Sunday Escapes

Cyprus in your heart
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>04</td>
</tr>
<tr>
<td>September 2018</td>
<td>07</td>
</tr>
<tr>
<td>October 2018</td>
<td>09</td>
</tr>
<tr>
<td>November 2018</td>
<td>11</td>
</tr>
<tr>
<td>December 2018</td>
<td>13</td>
</tr>
<tr>
<td>January 2019</td>
<td>15</td>
</tr>
<tr>
<td>February 2019</td>
<td>17</td>
</tr>
<tr>
<td>March 2019</td>
<td>19</td>
</tr>
<tr>
<td>April 2019</td>
<td>21</td>
</tr>
<tr>
<td>May 2019</td>
<td>23</td>
</tr>
<tr>
<td>June 2019</td>
<td>25</td>
</tr>
<tr>
<td>October – PWD 2018</td>
<td>27</td>
</tr>
<tr>
<td>June – PWD 2019</td>
<td>29</td>
</tr>
</tbody>
</table>
INTRODUCTION

The unparalleled beauty of the nature of Cyprus is an invitation for discovery and rediscovery, irrespective of the season. Sunday Escapes give you the opportunity to travel back in time into the history and culture of the island, admire the natural beauty and biodiversity, sample the traditional gastronomy and treat yourself to a walk or mountain bike ride along its unique mountain trails.

Sunday Escapes
Leave the fatigue of everyday routine behind you and relax in the cool forests, the lush mountain slopes and the picturesque stone-built villages of the countryside.

The programme offers Sunday excursions (except on religious or national holidays) from September 2018 to June 2019. Each month will have a theme round which the programme of the excursions will revolve.

General informations:
Reservations: Reservations and information on telephone 77778050 (or 22713760) Monday to Friday 09:00 – 13:00 and 14:00 – 17:00 and on www.sundayescapes.com.
The deadline for reservations is 11.00 am on Thursday for the coming Sunday. Places are limited therefore, participation is permitted only when pre-booking and full payment is made. The excursions last around 8 -10 hours.

Terms and conditions:
1. The prices featured in this brochure apply to the Sunday Escapes programme and any changes made to them do not bind the Cyprus Tourism Organisation in any way. They apply only for the aforementioned programme.
2. There must be a minimum of 10 participants for each excursion.
   The maximum number of participants differs according to each excursion.
3. Prices for the excursions include the meal and activities for each one and differ accordingly (special prices apply for children 7-12 years old). Drinks are not included. There is a different age limit for some excursions.
4. Participation of children under the age of 7 is not permitted.
5. Lunch will be meze but may vary when the theme of day is gastronomy, in which case it will also include the theme’s product. The price includes water per four persons.
6. Reservations must be made through the travel agent specified by the Cyprus Tourism Organisation and the fee must be prepaid.
7. Cancellations with a full refund can be made up to one week before the date of the excursion.
8. In the event of cancellation of the excursion, either because of low demand or because of the weather or other reasons, participants will be informed by the travel agent on the Friday before the excursion.
9. The Cyprus Tourism Organisation retains the right to change and/or cancel excursions.
10. The Cyprus Tourism Organisation accepts no responsibility for any allergies or accidents.
11. Sunday Escapes’ program has been created with the purpose of boosting Rural Tourism and cultivating the touristic consciousness of the people. It is mostly aimed at permanent residents of Cyprus (internal tourism).
Cyprus was conquered by many civilizations in antiquity, and their remains are found in several archaeological sites. UNESCO declared Pafos, birthplace of the Goddess of Love and Beauty Aphrodite, a World Heritage site because of its exceptionally significant archaeological monuments that date back to antiquity and the Byzantine era.

Departure:

- **30 September:** From Pafos, 09:30 am. 
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **30 September:** From Lefkosia (Nicosia), 08:30 am. 
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **30 September:** From Lemesos, 09:00 am. 
  Meeting point: CTO Information Office Germasogeia
- **30 September:** From Larnaka, 08:30 am 
  Meeting point: CTO Information Office Larnaka
- **30 September:** From Ammochostos, 08:30 am 
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €17

Cost of excursion for children 7-12 years: €10

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

- Transport to Paphos with guided tour throughout the itinerary. Stop at Petra tou Romiou, birthplace of Goddess Aphrodite, and at the archaeological site of Kouklia where the Goddesses’ sanctuary is found. The performance that is included in the programme is carried out in cooperation with the local authorities. Presentation by a CTO officer of the objectives of the ‘Sunday Escapes’ programme.

- Meal at a local tavern. The set menu includes water for every four persons.

- Tour of Geroskipou, according to mythology the location of Aphrodite’s Sacred Gardens.

- Return
OCTOBER 2018

GASTRONOMIC Tourism

Ammochostos District

Cyprus boasts a wide variety of foodstuffs in each region. Travel with us to Ammochostos District and get to know the region’s particular gastronomy.

Departure:

- **07 October**: From Lefkosia (Nicosia), 09:30 am. 
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **14 October**: From Pafos, 08:00 am. 
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **14 October**: From Lemesos, 09:00 am. 
  Meeting point: CTO Information Office Germasogeia
- **21 October**: From Larnaka, 10:15 am 
  Meeting point: CTO Information Office Larnaka
- **21 October**: From Ammochostos, 10:30 am 
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €25
Cost of excursion for children 7-12 years: €15
Minimum number of participants: 10 persons per region
Maximum number of participants: 50 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Sotira for a presentation of the traditional kolokasi (taro) which has received PDO (protected designation of origin) certification. Demonstration of how it is cultivated and cooked.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return.
NOVEMBER 2018

RURAL Tourism

Larnaka District

Nature lovers will get to know the magic of Cyprus’ natural beauty and enjoy its organic products. We will visit traditional villages of the Larnaka hinterland with its distinctive architecture and popular traditional products.

Departure:

• **04 November:** From Lefkosia (Nicosia), 09:00 am. Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
• **11 November:** From Pafos, 08:30 am. Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
• **18 November:** From Lemesos, 09:30 am. Meeting point: CTO Information Office Germasogeia
• **25 November:** From Larnaka, 08:30 am Meeting point: CTO Information Office Larnaka
• **25 November:** From Ammochostos, 09:00 am Meeting point: CTO Information Office Agia Napa

Cost of excursion: €36

Cost of excursion for children 7-12 years: €25

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

• Transport with guided tour throughout the itinerary to Vavla and Kato Drys. Presentation of organic production of honey at a local cottage industry and visit to the Honey Museum.
• Meal at a local tavern. The set menu includes water for every four persons.
• Return
RELIGIOUS Tourism

UNESCO Churches

We will visit two of the ten churches in the Troodos Mountains included in the UNESCO World Heritage List. They are remarkable architectural monuments and unique examples of Byzantine art.

Departure:

- **02 December**: From Lefkosia (Nicosia), 09:30 am.
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **09 December**: From Pafos, 08:00 am.
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **09 December**: From Lemesos, 09:30 am.
  Meeting point: CTO Information Office Germasogeia
- **16 December**: From Larnaka, 08:30 am
  Meeting point: CTO Information Office Larnaka
- **16 December**: From Ammochostos, 08:30 am
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €19

Cost of excursion for children 7-12 years: €12

Minimum number of participants: 10 persons per region

Maximum number of participants: 50 persons per region

Excursion

- Transport with guided tour throughout the itinerary to verdant Kalopanagiotis to visit the Monastery and the Museum of Agios Ioannis Lambadistis. We will then visit the church of Agios Nikolaos tis Stegis in Kakopetria.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return.
JANUARY 2019

CULTURAL Tourism

Lefkosia (Nicosia) District

The capital is dotted with monuments, thematic museums and archaeological sites. We will travel into the world of culture, admiring the thousands of works of art and engage in an art workshop.

Departure:

- **13 January:** From Lefkosia (Nicosia), 09:30 am.
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **13 January:** From Pafos, 08:30 am.
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **20 January:** From Lemesos, 08:45 am.
  Meeting point: CTO Information Office Germasogeia
- **27 January:** From Larnaka, 09:00 am
  Meeting point: CTO Information Office Larnaka
- **27 January:** From Ammochostos, 09:00 am
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €35

Cost of excursion for children 7-12 years: €18

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Lefkosia (Nicosia) where we will visit art houses where we will have a guided tour and an art workshop.
- Meal at a local tavern. The set menu includes water for every four persons
- Return.
FEBRUARY 2019

WALKING Tourism

Lefkosia (Nicosia) District

Walking the nature trails offers a unique opportunity to exercise and to get to know Cyprus’ rich flora and fauna.

Departure:

- **03 February**: From Lefkosia (Nicosia), 08:00 am. 
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **10 February**: From Pafos, 07:30 am. 
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **17 February**: From Lemesos, 08:00 am. 
  Meeting point: CTO Information Office Germasogeia
- **24 February**: From Larnaka, 08:00 am 
  Meeting point: CTO Information Office Larnaka
- **24 February**: From Ammochostos, 07:30 am 
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €17

**Participation of children under the age of 12 is NOT permitted**

Degree of difficulty: 2 (moderate degree of difficulty, suitable for adults with a moderate to good state of physical fitness.

Sudden change in gradient (downhill)

Minimum number of participants: 10 persons per region

Maximum number of participants: 30 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Agios Theodoros Soleas from where we will take the nature trail that ends at Asinou. During the walk, which will take about 3 hours, we will go through pine forest and enjoy the blossoming almond trees. Do not forget to wear flat, comfortable, walking shoes and hat and to bring water. Good health and physical condition is required.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return.
MARCH 2019

WINE-Tourism

Lemesos District

Vines and wine have been an art and a tradition as well as an integral part of the culture of Cyprus since antiquity. Today it produces excellent varieties of wine that we will sample at one of Lemesos’ wine villages.

Departure:

- **03 March:** From Lefkosia (Nicosia), 09:00 am. Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **17 March:** From Pafos, 09:30 am. Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **24 March:** From Lemesos, 10:00 am. Meeting point: CTO Information Office Germasogeia
- **31 March:** From Larnaka, 09:30 am. Meeting point: CTO Information Office Larnaka
- **31 March:** From Ammochostos, 09:00 am. Meeting point: CTO Information Office Agia Napa

Cost of excursion: €20

Cost of excursion for children 7-12 years: €10

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to the picturesque stone built village of Omodos. We will visit the wine press and a winery in the region to get to know how wine is made.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return
APRIL 2019

Rural Tourism

Lemesos District

We invite you on a spring outing to Agros to drink in the intoxicating aroma of roses and discover all the traditional products made by residents in the area.

Departure:

- **07 April:** From Lefkosia (Nicosia), 09:00 am.
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **14 April:** From Pafos, 09:00 am.
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **14 April:** From Lemesos, 10:00 am.
  Meeting point: CTO Information Office Germasogeia
- **21 April:** From Larnaka, 09:00 am
  Meeting point: CTO Information Office Larnaka
- **21 April:** From Ammochostos, 08:30 am
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €17

Cost of excursion for children 7-12 years: €10

Minimum number of participants: 10 persons per region

Maximum number of participants: 30 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Agros, renowned for its roses which blossom at this time of the year. You will watch the distillation of rose water and the making of other products using roses. You will also have the opportunity to taste Agros’ famous charcuterie.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return
MAY 2019

RURAL Tourism

Lemesos District

Travel with us to the enchanting resort of Platres in the heart of Troodos and become acquainted with the aromatic and therapeutic world of herbs.

Departure:

- **05 May:** From Lefkosia (Nicosia), 09:00 am.  
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **12 May:** From Pafos, 08:30 am.  
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **19 May:** From Lemesos, 10:00 am.  
  Meeting point: CTO Information Office Germasogeia
- **26 May:** From Larnaka, 09:00 am  
  Meeting point: CTO Information Office Larnaka
- **26 May:** From Ammochostos, 08:30 am  
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €32

Cost of excursion for children 7-12 years: €20

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Platres. After a tour of the verdant resort, in cooperation with the Troodos Centre of Thematic Centres, learn everything there is to know about herbs and their use, particularly lavender. You will also have the opportunity to see how cosmetics are made from herbs.
- Meal at a local tavern. The set menu includes water for every four persons.
- Return
JUNE 2019

CYCLING Tourism

Troodos Mountains

If you want to enjoy the magnificent experience of mountain biking in the lush and cool environment of Cypriot nature, put on some comfortable clothes and shoes and join us.

Departure:

- **02 June**: From Lefkosia (Nicosia), 08:00 am.  
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **09 June**: From Pafos, 07:00 am.  
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **16 June**: From Lemesos, 08:30 am.  
  Meeting point: CTO Information Office Germasogeia
- **23 June**: From Larnaka, 07:30 am  
  Meeting point: CTO Information Office Larnaka
- **30 June**: From Ammochostos, 07:00 am  
  Meeting point: CTO Information Office Agia Napa

- Take note: If you are in good physical condition to enjoy this mountain biking experience, bring the appropriate clothing and shoes. The professional cyclist in charge of the group may deny participation to those who do not satisfy the conditions without a refund. The participation of children 12-18 years is only permitted when accompanied by a parent. For your participation you must note the following:
  - Participants should wear sport attire (sport pants, sport blouse/ t-shirt and trainers)
  - Besides the bicycle the participants will be given a helmet

Cost of excursion: €42

Participation of children under the age of 12 is NOT permitted

Minimum number of participants: 10 persons per region

Maximum number of participants: 40 persons per region

Excursion:

- Transport with guided tour throughout the itinerary to Troodos. Under the guidance of the professionals accompanying us, we will be divided into two groups of 15 and enjoy a unique mountain biking experience of some 1.5 hours on rental mountain bikes. While the second group waits their turn, follow your guide along a nature trail to enjoy the unique beauty of Troodos.
  - Meal at a local tavern. The set menu includes water for every four persons.
  - Return.
Cyprus boasts a wide variety of foodstuffs in each region. Travel with us to Ammochostos District and get to know the region’s particular gastronomy.

**Departure:**

- **Saturday 06 October:** From Lefkosia (Nicosia), 09:30 am.  
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **Saturday 13 October:** From Pafos, 08:00 am.  
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **Saturday 20 October:** From Lemesos, 09:00 am.  
  Meeting point: CTO Information Office Germasogeia
- **Saturday 27 October:** From Larnaka, 10:15 am  
  Meeting point: CTO Information Office Larnaka
- **Saturday 27 October:** From Ammochostos, 10:30 am  
  Meeting point: CTO Information Office Agia Napa

**Cost of excursion:** €25

**Cost of excursion for children 7-12 years:** €15

**Minimum number of participants:** 10 persons per region (including accompanying people)

**Maximum number of participants:** 30 persons per region (including accompanying people)

**Note:** Every participant with mobility difficulties must be necessarily accompanied. Children over 7 years old are allowed to participate.

**Excursion:**

- Transport with guided tour throughout the itinerary to Sotira for a presentation of the traditional kolokasi (taro) which has received PDO (protected designation of origin) certification. Demonstration of how it is cultivated and cooked.
- Meal at a local restaurant. The set menu includes water for every four persons.
- Return.
JUNE 2019 – PWD

RURAL Tourism

Lemesos District

Travel with us to the enchanting resort of Platres in the heart of Troodos and become acquainted with the aromatic and therapeutic world of herbs.

Departure:

- **09 June:** From Lefkosia (Nicosia), 09:00 am.
  Meeting point: Cyprus Handicraft Centre (Athalassas Avenue)
- **16 June:** From Pafos, 08:30 am.
  Meeting point: Public Parking Place (Entrance of Archaeological Park) Kato Pafos
- **23 June:** From Lemesos, 09:00 am.
  Meeting point: CTO Information Office Germasogeia
- **30 June:** From Larnaka, 09:00 am
  Meeting point: CTO Information Office Larnaka
- **30 June:** From Ammochostos, 08:30 am
  Meeting point: CTO Information Office Agia Napa

Cost of excursion: €30

Cost of excursion for children 7-12 years: €20

Minimum number of participants: 10 persons per region (including accompanying people)

Maximum number of participants: 40 persons per region (including accompanying people)

Note: Every participant with mobility difficulties must necessarily accompanied. Children over 7 years old are allowed to participate.

Excursion:

- Transport with guided tour throughout the itinerary to Platres. After a tour of the verdant resort, in cooperation with the Troodos Centre of Thematic Centres, learn everything there is to know about herbs and their use, particularly lavender. You will also have the opportunity to see how cosmetics are made from herbs.
- Meal at Platres Cultural Center. The set menu includes water for every four persons.
- Return
The program was prepared by the Cyprus Tourism Organisation, in cooperation with the local authorities mentioned.

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CYPRUS TOURISM ORGANISATION

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