



Constantia

Gardens Apartments



HOLIDAYING IN PAPHOS FAMILY- HOLIDAY HEAVEN IN CYPRUS

As a destination that has it all, Cyprus is a top choice for a family break. There is a huge range of activities from horse riding in the Troodos Mountains to bouncing along the sea on a banana boat. Beautiful all year round and a great winter holiday choice. It has everything from Byzantine churches to wine routes among the mountains. The beaches are inhabited by turtles and exotic birds and the spring flowers from mid-February onwards are a good reason to visit.

The holiday charm of Paphos combined with its unique history makes this a great place for tourists. The town of Paphos features classical style buildings which are located in the upper part of the town. Here you will also find the shopping area which is filled with gifts and souvenirs. The lower part of the town of Paphos which is known as Kato Paphos is located close to the sea and the harbour and here you will find fish tavernas, luxurious hotels, and a number of gift and souvenir shops. You will also find a number of archaeological sites here too.

Greek Influence in Paphos

Greek mythology is entwined deeply in Paphos and this is mainly due to the fact that it is the birth place of Aphrodite. There are famous landmarks associated with this goddess and these include Aphrodite's rock or Petra Tou Romiou as they are known locally. There is also the sanctuary of Aphrodite which is located in Koukليا, and there are the baths of Aphrodite in Polis. Paphos itself is even linked to Aphrodite, it being the name given to the mythological daughter of Pygmalion and Venus.

Paphos was once the capital of Cyprus during Roman times and it is also connected to early Christianity. Paphos is becoming extremely popular as a holiday destination. It is the perfect destination for holiday makers and boasts nearly 300 days of sunshine per year.

Once the ancient capital of Cyprus, Paphos is a well contained city where historic charms mingle with the convenience of a modern resort. Lying on the south-west coast, the city's warm climate is tempered by cooling sea breezes, making it an ideal place to stroll to the buzzing marina one afternoon, or relax in a nearby bar with a drink as you watch the world go by.

The Cypriot town of Paphos is famed as the birthplace of Aphrodite, seeped in mythology the region is famed for being home to some of the most amazing archaeological sights across Cyprus whilst managing to remain tranquil in the midst

of a popular and lively tourist resort – this is only half of the story though, the lively lower region contrasting sharply with the old town charm of Ktima the upper region.

Ktima is seen as the real heart of the town by its residents, found away from the tourist hotspots and containing some of the most beautiful buildings of the city this is where the museums and tradition are to be found; Paphos is an area of numerous sites and yet they all collide to create a special kind of perfection

Paphos itself consists of two towns, each with its very own character. Ktima on the cliff (Upper Paphos) and Kato Paphos by the sea (Lower Paphos).

One town is virtually unchanged over the centuries and thoroughly Cypriot, while the other has expanded over the last decade from a sleepy fishing village and harbour, into a vibrant cosmopolitan resort which is expanding and improving. Kato Paphos, (in the archaeological park), you will find many fine mosaics and buildings from Greek and Roman periods, plus the Paphos Castle which is located on the edge of the Harbour. It was originally built as a Byzantine fort to protect the harbour. It was then rebuilt by the Lusignans in the thirteenth century after being destroyed in the earthquake of 1222. In 1570 it was dismantled. After capturing the island, the Ottomans restored and strengthened it. Throughout the ages it has seen many uses. It has served as a fortress, a prison and even a warehouse for salt during the British occupation of the island. More recently the castle serves as a backdrop to the annual open air Paphos cultural festival which takes place in September.

It was declared a listed building in 1935 and represents one of the most distinctive landmarks of the city of Paphos. Several archaeological excavations have taken place to investigate its past. There is a great promenade and boulevard with palm trees next to the port-area of Kato Pafos with a lot of food stands and garden-restaurants and places to rent a boat or book an excursion.

There is a large car-park as well that is meant mainly for the visitors of the excavation-area there.

A short distance from the apartments is the village of Yeroskipou where you can visit a small maker of loukoumi – also known as Turkish (or in this case) Cyprus delight. Here you will see how the sweets are made, and even sample some of the different flavours, along with sugared almonds and coconut slices – a real highlight if you happen to have a sweet tooth! Heading to Paphos, where you'll pass its market area, the Catacombs of Solomoni and the Pillar of St Paul. It is believed St Paul was tied to the pillar and lashed before he converted the Roman Governor to Christianity. Finally, you'll be taken to the town's harbour, where you may wish to visit the House of Dionysus – famed for its beautifully preserved, ornate floor mosaics, or you can visit Paphos Fort, which was built by the Turks and dates from 1592. Alternatively, you could take some time out in one of the cafes on the edge of the harbour. Cyprus serves up the perfect combination of fun, sun and culture. It has a record-breaking number of Blue Flag

awarded beaches, oodles of ancient ruins with a rich history, has retained a little of every invading culture to create a unique and multi-layered destination.

Cyprus Sweets and The Rose Factory

If you were to be invited into a Cypriot home, your hostess might welcome you with a coffee and a little dish containing a 'spoon sweet' or glyko. This is a piece of fruit preserved in a thick sugar syrup that's served as a traditional gesture of hospitality. The name describes the typical portion size – a generous teaspoonful. On this excursion you'll visit a workshop to see how these delicious preserves are produced, along with other Cypriot specialities.

Rose water is a traditional ingredient in some Cypriot food and in beauty and skin care preparations. The village of Agros is famous for cultivating rose bushes for rose water. The Tsolakis family's factory produce rose oil, rose tea, rose jam, rose soaps, a skincare range and scented candles, to discover the history and production processes behind the sweet smell of their success.

Aphrodite delights

Authentic traditional Cyprus treats. A business internationally acclaimed for producing traditional Cypriot confectionery since 1895. Soft sweets which are made using only the finest natural ingredients.

Aledrades – Organic extra virgin olive oil guarantees the taste of luxury to your gastronomy adventure. Delivered directly from olives and solely by mechanical means. Produced by cold extraction without any filters.

Days Gone By

Paphos has buckets of historic charm. All around you will notice the unique blend of cultural influences that have shaped Cyprus into the wonderful destination it is today. Discover ancient ruins such as the impressive mosaics and frescos of the 11th century and the underground tombs and chambers at the Tomb of the Kings dating back to the 4th century BC. A place where high ranking officials were thought to have been buried. Take a boat ride to the beautiful Aphrodite's Rock or visit the Aphrodite Waterpark which is the biggest waterpark in the resort and certainly provides nonstop fun for all the family and be amazed by the parrots and owls at Paphos Zoo. The zoo is home to an impressive array of birds and animals from around the world.

Heading along the coastline to Aphrodite's Rock, where legend states the Greek goddess of love and beauty was born out of the foaming waves. Continuing to Kourion, an ancient city set on a cliff, enjoy spectacular views of the Mediterranean Sea. The city's sights include an agora, or market place, an early Christian basilica and a large amphitheatre where gladiatorial games were held during Roman times. There are also beautiful examples of Roman floor mosaics, many of which can be found in the house of the Achilleas.

Visit Kolossi Castle, a fine example of military architecture which was originally built in the 13th century, however the building you see today was built in the middle of the 15th century.

Panayia Village

North of Paphos to Chrysoroyiatissa, a 12th-century monastery founded by a monk called Ignatius and dedicated to the Virgin Mary, or the Cypriot 'Our Lady of the Golden Pomegranate'. The present building dates from 1770 and sits at an altitude of 2,700 feet. It is famous for its excellent wines created from the monastery's own vineyards. A short drive takes you to Panayia, the birthplace of Archbishop Makarios III, who became the first president of the Republic of Cyprus in 1960. His humble home has now become a museum, celebrating his life and role in the island's history.

Vouni Panayia, a family-owned winery, where you can be given a tour of the premises to see the wine production, visit the cellars and taste some of the delicious wines.

Tombs of the Kings Paphos

This UNESCO world Heritage site features underground tombs and chambers dating back to the 4th century BC. It's a place where high-ranking officials were thought to have been buried.

Lefkara Lace art and craft centre

Lefkara Lace is handmade lace from Lefkara. It is made with a combination of stitches and cuts dating back to at least the 14th century. In 1953 a tablecloth for the enthronement of Queen Elizabeth of England was embroidered and this lady at the age of 84 still embroiders the traditional "Lefkaritika".

Sea Caves

Sea Caves is in the Peyia region on the rugged coastline north of Coral Bay. Paphos town centre is about 15km away. Sea caves stretches along the sea front for about 12km west from Kato Paphos to the small fishing harbour of Agios Georgios, which sits in a breakwater in front of a small island, and was formerly the important settlement of 'Drepanum' in Roman times. It is now primarily known for its small, quiet shingle beach, souvla and fish restaurants, and dramatic sunsets - from late spring to early winter, when the sun sets at this westerly point, the horizon seems to explode for miles in rich and vibrant shades of amber and red. To the north, you can see the start of the totally unspoilt nature reserve of the Akamas peninsula.

Paphos Busses - www.pafosbuses.com

Buses are the easiest way to move within Paphos tourist area.

There is frequent bus connection between Kato Paphos,

The most frequently-used bus routes are:

Bus 615: Kato Paphos - Coral Bay

Bus 610: Kato Paphos - City centre (Municipal Market)

Bus 611: Kato Paphos Seafront

Bus 612: Kato Paphos - Paphos Airport

Bus 603: via Ikarou to Harbour and Karavella bus station (due to move to Tombs of the Kings Road)

Tombs of the Kings, Chloraka, Kissonerga, Coral Bay and Paphos Center. Moreover, there are buses running from Kato Paphos and Paphos Center to Paphos International Airport.

During the summer season (April to November) the main bus routes operate from 06:30 in the morning till 00:30 midnight. You can navigate to the timetable of every bus route for the exact arrival and departure times.

Tickets are issued by the drivers when you get on the bus.

There are several ticket options. You can get a one-way ticket, a day pass, a week pass etc. A cheap option is a week pass which offers unlimited trips for one week during the hours from 06:00 to 23:00. For more information check the website <http://paphosbus.com/index.php/paphos-bus/tickets>

Intercity Buses

Intercity buses connect Paphos directly with Limassol and Nicosia. Tickets are very cheap and the busses run quite frequently. A return ticket from Paphos to Limassol will cost just €5. There are also one-way tickets, week passes and more.

<http://www.intercity-buses.com/?wp=routes-details&category=&article=&article=2F1FB1FB10F3A9447E4F97B2989EA98E>

Limassol Airport Express

Is a shuttle bus service from Larnaca Airport to Pafos via Limassol - 77 77 70 75 and 25 338 767 if calling from abroad 00357 97 77 90 90. Email: info@limassolairportexpress.eu With only €9 per adult and €4 per child (3-12 years) one way (including VAT and luggage), the Limassol Urban Buses Company transfers you from Limassol to Larnaca or Paphos Airport and return with daily schedules, including weekends and public holidays to serve the transportation needs of all travellers.

**Stevies Taxis -
info@steviespaphostaxis.com**

Is a taxi firm which we use for airport transfers and who give us a discount rate such as €30 from Paphos airport and €110 from Larnaca Airport. If you would like to use this service please let us have your flight details and we can arrange this for you. Stevies Taxis also offer jeep safaris.

Shopping

The Kings Avenue Mall

Kings Avenue Mall is an impressive full concept shopping mall ideally located in the heart of central Paphos convenient for both local residents and tourists. It is the most modern mall of Cyprus and offers visitors the ultimate shopping experience. Leading international fashion brands and retailers, high fashion boutiques, specialty stores and services, a variety of popular and world-known restaurant chains and cafes, a multiplex cinema with 6 screens, an arcade and children's indoor and outdoor play area are all available for your shopping, entertainment and leisure. It is a modern architectural design with a stylish interior layout and a vast selection of shops. The Kings Avenue Mall is located in the tourist zone at a popular intersection in Kato Paphos, close to an archaeological site of great interest, at the junction of the Temple of the Kings Avenue and St. Paul's Avenue, only a few hundred meters from the picturesque Paphos harbour and it's just a short walk from Constantia Gardens Apartments. Free WiFi is available throughout the mall. There is also complimentary wheelchairs for visitors with limited mobility.

The main shopping lane which runs parallel to the beach promenade is the ideal tourist's marketplace, here are just a few of the shops that you will find in Paphos, Cyprus handicraft Centre, Paphos Open Air Market, Era (previously Debenhams)

Nothing reveals the spirit of a country more than a market, so make sure you find time to visit one during your stay in Pafos. The main market in the Pafos-Ktima area is the covered municipal market known to the locals as the "Agora". The market stalls are busy with locals buying their weekly food or essential supplies. Unlike local markets in towns the municipal market is open every day except Sundays.

Shopping hours: In summer shops are open 08.00 -13.00 and 16.00-20.30. In winter opening hours are 08.00 - 13.00 and 14.30 - 18.00 (until 19.00 in spring and autumn).

However many larger department stores and supermarkets, and shops in tourist areas, do not close for lunch. Shops are closed Wednesday and Saturday after 13.00, as well as all day Sunday.

Nightlife in Cyprus

Restaurants and bars line the seafront of Paphos serving everything from Indian cuisine to Italian, French and Chinese, along with wine bars, lively bars with live entertainment. Most cities host a regular programme of evening cultural events and festivals. Among the most popular are the Aphrodite operatic festival held in front of the castle in Paphos Harbour and Shakespeare at the Kourion. Nightlife in the rural villages tends to revolve around the local tavernas, but nonetheless can be a lively affair with traditional music and dances. Paphos in recent years has developed a lively nightlife, you can find several bars, cafes, clubs and pubs scattered across the sea front and city centre. Also check out the old town for pavement restaurants and bars

THE WAVEDANCER FIREWORKS CRUISE is the highlight of the summer. Enjoy the best show in town aboard the most unique yacht deck in Cyprus.

A holiday you will remember for all the right reasons

Meeting customer expectations is important to Constantia Gardens which is why you will be able to enjoy the benefits we offer.

Constantia Gardens consists of air conditioned first floor and ground floor self-catering 2 bedroom and 1 bedroom apartments comfortably furnished with all amenities including communal pool. All apartments have ceiling fans for your comfort as well as air condition. All apartments have been fitted with security safes, hairdryers and complimentary shampoo and body wash and free WiFi.

It is a mere 5 minute walk from one of the island's many beaches, next to which you can take a short walk along the promenade to the popular harbour area. Here you'll find a lively mix of bars, cafes and restaurants where you can enjoy delicious local food and drinks.

Bus 603 runs down Ikarou Street past the apartments to Karavella Bus Station (which is due to move in summer to the Tombs of the Kings Road) and the Harbour so you can explore more of the region at your leisure. 'Tea For Two' on Poseidonos Street serves breakfast, lunch and dinner. And Pinquino is another great place for breakfast, lunch or dinner. In fact all cafes and restaurants serve good value breakfast. All within walking distance of the apartments.

Essential amenities, including all the shops you would ever need from souvenir, to supermarkets, restaurants and the fruit market again all within walking distance from the apartments.

Constantia Gardens benefits from private parking on site and free WiFi. Constantia Gardens are ideal Paphos apartments to rent if you like the water, you can rest assured that every kind of water sports are close at hand.

A couple of our apartments...

Apartment 104

This apartment is situated on the first floor with the main entrance leading into a small hallway then in to an open plan, lounge/dining/kitchen with patio doors leading out on to a small sun terrace which overlooks the swimming pool. The lounge has a sofa and 2 chairs and the dining area has a table and chairs to seat 4 with the modern kitchen, conveniently situated between the two. A small hallway leads to the bedroom and bathroom. The bedroom has 1 double bed. The bathroom has a bath with shower.



Apartment 5

This apartment is situated on the ground floor. Main entrance leading into an open plan, lounge/dining/kitchen with patio doors leading out on to a small sun terrace which overlooks the swimming pool. The lounge has 2 sofas and the dining area has a table and chairs to seat 4 with the modern kitchen, conveniently situated between the two. Patio doors lead from this area to the sun terrace which overlooks the communal pool. A small hallway leads to the bedroom and bathroom. The bedroom has a double bed and other necessary furnishings, patio doors leading to another small sun terrace which is privately enclosed by mature hedging. The bathroom has a bath with shower. The apartment has solar powered heating and there is a backup immersion should this be needed.

The property benefits from private on-site parking and there is a communal pool. There is Air-Conditioning provided throughout for both cool and warm air as required



Apartment 4

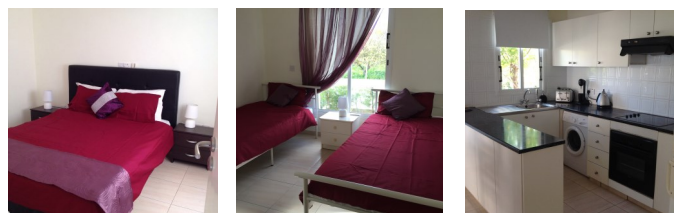
This apartment is tastefully decorated and is well equipped and designed throughout. All rooms have Air-Conditioning units, ceiling fans and comfortable furnishings for your convenience and relaxation

Situated on the ground floor with a lounge, modern kitchen and dining area to seat 4. There is a sun terrace which overlooks the communal pool. The bedroom has one double bed and other necessary furnishings, patio doors leading to a small sun terrace which is privately enclosed by mature hedging. The bathroom has a bath with shower. The apartment has solar powered heating and there is a backup immersion should this be needed.



Apartment 6

This two bedroom apartment is situated on the ground floor. Main entrance leading into an open plan, lounge/dining/kitchen with patio doors leading out on to a small sun terrace which overlooks the swimming pool. The lounge has 2 sofas and the dining area has a table and chairs to seat 4 with the modern kitchen, conveniently situated between the two. A small hallway leads to the bedrooms and bathroom. The main bedroom has a double bed and the second bedroom has 2 single beds and other necessary furnishings. The bathroom has



bath with shower. The property benefits from private on-site parking and a communal pool.

please check our website
www.constantiagardensapartments.com

Mouthwatering Cypriot meze • Often a meal in its own right, though is sometimes served as a first course • There are vegetarian, meat or fish mezes depending on what you prefer • There is a set pattern to the dishes, typically olives, tahini, salad and yoghurt will be followed by dishes with vegetable and eggs then the more substantial meat or fish dishes start to appear.

Booking Arrangements

If you book direct with us a non-refundable deposit is required of 25%. The balance to be paid 3 weeks before your arrival unless you are due to arrive within 3 weeks then full payment is required either by bank transfer or PayPal

Cancellation charges

Deposit is non refundable. Cancellation within 6 weeks of the holiday: the full payment is non-refundable. If however we are able to re let your week we will return your payment (including the deposit) in full. Please ensure you have adequate holiday insurance.

House manual The properties are cleaned in time for our guests' arrival and generally making sure that our guests have everything that they require upon arrival. A welcome pack of tea, coffee, milk, biscuits and water are placed in the property in time for guest's arrival. Our unique service provides the guests in our apartments with whatever they require to ensure they have an enjoyable and stress free holiday to remember.

We offer high standards with all of our 'services' and all with the personal touch. Our friendly professional staff are happy to assist with enquiries and to offer any advice that may be asked for.

Included in the range of services we provide cots and highchairs for guests that have young babies.

You can rest assured that our Complex Manager will look after you all through your stay and give you the care and attention you deserve.

We like to be there for our guest's arrival but sometimes this is not possible due to time of arrival so arrangements are made beforehand to key collection from a key safe box with a unique code.

We like to keep in touch with our guests and we hope that they feel free to ask for anything that they may need. All contact details are provided once our guests book.

Our Complex Manager will look after you and help you with any queries that you might have during your stay.

Eating Out

If you're planning to visit restaurants in Paphos then you're in store for a great night out, many of Paphos restaurants offer high quality cuisine at good value, no matter what meal you want there are lots of places to eat in Paphos. For more details

Supermarkets

The most popular supermarkets are: Alpha Mega, and Papantoniou Supermarket near the harbour 2 minutes by car 12 minutes' walk, Garden of Eden 2 minutes by car 10 minutes' walk and Lidl—on Tombs of the Kings Road. But littered along the way there are many smaller supermarkets such as Plus supermarket, www.plusdiscount.com.cy Iasonos 21, Paphos, Anyone visiting PLUS DISCOUNT MARKET can benefit from permanent low prices throughout the year. Apart from the permanent low prices what distinguishes PLUS from the other class of stores are the great variety of consumer goods.

6 minutes walk from the apartment

Beaches

Paphos enjoys an expansive coastline providing a wide variety of beaches to choose from, ranging from secluded bays, to lively resorts, sandy beaches and rocky coves, you are bound to find the right one for you. A favourite with the locals, Municipal Beach is a blue-flag sandy beach just a few minutes walk from the apartment.

Paphos Municipal Baths

A favourite with the locals, Municipal Baths Beach is a sandy beach with very few rocks. It is located in the heart of the tourist area of Kato Paphos, just a few meters off Poseidonos Avenue and 300 metres from Paphos Castle. Access to the beach is easy and there are signs with directions showing the way to the facilities. There are restaurants and accommodation facilities nearby. Wooden deck and sand

Faros Beach Faros is a sandy beach with an excellent view situated at the west end of Pafos. Access to the beach is easy and well sign-posted. There is also a beach volleyball court. Accommodation facilities are available close by

Vrysoudia Beach Has a sandy beach and magical scenery offering a magnificent view towards Pafos harbour and castle. It is situated near the hotels in the tourist area of Kato Pafos, off Poseidonos Avenue. There are signs with directions showing the way to the facilities.

Coral Bay Paphos For a resort beach, coral Bay n Peyia lies just 8 miles drive north of Paphos, past colourful banana plantations and vineyards. A wide 600m, crescent-shaped beach with limestone headlands, its soft sand and safe sea

make it ideal for families. Sunbeds and parasols, water sports, beach bars and restaurants cater for all ages. Scuba Diving is particularly popular.

Coast and Beaches

To the West there is Coral Bay one of the best sandy beaches of the region, it is located in Pegeia – easily reached by all means of transport and leads towards the unspoilt Akamas Peninsula, covers about 230 square km and is located on the western tip of Cyprus. It is an area of great natural beauty unaffected by development. The uniqueness of the area for Cyprus, and for the whole of the Mediterranean, is centered on its precious ecology. A short drive up the coast you could enjoy the almost deserted and truly idyllic Lara Beach in the Akamas National Park.

The Lara Bay Turtle Conservation Station at Akamas is a small turtle beach just 15 minutes away from Paphos. The turtles are specially conserved at this beach and especially the *Chelonia mydas* species, which is in danger of extinction.

There can be up to 50 nests at one time on this beach and it is recommended to watch where you step. Signs are shown and small circle open air cylinders are placed where suspected eggs lay. Great place for supervised children to see the small turtles as well as learn all about them.

Heading North by car, is the route to Cedar Valley and the Troodos Mountains.

Cedar Valley

This charming mountainous location of Cedar Valley is found on the road from Monastery of Kykkos. It is an experience for all nature lovers. Famed for its tranquillity and seclusion. Cyprus has many paths that offer an abundance of beauty and serenity.

A must for nature lovers, Cedar Valley in Paphos Forest is aptly named. There are over 200,000 cedars in this secluded and peaceful valley.

There is an excellent highway which runs to all corners of Cyprus but the old coast road is the most scenic route. The route is peppered with many small but charming villages along the way. A drive along here past various ancient sites such as Aphrodite's Birthplace and Temple. The "Petra tou Romiou" area is one of the most beautiful coastlines in Cyprus, where, according to mythology, Aphrodite rose from the waves. The Greek name "Petra tou Romiou" ("the Rock of the Greek") is associated with the legendary Byzantine hero, Digenis Akritas, who, according to legend, kept the marauding Saracen Arabs at bay with his amazing strength. With one hand he was said to have grabbed hold of the Kyreneia mountain range thereby forming "Pentadaktylos", the Five Finger Mountain, and while with the other hand he heaved a huge rock and tossed it into the sea at the Saracens who were trying to land. The rock still remains and thus gave the region its name. The site is a stop on the Aphrodite Cultural route.

Kato Paphos Archaeological Park

includes sites and monuments from prehistoric times to the Middle Ages, while most remains date to the Roman period. The marvellous mosaic floors of four Roman villas from the impressive epicentre of the finds. The complex includes other important monuments, such as the Asklepieion, the Odeion, the Agora, the "Saranta Kolones" (Forty Columns) Fortress, the "Limeniotissa" Ruins of early Christian Basilica and the "Tombs of the Kings".

Aphrodite and Adonis path

This path starts and finishes at the baths of Aphrodite. On this route you will see the ruins of Rigena's tower. The mythical queen of Cyprus! The steps will lead you to the top of the mountain from there on a course with a breath-taking view of the endless blue surrounding the Akamas peninsula.

Flamingoes

Flamingos land on the lakes of Cyprus during winter. They find their way by sensing the Earth's magnetic fields and use the apparent position of the sun and stars to navigate – how amazing is that! Check out Larnaca's Salt Lake.

Family fun

Paphos is an ideal resort for families with sandy beaches, a wide range of watersports, boat trips and a host of land based sporting activities including hiking in the Troodos Mountains and Jeep Safaris. The white-knuckle waterslides, wave pools and fast and lazy rivers at the Paphos Aphrodite Waterpark - including one of the biggest family rafting rides in Europe. Check out the website www.aphroditewaterpark.com thrill kids and big kids alike.

Consider hiring a car to explore everything Cyprus has to offer at your own pace. The drive from Paphos to Larnaca is just 1 hour and 30 minutes, making it easy to get out and discover other resorts. The driving is easy and you'll have the freedom to unearth out of the way beaches, Roman ruins, authentic tavernas and many more treasures. Cyprus is not just about her cities, it's also about her idyllic, historic and scenic villages. Hundreds of idyllic places welcome those seeking a calm holiday, offering everything that has been forever lost in the hustle and bustle of big cities: clean air, hospitality, wonderful country inns, paved village squares, folk architecture, traditional cafes, and of course excellent wineries

In the heart of the city you can climb the steps to Mousallas as the locals call this hill. From here you can see the whole of Paphos laid out in front of you. Mews Café and Restaurant is also there.

Troodos Mountains skiing Head inland to the Troodos Mountains for skiing in the winter months, the largest mountain range in Cyprus. Stop off along the way at the picturesque villages of Omodos and Lania, both famous for their wine.

A fantastic choice of golf courses and over 300 days of sunshine per year. Book your golfing holiday as Cyprus has an excellent golfing reputation with loads of courses all within one hour of Paphos.

Golf Secret Valley Golf Club is situated not far from Paphos and even closer to Petra tou Romiou. Not surprisingly, Secret Valley plays through a valley, but this is no ordinary valley. It really is quite spectacular, with brightly-coloured rock formations, which change colour in different lights.

The Aphrodite Hills Golf Club Imagine a vision of sunny skies and world class sport, picture an undulating course dotted with olive and carob trees, manicured fairways and challenging pot bunkers overlooking the sea, a journey that begins with enthusiasm and ends in immense satisfaction. Aphrodite Hills sits atop 2 plateaus overlooking the Mediterranean coastline

Water Sports (Diving) One of the major attractions of Paphos is its diving. Treasures including Maninji Island, Akamas Peninsula and the fourth largest wreck dive in the world - The Wreck of Zenobia; for experienced divers only. There are various dive companies in the town that offer courses for beginners so you can always learn to dive in Paphos.

Heading towards Limassol, taking in Curium, is delightful and is littered with the most beautiful views. Curium was a city in Cyprus which endured from antiquity until the early Middle Ages. Curium is situated on the south shores of the island. Today the site lies within the Akrotiri Sovereign Base Area.

And here is the history!!!

Close by, is the church of St. Paul where you can see the remains of the pillar to which St Paul was allegedly tied and whipped. Further down this road are the Tombs of the Kings where there are the mysterious vaults and caves, the underground tombs many of which date back to the 4th century BC, are carved out of solid rock, and are thought to have been the burial sites of Paphitic aristocrats and high officials up to the third century AD (the name comes from the magnificence of the tombs; no kings were in fact buried here). Some of the tombs feature Doric columns and frescoed walls. Archaeological excavations are still being carried out at the site. The tombs are cut into the native rock and at times imitated the houses of the living.

The ancient Odeon lies in Kato Pafos, in the heart of the tourist area. It is a small 2nd century Odeon built entirely of well-hewn limestone blocks. Today it is used in the summer for musical and theatrical performances.

CHURCHES *Saints and ancient ruins*

Agioi Anargyroi Church

Breath-taking architecture and the largest cathedral in Paphos.

Very impressive but wait until you get inside. A must! On the ring road and 400 yards from the Kings Mall.

Ayia Kyriaki Chrysopolitissa Church was built around 1500 AD as a Latin Church on the site of a small church which was destroyed in 59 AD by an earthquake. About 100 years after its construction and following the Turkish invasion of 1570, it became the Byzantine Cathedral of Kato (Lower) Paphos. An Anglican and Latin church.

St George in Peyia

The chapel of Saint George in Pegeia is located at Cape Drepanum in Pafos. It is a small chapel, built with stone, with two prominent bell towers in the two western corners. At about 50 meters below, there is a much smaller chapel - an one-aisled basilica - also dedicated to St. George, built by the end of 13th century. And Sits on the hill overlooking the sea. After admiring the church of Saint George, you can walk a little further to see the endless blue of the sea stretching in front of you, while opposite the church you will see the small island named Geronissos or Iera Nisos (Sacred Island), which is said to host a sanctuary dedicated to the God Apollo.

The Temple of Panagia Theoskepasti is built on a rock in Kato Pafos and offers a panoramic view of the area. It was built in 1926 in the remains of an older church. The interior consists of a beautiful wood-carved icon screen with excellent art icons.

The most precious image of the church is that of Panagia of Theoskepastis, which, as the tradition says, is one of the icons painted by Apostle Luke. Panagia Theoskepastis church owes its name to the divine cloud of fog that covered it when the Arabian ships approached the land, making it invisible. The cloud of fog saved the church from the pillage of the Arabs. After this marvelous event, the church was named Theoskepasti (covered by God), as it was saved from a certain destruction thanks to the protection of God.

Fabrica Hill

The recent excavations of Fabrica Hill brought the Ancient Theatre of Pafos to light. Further down you will find Apostle Paul's Pillar where the saint was tortured and flogged by the romans with three straps each of them ending in 13 tips. On the north-eastern corner of Fabrica hill lies a cave known as the Cave of Agios Agapititos.

Myths and Legends of Cyprus

Heritage of Ayios Agapitikos (agapi means love) and Ayios Misitikos (misos means hate). It is a rock, empty like a shell, with two arches. On the one hand stands Ayios Agapitikos and on the other hand Ayios Misitikos and according to tradition they often exchange positions. So, when one presented an oblation (worship), they had to light a candle to both Saints in order to ensure that everything goes according to plan. Next to the cave of Agios Agapitikos once stood the cave of Agios Misitikos and a third cave dedicated to Agios Xorinos. The latter two caves, however, have been destroyed. Tradition has it that those in love should visit the cave unobserved, leave some coins and take some earth from the

cave which they should throw into their loved one's drink. For such an escapade to be successful, it should be carried out in complete secrecy, without the help of a third party.

Ibrahims Hani – Turkish Baths

Is part of the market that was unearthed after the refurbishment of Pafos in 2017. The Baths, where Turkish women took their beauty treatments, the picturesque alleys of Muttalos and the Ethnographic Museum. Check out my blog for more information.

Lighthouse

Built under the British rule in 1888 and is used to be the locals meeting point on Ash Monday

The Byzantine Fort

Built to protect the harbour is a testament to the island's tumultuous past. Erected by the Lusignans, demolished by the Venetians and rebuilt by the Ottomans...

Dreamers Bay

one of best-preserved ancient ports in the Mediterranean. The area of Dreamers Bay on the southern shores of the Akrotiri peninsula in Limassol district, contains archaeological remains that are linked to an ancient harbour in the bay and appear to represent one of the best-preserved ancient port sites in the Mediterranean. Excavations focused on remains of stone buildings of apparent Roman/early Byzantine date close to the shoreline, partly exposed by marine erosion. Excavation was supplemented by geophysical survey, conducted when vegetation and soil conditions were most favourable in order to explore the extent of the still part-buried ancient buildings, and surface geological and archaeological survey of ancient cliff-top quarries to the east.

Walks

Discover the wonderful walks on the northwest tip of Cyprus is the Akamas Peninsula, with captivating landscapes, its home to a mixture of wildlife including chameleons, loggerhead turtles and Bonelli's eagles. One of the most beautiful walks on the peninsula is the Aphrodite trail, with stunning views over the blue lagoons. The hiking trail passes sea caves, a natural bridge and ruins of the ancient temple dedicated to the Goddess of Love and Beauty where waters were said to guarantee eternal youth and beauty!!

WINES

EZOUSA WINERY

This winery is built on the banks of Ezusa river, in the village of Kannaviou, in Pafos District. Their wines are produced by vinifying grapes grown in their privately owned vineyards. The winery is open to the public by appointment only.

LAMBOURI WINERY - Troodos

Is considered one of the finest boutique wineries in Cyprus. Lambouri wines are available for sale at the winery facilities and exclusively selected restaurants and hotels. It is the only

licensed winery allowed to produce Kosher wine (Ya'in Kafrisin) It also produces Commandaria wine, the oldest wine in the world which is actually still in production. Its story dates back to the Crusades of the 12th century led by Richard Lionheart and St Johns Knights from which its name derives: the "Grande Commanderie" where St Johns Knights settled. The winery is open to the public Monday to Saturday from 9 am to 4.30 pm.

VASILIKON WINERY Located in Kathikas

Vasilikon Winery is one of the first local wineries of Cyprus, established in 1993. Its successful operation is based on the excellent quality grapes of Kathikas and the Akamas Laona areas of Paphos, which are mainly picked from the family's vineyards. Wine tasting by appointment.

The recent trend among Cypriot winemakers is to concentrate more on the indigenous varieties: the reds Maratheftiko, Yiannoudi, Mavro and Ofhalmo and the whites Xinistry (very refreshing in the summer) Spoutiko, Morokanella, Promara and Kanella.

Highly recommend Xinistari with your salad or fish or Maratheftiko with your lamb or steak!

The Cyprus Wine Museum is situated west of Limassol at the village of Erimi and offers you a great opportunity to travel through the vast winemaking tradition of the island.

Legend has it that wine first came to Cyprus when the Greek love goddess, Aphrodite, was taught by her besotted lover Dionysus how to cultivate and vinify grapes.

Useful information.....

Seawater temperature remains around 19c even in December. The average daytime temperature in July and August is 35c and 15c in January.

Language: Greek, but most Cypriots speak and write English fluent and we have a large population of Russians who live and work in Cyprus

Currency: Euros

Time Zone: two hours ahead of GMT

TV

Fire TV Stick - if you have one take it with you as local TV is very limited. Never miss an episode while you're away from home. Fire TV Stick works with HDTVs in the apartments. Just plug and play, although some apartments have smart TVs where Netflix and Prime are available.

Travel times: Flight is 4.5 hours from London. Transfer is fifteen to 20 minutes from Paphos airport. You will need a taxi from the airport but there is a bus service 612 from Paphos Airport to Town available.

Electricity: 240 volts, 3 pin, same as UK

Water: safe to drink, but bottled water probably more palatable. The single tap found in the kitchen is drinking

water. This water is under strict control of the government and is safe to drink. The double taps water comes from the water tanks on the roof which is solar panelled heated. It is important to save water where possible as it is very precious in Cyprus.

Telephone: pay as you go Cyprus Sim cards can be obtained from kiosks (10 Euros) Code to UK 0044 and calls made from that to the UK are definitely cheaper than from your own phone. Again check your roaming charges - Remember take an old unlocked phone with you if you want to have both your phones on. Most mobile networks OK but do check your roaming charges.

WiFi: practically everywhere just ask for the code

Paphos in its entirety is included in the official UNESCO list of cultural and natural treasure of world heritage.

Banking Hours: Monday – Friday 08:15 - 13:00 hrs

Post Office: Monday to Friday 7.30 to 13.00 and Thursday afternoon service 15.00 to 17.30 – two minutes walk from the apartments

Driving in Cyprus top tips • Cars drive on the left just like the UK. The motorways are well built and roads tend not to be too busy.

- All road signs are in English and Greek
- Bear in mind moped drivers zip in and out of traffic so use your wing mirrors • The drink drive limit is much lower in Cyprus than the UK • Beware of roundabouts, Cypriots tend to make it up as they go along on these
- Not all car hire companies give you a permit to cross the Green Line to enter Northern Cyprus, so please check in advance.

Hospitals in Paphos:

Paphos General Hospital - 26 240 100 - Anavargos, Paphos. A general hospital and provides care for all people attending. This is a public hospital and it caters for emergencies.

IASIS Hospital 24 hour medical assistance – 26 848 484 - 8 Voreiou Ipeirou, Paphos 8036. Established Private Hospital 24 hour Doctor Alert System and Casualty department. Always prepared to handle any medical situation, located close to the apartments.

St. George's and Blue Cross Private Hospitals - 26 947 000 - 29 Eleftherios Venizelos Avenue, Pafos 8021. Located in Paphos. This hospital has been in operation since 1992 and contains a number of specialist laboratories including cardiology, X-ray, vitro fertilization, ETN, microbiological, and ophthalmic. They all have a number of operating theatres and a maternity wing. Offers the most comprehensive range of treatment and is staffed by a number of fully qualified UK trained nursing staff. There is an intensive care unit and a maternity nursery available. There are also three operating theatres where all operations can be carried out. This medical centre also has a pharmacy, 24 hour casualty, and there is a dental surgeon available for dental emergencies and also operates its own ambulance service and they can be arranged to transfer patients to the airport or their hotel.

As you can see there are various healthcare options you can avail of should you fall ill whilst holidaying in Paphos. All offer excellent treatment and a professional service. Please ensure you have private medical insurance as costs for Private Hospital care is very expensive

**In Case of Emergency call 112 for
Emergency Services Police, Fire
Brigade, Medical/Ambulance**

There are a good choice of tavernas and restaurants. Here are a few of our recommendations:

- ◆ Fat Mama's [Italian] Tombs of the Kings Road
- ◆ Phuket [Chinese] Tombs of the Kings Road
- ◆ Vasano [Kebabs] Eat there or take away. Just a stone's throw from the apartments Agapinoros 26 - tel: 35726942635
- ◆ St George in Peghia – Fresh fish & beautiful views
- ◆ Hondros Restaurant - Paphos Town
- ◆ Ocean Basket - Seafood - Coral Bay & Kato Paphos Bania - Poseidons Ave
- ◆ Alea - Poseidons Ave
- ◆ Cap St George - 6 Maniki Str, Peyia - Spectacular sunsets and sea views will make your dining a true memorable experience. Restaurant and bar offers a wide range from local dishes to international cuisine, selected wines, beverages and cocktails.
- ◆ Duomo Ristorante - modern Italian cuisine - 55 Tomb of The Kings, Paphos
- ◆ Coralia (Arapis) Coral Bay
- ◆ Chloe's Chinese – Paphos Harbour
- ◆ Oniro by the Sea – Mediterranean restaurant and cocktail bar spectacular sea caves and views - Glykou Nerou Street, Peyia
- ◆ Muse Cafe Kitchen Bar - Mousallas, Paphos
- ◆ Atrion Restaurant Poseidonos Ave Limnaria shopping centre.

Please check our website for more details
www.constantiagardensapartments.com

Here are some of the other outstanding attractions you can find in and around the Paphos region:

- ◆ The Troodos Mountains (45-90 min drive away), where skiing can be enjoyed during the winter months •
- ◆ Sample local wines at the village Wineries (20 min drive)
- ◆ Ayios Neophytos Monastery (25 min drive)
- ◆ Kykkos Monastery (90 min drive)
- ◆ Akamas National Park (30 min drive)
- ◆ Lara Bay and Turtle Hatchery (45 min drive)
- ◆ Nature Trails • Baths of Aphrodite (60 min drive)
- ◆ Aphrodite's Rock (25-30 mins)
- ◆ Coral Bay (15 min bus ride)
- ◆ 3 Championship Standard 18-Hole Golf Courses (20 min drive)
- ◆ Agros village

Useful numbers

- ◇ Police/Fire/Ambulance Emergency: 112 or 119
- ◇ Ambulance: 22604031
- ◇ Paphos General Hospital 26 803 100
- ◇ Police: 26 80 60 60
- ◇ Forest Fire Reports: 1407
- ◇ Electricity faults: 1800
- ◇ Directory Enquiries: 197
- ◇ CYTA Telecommunications: 132
- ◇ Citizens advise: 26 821 888
- ◇ Drug info and poison control: 1401
- ◇ Private doctors on call: 90 90 14 36
- ◇ Pharmacies (after hours): 90 90 14 16 or visit www.cyprusnet.com/cyprus-pharmacy.html
- ◇ Immigration office: 26 806 200
- ◇ Paphos airport Customs: 26 812 438
- ◇ Paphos airport enquiries: 77 77 88 33
- ◇ Water board : 26 932 374
- ◇ Tourist information: 26 932 841
- ◇ Paphos post office: 26 819 014

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