Welcome to Cyprus - An Insider’s Guide
WELCOME TO THE ISLAND
Sitting on the crossroads of three continents, Cyprus has become known as “The Gateway to the Middle East” because of its proximity to both Egypt and Israel. Covering 3,572 square miles, Cyprus is the third largest island in the Mediterranean and boasts an incredible average of 300 days of sunshine per year. Even the winters are mild and consequently Cyprus is said to have one of the healthiest climates in the world. Cyprus is also an incredibly beautiful island with superb mountain scenery, spectacular forests, dramatic coastlines and mile upon mile of glorious sandy beaches.

There are also many places of interest to be found in the main resorts on the island.

The two biggest are Paphos and Limassol. The city of Limassol is the second largest on the island and offers lively nightlife and a huge selection of cafes and bars on the bustling seafront. It is also home to many museums and other sites of archaeological interest. The ancient city of Paphos is the capital of the Western region of Cyprus and the home of the Tombs of the Kings. The coastal area is populated with tavernas, cafés and restaurants, while the old town of Paphos is perfect for exploring and discovering the local history.

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Know your Greek
An easy way to make new friends is to learn the lingo. English is widely spoken in Cyprus but you’ll make a good impression on the local people if you learn a couple of words whilst in your resort.

Hello/Goodbye - Yah-soo
Good morning - Ka-lee-mera
Good evening - Ka-lee-spura
Good night - Ka-lee-nichta
How are you? - Ti-kanis/ee-say-cala
I am good - Ee-may cala
Yes - Ne

No - Ochi
Please - Parakalo
Thank you - Ef-haris-toe
Cheers - Ya-mass
Excuse me/Sorry - Signomi
It’s very hot - Kanee polee zesti
How much? - Poso Kanee

Pleased to meet you - Hiero Polee
What is your name? - Poso lane-ah
My name is - Me lane-ah
Where is? - Poo een-ah
I like - Mau-ressi
I don’t like - Dhen mau-ressi
GETTING AROUND

Cars
If you want the convenience and freedom to go anywhere you please, hiring a car is the best option.

Driving in Cyprus is just like driving at home. You drive on the left hand side of the road and all the road signs are in English!

European laws apply. You must keep your driving licence, insurance papers and car hire contract with you at all times. Always fasten your seatbelt as it is against the law to drive without. Mobile phones are also prohibited when driving.

Petrol is available after stations have closed as they have an automatic payment facility. In the event of an accident, you must call the police and advise the car hire company immediately.

Welcome
The Insider’s Guide to Cyprus should help you get the most out of your holiday. We’ve highlighted some hidden places of interest that you could easily miss, as well as some popular attractions. If you need more information or directions to any of the places mentioned here, just ask your concierge.

Away From Home
Time Difference ~ GMT+2 (2 hours ahead)
Flight time ~ 4 hours 30 minutes
Currency ~ Euro (Sterling taken in some regions)
Vaccinations ~ None required
EATING OUT
Hop in a taxi to the Piatakia Restaurant on Mylona St. The venue is small and intimate and dishes are based on traditional meze menu but with an exciting modern twist. Alternatively, try the Limanaki Fish Tavern on the marina. The decor, the ambience and the view of the promenade make it the perfect spot for a romantic meal, and it is the best place to try the local catch of the day. Get away from the crowd at the Imbue Restaurant in Akitori Village and enjoy some innovative vegetarian cuisine. They source the finest ingredients and only serve freshly cooked dishes.

FUN WITH THE FAMILY
Govenor’s Beach is shallow and calm and therefore perfect for young children. Lady’s Mile Beach near the new Limassol port is also perfect for children. It is just outside the main resort centre and much quieter as a result.

After a day on the beach you can surprise the young ones with a trip to My Mall’s Indoor Ice Rink. This large, circular rink can be found in the shopping centre and makes an interesting contrast from sunbathing and swimming!

Limassol Zoo is located on the coastal road and is the only zoo in Cyprus. As well as a diverse selection of animals, including 300 birds, it also features a natural history museum, an education centre and a special area designated just for children.

SIGHTSEEING
The Limassol District Archaeological Museum houses an extensive collection of antiquities found in the area, dating from the Neolithic Age to the Roman period. A must for anyone with an interest in ancient history.

Limassol Castle, built in the 14th Century, stands over the old harbour and now houses the Cyprus Medieval Museum. You can see cannons, statues, paintings and tombstones from 400-1870AD.

Walk beyond the promenade and you’ll find Limassol’s Old Town. As well as century-old architecture, you can visit the city’s medieval fort, the folk museum and a natural sea sponge exhibition. There are also many excellent authentic eateries to enjoy a light lunch.

Recommended Hotels
Amathus Beach Hotel, Limassol
This hotel sets a new standard in luxury with rooms that will take your breath away, a 1,500 square metre spa and wellness centre and a superior standard of service.

Le Meridien Limassol Spa & Resort
This hotel is renowned for its exciting range of dining options, excellent children’s facilities, impeccable service and warm hospitality.

Four Seasons Hotel, Limassol
This grand five star resort lies on its own golden sandy beach and offers the peak of luxury with superb facilities and impeccable service. Outstanding sport and leisure activities include three pools, jacuzzis, tennis courts and a gym.
AN INSIDER’S GUIDE TO CYPRUS

EATING OUT

The Viklari Peyia is a real hidden gem. Known as the ‘last castle’ this restaurant is off the beaten track and has some of the best views of Paphos and excellent food. Due to its remote location, it is only open until 5pm. Head along the coastal road toward Coral Bay, turn left at Agios Georgios, then right at the sign for Akamas.

Another unmissable spot is the Sienna Restaurant on Chlorakas Avenue. It serves a traditional Mediterranean menu with Cypriot specialities featured daily. There is a wonderful Al fresco dining area and the chef often comes out to chat to diners about the dishes served.

Ayioli on Tombs of the Kings road is a traditional family restaurant and serves everything you would expect from a Cypriot Taverna, with fresh meats and locally caught seafood.

FUN WITH THE FAMILY

The Paphos Aphrodite Waterpark can be found on the far eastern end of the Kato Paphos coastal road and is one of the best waterparks in Europe. You’ll find the world’s largest family rafting attraction and water slides, plus a miniature aqua park for children with a model volcano and adventure playground. Adult tickets are €28, children under 12 are €16 and infants are free.

Paphos Bird Park at St George is very popular with children. It features many colourful species of bird on a backdrop of lush greenery and a striking landscape.

SIGHTSEEING

Always opt for the coastal roads rather than the motorways. Your journey may be a little longer but it is well worth the time for the breathtaking views between Limassol and Paphos.

The colourful and intricate Paphos Mosaics are a must for everyone. The mosaics represent the wealthy and decadent lives of the Roman Paphiots and can be found near the lighthouse and the fortress of Saranda Kolones near Paphos Harbour. Open 8am to 6pm daily.

The Tombs of the Kings is an ancient Greek burial site dating back to 300 BC that features 100 tombs carved out of solid rock. Located one mile outside Paphos towards Coral Bay.

Concierge Tip

Costa Adeje, El Molino Blanco
El Molino Blanco is a lovely restaurant set in the middle of a Mediterranean style garden in the Costa Adeje/El Duque area. With excellent Mediterranean cuisine and live music most nights, this restaurant has a great atmosphere and magical ambience. (Booking is recommended as it gets busy - Tel: +00 922 796 282)

La Caleta, Rosso Sul Mare
Close to a small former fishing village, situated just past Costa Adeje at the end of Geranium Walk, there’s a tranquil spot where many of the restaurants look out over the sea and Rosso Sul Mare is one of the great Italian restaurants there. There’s exceptional service and a great modern terrace, providing the option to sit outside (Tel: +00 922 782 155)

Recommended Hotels

Amathus Beach Hotel, Paphos Calling itself a sanctuary of relaxation and inspiration, this hotel combines comfort and luxury like no other. A spa, boutique and golf course complete this excellent resort.

Hotel Elysium, Paphos Located opposite the Tombs of the Kings, this 5 star resort offers a world class spa, beautiful surroundings and excellent leisure facilities.

Asimina Suites Hotel, Paphos the Asimina Suites Hotel sits nestled on a beautiful sandy beach in Kato Paphos overlooking the Mediterranean Sea. Surrounded by lavish gardens, this all suite luxury hotel, offers an impressive range of facilities including two fresh water free form swimming pools with whirlpools, a fully equipped spa and a flood lit tennis court.
EAT LOCAL, CYPRIOT CUISINE

Meze
This consists of many samples of different dishes that are brought to your table. In the past a traditional meze may have had up to 30 different dishes but you can now choose which dishes you want. Below is a guide to the most popular dishes and a few less well known delicacies for you to try.

- Tzatziki - Yoghurt, mint and cucumber dip
- Humus - Chick pea and Tahini dip
- Taramasalata - Fish roe dip
- Melitzano Salad - Aubergine with yoghurt and herbs
- Gigantes - Giant beans in tomato sauce
- Horiatiki - Greek Village salad
- Dolmades - Vine leaves stuffed with rice, mince & herbs
- Lahandolmades - Cabbage leaves with rice, mince & herbs
- Keftedes - Spicy meat balls
- Revithokeftedes - Chick pea balls or fritters
- Revithia - Chick peas served in a spicy sauce
- Kopanisti - Spicy cheese salad with chilli and peppers
- Fava - Split pea puree with raw onion and parsley on top
- Bazaria - Fresh beetroot, sliced with raw garlic
- Skordalia - Garlic & potato puree
- Horta - A variety of village mountain grass stewed with herbs
- Saganaki - Deep fried cheese
- Prawn Saganaki - Prawns in spicy tomato sauce

Sweets
- Baklava - Pastry with chopped nuts and honey
- Glika - A variety of fruit preserved in syrup
- Galaktobourikou - Vanilla filled pastry with honey
- Sikes - Fresh figs

Drink Local

Zivania
Zivania is the local firewater, made from the grape residue after wine fermentation. Be warned: some people feel it is better used as a muscle rub than as a drink!

Ouzo
Greece and Cyprus are famous for Ouzo. It is usually drunk as an aperitif and accompanied with a small plate of meze. It is served in a small thick tumbler and accompanied with water and ice, although some like Ouzo with orange or lemonade.

Brandy
Metaxa is probably the best known Greek variation of Brandy. The quality is measured by stars, hence seven is the smoothest and most expensive, followed by five then three. Take care as they are usually free poured and are much larger than an English measure!

Frappes
This is iced coffee and is the most popular soft drink in the summer. It is ordered the same as Greek coffee, either Sketo, Metrio or Glyko, and comes with or without milk.

Essential Accompaniments
- Anthous - Stuffed courgette flowers with melted cheese
- Pssome horiatiko - Fresh village bread
- Tirokeftedes - Deep fried cheese balls
- Lemoni - Fresh lemon wedges

Fish
- Fourskes - Fresh Sea urchins
- Maradakia - Deep-fried whitebait
- Octapodi - Octopus grilled or with vinaigrette
- Kalamari - Squid usually grilled or stuffed
- Babounia - Red Snapper
- Mydia - Mussels in garlic and wine sauce
- Bakaliaro - Cod in garlic and wine sauce

Meat
- Kontopolou - Chicken
- Brizoles - Pork Chops
- Paidakia - Lamb Chops
- Souvlaki - Meat cooked on a skewer on the grill
- Loukaniko Horiatiko - Village sausage quite spicy
- Loukaniko - Sausage
- Souzoukakia - Big meatballs in tomato sauce
ACROSS THE ISLAND

BEAUTIFUL BEACHES

Alagadi Turtle Beach in Northern Cyprus is the famous spot where green and loggerhead turtles come to lay their eggs, during this time parts of the beach are closed to tourists. It’s about 10 miles east of the town of Kyrenia and is well worth the trip.

Pissori village and beach is ideal for water sports enthusiasts and there is also a diving school. It can be busy with locals on weekends so visit on a weekday if you can.

Curium Beach in Limassol is one of the most beautiful beaches in Cyprus. High above the beach is a restored Roman Amphitheater. From this vantage point you can watch the boats and water sports.

Fig Tree Bay in Protaras often goes unnoticed as it is hidden by restaurants and hotels. The name comes from a lone fig tree that grows up from the beach. A great spot for sunbathing.

Mouia Rocks near Paphos are said to be where Aphrodite, the Goddess of love and beauty, emerged from the white foam of the waves. Although it’s not suitable for bathing, it offers breathtaking views of the sea with huge waves crashing against the ragged rocks.

BEST OF THE FESTIVALS

Anthestiria Flower Festival - May
Visit Cyprus during the spring and you can enjoy the Flower Festival that takes place throughout the island, with flower-filled floats, parades and exhibitions.

The Shakespeare Festival - June
There are open air performances of Shakespeare for three days at the ancient Kourion Amphitheatre. An amazing way to make this ancient site come alive!

Limassol Wine Festival - First week of September
This festival celebrates the history of wine production in Cyprus with traditional music, dancing and lots of food and wine. Stalls and tavernas overflow with authentic food you can try wine for free throughout the festival.

Paphos Aphrodite Festival - September
Every year a well-known Opera troupe perform in the square in front of the medieval castle in Paphos. A truly memorable experience for anyone.

Limassol Children’s Festival
Last week of September Held in Municipal Gardens, there is face painting, trampolines, clowns, songs, dances, concerts, exhibitions, games and puppet show!

Dinosaur enthusiasts shouldn’t miss the Larnaca Museum and Fort on the south east of the island. The museum on the seafront promenade showcases the 500 million year history of Cyprus, with dinosaur fossils that were unearthed on the island. Children can also earn a certificate by adding to the amateur shell collection with items they find on the beach. This attraction is also a great place to avoid the intense midday sun.

The Troodos Mountains are located in the centre of the island and can make for a welcome break from the busier resorts and hot sunshine. The slopes are dotted with tiny villages, ancient monasteries, charming forest paths and refreshing cool weather. Just driving through can be a pleasure, or head for the highest peak of Mount Olympus at 1,952 metres above sea level.

The Kourion Amphitheatre is a spectacular 2000-seat Greco-Roman theatre at the site of the ancient city of Kourion. There are often open air musical and theatrical performances at the theatre as well as many other ruins from the 5th century.