

# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT  
Photos, itineraries, lists and suggestions  
to help you put together your perfect trip

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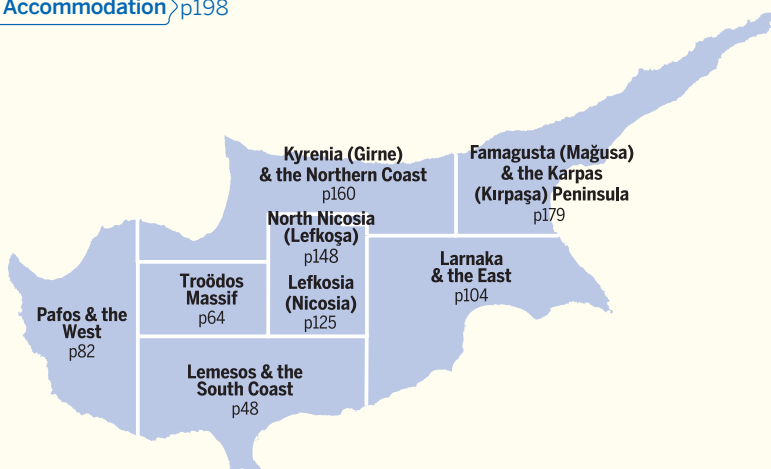
# UNDERSTAND CYPRUS

GET MORE FROM YOUR TRIP  
Learn about the big picture, so you  
can make sense of what you see

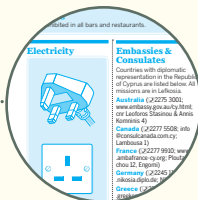
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**Josephine Quintero,  
Matthew Charles**

➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's recommendation



A green or sustainable option



No payment required

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## › Cyprus



# Top Experiences >

## North Nicosia

Stroll around the fascinating walled Old City (p148)

## ROAD DISTANCES (km)

Note: Distances are approximate

Famagusta	76					
Agia Napa	97	22				
Lefkosia	26	61	80			
Larnaka	71	43	41	44		
Lemesos	93	124	107	82	66	
Pafos	128	179	175	150	134	68

Kyrenia	Famagusta	Agia Napa	Lefkosia	Larnaka	Lemesos
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## Lefkosia

Relax in a soothing Turkish bath (p134)

## Choirokoitia

Visit an ancient Neolithic site (p116)

## Troödos Massif

Enjoy divinely beautiful medieval frescos (p71)

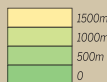
## Lemesos

Taste superb local vintages at Cyprus Wine Museum (p51)

## Ancient Kourion

Explore this stunning archaeological site (p61)

## ELEVATION





## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Josephine Quintero

**Coordinating Author; Lemesos & the South Coast, Pafos & the West, Lefkosia, North Nicosia** Josephine has visited Cyprus many times and finds that the island continually throws up surprises, although there is one constant: the genuine friendliness of the locals, on both sides of the Green Line. Highlights during this trip included sipping coffee and chatting to locals (including, inevitably, the village priest) in simple village tavernas in the Akamas Heights. She also discovered

some soul-stirring art in Lefkosia galleries and Byzantine churches, and rediscovered the irresistible appeal of the traditional meze, especially when washed down with local Cypriot wine from one of the growing number of wineries in the Troödos.

Read more about Josephine at:  
[lonelyplanet.com/members/josephinequintero](http://lonelyplanet.com/members/josephinequintero)



### Matthew Charles

**Troödos Massif, Larnaka & the East, Kyrenia & the Northern Coast, Famagusta & the Karpas Peninsula** Matthew first travelled to Cyprus in 1997 to seek out his ancestral roots in Pafos. He ended up falling in love with the island and staying for four years, before returning to his native Australia. Since then he has returned to the island and made Larnaka his home. When he is not writing for Lonely Planet he can be found dreaming up plots, frappé in hand, on one of the many

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# itineraries

*Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.*



Two Weeks

## Top Spots in the Republic of Cyprus

Fly into **Larnaka** and kick back on the beach, then visit the Pierides Museum and explore the town. Day three, head for **Lefkosia**, to spend a couple of days getting to know the historical centre with its museums, shops and traditional restaurants. Reward yourself with a soothing massage at the hammam (Turkish baths). Day five, go to the mountainous **Troödos** to trek, cycle, stroll, explore the tavernas or admire the exquisite Byzantine churches.

Roll down to **Lemesos**, stopping off at Neolithic **Choirokoitia**. Spend a couple of nights enjoying the varied sights and superb restaurants of the island's second city. Next day, visit nearby **Ancient Kourion**. Make sure you take a dip at the mythic **Petra tou Romiou** (Aphrodite's Rock & Beach).

On day 11, head to **Pafos**, with its mosaics and mysterious Tombs of the Kings. Base yourself in traditional agrotourism accommodation on the **Akamas Peninsula**, near some of the loveliest stretches of sand in the South, such as **Lara Beach**. Fly home from Larnaka or Pafos.





10 Days

## From Karpas to Akamas: Spanning the Peninsulas

From **Larnaka** airport head for the **Karpas (Kırpaşa) Peninsula**, somewhere that will linger in your memory for years to come. This 'tail end' of the island has positively the best beaches, deserted and clean, with soft, golden sand. Turtles hatch at **Golden Beach (Nangomi Bay)**, where there's an official turtle-hatching programme, and wild donkeys, once Cyprus' equivalent of a lorry and even a currency, roam the endless fields. Spend at least two days here, including visiting the eco village at **Büyükkonuk**, climbing **Kantara Castle** and bedding down at one of our recommended hotels.

Head back to the South via **Ancient Salamis**, the North's most impressive archaeological site. Dip into the sea at the adjacent beach before lunching at one of nearby **Famagusta's** atmospheric restaurants in the heart of the walled city, overlooking the Lala Mustafa Paşa mosque. Move on and stay overnight in **Larnaka**. Spend a day exploring the city, not forgetting the fascinating salt lake, a magnet for migrant birds, including flamingos. The next day, hightail it to **Lemesos** for some of the most sophisticated dining choices on the island. Stay overnight and make an early start heading inland to the **Troödos Massif** to work off all those calories with some scenic striding out. This region offers some of the island's best hiking opportunities, with four marked trails. After a night or two in bucolic surroundings, continue on the nature trail via the **Cedar Valley**, taking a soul-searching culture break at the **Kykkos Monastery** en route.

Stop at pretty **Fyti** for a meal at the central taverna; pick up some souvenir stitchery and stay at one of the nearby agrotourism accommodation options, surrounded by greenery and birdsong. Continue this point-to-point peninsula tour by stopping at traditional villages, like Simou, Drouseia and **Ineia**, from where you can drive westwards to **Lara Beach**, the South's best beach and, like the Karpas beaches, also a turtle-hatching zone. You are now on the **Akamas Peninsula**, ideal for trekking, swimming and getting to know the region's rural life. The rocky Mediterranean landscape is home to the area's typical juniper bushes and low pines and, together with Lara, some wonderfully wild and windswept beaches.



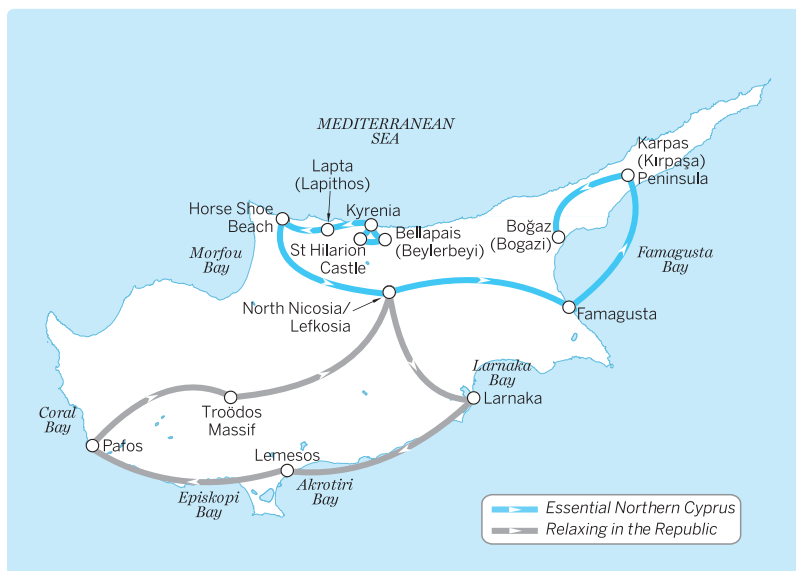
10 Days

## A Journey Through Northern Cyprus

Providing you fly into Ercan airport, the first most obvious port of call will be **Famagusta**. And a suitably evocative first stop it is too, with its Venetian walls, looming and ruined Gothic buildings and Cyprus' best-preserved Lusignan monument, the magnificent Lala Mustafa Paşa mosque. Enjoy at least one meal at the Ginkgo Cafe & Restaurant, one of the best of the sprawling terrace restaurants here. From Famagusta, dig deeper into the past by heading north to **Ancient Salamis**, a spectacular ancient site which you'll need at least two hours to explore. After the exertion of absorbing all that ancient history, head to the adjacent beach and cool down with a dip in the sea.

Follow the highway to the capital, **North Nicosia**, and spend a day or two exploring its Old City. Take in highlights like the Büyük Han and Selimiye Mosque then, time permitting, enjoy a rejuvenating massage at the Büyük Hammam. Next, base yourself in pretty **Bellapais (Beylerbeyi)**, appreciating why Lawrence Durrell made this village his home for so many years. Admire the ruins of Bellapais Abbey, then visit nearby, equally dreamy **St Hilarion Castle**. Spend a day or two in picturesque **Kyrenia**, eating excellent seafood, exploring the dark caves of Kyrenia Castle and seeing the oldest shipwreck in Cyprus. Consider a boat cruise, a fishing trip or scuba-diving to the watery depths with one of the many seafaring companies operating from the harbour.

Next, head west to **Ancient Soloi** and **Ancient Vouni**. Return to Kyrenia and drive east, hiking up to **Buffavento Castle**, one of the three Lusignan castles perched atop the Kyrenia Range. Continue eastwards down the coast and take the winding road up to **Kantara Castle**, from where there are stunning views. Wind up your tour with a drive down to the most beautiful part of the island, the **Karpas (Kırpaşa) Peninsula**, ideal for lovers of wild landscapes. This area has the island's best beaches, such as **Golden Beach (Nangomi Bay)**, where turtles come to hatch. Fly home from Ercan airport, via the Turkish mainland.



## One Week Essential Northern Cyprus

Fly into Ercan and make your first stop **Kyrenia**; this is the Mediterranean as it used to be – a picturesque stone harbour, ending abruptly at a looming Byzantine castle. Splash out and stay at a waterfront hotel for two (or even three) nights. Before moving on, consider getting up close and personal with the natural beauty of the region by hiking part of the spectacular Kyrenia Mountain Trail. For the best overview of your surroundings, head for **Bellapais (Beylerbeyi)**, home of a lovely Augustinian monastery with endless views of the surrounding mountains. Stay overnight, then backtrack to Kyrenia, via **St Hilarion Castle**, and travel the northwest coast, stopping at pretty **Lapta (Lapithos)**, and windswept **Horse Shoe Beach** for some superb fresh seafood at the beachside restaurant here. History buffs can make an archaeological detour southwest to visit Ancient Vouni and Ancient Soloi; otherwise, hit the road to **North Nicosia**, spending a day here visiting the sites, before continuing to **Famagusta** and the captivating surrounds of the **Karpas (Kırpaşa) Peninsula**. Enjoy the beaches and stay overnight at the unspoilt fishing village of **Boğaz (Bogazi)** before returning to Ercan, via Ancient Salamis, for your flight home.

## One Week Relaxing in the Republic

Fly into **Pafos** and head north for a flop on the unspoilt sandy stretch of Kissonerga Bay. Next day, dig deep into the island's past at the extraordinary Pafos archaeological site and nearby Tombs of the Kings. After dark, dine alfresco and head for the latest hot spot for a drink and a dance. Day three, set off across country northeast for a day of wine tasting in the **Troödos** region and stay in tranquil agrotourism accommodation overnight. Then, leave all that nature behind and head for the fascinating capital, **Lefkosia**, for a day exploring the historic old city with its traditional cafes, intriguing museums and hubbub-whiff of the Middle East. Continue your journey by stopping in **Larnaka**, absorbing its workaday bustle and filling your hand baggage with crafts bought direct from the workshops in the atmospheric former Turkish district. Continue your circular tour with a visit to **Lemesos**, with its stylish and compact old town that's home to some of the island's finest restaurants. Take a hiccup west for a visit to the Cyprus Wine Museum before continuing on to **Pafos** and your flight back home.

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