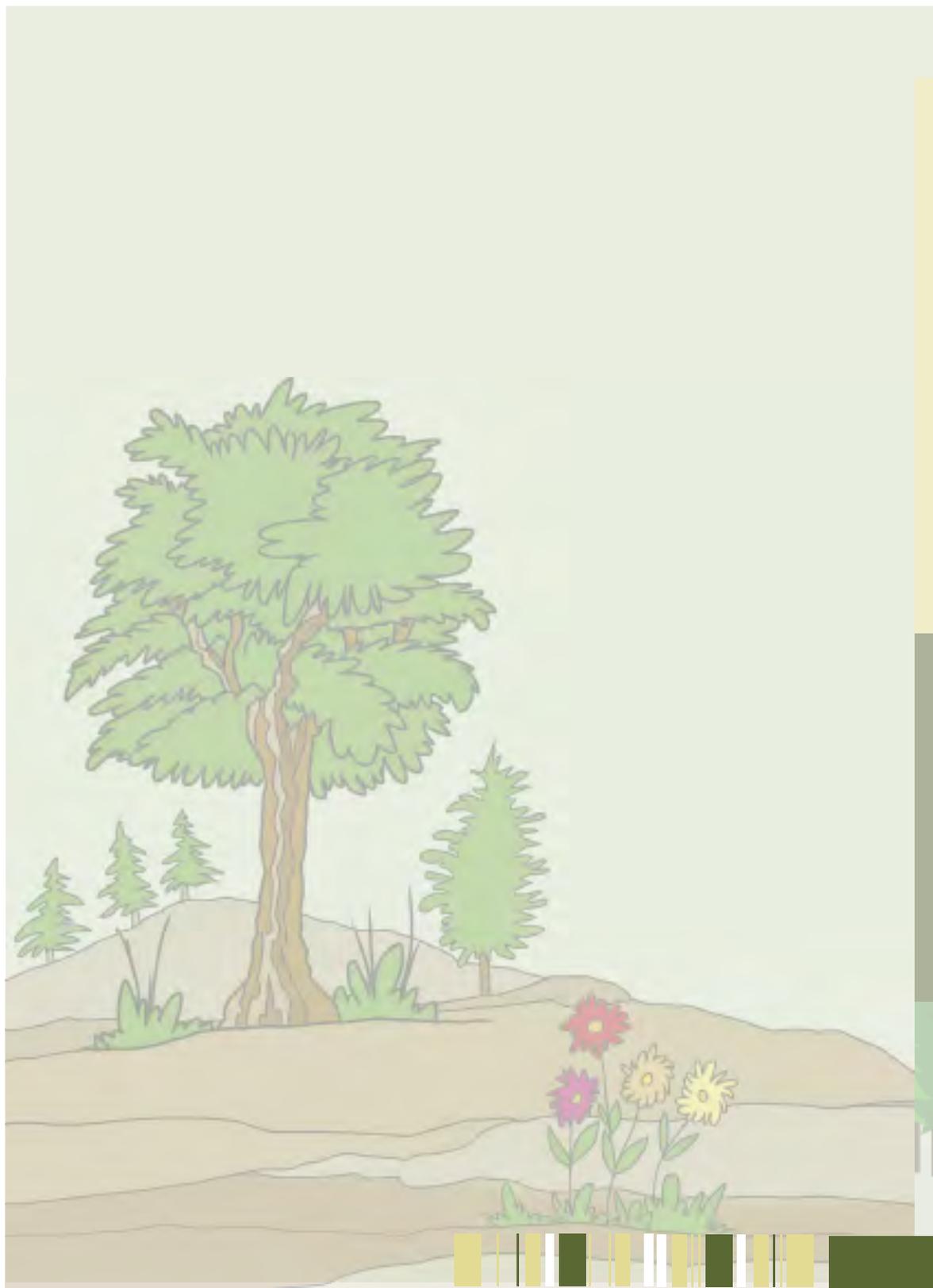


# Mountain Tips





# The Troodos Mountains!

The Troodos Mountain range is known the world over for its astounding geology and sediments of ophiolite. It was formed many millennia ago when a piece of the sea bed slowly rose up due to the collision of the African and European tectonic plates. Now, standing at 1952 metres above sea level, the mountains of Cyprus have become a true magnet for peace and tranquility and a real earthly paradise. Here you can experience a wonderful holiday, breath in the fragrance of the pine forest and wild flowers and engage in a multitude of outdoor activities. The Troodos Mountain is the green heart of Cyprus and a complete source of life and culture, offering unique thrills to its visitors.

## Introduction...

Excursions to the mountains, hiking or walking along the nature trails are certainly enjoyable activities. However, they can hide difficulties and dangers that everyone should be aware of so that, if necessary, these can be faced **confidently, without panic**.

## Preparation...

You are strongly advised to be correctly prepared and to study in advance the route you are going to take, the degree of difficulty, the dangerous spots, the weather conditions and the time you will need, taking into account your capabilities and powers of endurance.

**A basic rule is never go to the mountains alone and never exceed your capabilities. Before you start always inform someone responsible about the route you plan to take.**

# In the Summer...

- Protect your head and the back of your neck with a hat, or handkerchief to avoid sunburn.
- Wear clothing made of cotton or non-synthetic material that will absorb perspiration. Never expose sensitive skin to the sun as this can result in sunburn and dehydration.
- Wear walking or hiking boots, with strong ankle support, making sure that shoe-laces are always well tied to avoid snake bites and falls.
- Always apply a high SPF suntan lotion to exposed skin and wear suitable UV sunglasses.



# *In the Winter...*

- Wear several light layers of clothing instead of a single thick article of clothing.
- Clothes should be loose to allow freedom of movement.
- Carry a light rainproof anorak or a jacket.
- Wear suitable UV sunglasses. Glare and reflection from the snow is harmful to the eyes.
- Wear suitable non-slip shoes or boots.



# Equipment...

Carry an ergonomic backpack containing the following items:

- an individual first aid kit
- a good map of the area
- a compass and GPS
- a fully-charged mobile telephone and portable charger
- a whistle, torch, pocket-knife and a garbage bag
- sufficient quantity of water and food
- You will also need a hat, sunglasses and a walking stick or strong cane.



# Natural Dangers...

- In the mountains you should always walk very carefully and if possible avoid areas where there are landslips, falling rocks or stones, or where pieces of rock are detached.
- Never walk on the edge of a precipice and do not step on stones that may be unstable.



# ...Natural Dangers...

- Always follow the mountain pathways.
- Avoid stepping on slippery rocks.
- The danger of fire in areas with thick vegetation is extremely high. Only in designated picnic areas is it safe to light a fire. Never throw cigarette-ends, matches or other flammable material. If you notice a forest fire, immediately contact the **Department of Forests at 1407 or 112.**



## ...Natural Dangers...

- Before stepping on wild herbs, bushes or rocky areas you are advised to check first with a walking stick or cane for the possible presence of snakes.
- Do not lift stones with your bare hands as reptiles, scorpions, spiders etc may be hiding behind or under the stones.
- Do not leave food in the rest areas.
- In winter time when there is snow, you should avoid going to areas off the roads or not clearly marked trails. There is a danger of sinking in the snow or being swept away by snow slides. Never use garbage bags as sleighs on the mountain slopes.



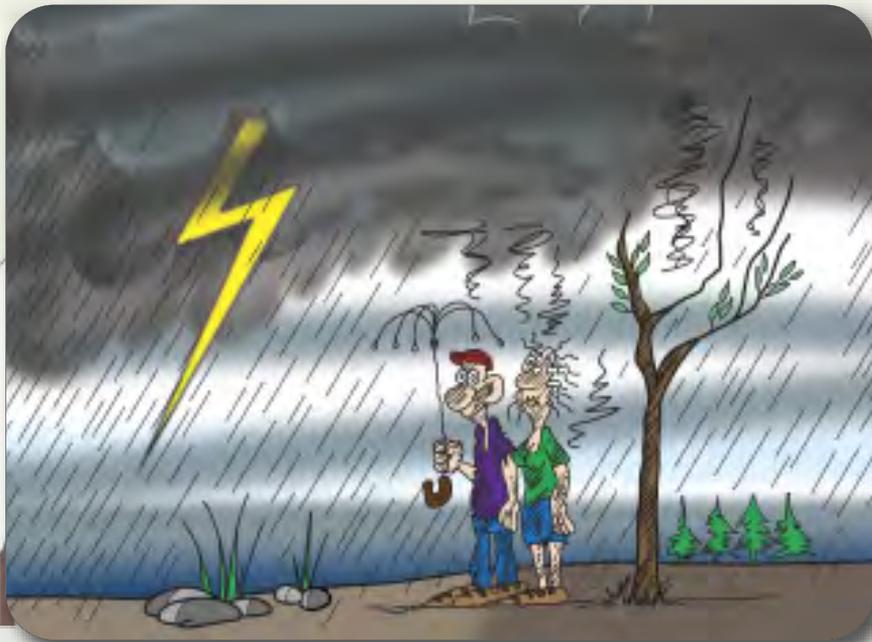
# ...Natural Dangers...

- Avoid moving in the areas below the dams. There is a danger of water rushing out from the dam overflow.
- Do not approach the perimeter of dams as there is a danger of slipping and falling into them.
- Comply with the warning signs in the dam areas and in the perimeters of the reservoirs.



# Storms & Fog...

- In case of a storm, gale or lightning never seek cover under trees, electrical cables or steep and unstable rocks. You may be struck by lightning or by falling stones.
- Stay away from river beds or the beds of streams during storms and heavy rainfall. You may be swept away by a sudden rush of water.
- Avoid excursions to the mountains when there is fog. If you are already hiking and notice that fog is gathering, stop and go back to a safe area.



# Special Precautions...

- Do not drink water from springs unless there is a sign saying that the water is potable. (See drawing on page 15).
- Avoid the consumption of alcoholic drinks.
- Do not collect cultivated fruit and vegetables or wild capers and asparagus, as they may have been sprayed with pesticides.
- Never eat unfamiliar wild fruit of the forest.
- In case of adverse symptoms following the consumption of wild mushrooms, induce vomiting immediately and subsequently take the victim to a medical centre, bringing along any untouched samples from the mushrooms that have been consumed, if available. If not, you must bring along the remains of the lunch or even part of the vomit.

## **Emergency Telephone: 112**

- If you are bitten by a poisonous snake it is important to remain calm. Avoid all unnecessary movements and call for help immediately. It is important to get to the nearest medical facility in the area as soon as possible.
- Do not enter caves or the galleries of abandoned mines.
- Get information from the Games Fund on hunting activities in the area, before you plan your excursion, particularly during the period of mid-August to the end of February.



# Protection from insects, bees, wasps etc...

- Do not approach beehives. If attacked by bees avoid nervous and sudden movements indicating panic. Insects get more aggressive when they feel threatened.
- Avoid using strong smelling creams and perfumes.
- Stay away from garbage bins and do not leave food and fruit exposed as it will attract wasps and other insects.



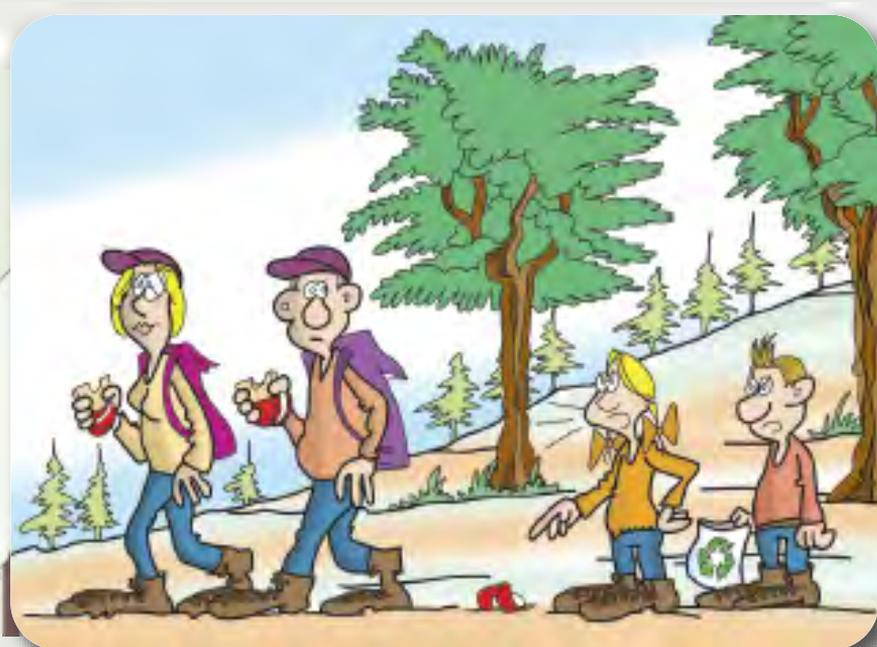
# Protection of the environment and its bio-diversity...

- Do not cut or uproot wild flowers. Uprooting plants or collecting and removing any flora from the State Forests without the permission of the Department of Forests, is prohibited by Law.
- Do not use farming implements to collect mushrooms, as this is disastrous both for mushroom spores, which are inside the soil, as well as for nearby saplings and bushes.
- Do not destroy geological formations or collect fossils.



# ...Protection of the environment and its bio-diversity...

- Do not drive your vehicle outside designated roads.
- Do not leave taps running. Every drop of water is precious.
- Do not leave garbage anywhere except in the special garbage bins available. If there are no bins, take your garbage with you.



# ...Protection of the environment and its bio-diversity...

- Do not disturb the wildlife. Each species has its own reproduction period which is vital for its survival.
- Do not disturb newborn animals hidden in the vegetation, even if they look abandoned.
- Do not destroy or damage nests.
- Keep your dog on a leash to avoid accidents to bird nests and to young animals such as mouflons and hares. Please note that there are areas where it is prohibited to bring dogs.
- **If you spot a wounded animal contact the GAME FUND immediately.** If the wounded animal is a mouflon or fox, avoid direct contact as they are capable of harming people.



# Fishing in dams...

- Fishing in dams is allowed only after securing a fishing license from the Department of Fisheries and Marine Research.
- It is prohibited to fish in rivers and streams in Cyprus using any fishing implement.
- Do not disturb protected species such as the Cypriot water snake (*Natrix natrix cypriaca*), the freshwater crab (*Potamon potamios*) and the freshwater turtle (*Mauremis caspica rivulata*), which can be found in the dams.
- Swimming in the dams is prohibited.
- Never enter riverbeds, dams or lakes even if there is no water in them, as you may get trapped in the mud.



**Bear in mind that, in the same way you want to enjoy the mountains, others who go there after you also want to enjoy them. For this reason your activities should in no way cause damage to the fauna and flora or the environment in general. Following this simple code means that everyone can leave the mountains with a clear conscience and pleasant memories.**

*We are all responsible for the protection of the Environment and its Bio-diversity!*

## *Useful Telephones...*

### **WATER DEVELOPMENT DEPARTMENT**

WDD Head Office: 22609000

[www.moa.gov.cy/wdd](http://www.moa.gov.cy/wdd)  
[director@wdd.moa.gov.cy](mailto:director@wdd.moa.gov.cy)

### **DEPARTMENT OF FORESTS**

Head Office: 22805510

[www.moa.gov.cy/forest](http://www.moa.gov.cy/forest)  
[director@fd.moa.gov.cy](mailto:director@fd.moa.gov.cy)

**For forest fire call:1407**

### **DEPARTMENT OF AGRICULTURE**

Head Office: 22408519

[www.moa.gov.cy/da](http://www.moa.gov.cy/da)  
[agrokypros@moa.gov.cy](mailto:agrokypros@moa.gov.cy)

### **GEOLOGICAL SURVEY DEPARTMENT**

Head Office: 22409211

[www.moa.gov.cy/gsd](http://www.moa.gov.cy/gsd)  
[director@gsd.moa.gov.cy](mailto:director@gsd.moa.gov.cy)

### **DEPARTMENT OF THE ENVIRONMENT**

Head Office: 22408911

[www.moa.gov.cy/environment](http://www.moa.gov.cy/environment)  
[director@environment.moa.gov.cy](mailto:director@environment.moa.gov.cy)

### **DEPARTMENT OF FISHERIES AND MARINE RESEARCH**

Head Office: 22807807

[www.moa.gov.cy/dfmr](http://www.moa.gov.cy/dfmr)  
[director@dfmr.moa.gov.cy](mailto:director@dfmr.moa.gov.cy)

### **GAME FUND**

**Lefkosia:** 22662428, 99445697

**Lemesos:** 25343800, 99445728

**Larnaka & Famagusta:** 24805128,

24805115, 24805116, 99634325

**Pafos:** 26306211, 99445679.

[www.cypruswildlife.gov.cy](http://www.cypruswildlife.gov.cy)  
[wildlife.thira@cytanet.com.cy](mailto:wildlife.thira@cytanet.com.cy)

### **TROODOS TOURISM BOARD**

Head Office: 25421020

[www.mytroodos.com](http://www.mytroodos.com)  
[foreastroodos@cytanet.com.cy](mailto:foreastroodos@cytanet.com.cy)

## Associations...

### **CYPRUS BEE-KEEPERS ASSOCIATION**

Tel: 22420051

[info@cybees.org](mailto:info@cybees.org)

### **BIRDLIFE CYPRUS**

Tel: 22455072

[anastasia.patsalis@birdlifecyprus.org.cy](mailto:anastasia.patsalis@birdlifecyprus.org.cy)  
[www.birdlifecyprus.org](http://www.birdlifecyprus.org)

### **MYCOLOGICAL ASSOCIATION OF CYPRUS**

[cyfungi@yahoo.com](mailto:cyfungi@yahoo.com)

### **CYPRUS FEDERATION OF ENVIRONMENTAL AND ECOLOGICAL ORGANISATIONS**

Tel: 22313750

[info@oikologiafeeo.org](mailto:info@oikologiafeeo.org)

## Production...



### **CYPRUS TOURISM ORGANISATION**

[cytour@visitcyprus.com](mailto:cytour@visitcyprus.com)  
[akapodistria@visitcyprus.com](mailto:akapodistria@visitcyprus.com)  
[www.visitcyprus.com](http://www.visitcyprus.com)



### **MINISTRY OF AGRICULTURE, NATURAL RESOURCES AND ENVIRONMENT**

[agrokypros@moa.gov.cy](mailto:agrokypros@moa.gov.cy)  
[www.agrokypros.gov.cy](http://www.agrokypros.gov.cy)



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