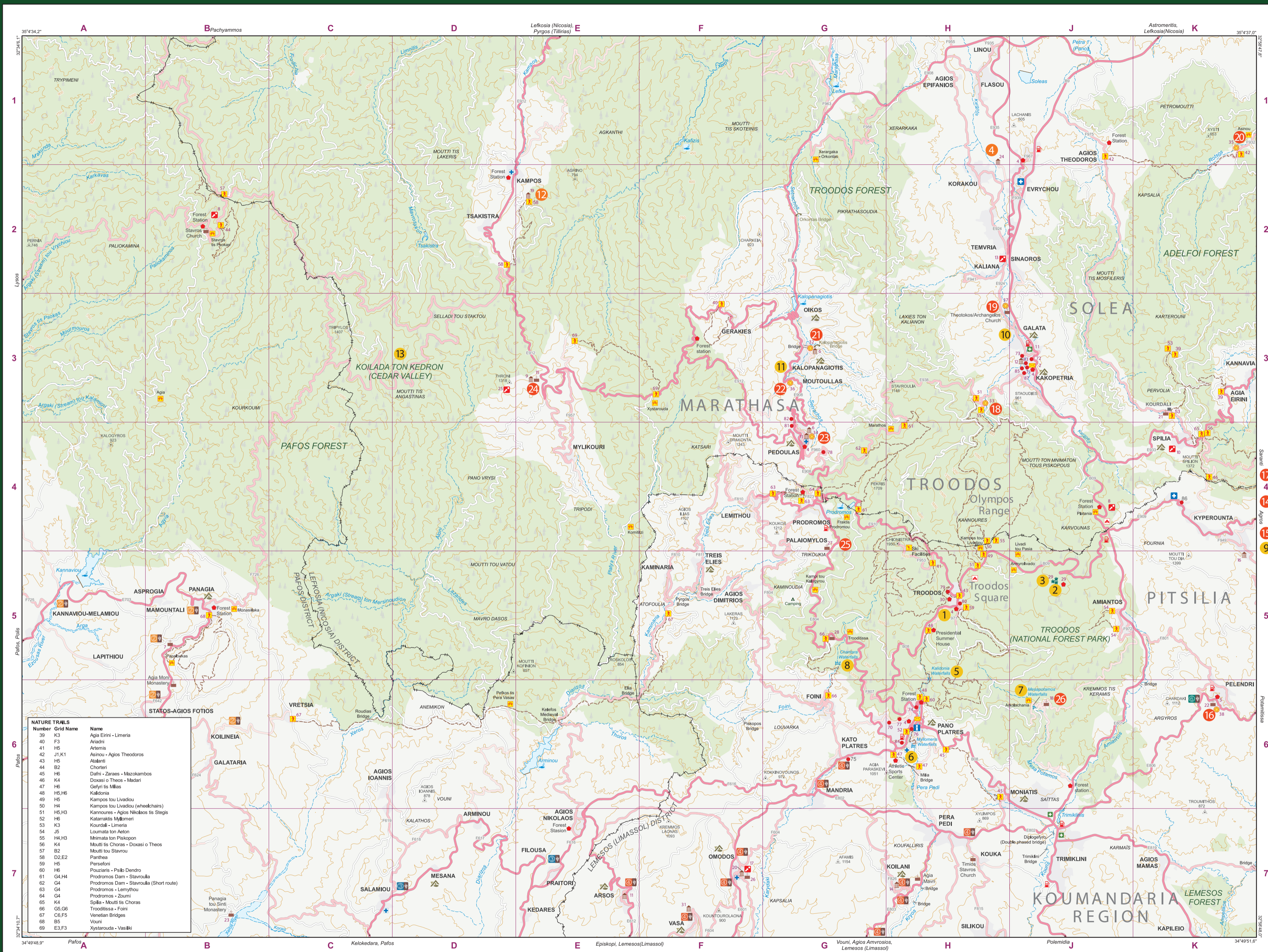
- Church
- Monument
- Museum
- Place of Interest

Main sites to visit

- 1 Troodos Visitor Centre
- 2 Troodos Geopark Visitor Centre
- 3 Botanical Gardens in Amiantos
- 4 Cyprus Railways Museum Evrychou Village
- 5 Kalidonia Waterfall
- 6 Millomeris Waterfall
- 7 Mesa Potamos Waterfall
- 8 Chantara Waterfall
- 9 Platanistasa Water Mill
- 10 Water Mill of Rodou
- 11 Kykkos Water Mill
- 12 Kampos Forest Heritage Museum
- 13 Cedar Valley (Koilada ton Kedron)
- 14 Stavros tou Agiasmati
- 15 Metamorphosis tou Sotiros
- 16 Timios Stavros
- 17 Panagia tou Araka
- 18 Agios Nikolaos tis Stegis
- 19 Panagia Podithou
- 20 Panagia Asinou
- 21 Agios Ioannis Lambadistis
- 22 Panagia tou Moutoulla
- 23 Archangel Michael
- 24 Kykkos Monastery and Museum
- 25 Panagia Trikoukiotissa Monastery
- 26 Timios Prodomos Monastery



AUDIO GUIDES
Scan and download Audio Guides



| Number | Grid Name | Name |
|--------|-----------|--|
| 39 | K3 | Agia Eirini - Limeria |
| 40 | F3 | Araxini |
| 41 | H5 | Artemis |
| 42 | J1,K1 | Asinou - Agios Theodoros |
| 43 | H5 | Atalanti |
| 44 | B2 | Chorteni |
| 45 | H6 | Dafni - Zareas - Mazokambos |
| 46 | K4 | Doxasi o Theos - Mastari |
| 47 | H6 | Gefyri tis Milias |
| 48 | H5,H6 | Kakoni |
| 49 | H5 | Kampos tou Livadiou |
| 50 | H4 | Kampos tou Livadiou (wheelchairs) |
| 51 | H5,H3 | Kannoures - Agios Nikolaos tis Stegis |
| 52 | H6 | Katarmakis Mjloneni |
| 53 | K3 | Kourdali - Limeria |
| 54 | J5 | Lournata ton Aston |
| 55 | H4,H3 | Minimata ton Piskopon |
| 56 | K4 | Mouti tis Choras - Doxasi o Theos |
| 57 | B2 | Mouti tou Stavrou |
| 58 | D2,E2 | Panthea |
| 59 | H5 | Paraseloni |
| 60 | H4 | Pousaria - Psilo Dendro |
| 61 | G4,H4 | Prodomos Dam - Stavroula |
| 62 | G4 | Prodomos Dam - Stavroula (Short route) |
| 63 | G4 | Prodomos - Lemithou |
| 64 | G4 | Prodomos - Zozmi |
| 65 | K4 | Spilia - Mouti tis Choras |
| 66 | G5,G6 | Trooditisa - Foiini |
| 67 | G5,F5 | Verastan Bridges |
| 68 | B5 | Vouni |
| 69 | E3,F3 | Xystarouda - Vasiki |

INDEX

DEPUTY MINISTRY OF TOURISM OFFICES

| Number | Grid Name | Name |
|--------|-----------|----------------------------|
| 1 | H6 | Tourist Information Office |

PUBLIC BUILDINGS - UTILITY SERVICES

| Number | Grid Name | Name |
|--------|----------------|---------------------------|
| 2 | J3 | Kakopetria Post Office |
| 3 | H6 | Platres Post Office |
| 4 | G4,H5,H6,J1,J3 | Police Station |
| 5 | K6 | Citizen's Office-Pelendri |

HISTORIC AND OTHER PLACES OF INTEREST

| Number | Grid Name | Name |
|--------|-----------|--|
| 6 | G3, G4 | Byzantine Museum |
| 7 | B5 | Chrysokostissa Monastery - Panagia |
| 8 | B2, J4 | Cyprus Moutifon Enclosure |
| 9 | E3 | Ecclesiastical Museum of Kykkos Monastery |
| 10 | K4 | Elionykos (Olive Press) - Spilia |
| 11 | E7,G4,J3 | Folk Art Museum (Arsos, Pedoulas, Galata) |
| 12 | J3 | Kakopetria Village Museums |
| 13 | H2 | Kalliana Khan Inn |
| 14 | H7 | Kolani Village Museums |
| 15 | E3 | Kykkos Monastery |
| 16 | K5 | Kyperounta Village Museums |
| 17 | F7 | Panagia Kathika Church - Pelendri |
| 18 | J6 | Timiou Prodomou - Mesopotamos Monastery |
| 19 | E2 | Museum of Forestry and Woodcrafts |
| 20 | F7 | Omodos Village Museums |
| 21 | K3 | Panagia Chrysokourdallitisa Church - Kourdali |
| 22 | K6 | Panagia Kathika Church - Pelendri |
| 23 | B7 | Panagia tou Sinti abandoned Monastery - Pentalla |
| 24 | H1 | Railway Museum - Evrychou |
| 25 | D3 | Throni, Tomb of Archbishop Makarios III |
| 26 | F7 | Timios Stavros Monastery - Omodos |
| 27 | G4 | Trooditisa Monastery - Prodomos |
| 28 | G5 | Trooditisa Monastery |
| 29 | J5 | Botanical Gardens and Geopark |
| 30 | H5 | Troodos Environmental Center |
| 31 | F7 | Vasa Kolaniou Village Museums |

UNESCO SITES

| Number | Grid Name | Name |
|--------|-----------|---|
| 32 | G3 | Agios Ioannis Lampadistis church - Kalopanayiotis |
| 33 | H3 | Agios Nikolaos tis Stegis church - Kakopetria |
| 34 | G4 | Archangelos Michail church - Pedoulas |
| 35 | K1 | Panagia Forvotissa (Asinou) church - Nikitari |
| 36 | G3 | Panagia tou Moutoulla Church |
| 37 | H3 | Panagia tis Podithou Church - Galata |
| 38 | K6 | Timios Stavros - Pelendri |

NATURE TRAILS
(See nature trails index)

ACCOMMODATION - HOTELS

| Number | Grid Name | Name | Class |
|--------|-----------|------------------|-------|
| 70 | H6 | Forest Park | 4* |
| 71 | J3 | Ekali | 3* |
| 72 | J3 | Hellas | 3* |
| 73 | J3 | Mylos | 3* |
| 74 | H6 | New Halvetia | 3* |
| 75 | G6 | Nightgale | 2* |
| 76 | H6 | Pietri Palatis | 2* |
| 77 | H6 | Edeweiss | 2* |
| 78 | G4 | Health Habitat | 2* |
| 79 | H5 | Jubilee | 2* |
| 80 | H5 | Troodos | 2* |
| 81 | G4 | Two Flowers | 2* |
| 82 | G4 | Capourallis | 1* |
| 83 | G4 | Christy's Palace | 1* |
| 84 | H6 | Kallithea | 1* |
| 85 | J3 | Krystal | 1* |
| 86 | K4 | Livadhia | 1* |
| 87 | J3 | Minaiades | 1* |

REFERENCE

- Main Road
- Secondary Road
- Minor Road
- Loose Surface Road
- Nature Trail (Start of)

FOINI

- Community Name
- Important Building
- Places of Interest
- Accommodation
- Traditional Accommodation
- Church, Monastery
- Museum
- Unesco Sites
- Post Office
- Hospital
- Tourist Information Office
- Health Centre
- Pharmacy
- Petrol Station
- Picnic Site
- Camping Site
- Wine Route
- Angling in dams
- Seasonal River
- Dam
- Trigonometrical Station (Height in metres)

REPUBLIC OF CYPRUS
DEPUTY MINISTRY OF TOURISM