

on your
bike!



Troodos
CYCLING ROUTES



Love Cyprus

If cycling in the mountains brings to mind exhausting uphill routes, think again! When it comes to Troodos, the reality is vastly different. In the idyllic Mediterranean island of Cyprus the Troodos Cycling Network stands for roads and paths of extreme natural beauty that are also easy to ride. Like everything else on Aphrodite's isle, cycling is a love experience. Nowhere in this natural, 57 km long circuit, does the altitude vary more than 400 metres. It's as if Mother Nature has conspired to keep the cyclist's thighs rested and relaxed. That way the mind is free to enjoy every

Pedalling at a thousand metres...



rich and varied moment, filled with all kinds of gratifying experiences that touch the senses and nourish the spirit.



This celebration of joy takes place in an idyllic, healthy climate, a thousand metres above sea level... The Troodos mountain range is fairly matchless, as it is one that rose from the ocean's depths 90 million years ago. Today, as the Cycling Routes cross its National Forest, they trace a circle around this unique mountain. Each spin of the wheel offers cyclists a new reason to fall in love with Cyprus...

The island generously returns its love: along the Route there are 14 sign-posted viewpoints and resting places situated at selected points. Here cyclists who seek to discover the natural beauty of Cyprus will enjoy a well-earned breather and savour breathtaking views.





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Troodos Cycling Routes

The Troodos Cycling Routes represent the first phase of a broader cycling network that will eventually cover the whole of Cyprus.

The particular routes combine public roads of high quality surfaces (31.3 km) with forest dirt tracks (25.7km). The public roads are road-marked and signposted for users' information and safety. The forest tracks are marked only with signposts.

Partial Routes:

1(a). Psilo Dendro (Platres) - Karvounas, 16.2 km

1(b). Karvounas - Prodomos 22.7 km

1(c). Prodomos - Psilo Dendro (Platres) 18.2 km

Notes:

The entire length of the route consists of roads used by both motor and two wheeled vehicles.

In Cyprus, cars, motor cycles and bicycles drive on the left side of the road.

Cyprus uses the metric system: altitudes are displayed in metres and distances in kilometres.



General information about the routes



Location:

At the southern rim of the route is the downward sloping Commandaria region. The villages that produce the unique, internationally-renowned wine which has given this region its name are located here. To the east lies Pitsilia, an area famed for its delicious cured meats as well as wines. To the north of the route lies the Solea region, with the charming Kargotis river streaming through its valley all year-round. To the northwest is Marathasa valley, renowned for its fresh and delicious fruit produce. Kykkos mountain towers over the west side of the network. Extending to the southwest are the valleys of the rivers Xeros and Diarizos and the famous Camelostrata (Camel Road). A century and a half ago this was the main route linking Pafos with the rest of the island and during ancient times the way that copper mined in Troodos was transported to Pafos for export.

Troodos National Forest Park

The route ring lies within Troodos National Forest Park, the largest of its kind in Cyprus, covering an area of 9147 hectares.

Picnic Sites:

The Park contains nine picnic sites with tables, places to make a fire, drinking water, toilets, parking spaces and playgrounds. Use of facilities is free for the public.

Camping:

Camping in the forest is permitted only in three sites with special facilities. For short-term stays needing basic facilities visitors can use Kampi tou Kalogyrou picnic site, 4 km from Trooditissa Monastery on the way to Prodromos, or Platania picnic site near the Forest Station of the same name. For longer stays with upgraded facilities visitors are advised to camp at the Troodos camping site, half a kilometre east of Troodos Square.





Nature trails:

There are plenty of nature trails in the area, with varying degrees of difficulty. Ten trails (total length 57.6 km) run through the park, including one that has been specially designed for use by visitors on wheelchairs. At the starting point of each trail information is given about the route and the main points of interest.

Flora:

Over 750 plant species have been recorded in the Troodos Park. These include 72 that are endemic to Cyprus, 12 of which are found exclusively in the Park. Many species take their names from the Troodos mountain range, including *Alyssum troodi*, *Nepeta troodi* and *Scorzoea troodea*. Troodos National Forest Park is the exclusive or primary habitat for a large number of hardy species, such as the wild service tree, the juniper, the cotoneaster and the barberry.

Fauna:

The area's fauna is extremely interesting and ecologically important. Rare and protected species include the raven and Bonelli's eagle. Other distinctive species include the common crossbill, the tree creeper, the nightingale and the Cyprus wheatear.



Geology:

The Troodos National Park geology attracts global scientific interest. No one would suspect that the Troodos peak is the deepest layer of a section of Oceanic skin, as well as the earth's higher crust. It is, in other words, an ophiolite complex that was formed more than 90 million years ago, 8,000 metres beneath the sea surface. The birth and rise of the Troodos mountain range was the result of a series of unique and complex geological interactions which have established it as a model for geologists around the world.

Rivers:

Some of the island's most important rivers spring from the Troodos forest. These include Kouris, Kryos Potamos, Kargotis and Marathasa. The Park is also home to a number of springs which supply important mountain communities with cool drinking water..

Information:

<http://www.moa.gov.cy/moa/fd/fd.nsf>



Troodos Cycling Routes

1(a): Psilo Dendro (Platres) - Karvounas 16.2 km

Starting point: Pano Platres (Psilo Dendro), 1200 metres

Finishing point: Karvounas, 1180 metres

Distance 16.2 km

Degree of difficulty: Low

Road surface condition: Good quality tarmac and forest dirt track in good condition (depending on weather conditions)

16,2km

1(b): Karvounas - Prodomos 22.7 km

Starting point: Karvounas, 1180 metres

Finishing point: Prodomos, 1380 metres

Distance: 22.7 km

Βαθμός δυσκολίας: Medium

Road surface condition: Good quality tarmac and good condition forest dirt track (depending on weather conditions)

22,7km

1(c): Prodomos - Psilo Dendro (Platres) 18.2 km

Starting point: Prodomos, 1380 metres

Finishing point: : Pano Platres (Psilo Dendro), 1200 metres

Distance 18.2 km

Degree of difficult Low

Road surface condition: Good quality tarmac and forest dirt track with sharp stones on parts of the route. Caution is advised against damage to tyres.

18,2km



ROUTE 1(a): Psilo Dendro (Platres) - Karvounas

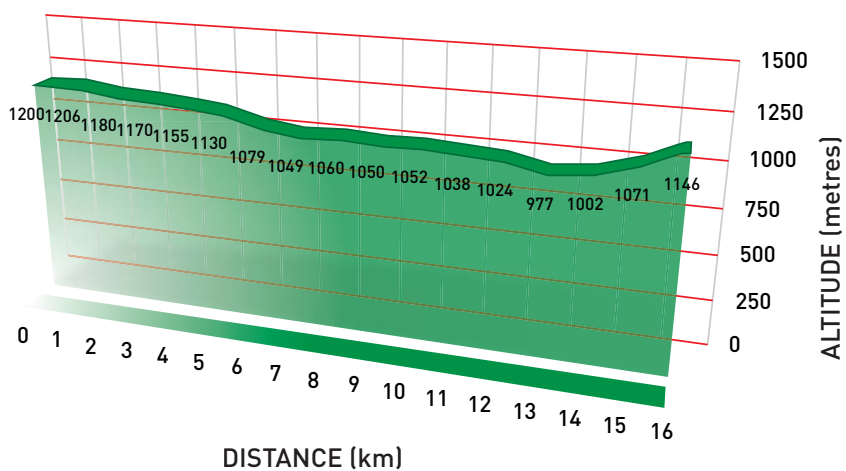
Starting point:	Pano Platres (Psilo Dendro), 1200 metres
Finishing point:	Karvounas, 1180 metres
Distance:	16,2 km
Degree of difficulty:	Low
Road surface condition:	Good quality tarmac and forest dirt track in good condition (depending on weather conditions)
Points of interest:	Kalidonia Falls, Mesa Potamos area, Kato Amiantos
Viewpoints:	There are seven sign-posted viewpoints and resting places along this part of the route

Approaches to the starting point:

- Northwest:** Troodos 8 km, Trooditissa 5 km, Prodromos 11 km (tarmac)
- North:** Kalidonia Falls 1 km, E4 trail (dirt track)
- Southeast:** Moniatiss 7 km, Saittas 9 km, Lemesos 39 km (tarmac)
- South:** Pano Platres 0,1 km. (tarmac)
- North and immediately east:** Troodos 12 km, Mesa Potamos 7 km (forest dirt track), Kato Amiantos 13 km, Karvounas 16 km (tarmac)

Technical Characteristics of Route:

- Maximum vertical height of ascent:** 219 metres
- Maximum altitude:** 1206 metres
- Minimum altitude:** 977 metres
- Gradient:** 5-8%
- Accessibility by bicycle:** Very good





All seven rest and view points are located along the first nine kilometres of the route, overlooking Platres valley and linking it with Moniatis. The southern shores of the island and the city of Lemesos stretch out in the distance, and the horizon extends as far as Cape Gata.

Six kilometres from the starting point, the route crosses the Mesa Potamos river. The dense vegetation in this corner of the eastern slopes of the Troodos Mountain creates a cool, almost chilly environment, even in the hottest summer months. There are rest benches and fresh running water is freely available for visitors to drink when they stop here for a well-earned break.

Just outside the village of Kato Amiantos, Chardaki peak is visible to the southeast, and to the east, visitors can feast their eyes on the local fields that nestle harmoniously beside the green forest.



Area around the starting point:

At the point itself: The Troodos Cycling Routes Information Stand and a bike stand.

Close to the starting point there is a restaurant, a fish farm and the beginning of the picturesque nature trail leading to Kalidonia Falls.





The nearby village of Pano Platres, one kilometre away, provides hotel and other tourist accommodation, restaurants, cafés, banks and shops. In the village square, there are two bike stands close to the Cyprus Tourism Information Office.

Route 1(a) goes from Pano Platres to Karvounas through Mesa Potamos forest road. Cyclists cover a large part of the distance in the forest itself along an undemanding stretch with no significant altitude changes. Most of the route is on a gentle downhill gradient except for a 3km climb at the finish.

The route moves along the east side of the mountain range on a broad dirt track. Here cyclists can stop for a break and a refreshing drink of cool mountain water. The early stages of the route take cyclists to the south with views of Lemesos bay and Cape Gata. It then twists to the east, overlooking the Saittas plantations. At 2.6 km to the left is an access road leading to Troodos Square (9 km) and at 4.9 km to the right, a road leading to Moniatis and Agia Marina.



6.4 km from the starting point the route runs alongside Mesa Potamos spring and its picnic site. A little further down is Timios Prodromos Monastery.

The route then turns to the north-east and 12.4 km later it arrives at the outskirts of the village of Kato Amiantos or Hadjiktoris, where it begins its downward course to the village. About half a kilometre further down the route meets the main road (E801) which links Karvounas with Saittas. The route turns left and moves steadily upwards (7 - 8%) for 3 km towards Karvounas.



Timios Prodromos Monastery



Karvounas is one of the main junctions of the Troodos cycling network. It forms the administrative boundary between Lemesos district to the south and Lefkosia district to the north. This is the intersection point of the main roads of the Pitsilia area to the east, Solea to the north, Troodos summit to the southwest, and Saittas valley to the southeast.



ROUTE 1(b): Karvounas - Prodomos

Starting point:	Karvounas, 1180 metres
Finishing point:	Prodomos, 1380 metres
Distance:	22.7 km
Degree of difficulty:	Medium
Road surface condition:	Good quality tarmac and good condition forest dirt track (depending on weather conditions)
Points of interest:	Platania, moufflon refuge (Spilia), church of Agios Nikolaos tis Stegis, Marathos picnic area
Viewpoints:	There are 4 sign-posted viewpoints and resting places along this route

Approaches to the starting point:

East: Kyperounta 4 km, Chandria 8 km, Agros 14 km
Polystypos 14 km, Alona 19 km, Palaichori 29 km
(tarmac)

North: Kakopetria 8 km, Evrychou 16 km, Lefkosia
69 km (tarmac)

South-west: Troodos 9 km, Platres 20 km (tarmac)

South-east: Kato Amiantos 3 km, Saittas 11 km,
Lemesos 43 km (tarmac)

Technical Characteristics of Route:

Maximum vertical height of ascent: 581 metres

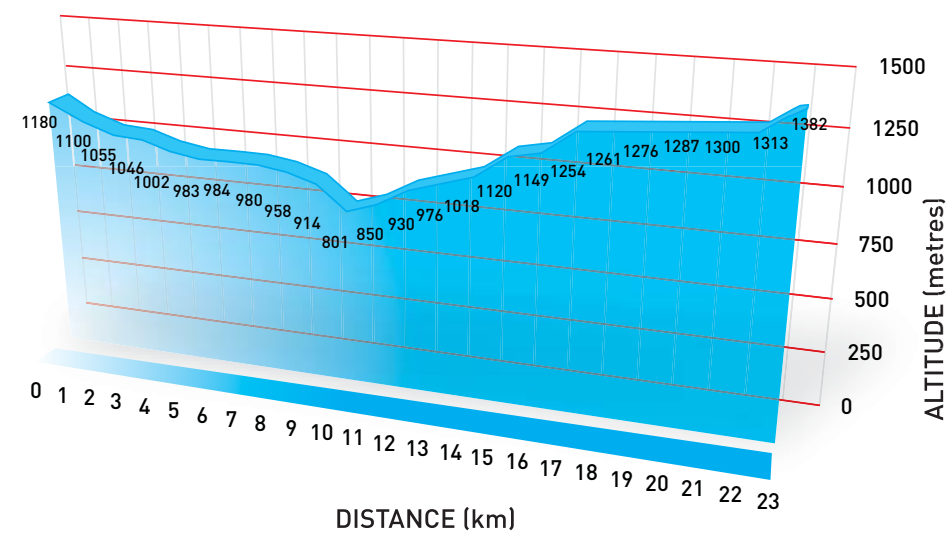
Maximum altitude: 1382 metres

Minimum altitude: 801 metres

Gradient: Karvounas - Agios Nikolaos tis Stegis,
descent 4%

Agios Nikolaos tis Stegis - Prodomos, ascent 5%

Accessibility by bicycle: Very good



At the first signposted viewpoint, 5 km from the starting point, Kakopetria village spreads down towards the heart of Solea valley. Into the depths of the horizon to the northwest is Xeros bay. To the east lies the Pitsilia mountain ridge with Madari at its peak.



The next signposted view and rest point overlooks the magnificent Solea valley that runs along its entire length: a deep green landscape dotted with the picturesque villages of Kakopetria and Galata. The panoramic view stretches all the way to the fertile plain and the Turkish-occupied villages of Pentageia, Morfou and Zodeia.



Close by the church of Agios Nikolaos tis Stegis another signposted viewpoint is to be found. It overlooks the gorge of the river Kargotis carved deep in the Troodos rock that proudly towers over the south of the island. The Kargotis is perhaps the only river on the island that has been flowing for thousands of years irrigating the Solea valley. From this point the white dome of the British Forces' radar installation can be seen on Troodos peak (at 1952 metres), looking like a giant golf ball.

About 15 km from the starting point of this route, cyclists arrive at the Stavroullia rest and view point. Here, as at the Marathos picnic site 2.5 km farther on, the Marathasa valley reveals its splendour with the villages of Pedoulas, Moutoullas and Kalopanagiotis to the west. Farther north, the village of Gerakies nestles against the background of the mountain peak of Kykkos and its famous monastery. The north side of the Troodos range towers above at a height of 1709 metres.

Area around the starting point:

At the point itself: The Troodos Cycling Routes Information Stand.

To the east is the village of Kyperounta, the District Hospital and other useful services

To the north, near Kakopetria, is the Platania picnic and camping site as well as a restaurant

To the south-east, in the direction of Troodos, is the village of Pano Amiantos and a restaurant.

To the south-east is Kato Amiantos and a petrol station equipped with tyre inflation facilities.



Church of Agios Nikolaos tis Stegis

The Karvounas - Prodomos route is divided into two parts: a 10 km descent (8 km in a forest dirt track) and a steady ascent for the remaining 12.7 km. It is rated as a route of medium difficulty.

In a northerly direction on the main Lefkosia-Troodos B9 arterial road, the route descends for about one kilometre towards Platania picnic site. Two kilometres from the starting point is a left turn with a sign-post reading “Agios Nikolaos 9 km”. At this point the route crosses the forest road and begins a gentle descent in a north-westerly direction. This part of the route rewards the cyclist with numerous breathtaking views. For a short distance the imposing peak of the Troodos mountain range is also visible.

8.8 km from the starting point the route passes over the small valley cradling the Kargotis river. In the background there are fish farms and, farther north, the church of Agios Nikolaos tis Stegis. With its exquisitely well-preserved icons this is one of ten Cypriot Byzantine churches that have been declared UNESCO World Cultural Heritage Sites and is well worth a visit. 10 km from the starting point the route meets the tarmac road that links Kakopetria with the villages of Prodromos and Pedoulas.

The route then continues in a north-westerly direction up towards Prodromos on the left. At the first kilometre on the left stands the Monastery of Agios Nikolaos. To the right are the summer homes of the employees of the Cyprus Telecommunications Authority and a restaurant. A little farther up one





comes across a mineral water bottling factory. 11 km from the starting point on the left hand side is the forest road that leads to Troodos Square (15 km). Working their way steadily upwards towards Prodomos to the west, cyclists can enjoy one of the most beautiful parts of the island. The vegetation and landscape are exquisite and the views splendid: they stretch from the south-westerly shores of Cyprus to the mountain ridges above the Solea and Marathasa valleys all the way to the south and the Troodos peak.

17.5 km from the starting point to the right of the route the Marathos picnic site is situated. This is the last chance for a rest before the final upward stretch to Prodomos. The picnic site provides drinking water, toilets and fire-lighting facilities.

At 21 km, the route meets the main arterial road (E908) that links the Marathasa area to the right and north with the Troodos area to the left and south. 1.5 km to the left and south stands Prodromos, the highest village of Cyprus, at 1382 metres.



ROUTE 1(c): Prodromos - Psilo Dendro (Platres)

Starting point:	Prodromos, 1380 metres
Finishing point:	Pano Platres (Psilo Dendro), 1200 metres
Distance:	18.2 km
Degree of difficulty:	Low
Road surface condition:	Good quality tarmac and forest dirt track with some sharp stones on parts of the route. Caution is advised against damage to tyres.
Points of interest:	The Berengaria location, the Forestry College, Prodromos dam, Kalogyros picnic site, Chantara Falls and the Lambouris winery.
Viewpoints:	There are 3 signposted viewpoints and resting places along this route

Approaches to the starting point:

East: Troodos 9 km (tarmac)

North: Pedoulas 3 km, Moutoullas 10 km, Kalopanagiotis 11 km, Kykkos Monastery 22 km

West: Lemithou 3 km, Palaio mylos 6 km (tarmac)

South: Trooditissa 8 km, Platres 15 km

Technical Characteristics of Route:

Maximum vertical height of ascent: 281 metres

Maximum altitude: 1382 metres

Minimum altitude: 925 metres

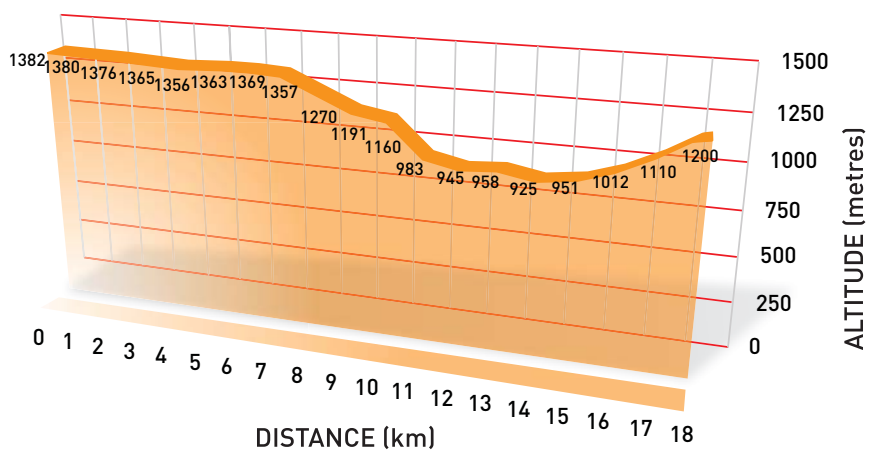
Gradient: Prodromos - Trooditissa, descent 1%

Trooditissa - Foini, descent 10.5%

Foini - Kato Platres, descent 2%

Kato Platres - Psilo Dendro, ascent 7%

Accessibility by bicycle: Good to very good, except for the Trooditissa – Foini forest road, which requires attention because of the small sharp fragments of rock on the surface. For this section of the road, the use of MTB cycles with front suspension is recommended

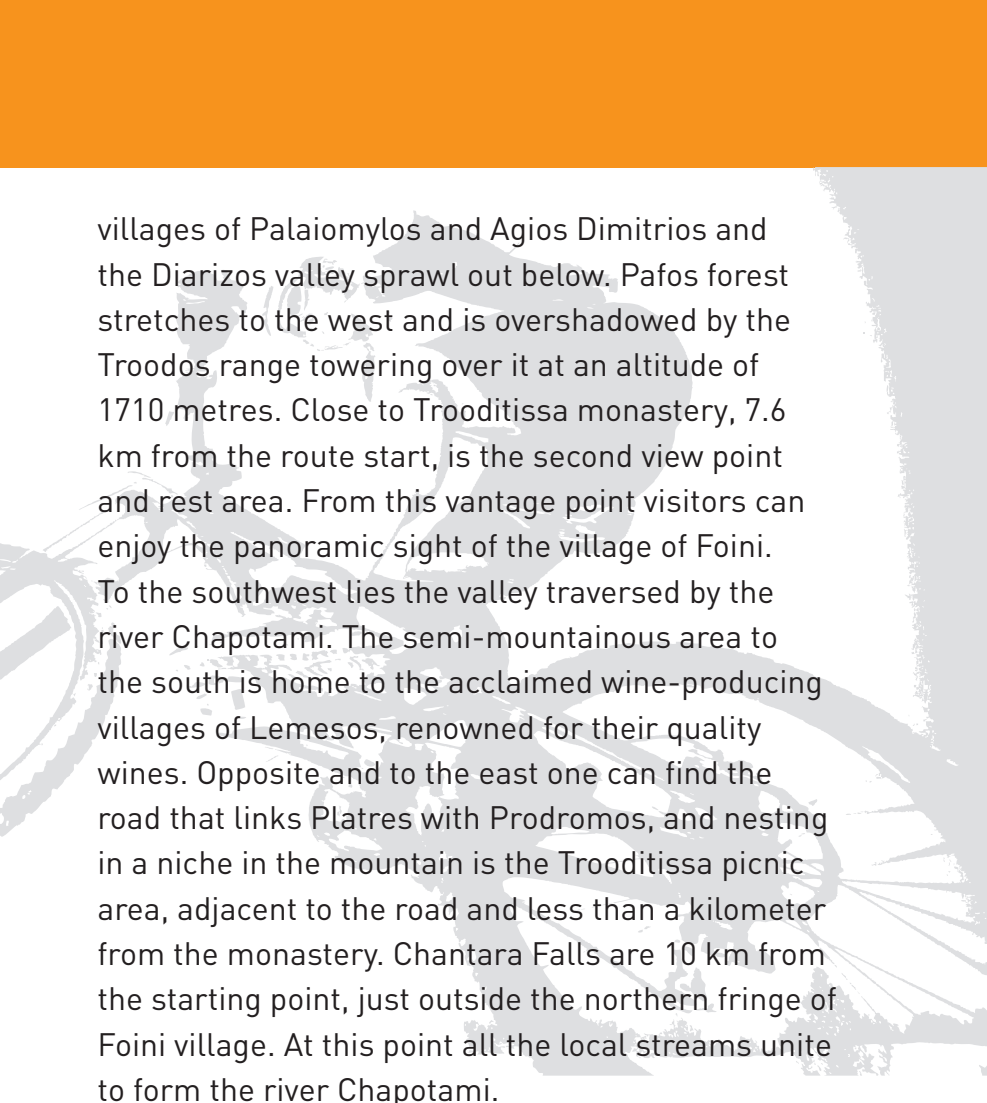


The Kokkini site, six kilometres from Prodomos, is located on a wide section of the road and makes for a pleasant short rest. This point overlooks the west part of the island. To the north lies Prodomos with the abandoned Berengaria hotel complex, while lower down is the village of Lemithou, with the bay of Morfou glittering in the distance.

Further west the peaks of Throni and Tripylos overlook Kykkos and Stavros tis Psokas respectively. The



Chantara Falls



villages of Palaioomylos and Agios Dimitrios and the Diarizos valley sprawl out below. Pafos forest stretches to the west and is overshadowed by the Troodos range towering over it at an altitude of 1710 metres. Close to Trooditissa monastery, 7.6 km from the route start, is the second view point and rest area. From this vantage point visitors can enjoy the panoramic sight of the village of Foini. To the southwest lies the valley traversed by the river Chapotami. The semi-mountainous area to the south is home to the acclaimed wine-producing villages of Lemesos, renowned for their quality wines. Opposite and to the east one can find the road that links Platres with Prodromos, and nesting in a niche in the mountain is the Trooditissa picnic area, adjacent to the road and less than a kilometer from the monastery. Chantara Falls are 10 km from the starting point, just outside the northern fringe of Foini village. At this point all the local streams unite to form the river Chapotami.

Area around the starting point:

At the point itself: The Troodos Cycling Routes Information Stand and a bike stand, a public telephone box, visitor services, a bank and a rural taxi service.

To the east can be seen Prodromos dam and a picnic site.

To the west lies the abandoned Berengaria hotel and the Forestry College.

To the south is the Trikoukkitissa convent.



Before the exit from Prodromos village, in a southerly direction towards Trooditissa and Platres, an access road leads to the west towards Lemithou (3 km) and Palaomylos (6 km). For the first 6 kilometres the road is narrow and tarmac-covered with a small shoulder. It sports quite a few twists and turns. With its gentle downward gradient overlooking the Troodos range and extending to the Pafos coastline, this part of the route offers a comfortable ride and a magnificent view. The convent of Panagia tis Trikoukkiotissas is situated 1 km from the starting point and the Kalogyros or Kampi tou Kalogyrou picnic site is to be found at 3.5 km from the route start. During the summer months it is possible to camp here.

The area is crossed by the E4 European nature trail. At 4.5 km on the left a forest road leads to Prodromos dam, 5 km further down. At 5.7 km from the starting point the road becomes wider with a one metre shoulder on each side. At 7.2 km the route veers to the left off the tarmac road to enter the forest road that links Trooditissa Monastery with the village of Foini.

The road is clearly marked with road signs opposite indicating “Prodromos 8 km” and “Platres 7 km”. The road surface at the entrance to the forest road is covered with concrete. A little further down from the tarmac road in a southerly direction (400 metres), the back entrance to the Monastery of Panagia tis Trooditissas can be found to the left. A sign-posted viewpoint and resting area is also to be found here. The descent continues, becoming quite steep at some points, reaching a gradient of up to 11-12%, providing an exciting challenge that will thrill cycle enthusiasts.

At 8.8 km of the route in a southerly direction, cyclists will encounter the access road for Agios Dimitrios, 7km to the west. At 10.8 km the route leads to Chantara region which is bisected by the river Chapotami which forms a small waterfall. Here travellers will find the next signposted view point and resting area and the forest



Panagia Trooditissa Monastery



road that weaves its way up towards Platres. The route continues in a downward direction, and at 11.2 km from the starting point the dirt track turns into concrete until it fuses into tarmac just outside the village of Foini. The route veers to the left, skirts past the village, and arrives at Kato Platres. At 14.2 km it meets a main road (E601) linking the Troodos region to the north with the city of Lemesos to the south. This is the lowest altitude point of this route (925 metres).



From here on, the route moves steadily upwards, through the village of Platres, until the finishing point, at Psilo Dendro, Pano Platres. The route has completed its circle, and the wonderful cycling experience has come to its end!



CYCLING ROUTES ROAD SIGNS AND ROAD MARKINGS



Cycling Route indication featuring its number, e.g. 1a. It is combined with a directional arrow to the cycling route, with the distance in km or sometimes with the name of the route, as shown in the examples below.



Cycling route indication with its number and additional information.



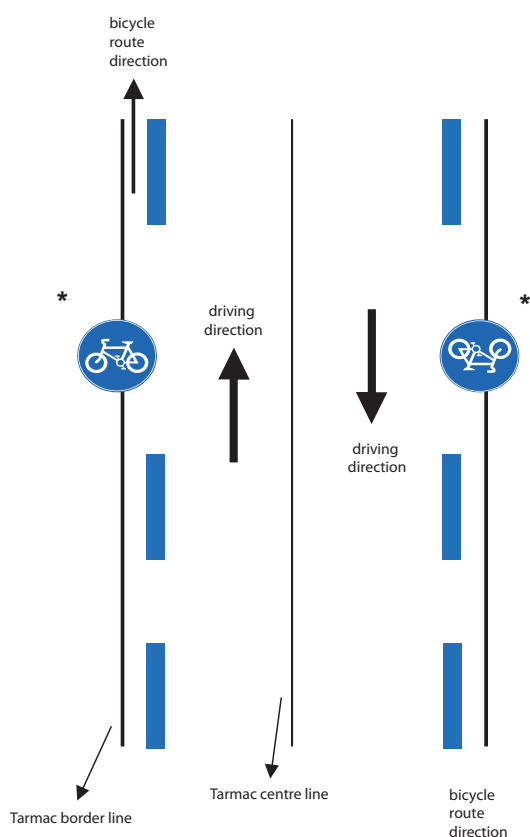
Cycling route indication with its number e.g. 1a and with a name, direction and distance to another destination e.g. Troodos in a distance of 8 kilometres



Sign warning of approach to a cycling route and with distance indication.



Warning of cycling routes or cyclists traffic with advice to slow down and with distance indication.



Cycling route road marking on a road used by both vehicles and bicycles.

*(may be combined with or without the symbol of a bicycle on the tarmac)

USEFUL INFORMATION

Cyprus Cycling Federation

Olympic House

21, Amfipoleos Str., Office 220, 2025 Lefkosia

Tel: +357 22449870, Fax: +357 22449871

E-mail: ccf@cytanet.com.cy

Cycling Centres / Stations

Cyprus Villages Bike Centre

Tel: +357 24332998, Fax: +357 24332295

E-mail: reservations@cyprusvillages.com.cy

Website: www.cyprusvillages.com.cy

zypernbike@gmx.de

Probike Cycling Cyprus

Kalavassos

Tel: +357 99822718, 24333143

Manager: Mr Frederic Zierke

E-mail: probike@cytanet.com.cy

Bike Cyprus

Tel/Fax: +357 25634093, Mob: +357 99666200

E-mail: info@bikeCyprus.com, Thomas@bikeCyprus.com,

wegmueller@cytanet.com.cy

Website: www.bikeCyprus.com

Manager: Thomas Wegmueller

Bike Cyprus Stations:

Lordos Beach Hotel, Faros Village, Santa Marina Retreat,

St. Raphael Resort, Elias Beach Hotel, Atlantica Miramare Beach Hotel,

Aquarius Beach Hotel, Atlantica Oasis, Park Beach

Radstation Aldiana

Zypernbike, c/o Aldiana Zypern

George Mouskis Ave., Latouros District, CY 7572 Alaminos

Tel: +357 99866610, 24849105, Fax: 24849033

E-mail: info@zypernbike.de, Website: www.zypernbike.de

Zephyros Adventure Sports

Shop No 7, Royal Complex, Tombs of the Kings Road, 8046 Pafos

Tel/Fax: +357 26930037, Mobile: +357 99780239

E-mail: contract@enjoycyprus.com, Website: www.enjoycyprus.com

Gekko Mountain Sport

Andrea Neophytou Str. 11 Kouklia, Pafos 8500

Tel/Fax: +357 26432033, Mobile: +357 96518061/62

E-mail: info@gekkomountainsport.com

Note: Cycling centres are considered premises manned with full-time personnel and equipped with all the necessary equipment for cycling, such as adequate number of bicycles, helmets, accessories, cleaning and storage facility etc. They also provide satisfactory information concerning routes, car escort service and support to organised excursions as well as the provision of cycling guide for organised groups.

USEFUL TELEPHONES

POLICE

FIRE BRIGADE

FIRST AID

112

OFFICES IN CYPRUS

Lefkosia (Nicosia)

Cyprus Tourism Organisation (Head Office)

Leoforos Lemesou 19,
Lefkosia, Cyprus
Postal address:
P.O. Box 24535, CY-1390 Lefkosia
(Nicosia)
Tel: + 357 22 69 11 00
Telefax: + 357 22 33 16 44
E-mail: cytour@visitcyprus.com
Website: www.visitcyprus.com

Aristokyprou 11
Laiki Geitonia (East of Plateia
Eleftherias)
CY-1011 Lefkosia,
Tel: 22 67 42 64

Lemesos (Limassol)

a) Spyrou Araouzou 115A
CY-3036 Lemesos,
Tel: 25 36 27 56

b) Georgiou A' 22
CY-4047 Lemesos,
Potamos tis Germasogeias
(eastern entrance of
Dasoudi beach)
Tel: 25 32 32 11

c) Lemesos Harbour
Service to all passenger boats.
Tel: 25 57 18 68

Larnaka

a) Plateia Vasileos Pavlou
CY-6023 Larnaka,
Tel: 24 65 43 22

b) Larnaka International Airport
CY-7130 Larnaka,
Tel. 24 64 35 76

Pafos

a) Gladstonos 3
CY-8046 Pafos
Tel: 26 93 28 41

b) Poseidonos Ave. 63A
CY-8042 Kato Pafos
Tel: 26 93 05 21

c) Pafos International Airport
CY-8320 Pafos,
Tel: 26 42 31 61 (Service to all
flights)

Polis

Vasileos Stasioikou A' 2
CY-8820, Polis Chrysochous
Tel: 26 32 24 68

Paralimni - Protaras

Leoforos Protara -
Kavo Gkreko 356
CY 5296 Protaras-Paralimni
Tel: 23 83 28 65

Agia Napa

Leoforos Kryou Nerou 12
CY-5330 Agia Napa,
Tel: 23 72 17 96

Platres

CY-4820 Platres,
Tel: 25 42 13 16

OFFICES ABROAD

UNITED KINGDOM

CYPRUS TOURIST OFFICE

17, Hanover Street London W1S 1YP
Tel.: 0207 569 8800, Fax: 0207 499 4935
E-mail: informationcto@btconnect.com

IRELAND

CYPRUS TOURISM ORGANISATION

71 Lower Leeson St, Dublin 2
Tel: +353.1.6629269, Fax: +353.1.6629270
E-mail: cyprusinfo@eircom.net

GERMANY

FREMDENERKEHRSZENTRALE ZYPERN FRANKFURT

Zeil 127, 60313 Frankfurt
Tel.: (069) 25 1919, Fax: (069) 25 0288
E-mail: info@cto-fra.de

BERLIN

Wallstr. 27, 10179 Berlin
Tel.: 030-23 45-7590, Fax: 030-23 45-7592
E-mail: cto_berlin@t-online.de

SWITZERLAND

FREMDENERKEHRSZENTRALE ZYPERN

Gottfried Keller-Strasse 7, CH-8001 Zurich
Tel. +4144 262 3303, Fax: +4144 251 2417
Geneva: Tel: +4122 741 33 03
E-mail: ctozurich@bluewin.ch

AUSTRIA

ZYPERN TOURISMUS

Parkring 20, A-1010 Wien
Tel. (01) 513 18 70, Fax: (01) 513 18 72
E-mail: office@zyperntourismus.at

FRANCE

OFFICE DU TOURISME DE CHYPRE

15, Rue de la Paix, 75002 Paris
Tel. 01. 42.61.42.49, Fax: 01. 42.61.65.13
E-mail: cto.chypre.paris@wanadoo.fr

BELGIUM

OFFICE DU TOURISME DE CHYPRE DIENST VOOR TOERISME VAN CYPRUS

Avenue de Cortenberg 61, Kortenberglaan
B-1000 Bruxelles/Brussel
Tel. 02/735.06.21, Fax: 02/735.66.07
E-mail: cyprus@skynet.be

SWEDEN

CYPERNS TURISTRÅD

Sveavägen 66, 111 43 Stockholm
Tel. (08) 10 50 25, Fax: (08) 10 64 14
E-mail: info@ctosweden.org

GREECE

CYPRUS TOURISM ORGANISATION ATHENS

Voukourestiou Str. 38, Kolonaki
Athens 10673
Tel. (210) 36 10 178, (210) 36 10 057
Fax: (210) 36 44 798
E-mail: cto-athens@ath.forthnet.gr

THESSALONIKI

Nikis Ave. 37, Thessaloniki, 54013
P.O.Box 50046
Tel. (2310) 242880, Fax: (2310) 286881
E-mail: kotthes@the.forthnet.gr

FINLAND

KYPROKSEN MATKAILUTOIMISTO

Aleksanterinkatu, 48B, 00100 Helsinki
Tel. (0) 9-476 09 100, Fax: (0) 9-476 09 120
E-mail: info@ctofinland.org

ITALY

ENTE NAZIONALE PER IL TURISMO DI CIPRO

Via Santa Sofia 6, 20122 Milano
Tel. 02 58 31 98 35, 02 58 30 33 28,
Fax: 02 58 30 33 75
E-mail: info@turismocipro.it

UNITED STATES OF AMERICA

CYPRUS TOURISM ORGANIZATION

13 East 40th Str. New York, NY 10016
Tel. (00 1212) 683-5280
Fax: (00 1212) 683-5282
E-mail: gocyprus@aol.com

THE NETHERLANDS

CYPRUS VERKEERSBUREAU

Keizersgracht 635, 1017 DS Amsterdam
Tel. (020) 624 4358, Fax: (020) 638 3369
E-mail: cyprus.sun@planet.nl

ISRAEL

CYPRUS TOURISM ORGANISATION

Top Tower-14th floor, Dizengoff Centre
50 Dizengoff Str., - Tel-Aviv 64332
Tel. 00-972-3-52 57 442
Fax: 00-972-3-52 57 443
E-mail: cto@netvision.net.il

RUSSIAN FEDERATION

CYPRUS TOURISM ORGANISATION MOSCOW

Povarskaya 9, Building 2, 121069 Moscow
Tel: 007- 495-744-2953/54
Fax: 007-495-744-2955
E-mail: moscowcto@yandex.ru

ST. PETERSBURG

27 Furshtatskaya street
191123 St. Petersburg
Tel: 007-812-332-58-08
Fax: 007-812-332-58-09
E-mail: spcto@yandex.ru

HUNGARY

CIPRUSI IDEGENFORGALMI HIVATAL

H-1051 Budapest
Dorottya Str. 3. III floor
Tel. 00-36-1-266 6044, Fax: 00-36-1-266 6043
E-mail: ciprusinfo@t-online.hu

POLAND

CYPRYJSKA ORGANIZACJA TURYSTYCZNA

Piekna 20, 00-549 Warszawa
Tel.+ 48 22 827 90 36, Fax: + 48 22 - 827 90 34
E-mail: cto@cypr.pl

CZECH REPUBLIC

KYPERSKÁ ORGANIZACE CESTOVNÍHO RUCHU

Pod Hradbami 662/9, 160 00 Praha 6
Tel. 00-420-222-253 097
Fax: 00-420-222 -251 639
E-mail: cto.prague@volny.cz

MIDDLE EAST AND ARABIAN GULF

CYPRUS TOURISM ORGANISATION

Al Ghurair Center, Office Tower, 436B
P.O. Box 94670 Deira
Dubai - UAE
Tel: +971 4 22 77637, Fax: +971 4 22 77638
E-mail: tourism@cyprusme.com



Production: Cyprus Tourism Organisation

Text: Evangelos Diamantides, Cyprus Tourism Organisation

Design: Appios & Metaxas Communications Ltd

Photography: Cyprus Tourism Organisation, Anthoulla Alexandrou,
Nicos Louca, Photos.com Image Bank

Printing: J.G. Cassoulides & Son Ltd

7' 2008

ISBN 978-9963-44-088-7

The project has been implemented by the Cyprus Tourism Organisation and co-funded 50% by the European Regional Development Fund of the European Union (ERDF).

The task of ERDF is:

«Helping reduce the gap between development levels and living standards among the regions and the extent to which least-favoured regions are lagging behind.

Helping redress the main regional imbalances in the Community by participating in the development and structural adjustment of regions whose development is lagging behind and the economic and social conversion of regions».

