

Walks in the Troodos Mountains of Cyprus

by Chris Thompson 2003

Introduction

I have just experienced a wonderful walking holiday based in the resort of **Platres** (1200 metres / 3937 feet) which is situated in the **Troodos** (1920 metres / 6299 feet) mountain range on the fringe of the forests' southern slopes. The forests offer superb walking mostly along loose surface road tracks (disused mule trails or the old pre-tarmac road routes) with a comfortable mixture of open viewpoints and shade provided by the pine forests through which they have been cut.

The local tourist authorities have provided a leaflet, which lists 11 walks in the area. It is not possible to obtain walking maps in Cyprus (or UK) and the tourist office maps have no detail. As there are no meaningful instructions provided in the leaflet, you could experience difficulty following some of the walks. I completed all the walks and found some path forks and junctions that were not sign-posted. If you make the wrong choice you could walk a considerable distance before you realise this, which tends to spoil the enjoyment! I decided to write this guide to assist fellow walkers - I hope you enjoy using it.

I have included sufficient details for each walk, enabling you to approach them with complete confidence. An introduction to each walk offers simple advice and ideas for your consideration. I have listed the overall times and distances plus "time on route" between instructions, with totals in brackets. It is extremely difficult to offer an accurate time because personal walking speed, fitness and terrain will have considerable impact on timing. Most of the distances have been measured with GPS actually "on route" and are more accurate than some of the signposts or information provided in the leaflets. You should be able to work out your own times and no doubt the actual distances between instructions will be far more useful. However, I am certain that the written instructions alone will be adequate. *(Please note that some Cypriot place names use different spellings).*

The Walks - based loosely on the tourist office leaflet with useful alternatives...

1. Platres to Kaledonia *Waterfall (including option to walk on to Troodos)*. **Page 2**
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8. Platres to Troodos *(see Walk 4, as these are virtually the same)*. **Page 14**
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Walk 1 - Platres to Kaledonia Waterfall

Psilon Dendron (trout farm) to Waterfalls = 1.2 miles / 2 Km / 1 Hour. **Platres to Waterfalls** = 1.8 miles / 3 Km / 1 Hour 20 min. **Platres to Troodos** = 4.2 miles / 6.7 Km / 3 Hours. **Platres - Troodos - Platres** (see number 5 below) = 8 miles / 13 Km / 5.5 Hours.

This walk is from Platres to the waterfall. You could start from Psilon Dendron (near the trout farm and restaurant) after taking a taxi or hire car to this point to avoid the uphill walk from the village (deduct 0.6 mile / 1 Km / 20 min) - be early for parking! The path is easy to follow and a moderate climb through pine trees, with frequent stream crossing (consider time of year / rainfall) via very easy stepping stones. Includes an option to continue past the falls to return via another nature trail or continue on to Troodos on the old road (named the Seven Sisters due to the 7 hairpin bends) for taxi return or walk back.

1. Start in Platres with the Police station on your left and walk uphill to a T junction (with a restaurant on your left) then turn right uphill to reach the main B8 road at a T junction with a nature trails car park opposite (Total 20 min / 0.6 mile / 1 Km).
2. Cross over directly ahead and cross a rough car parking area to follow a sign-posted narrow concrete road uphill (left of restaurant) to the Kaledonia Waterfalls. The concrete soon ends and an easy to follow footpath winds up through trees crossing the stream frequently before climbing up to the waterfalls via a brief flight of steps - turn right and you arrive (Total 1 Hour 20 mins / 1.8 miles / 3 Km) You can return the same way or continue to the end of the nature trail path near Troodos...
3. Return to the steps passing them on your left and then almost immediately turn right to climb up alongside wooden handrails to the top of the waterfall. Continue ahead quickly rejoining the stream and follow it, crossing frequently before breaking away right on a steep uphill section leading to steps. Follow this carefully and 10 - 15 min after reaching the top you arrive at the nature trail notice board at a road sign-posted "Troodos 2 Km" (Total 2 Hours 20 mins / 3 miles / 5 Km). *Option to turn left here on the main road, which immediately joins the new Troodos road. Turn left and in 15 mins / 0.6 mile (1 Km) turn left at the nature trail notice board (car park and road closed sign). This track leads down to the waterfalls where you can return to the trout farm (add another 3 miles / 5 Km) or continue on to Platres (add another 0.6 mile / 1 Km). **Not tested!***
4. At the road junction turn right and follow the old Troodos road uphill passing hairpin bends to emerge opposite the Visitors Centre, just below Troodos. On your left there is a notice board for the Dolphin Restaurant (which is a little further downhill to your left). Cross over the road and turn right here. In a couple of minutes you reach Troodos. Alternatively you can walk across into the Troodos Visitors Centre opposite, where you will find a museum, café and a pleasant concrete path, which also leads to Troodos. Start to the left of the Visitor Centre, walk uphill taking the first path right up to the main street (Total 3 Hours / 4.2 miles / 6.7 Km). Return to Platres via Taxi or...
5. Return to the nature trail via the old road and hairpin bends, pass it and turn left on the main Troodos road, which you meet just after the trail. In about 15 min / 0.6 mile (1 Km) turn left at another nature trail board (car park and road closed sign). This track leads down to the waterfalls where you can return to the trout farm in another 1 Hour 15 mins / 3 miles / 5 Km. **Not Tested!**
6. Collect your car or walk back into Platres (another 20 mins / 0.6 mile / 1 Km). At the main B8 road cross over ahead then follow the sign-posted road downhill to Platres. At the next junction (with a restaurant on the corner) turn left continuing downhill into Platres village.

Walk 2 - Platres to Millomeri Waterfall

Platres - Millomeri Waterfalls = 0.7 miles / 1 Km / 45 mins (each way). **Road version** = 2.0 miles / 3.2 Km / 50 mins (each way).

The route to the waterfalls from the Platres road near the Church is steep and of loose gravel. I do not recommend walking in this direction unless you are travelling light and are extremely sure footed. The road version is longer but still very enjoyable. If you prefer a circular walk it would be easier to start via the road version and return via the short route, (see 4 and 5) as the gradients are easier to negotiate this way. On the road version you pass a junction, which leads to the dam and Perapedhi (please see all the options in Walk 5 on pages 8 to 10). I thought the waterfall was more spectacular than the Kaledonia although this depends on the amount of water flowing!

Short / Steep Route...

1. With the Police Station on your right walk downhill and pass the Lemesos (Limassol) road turning on your left. Just before the church in about 5 mins you will see a signpost to "Millomeri Waterfalls Walk" on your left immediately after a white house. Turn left here to follow the path.
2. The steep gravel path takes you downhill to cross a riverbed (consider time of year / rainfall) then follow it right for a short distance before climbing up again left, passing a bench and wooden safety rails on your right at the top in 20 minutes.
3. Follow the path as it drops down a short steep section (crossing a track) to good stone steps, which immediately turn right and lead down to cross a loose surface road at the entrance to a property. Ahead is a good narrow concrete road, which quickly reaches a T- junction (missing a signpost). Turn right here passing to the right of the café, which is situated at the top of the waterfall path. Continue down the easy steps crossing the small wooden bridge at the bottom, leading to the waterfall (Total 45 mins / 0.7 miles / 1 Km).

Road Version...

1. With the Police Station on your right walk downhill and turn first left on the Lemesos (Limassol) road in about 2 mins, following the tarmac road to drop down first then climb up to a T- junction in 8 mins / 0.4 mile (0.6 Km).
2. Turn right sign-posted Lemesos and in 8 mins / 0.4 mile (0.6 Km) reach a signpost pointing right to "Millomeri Waterfalls 1 Km" (Total 16 mins / 0.8 miles / 1.3 Km).
3. Turn right here and follow the good tarmac road as it winds downhill passing another "Millomeri Waterfalls 1 Km" sign (still 1 Km!) at an unmarked road track in 15 mins / 0.6 ml (1 Km) (Total 33 mins / 1.4 miles / 2.2 Km).

Note... This junction can be used to include Perapedhi - see overleaf. You could visit the dam and Perapedhi from this point and return to the waterfalls.

4. Continue downhill and rise immediately up a short steep section (the road has become loose surfaced now) before levelling off (ignore fork right). You reach the café just after passing a steep narrow concrete road up to the right in 15 mins / 0.6 ml (1 Km) (**this is the more difficult route back up towards the church on the Platres road**). Continue down the easy steps (right of the café) crossing the wooden bridge at the bottom to the waterfall (Total 50 mins / 2.0 miles / 3.2 Km). Return the same way or return to the narrow concrete road to return to Platres...

5. Climb up the narrow concrete road crossing a loose surface road track at the entrance to a property, onto good stone steps, which climb to turn suddenly left at the top. Cross a track and climb up a short steep dirt path passing wooden safety handrails and a bench on your left. Follow the path down to a riverbed and right along it for a short distance. The path crosses the river and climbs up steeply to the left to emerge near the church on the main Platres road in 45 mins / 0.7 miles (1 Km).

Perapedhi Option on this route to replace instruction number 4

1. Turn left at the unmarked loose surface road and follow it downhill for 15 mins / 0.6 miles (1 Km) to reach the dam and a welcome bench on your right (Total 48 mins / 1.4 miles / 2.2 Km).
2. Continuing downhill the road surface quickly becomes tarmac. Soon you meet a fork where you keep left on the "Timiou Stavrou Street" (You could take the right fork "Markantoni Street" - it emerges at the same point). Keep on downhill all the way, to reach Perapedhi village in about 15 mins another 0.6 miles (1 Km) (Total 1 Hour / 2.6 miles / 4.2 Km).

Go back to the unmarked junction (after the dam) and turn left, following the initial route to the Millomeri Waterfall from instruction 4.

Walk 3 - Platres to the Mesopotamos Monastery

Platres (or the Pylon Dendron Nature Trails car park) - **Mesopotamos Monastery** = 9.8 miles / 15.7 Km / 3 Hours 30 mins.

This is a pleasant easy walk on a wide loose surface road track with little change in gradient. The views open up as you progress and although quite a lengthy walk, you should find it most rewarding. We were a little disappointed to find that the Monastery was off limits due to restoration work (Aug / Sep 2002) however, at least the Monastery will survive, perhaps for you to enjoy! There is a picnic area just before the Monastery, although we preferred a quieter spot just before the picnic area (see instruction 4 below). The walk begins near the Pylon Dendron trout farm restaurant. Take a taxi or hire car to the car park if you prefer, use instruction "1" below as it follows the road anyway. If you are driving from Platres village remember to deduct 40 minutes / 1.2 miles (2 Km) from your route total.

1. Start in Platres with the Police station on your left and walk uphill to a T junction (restaurant on your left) then turn right uphill to reach the main B8 road at a T junction with a nature trails car park opposite (20 mins / 0.6 mile / 1 Km). Cross over the road and walk right (towards Lemesos) and at this end of the car park set off on a wide loose surface road sign-posted "Mesopotamos 8 Km" by a nature trail notice board. (*The route is marked as 8 Km but we found it to be 7 Km from the trout farm and 8 Km from Platres village*).
2. In approximately 40 mins / 2 miles (3 Km) ignore a left fork sign-posted Troodos and continue ahead (Total 1 Hour / 2.6 miles / 4.2 Km).
3. In another 25 mins / 1.2 miles (2 Km) continue ahead as sign-posted "Mesopotamos 2 Km".
4. In another 10 minutes look out for small electricity pylons (concrete posts) - soon after passing the post numbered 100 (right) you come to number 97 (right) at a left bend. Here you will find a pleasant area for a picnic stop just off the road behind the soil embankment.
5. In another 10 mins you reach the Monastery...continue downhill and pass the recreation / picnic area on your right following the main road track as it begins to climb up and away to a left bend. After another bend the Monastery comes into view below you on your right. Take extra care not to miss it as the trees could easily hide it (Total 1 Hour 45 mins / 4.9 miles / 7.9 Km).
6. Return the same way to collect your car or walk back into Platres. At the main B8 road cross over ahead sign-posted Platres and walk downhill to the next junction (with a restaurant on the corner) turn left continuing downhill into Platres village (Total 3 Hours 30 mins / 9.8 miles / 15.7 Km).

Walk 4 - Troodos to Pouziaris (Poyziaris)

Troodos - Persephone- Pouziaris - Platres = 5.0 miles / 8 Km / 1 Hour 45 mins to 2 Hour 30 mins

The original tourist leaflet route is from Platres to Pouziaris. Pouziaris is one of several trails below Troodos and quite a climb in an uphill direction! I preferred to take a Taxi into Troodos and enjoy walking down to Platres, conveniently including the Persephone Trail on route. The first part of the trail is very easy on a good wide loose surface road - actually, this is the Persephone Nature Trail, which offers you one of the most impressive viewpoints in the region. (This part of the walk is identical to Walk 11, included later as a short linear route from Troodos). Continuing on from the slight diversion to the end of the Persephone Trail and viewpoint, the track remains very easy, some consolation, as there are a few steep loose gravel sections to negotiate later. If you are reasonably sure footed this should not cause you any concern but do take care. This is an excellent walk! Due to gradients / terrain please concentrate on the directions rather than on my on route times, which might appear to be a little unreasonable.

1. Start at the lower end of the Troodos main street with the triangular shaped garden / reservation behind you (the toilets are ahead right). Follow the tarmac road uphill to your left and very soon the Police Station is on your right and a nature trail notice board almost opposite left (also the Civic Restaurant). This marks the start of the walk and the Persephone Trail.
2. Follow the good wide track, you will see the stables to your left almost immediately (*home of the Troodos horses, offering rides throughout the day*) and perhaps hear some barking dogs? In 10 mins / 0.5 mile (0.8 Km) you will begin to see the grey slopes of the Pano Amiandos asbestos mines to your left and behind you, Mount Olympus. Continue to reach a fork in another 10 minutes. This area is named "Makria Kontarka" by a notice board (Total 20 mins / 0.9 mile / 1.5 Km).
3. Ignore the left fork (Vryses 7 Km) and go right (upward) sign-posted "Kryos Potamos 4 Km" and almost immediately reach another junction with a left track sign-posted "End of Persephone Trail". *If you prefer to continue to Platres you can ignore the end section of the Persephone Trail (remember to deduct 20 mins / 0.4 miles (0.6 Km) from the totals in brackets) by turning right here to Pouziaris - the views are just as good (continue from instruction number 5).*
4. The diversion to the end of the Persephone Trail and back takes about 20 mins (total 0.4 mile). Turn left, follow the clear dirt track and in about 10 mins / 0.2 mile (300m) you will reach the end.

Here you will find a rocky outcrop with benches and superb views towards Pano Amiandos, Trimiklini and Saïttas villages, the peaks of Kionia, Kakomallis and Limassol Harbour and Salt Lake.

Return to the junction and turn left to continue your journey to Platres (Total 40 mins / 1.5 miles / 2.4 Km).

5. Take the route sign-posted "Poyziaris 3 Km" and "Pylon Dendron 7 Km". Continue on the good wide track for about another 15 mins to reach a T-junction and turn left sign-posted "Kryos Potamos 3 Km" ignoring the right turn sign-posted "Troodos 1 Km" (Total 55 mins / 2.7 miles / 4.3 Km).
6. In about 3 minutes you reach a right bend at a bench, turn left here downhill, sign-posted to "Pouziaris 1 Km" and "Pylon Dendron 4 Km". This section is quite steep with loose gravel so please take care (Total 1 Hour / 2.8 miles).

7. In a short distance the track appears to turn steeply back on itself. At this point turn off left on an indistinct dirt track, (before the road starts to climb up to a white trig point) head roughly towards a square mast on a distant hill - a signpost would have been useful here! This faint path quickly begins to drop down steeply to an increasingly more distinctive track below you. You will reach signposts in about ten minutes for "Kaminoudia 2 Km" and "Pylon Dendron 6 Km" left and "Pylon Dendron 3 Km" right (Total 1 Hour 10 mins / 3.2 miles / 5 Km).
8. Take the right fork sign-posted "Pylon Dendron 3 Km", which rises immediately to pass the square shape mast and a bench. Again, the path down is indistinct but as soon as you pass the bench and begin, the way quickly becomes an obvious zigzag path. Continue until eventually you reach a wide loose surface road track in about 15 - 20 mins (Total 1 Hour 30 mins / 3.8 miles / 6 Km). Here you cross over the road track (in a slightly uphill direction) to re-join the sign-posted dirt track to Pylon Dendron which meets a junction in another 5 minutes / 0.2 mile (300m).
9. At the junction turn right and in another 3 minutes just before a tight left bend, turn right (there **was** a small yellow arrow here) down a stony track passing closely between two pine trees. In only a minute you see a bench ahead on top of a small hill (no need to climb this hill). The path turns sharp right here, dropping down quite steeply from above the trout farm to arrive at Pylon Dendron in about 10 - 15 minutes (Total 2 Hours + / 4.3 miles / 7 Km).
10. Pass the end of trail notice board on your left. To walk back into Platres (another 20 mins / 0.6 mile / 1 Km), at the main B8 road cross over, walk right and then follow the road left sign-posted Platres. Walk downhill to the next junction (with a restaurant on the corner) turn left continuing downhill into Platres village (Total 2 Hours 30 mins / 4.9 miles / 7.9 Km).

Walk 5 - Platres to Perapedhi

Various options (A to D) are available but you might prefer to take a taxi so you walk only one way. The road route is very easy and all good walking. If you include the Millomeri Waterfalls it is best to visit them on the way back to Platres - the path is of loose gravel and only for the sure-footed. It is much easier to negotiate if you are walking towards Platres as the worst section is then uphill! The river was a mere trickle in September. I have listed all four choices so you can follow a route in any direction...

A. Platres - Perapedhi (via Millomeri Waterfalls) = 2.5 miles / 4.0 Km / 1 Hour 30 mins (each way).

Steep downhill route...

1. With the Police Station on your right walk downhill and pass the Lemosos road turning on your left. Just before the church in about 5 mins, you will see a signpost to "Millomeri Waterfalls walk" on your left immediately after a white house where you follow it left.
2. The steep gravel path takes you downhill to cross a riverbed, then follow it right for a short distance before climbing up again left, passing a bench and wooden safety rails on your right in 20 mins.
3. Follow the path as it drops down a short steep section (crossing a track) to good stone steps, which immediately turn right and lead down to cross a loose surface road at the entrance to a property. Ahead is a good narrow concrete road, which quickly reaches a T- junction (missing a signpost). Turn right here passing to the right of the café, which is situated at the top of the waterfall path. Continue down the easy steps crossing the small wooden bridge at the bottom, leading to the waterfall (Total 45 mins / 0.7 miles / 1 Km).
4. Return to the café and then back to pass the T-junction and concrete road to your left, ignoring this (the way you came). Continue ahead, on the wide loose surface road track for about 15 minutes / 0.6 mile (1 Km) falling down steeply then rising (right) to an unmarked road (right) at a signpost pointing back the way you came "Millomeri Waterfalls 1 Km" (Total 1 Hour / 1.3 mile / 2.1 Km).
5. Turn right here, at the unmarked loose surface road and follow it downhill for 15 mins / 0.6 miles (1 Km) to reach the dam and a welcome bench on your right (Total 1 Hour 15 mins / 1.9 miles / 3.0 Km).
6. Continuing downhill the road surface quickly becomes tarmac. Soon you meet a fork where you keep left on the "Timiou Stavrou Street" (you could take the right fork "Markantoni Street" - it emerges at the same point). Keep on downhill all the way into Perapedhi village in 15 mins / 0.6 miles (1 Km) (Total 1 Hour 30 mins / 2.2 miles / 3.5 Km).

Return to Platres via taxi (the café at main road will telephone for you) go back the same way or return via road route - follow instructions D.

B. Platres - Perapedhi (via road route) = 2.6 miles / 4.2 Km / 1 Hour (each way).

1. With the Police Station on your right walk downhill and turn first left on the Lemosos road in about 2 mins, follow the tarmac road to drop down first then climb up to a T- junction in 8 mins / 0.4 mile (0.6 Km).

2. Turn right sign-posted Lemesos and in 8 mins / 0.4 mile (0.6 Km) reach a signpost pointing right to "Millomeri Waterfalls 1 Km" (Total 16 mins / 0.8 miles / 1.3 Km).
3. Turn right here and follow the good tarmac road as it winds downhill another "Millomeri Waterfalls 1 Km" sign (still reads 1 Km!) at an unmarked road track in 15 mins / 0.6 ml (1 Km) (Total 33 mins / 1.4 miles / 2.2 Km).
4. Turn left here at the unmarked loose surface road and follow it downhill for 15 mins / 0.6 miles (1 Km) to reach the dam and a welcome bench on your right (Total 50 mins / 2.0 miles / 3.2 Km).
5. Continuing downhill the road surface quickly becomes tarmac. Soon you meet a fork where you keep left on the "Timiou Stavrou Street" (you could take the right fork "Markantoni Street" - it emerges at the same point). Keep on downhill all the way into Perapedhi village in 15 mins / 0.6 miles (1 Km) (Total 1 Hour / 2.6 miles / 4.2 Km).

Return to Platres via taxi (the café at the main road will telephone for you) go back the same way or via waterfalls - follow instructions C.

C. Perapedhi - Platres (via Millomeri Waterfalls) = 2.5 miles / 4.0 Km / 1 hour 30 mins (each way).

1. Take a taxi to Perapedhi village and start at the café on the corner of "Timiou Stavrou Street". There is a yellow post-box attached to a tree, which stands in the middle of this street! Follow the good wide tarmac road uphill. You soon pass a house on your left (and Markantoni Street) and continue uphill ignoring a road on your right which leads to a new housing estate / development.
2. In about 15 - 20 mins 0.6 miles (1 Km) the road becomes loose surfaced just before reaching the dam. There is a bench here where you can relax and watch the water!
3. Continue uphill and in 15 - 20 mins / 0.6 mile (1 Km) reach a T-junction at a signpost "Millomeri Waterfalls 1 Km" (Total 30 mins / 1.2 miles / 2.0 Km).
4. Turn left and follow the sign-posted road downhill briefly, before climbing up left and levelling off (ignore a track right soon after) as you approach the café in another 15 minutes / 0.6 mile (1Km). Note a steep concrete road uphill (right) just before the café, as you must return to this later (Total 45 mins / 1.8 miles / 2.9 Km).
5. To visit the waterfalls pass to the right of the café, which is situated at the top of the waterfall path. Continue down the easy steps to cross the small wooden bridge to the waterfall at the bottom. Return to the junction and the steep narrow concrete road left, just after the café.
6. Climb up the narrow concrete road and cross a loose surface road track at the entrance to a property, onto good stone steps, which climb to turn suddenly left at the top. Cross a track and climb up a short steep dirt path passing wooden safety handrails and a bench on your left. Follow the path down to a riverbed and right along it for a short distance. The path crosses the river and climbs up steeply to the left to emerge near the church on the main Platres road in 45 mins (Total 1 Hour 30 mins + / 2.5 miles / 4 Km).

D. Perapedhi - Platres (via road route) = 2.6 miles / 4.2 Km / 1 Hour (each way).

1. Take a taxi to Perapedhi village and start at the café on the corner of "Timiou Stavrou Street". There is a yellow post-box attached to a tree, which stands in the middle of this street! Follow the

good wide tarmac road uphill. You soon pass a house on your left (and Markantoni Street) and continue uphill ignoring a road on the right which leads to a new housing estate / development.

2. In about 15 - 20 mins / 0.6 miles (1 Km) the road becomes loose surfaced just before reaching the dam. There is a bench here where you can relax and watch the water!
3. Continue uphill and in 15 - 20 minutes reach a T-junction at a signpost pointing left "Millomeri Waterfalls 1 Km" (Total 30 mins / 1.2 miles / 2.0 Km).
4. Turn right here and follow the tarmac road uphill to reach the main Lemosos road in 15 mins / 0.6 mile (1 Km) (Total 45 mins / 1.8 miles / 2.9 Km).
5. Turn left and in 8 minutes / 0.4 mile (0.6 Km) turn left at the road junction sign-posted "Platres 1 Km" (ignore the road first left into the housing estate). Continue to walk alongside the tarmac road, going downhill, before following it back up to the Platres road in another 8 minutes / 0.4 mile (0.6 Km) where you turn right uphill (Total 1 Hour / 2.6 miles / 4.2 Km).

Walk 6 - Platres to Phini (Foini)

Platres - Phini = 2.5 miles / 4.0 Km / 50 mins. **Platres - Trooditissa Monastery - Phini - Platres** = 9.5 miles / 15.3 Km / 4 Hours 15 +. **Trooditissa Monastery - Phini - Platres** = 4.6 miles / 7.5 Km / 2 Hours 15 mins +.

A circular-walk first by tarmac road to the Trooditissa Monastery, then back to Phini on a good loose surface road (fabulous views) to join a pleasant country lane back into Platres. Remember you can shorten it considerably if you prefer to walk directly to the village of Phini. I have included this in the text. I highly recommend that you take a taxi to the Monastery (the road route can seem a little tedious on a hot day) and walk back from there. Ask the driver to take you to the café (open summer and some winter weekends) behind the Monastery and then follow my instructions from that point (number 4).

1. Starting at the Police Station in Platres, walk downhill and take the first road right soon passing the Pendeli Hotel (right). Continue uphill to the road junction opposite the Forrest Park Hotel. Join the main E804 road here, which passes to the left of the hotel entrance driveway (ignore a dead end road left of the telephone box). Follow the road ahead soon dropping down to a junction at "road stop signs" in about 15 - 20 mins / 0.6 mile (1 Km).
2. Ignore the road left and continue ahead sign-posted "Trooditissa 5 Km", soon passing a road junction (left) at the Red Lantern Café and signpost left to "Foini 4 Km". If you wish to walk to the village then turn left here and follow these instructions, otherwise proceed to number 3...

For Phini (Foini) turn left at the Red Lantern Café (sign posted "Foini 4 Km"). This is an excellent and easy to follow tarmac road through attractive countryside. Continue ahead to reach a T-junction in 20-30 mins (1.0 mile / 1.6 Km).

Turn right and follow the main road downhill (views over the village left) and turn left in 8 mins sign-posted "Foini". The steep hairpin road soon passes a "Novelty Shop" (left) which marks your entry into the village. Continue downhill passing the blue co-op sign before continuing down into the main centre. Return the same way (Total 50 mins + / 2.5 miles / 4.0 Km).

3. Follow the main road uphill climbing constantly, passing a sign pointing left in about 30 mins "Karoudis" and "Foini 6 Km" and after many twists and turns reach the Trooditissa picnic area on your right. Continue on the main road past it and after the next bend you will reach the road entrance leading down to the Monastery - turn left (Total 2 Hours + / 5.0 miles / 8.0 Km).
4. Walk down this road to the Monastery - do not despair when you read that the Monastery is not open to visitors. There is a public car park and café behind the building and you are allowed to enter this area via this road and through an archway at the bottom. Continue through the car parking area passing the café on your left and leave at an open gate at the far end onto a loose surface road. (I will re-start the times / distances on route from this point).
5. In a few minutes pass an open area and benches (left) and continue downhill for 15 mins / 0.6 miles (1 Km) to reach a junction sign-posted "Foini 4 Km" and turn left here. After 5 mins keep left (ignoring track right) and continue downhill passing another right turn in 20 mins, which is just before the Chantara Waterfalls - visible from the road (look left) at the bottom of the slope.
6. You soon pass the Foini Fisheries (right) before meeting the main F804 road junction, which looks rather new! *(If you don't want to visit the village follow the road to Pano Platres which is left, steep uphill for 15 - 20 mins / 0.6 miles (1 Km) to a signpost "Platres 4 Km" just past the brow of the hill.*

Turn left, then see number 8). If you wish to visit Foini for refreshments then cross over directly ahead and follow the Foini signpost. At a junction in 5 mins turn left. This would appear to be the main street with shops and restaurants.

7. Follow it to the right and then up past the blue co-op building to a "Novelty Shop" on the outskirts of the village. Here the road climbs up steeply (left) via hairpin bends to the main F804 Pano Platres road where you turn right.
8. In about 10 minutes / 0.4 mile (0.6 Km) (first pass a roadside blue co-op sign / track to your right) you reach a signpost "Platres 4 Km" which is just past the brow of the hill on your left. Turn left here and follow this good tarmac road for 30 minutes / 1.0 mile (1.6 Km) to reach a road junction at the Red Lantern Café where you turn right.
9. Continue to a road fork and turn left uphill passing the road junctions "Stop" signs, climbing up to the Forrest Park Hotel driveway entrance opposite a telephone box. Here you follow the one way road system (turn right after the telephone box) downhill into Platres (Total from Monastery 2 Hours 15 mins + / 4.6 miles / 7.5 Km).

Walk 7 - Prodomos Reservoir

Platres to Troodos Road - Prodomos Dam = 5.1 miles / 8.2 Km / 2 Hours 30 mins each way.

This route will probably be more popular as a linear walk, although you could walk both ways if you prefer! Otherwise you would need to take a taxi to the signpost "Prodomos Dam 10 Km" which is on the left side of the road on route to Troodos. The taxi drivers know where this is! If you decide to walk both ways from your hire car, zero your trip counter at the top of the Platres road (B8 junction) - the signpost is 4.2 Km (2.6 miles) on your left as you drive uphill towards Troodos. Instructions are provided for both directions, the first, below, starts below Troodos. The entire route is on a good wide loose surface road track. The gradients are easy for the first 3 miles (1 Hour +) but become a moderate climb (but remember this is a road track) from then to the dam - another 2.1 miles (1 Hour +). I noticed many unusual plants / flowers on this route (September) plus a stream with many large tadpoles!

From Troodos...

1. Beginning on the Troodos B8 roadside (room for a car) at the signpost "Prodomos Dam 10 Km" follow the good road track which climbs up initially to a right bend, leaving the B8 quickly behind. Views open out immediately. Continue along the track and in 30 mins / 1.3 miles (2.1 Km) it crosses a stream at a bend. (Look for wildlife in the shallow pools!)
2. In another 15 mins / 0.8 mile (1.3 Km) ignore a track which breaks off to the left and stay with the road continuing to climb right (Total 45 mins / 2.1 miles / 3.4 Km).
3. In 15 mins / 0.6 mile (1 Km) drop down to a junction sign-posted "Prodomos Dam 4Km" and follow it ahead (ignoring the left option to "Platanos Kalogirou 1 Km") to reach an unmarked fork in another 5 mins / 0.3 mile (0.5 Km).
4. At the unmarked fork (this needs a signpost!) follow the right fork - now begins a steeper gradient uphill, which remains quite constant from now onwards (Total 1 Hour + / 3.0 miles / 4.8 Km).
5. Continue on the easy to follow road as it winds constantly up towards the dam, which you reach in another 1 Hour to 1 Hour 30 mins / 2.1 miles (3.4 Km). When you meet a T-junction the road downhill left leads to the car park, picnic area and dam. The steeper road uphill ahead leads you to the main F952 Troodos / Prodomos where a taxi could collect you, at the nature trail notice board. Walk ahead passing under small electricity pylons / cables and just before the road comes into view, you could divert left on a track (recently blocked by a soil embankment to stop vehicles) which also leads to the dam and benches! (Total 2 Hours + / 5.1 miles / 8.2 Km).

From Prodomos...

1. Start at the track sign-posted "Nature Trail Picnic Area" just before the dam on the left side the F952 when heading down into Prodomos. The taxi driver should know this! Start out on the good wide loose surface road track soon passing under electricity pylon wires to drop down to a right corner where you take the track left (with "No Entry" road signs). *You can visit the dam by first following the road down right to the picnic area. Return to this junction later and turn right into it!*
2. Follow the good wide track downhill, the gradients become steeper as you progress and wind down to a pass a road track joining from your right in about 40 - 50 mins / 2.1 miles (3.4 Km).

3. Continue for 5 mins / 0.3 mile (0.5 Km) and reach a junction ignoring the sign-posted route ahead to "Platanos Kalogirou 1 Km" - here you must take the left fork climbing uphill.
4. In another 10 mins / 0.6 mile (1 Km) you pass a track, which turns off right at a corner but continue down left on the good road, which crosses a stream in about 15 mins / 0.8 miles (1.3 Km).
5. You reach the Troodos road in a further 30 mins / 1.3 miles (2.1 Km) where you can be collected by taxi (Total 2 Hours + / 5.1 miles / 8.2 Km).

Walk 8 - Platres to Troodos

See walks one and four... the tourist office walk is basically a repetition of the Kaledonia Waterfalls Walk 1 and the Pouziaris Walk 4 and as they involve climbing uphill I suspect you will enjoy them far more from Troodos.

Walk 9 - Artemis (Mount Olympus high level circular)

Artemis Nature Trail = 3.1 miles / 5.0 Km / 2 Hours +

This walk offers an ideal introduction to the Troodos mountain range with spectacular views versus minimum walking effort - ideal if you are taking a day drive into the mountains from a coastal resort! Take a taxi to the nature trail notice board. This path is extremely easy to follow and offers near level walking throughout. You could easily follow this walk without any instructions, however I have provided them for your reassurance...

1. Driving from Platres, when you reach the road junction at the top of the Troodos B8 main street, turn left (*note that the longer Atalante Trail, Walk 10 begins on the left here*). In about half a mile (0.8 Km) take the next road left. This is the **F953** Mount Olympus road, climbing to the start of the Artemis Trail at the car park / nature trail notice board on your left, in about 300m.
2. Facing the notice board start on the path to your left. Follow the clear track as it winds through pine forests to **cross over** a wider forest road track (*connects with Walk 10 at number 2*) in about 8 mins / 0.3 mile (0.5 Km) and continue to pass a 2-Km marker (right) in about another 15 mins.
3. In 20 mins the radio station comes into view and you reach the ski lift café building (closed) on your right, at a corner, where the path swings back left again (Total 45mins / 1.4 miles / 2.2 Km).
4. In another 20 mins / 1.0 mile (1.6 Km) the views really open out, take a seat at a bench on your right and take in the superb views over Prodomos and the reservoir (1 Hour 30 mins / 2.4 miles / 3.8 Km).
5. Continue ahead and eventually walk down through pine forests, dropping down to a clearing (the radio station is now above you on your right) in 15 mins / 0.3 mile (0.5 Km).
6. Begin climbing up again passing above the lower ski lift station on your left (green building) before levelling off for a short distance to emerge on the road opposite your starting point in another 15 mins (Total 2 Hours / 3.1 miles / 5.0 Km).

Walk 10 - Atalante (Mount Olympus low level circular)

Atalante Nature Trail = 6.2 miles / 10 Km / 3 Hours +

This is a much longer version of the previous Walk 9 Artemis Nature Trail. The main nature trail is quite easy to follow (but there are a few useful notes to consider) however when you reach the opposite end of the trail the instructions provided for your return (on the notice board at the start) are inaccurate. If you feel tired when you reach the road I recommend that you return to Troodos via the road as the alternative (the extension of the nature trail) route includes quite a lot of ups and downs!

1. Start on the left at the Atalante Nature Trail notice board, which is actually on the left just at the main road junction, at the top of the Troodos B8 main road (opposite a stone clad building). Facing the notice board (note the information provided for return route is inaccurate) start to the left on a very clear dirt path and in 15 mins / 0.6 mile (1 Km) you see the green rooftops and tennis courts at the Troodos Visitor Centre below on your left.
2. In about another 15 mins / 0.8 mile (1.3 Km) you reach an open area to your left and a track goes uphill to your right (*This is the same track which crosses the start of the Artemis trail above you in Walk 9 number 2*). Here you take the second and lower track, which starts parallel to the steeper upward track passing almost immediately between two pine trees (there was a bench and arrow signpost here Sep 2002). In minutes pass a 3-Km marker and a waterspout (stone wall right).
3. You reach the entrance to the disused (1982) Hadjipavlou Chromium mine in another 15 mins. Soon after the mine, in only 2 mins, pass a 5-Km marker and almost immediately turn left crossing over a narrow streambed (dry September) to re-join the clear track sharp left, also quite narrow and passing between foliage initially (Total 45 mins / 2.5 miles / 4.2 Km).
4. In another 1 Hour 5 mins / 3.4 miles (5.5 Km) you reach a 7-Km marker and an old bench just before Prodomos comes into view at a corner.
5. In 15 mins pass another bench (right) and ahead you can see the higher Artemis trail path and radio mast high above you. You pass an exposed area of scree as the path swings left - the path crosses it almost on the level so don't worry! Take care not to wander off onto the scree!
6. In another 25-30 mins / 1.4 miles (2.2 Km) reach the main road and the notice board which marks the end of the Atalante Nature Trail. This is referred to as the Chromium end of the trail (Total 2 Hours 30 mins / 4.8 miles / 7.7 Km). For trail extension / return route go to 7...

*At this point you have an option to return to Troodos by the road (about 1 mile / 1.5 Km / 40 mins) which is a similar distance to the trail extension but avoids the extra ups and downs! Turn right onto the main road, after a bend, 30-MPH speed limit signs come into view in the distance. You pass roadside crash barriers left, just before the Ski lift station (if you walk down left behind them, at the start of the barriers you can pick up the extended trail path *just below the road. Turn right at the bench - refer to instructions 7 number 8. This shortens and makes easier the extended route). Otherwise continue on the tarmac road to pass the F953 Olympus road (right) and ahead to return to the Troodos junction and starting point.*

7. Cross the main road and turn right (ignore road to radio station uphill opposite) and in 100m turn left at a track sign-posted "Agios Nikolaos 15 Km". In 10 mins / 300m you reach a sharp left bend at the brow of a hill, where you take an indistinct path down right (small white arrow pointer 2002). Drop down the steep dirt track passing a bench, into a dip, then climb back up left to another bench (which is *just below the main road) in 10 minutes.

8. Follow the good wide-track down through trees and very soon after a bend look for electricity pylons meeting the track from your left in 5 mins. Immediately after them take a faint track right, climbing slightly uphill from a small white arrow pointer (2 Hours 45 mins / 5.7 miles / 9.1 Km).
9. Eventually a tarmac road comes into view (left) below you, which you walk parallel with to climb up to and emerge at the Troodos Meteorological Station, which you pass on your left before dropping down to the Troodos road junction on the opposite side to your starting point.

Walk 11 - The Persephone Trail

Troodos - Makrya Kontarka - Troodos (via the Persephone Trail) = 2.4 miles / 4 Km / 1 Hour +

This walk offers an ideal introduction to the Troodos mountain range with spectacular views versus minimum walking effort - ideal if you decide to take a day drive into the mountains from a coastal resort! The walk starts from Troodos and is along a good wide loose surface road track initially, with a short distance (10 mins) on a good dirt track to the view-point / picnic area at the end of the walk. Return the same way.

1. Start at the lower end of the Troodos main street with the triangular shaped garden / reservation behind you (the toilets are ahead right). Follow the tarmac road uphill to your left and very soon the Police Station is on your right and a nature trail notice board almost opposite on your left (also the Civic Restaurant). This marks the start of the walk and the Persephone Trail.
2. Follow the good wide track, you will see the stables to your left almost immediately (*home of the Troodos horses offering rides throughout the day*) and perhaps hear some barking dogs? In 10 mins / 0.5 mile (0.8 Km) you will begin to see the grey slopes of the Pano Amiandos asbestos mines to your left and looking back, Mount Olympus. Continue to reach a fork in another 10 minutes. This area is named "Makria Kontarka" by a notice board (Total 20 mins / 0.9 mile / 1.5 Km).
3. Ignore the left fork (Vryses 7 Km) and go right (upward) sign-posted "Kryos Potamos 4 Km" and almost immediately reach another junction with a track left sign-posted "End of Persephone Trail".
4. Turn left here and follow the clear dirt track and in about 10 mins / 0.2 mile (300m) you will reach the end of the trail (Total 30 mins / 1.2 miles / 1.9 Km). Here you will find a rocky outcrop with benches and superb views towards Pano Amiandos, Trimiklini and Saittas villages, the peaks of Kionia and Kakomallis and Limassol Harbour and Salt Lake.
5. Return to the junction, turn right and keep left at the next junction, following the same route back to Troodos. *For an alternative route back to Troodos (I have not tested this beyond the final junction so you will have to find your own way back into Troodos if the signposts are incorrect)...*

Return to the junction and take the route left sign-posted "Poyziaris 3 Km" and "Pylon Dendron 7 Km". Continue on the good wide track for about another 20 minutes to reach a T-junction ignoring the sign-posted "Kryos Potamos 3 Km" down left and turn right following "Troodos 1 Km" track.

Walk 12 - Madhari Ridge and Mount Adelphi - The second highest peak in Cyprus

Madhari Ridge = 4.7 miles / 7.5 Km / 2 Hours 50 mins +

Mount Adelphi is the second tallest mountain in Cyprus at 1613m / 5292 ft and due to its proximity to Troodos it is well worth the cost of a taxi for a unique experience. Unfortunately the paths are quite steep and of a loose gravel surface. This is certainly more of a mountain-hiker's walk due to the terrain although I found only one very short section a little tricky. If you travel light you should be OK. The views are quite spectacular and certainly the most impressive (includes clear views to the north of the island also) of all the walks featured in this guide - be sure to take your camera. If you are uncertain about the terrain, you might prefer to go as far as the bench in "2" and simply enjoy the view from there.

Drive to Troodos from Platres. At the road junction (the top of the main street) zero your trip counter. Turn right and follow the B9 road towards Lefkosia (Nicosia) passing the Pano Amiandos asbestos mines (viewed far right) and turn right at a clearly marked junction in 8.7 Km for "Kyperounda". In 3.4 Km turn left sign-posted "Spilia 5 Km" (this signpost is on the right side of the road pointing left). The Nature Trail road sign is on the wall at the mouth of this road also! Continue uphill and in 1.8 Km arrive at the "Madhari Area" Nature Trails notice board on your right (parking left) just before a bend. You will see a sign here "Doxa Soi O Theos" which means, "Thank the Lord".

1. Pass the notice board on your left and follow the track as it begins to climb steeply to the right. It zigzags upwards to reach a fork in about 8 mins / 0.2 mile (300m) where a much wider track could take you ahead (a row of stones had been placed across it Sep 02). Go left on the smaller track, pass through trees and rise up in about another 8 mins / 0.2 mile (300m) to reach a bench (right) with good views over Kyperounda (Total 16 mins / 0.4 mile / 0.6 Km).
2. Continue ahead on the obvious path ignoring the odd short diversion where people have strayed for photos. Soon after passing another bench (above left) drop down a short steep section to an open clearing with a bench - in about another 30 mins / 0.3 mile (0.5 Km). Here you can see Mount Adelphi and the Fire Lookout Station on top. Ahead you can see your route as it zigzags up to the ridge. I thought this looked quite a task, however I promise it is much easier than it looks but take care on one very short stretch on your return journey (Total 45 mins / 0.7 mile / 1.1 Km).
3. Follow the track as it zigzags to meet the ridge (another bench right) in only 10 mins / 0.9 mile (1.4 Km) and simply follow the path left. The walking is much easier now as you travel along the good wide "ridge" (no vertigo here) to meet a finger post pointing left to a viewpoint in another 10 mins. You can break away from the main path here, to climb a short distance to a superb viewpoint in only 2 mins, where you can take a seat. From this point you can see your onward route as it heads towards the end of the trail just below the Fire Lookout Station. You can just about make out the notice board at the end of the trail.
4. Return to the main track and turn left. Follow this to reach the notice board in about another 20 mins / 1.0 mile (1.6 Km) (Total 1 Hour 25 mins / 2.3 miles / 3.7 Km). *Here you have the option to follow an extended route (sign-posted, add about another hour) or return the same way.*

For more information visit www.islandwalking.com

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Advice to users

I have made every effort to ensure that the information provided in this guide is accurate, however changes can occur which may affect the contents. It is advisable to check with the local authorities if you are uncertain about anything. You use this guide entirely at your own risk. You must always use your own judgement and if you are uncertain do not continue. I do not accept any responsibility for personal injury, injury to third parties, or any claim whatsoever, resulting from the use of this guide.

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