

WALKING IN CYPRUS

44 walks in the South and the North

ISBN: **9781852848378** (Short Code: 837)

Publication Date: **October 2017**

Price: **£16.95**

Edition: **First**

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Paperback Gloss Laminated, 232 pages

17.2cm x 11.6cm

Cyprus's favourable climate, attractive scenery and rich archeology have long attracted visitors. However, many of its delightful paths, tracks and nature trails are somewhat less well-known, with information frequently hard to come by or non-existent. 'Walking in Cyprus' presents a solution. Detailing 44 graded routes spread across the island, this guidebook is an ideal companion to exploring the diverse landscapes and fascinating history of Cyprus.

The guide covers both southern and northern Cyprus, with a slight focus on the central Troodos region. Covering coast, mountain and forest, the walks range from gentle strolls of under 4 miles to longer, more demanding routes, sometimes involving steep ascents, difficult terrain or navigational challenge. Many of the walks visit sites of historical interest, from UNESCO-listed Byzantine monasteries to Venetian bridges, and from defensive castles to hideouts from the 1950s liberation campaign. Other highlights include the stunning Avakas Gorge, the caves of Cape Greco and the striking Besparmak mountains.

Clear description and mapping is presented for each route and a route summary table makes it easy to choose an appropriate walk. Including information on bases, transport and border crossings, plus comprehensive overviews of the island's history, plants and wildlife, 'Walking in Cyprus' contains all you need to discover a hidden side to this Mediterranean gem.

About the author

Nike and Jacint met many years ago as they both travelled into the unknown to build a new life in a different country. It wasn't long before they became inseparable. Travelling quickly emerged as their favourite activity and now wherever they go they try to find the best trails. They would love to share their passion for walking with others.

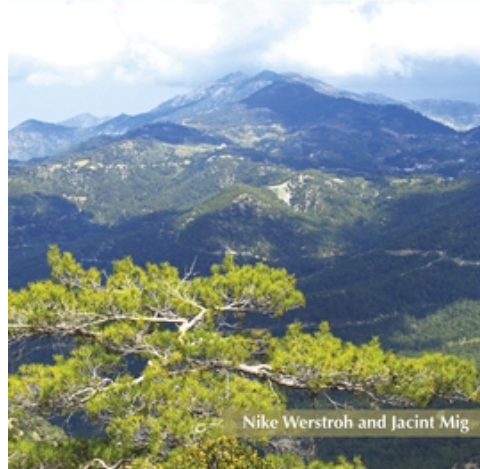
Nike went to journalism school and Jacint is a keen photographer. They moved from London to Surrey, where they can enjoy the countryside and hills.

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