



Troödos Mountains

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Best Places to Eat

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Best Places to Stay

- ➔ New Helvetia (p202)
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- ➔ Elyssia (p203)

Why Go?

Home to Mt Olympus (1952m), the island's highest peak, this stunning mountain range provides visitors with a forested flipside to the coastal resorts and big city clamour. Overlooking the valleys of Lemesos, Larnaka and the greater Mesaoria plain, this region covers over 90 sq km and is a protected natural park which safeguards its wildlife, ecology and geology. In winter, skiers and snowboarders populate the ski resorts of the northern slopes while, at other times of the year, the park is ideal for camping, picnicking, hiking, cycling and birdwatching.

As well as the natural beauty of the landscape, Troödos is home to a variety of postcard-pretty villages with their cobbled streets, terraced slopes and vernacular architecture. The region's peaks and valleys also hide some of the island's most important medieval frescoed churches, along with unexpected monasteries, museums and some of the Republic's finest wineries.

When to Go

- ➔ From January to April you can ski and board the slopes by day and and enjoy a hearty tavern meal by night.
- ➔ April to September is ideal for wine tasting; explore some of the fine wineries hidden among the sprawling vineyards and steep, breezy valleys.
- ➔ Ramble over 65km of diverse nature and hiking trails across the region in early summer (May and June).
- ➔ Beat the July and August heat by camping 1000m above sea level at verdant sites in the ranges.

Troödos Mountains Highlights

1 Visiting **Panagia Forviotissa**

(p79) and the other world-famous painted churches on the Unesco World Heritage-listed Byzantine churches route.

2 Breathing in the fresh mountain air while hiking and cycling in the shadow of **Mt Olympus** (p66), and surrounded by stunning natural scenery.

3 Staying at some of the island's most authentic accommodation and getting a taste of traditional Cypriot rural life in villages such as **Kakopetria** (p76).

4 Sampling the best in Cypriot wines and visiting the vineyards along the wine routes around **Omodos** (p76).

5 Enjoying a laid-back picnic at scenic picnic sites such as **Kelefos Bridge** (p74) with its river setting and surrounding nature trails.

