

EUROPEAN LONG DISTANCE PATH E4

INTRODUCTION

The European long distance path E4 was extended to Cyprus following a proposal by the Greek Ramblers Association to the European Ramblers Association, the coordinating body of the European Network of long distance paths. The main partners in Cyprus are the Cyprus Tourism Organisation and the Forestry Department.

The path starts at Gibraltar, passes through Spain, France, Switzerland, Germany, Austria, Hungary, Bulgaria, mainland Greece, the Greek island of Crete, to the island of Cyprus.

In its Cyprus section, European path E4 connects Larnaka and Pafos international airports. Along the route, it traverses Troodos mountain range, Akamas peninsula and long stretches of curial areas, along regions of enhanced natural beauty and high ecological, historic, archaeological, cultural and scientific value.

Few people have the time or the stamina to tackle the whole route in one go. The information given here is a general outline, to assist ramblers identify the path route. It is by no means a detailed description of all aspects of covered areas. Ramblers are strongly advised to research further any path section(s) to be attempted, with particular emphasis in the availability and proximity of overnight licensed accommodation establishments, especially in remote mountain and rural areas.

It should be stressed that the route by no means represents all that Cyprus has to offer the Rambler. It is primarily designed as cross-country route, and as such is inevitably selective, missing out some fine landscapes and/or cultural sites. It does however provide a sampler of the scenic and cultural variety that is Cyprus. Happy rambling!



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1.0 LARNAKA - AMMOCHOSTOS (FAMAGUSTA) DISTRICTS

This section of the path covers 176 km, 86 km in the Larnaka district and 90 km in the Ammochostos (Famagusta) district. It is subdivided in 7 parts for easier reference. Covering its entire length requires about 50-60 hours.

1.1- SHEET I Larnaka airport - Rizoelia

Length: 12 km, time required: about 5-7 hours

The route starts at Larnaka International Airport. It follows a southerly course along the Larnaka Salt Lake, passing by the mosque of Hala Sultan Tekke (altitude 10 m) (paved road along 1 km). It then travels south-eastwards of the Salt Lake (dirt road), up to Kamares aqueduct. Then it crosses the Larnaka - Lemesos (Limassol) A5 motorway, near the old "Pasha" building, heads north-west towards Aradippou Industrial zone (1.5 km dirt track). It then crosses this road and goes through the Aradippou Industrial Zone, finishing by the eastern entrance to the Rizoelia National Forest Park.

The Larnaka Salt Lake is surrounded by halophytic vegetation characterised by halophytes, both shrubby and herbaceous. Rushes are often found in wetlands and occasionally reed beds. Plants along the rest of the route consist mostly of terebinth, date palms, olive trees, eucalypt trees, tamarisks and phrygana with thyme, lotus tree and fleabane. Rock formations consist mainly of deposits of sand and pebbles, sand and clay, sand and gravel, chalky marls and gypsum.

1.2- SHEET I Rizoelia - Panagia Ambelion - Kellia - Voroklini - Pyla

Length: 28 km, time required: about 9-12 hours

The first section of the route traverses the Rizoelia National Forest Park, a recreation area providing various services such as a picnic site, cycling and walking paths, sporting grounds and scenic points. Ramblers can admire the scenic view (east of Larnaka town, the Salt Lake, the Airport, Aradippou village and the west side of Stavrovouni rocky peak).

The dominant forms of vegetation types throughout the park consist of cypress trees, pines and acacia, together with low growing shrubs/phrygana, mainly thyme, prickly burnet, wild asparagus and caper. Rock formations consist mainly of gypsum, chalky marls, alluvial deposits, river terrace deposits, marls and calcarenite.

On leaving the Park from the northern exit, the route heads towards Panagia ton Ambelion or Panagia Aimatoussa (1 km paved road). Then it crosses the Larnaka -



Lefkosia (Nicosia) motorway (72) by means of an overhead bridge and travels parallel to the Rizoelia - Agia Napa motorway (73). It then crosses the Larnaka - Athienou road and enters the village of Kellia. This route section alternates between dirt track and paved road along 4 km. The route traverses the village of Kellia, passes along rural roads, through the Voroklini forest (alt. 100 m). It then climbs along forest roads to the chapel of the Prophet Ilias. Here the view is panoramic. Ramblers may view the whole Larnaka bay, the British sovereign base area of Dhekeleia and surrounding villages. The route then passes through Voroklini village and continues eastwards to the bi-communal village of Pyla (3 km dirt track), inhabited by both Greek and Turkish Cypriots. The village provides a wide choice of tavernas, offering excellent fish dishes. From Pyla, ramblers have the choice between heading south along the coastal road of Dhekeleia, a touristic area with many restaurants and hotel accommodations, onwards towards the free Ammochostos (Famagusta) district areas and return via the Kokkinohoria (red soil villages). The second option is to head back towards Pyla village.

1.3- SHEETS I and II Ormideia - Xylofagou Forest - Panagia Xylofagou church - Liopetri river - Agia Thekla - Agia Napa - 'Kermia'

Length: 35 km - 8 km cycling path, 24 km dirt track and 3 km paved road, time required: about 11-14 hours

The route passes very close to the sea. It starts at about 300 metres south of the village of Ormideia and ends in an area known as "Kermia", east of Agia Napa village. Altitude varies from about 0 - 98 metres.

From Pyla the route crosses the Larnaka - Pyla road and heads towards the British Sovereign Base of Dhekeleia and Ormideia village, along the old Larnaka - Dhekeleia - Ormideia road (B3). It then heads to Panagia Xylofagou church, passing through Xylofagou village. The route continues past agricultural land, reaching Potamos tou Liopetriou, Agia Napa village and thereafter "Kermia". There is an abundance of hotel, catering and recreation facilities along the route.

Vegetation consists of Phoenician juniper, pine, wild olive, acacia, Calabrian pine and cypress, Mediterranean hawthorn, eucalypts and phrygana (mainly thyme, lotus tree and helianthemum species). Rock formations consist of alluvial and river terraces deposits made of sand and gravel, as well as reef limestone.

Points of interest include the Panagia church, Liopetri river, Agia Thekla church, the ancient tombs at Makronissos and the medieval monastery of Agia Napa.

1.4- SHEET II Kermia - Western end of Cape Gkreko - Cape Gkreko - Agioi Saranta - Sotira Forest - Southwestern Sotira - "Streftaras" area.

Length: 20 km-18.5 km dirt track, 1.5 km paved road, time required: about 7-9 hours

This E4 path section commences at the western end of Cape Gkreko National Forest Park, in the "Kermia" area, and finishes south west of the village of Sotira, in the Streftaras area of the Sotira forest. Altitude is between 0 - 195 metres. The entire route that passes through Cape Gkreko National Forest Park is a proposed nature conservation area ("NATURA 2000").

The area is dominated by "maquis" vegetation, mainly consisting of Phoenician juniper. Other species include wild olive, pine, boxthorn, buckthorn, tree purslane and rock samphire. About 400 different plant species have been identified in the National Forest Park area. Of them, 14 are endemic, and a further 14 are considered rare.

The geology of the area consists of reef limestone, sand and gravel, chalks and calacerinte.

The inhabitants of the Sotira community are mainly employed in the tourist industry and agriculture.

There are plenty of available facilities along the route, such as the picnic sites of Agioi Anargiroi and Agios Antonios, a kiosk, restaurants, and hotel accommodations at Konnos.

Interesting points are the sea caves, the ruins of the ancient temple to Aphrodite, Cape Gkreko lighthouse, the Bridge (Korakas archway), Agioi Anargyroi church, the sea caves and Konnos beach.

1.5- SHEET II +I Sotira - Liopetri dam - Liopetri Community Forest - Xylofagou - Xylymbou - Pyla community forest

Length: 35 km - 26 km dirt track and 9 km paved road, time required: about 10-14 hours

The greater part of the route passes mainly through rural areas. It starts at Sotira and ends in the Pyla Forest, through the Liopetri forest and Xylofagou and Xylymbou villages. The inhabitants of the area are employed mainly in the hotel industry and in agriculture. The area has plenty of facilities such as restaurants, kiosks, coffee shops and inns.



The route goes past cultivated fields as well as copses mainly of pine trees, cypress trees, lentisk and juniper.

The geology of the area consists mainly of limestone, chalks, sand and gravels and calcarenite. Points of interest are Liopetri dam and Agios Georgios Angonas church.

1.6- SHEET I Pyla forest - Pyla - Aspromoutti - Troulli - Avdellero

Length: 16 km, time required: about 8-11 hours

The route starts at the British sovereign base area and passes through the bi-communal village of Pyla (1,400 inhabitants). It ascends towards the Aspromoutti forest (altitude 140 m), then descends to the Agios Georgios monastery at Mavrovouni, past the village of Troulli (1,050 inhabitants). Then the route goes west and ends in the village of Avdellero (110 inhabitants).

Vegetation consists of pine, cypress, acacia, reed-beds and phrygana (thyme, lotus tree, asparagus and helianthemum species).

The geology of the area is mainly calcarenite, chalks and pillow lava of the Troodos Ophiolite Complex.

1.7- SHEET I Avdellero - Archangelos - Megali Moutti - Koshi - Moutti tou Ziou - Kalo Horio - Klavdia - Stazousa church

Length: 30 km, time required: about 11-14 hours

The final part of the route starts from Avdellero village. It crosses the phrygana vegetation of the area, ascends towards the monastery of Archangelos, through the Megali Moutti forest (altitude 240 m). It then crosses the Lamaka-Lefkosia (Nicosia) A2 motorway (via the Koshi underpass), it ascends towards the Moutti tou Ziou forest (altitude 270 m) and through the Turkish Cypriot villages of Kalo Horio and Klavdia, ends west of Panagia tis Stazousas church.

Vegetation consists of Calabrian and Aleppo pine, cypress, Mediterranean hawthorn, eucalypts, acacia, reed-beds and phrygana (thyme, prickly burnet, lotus tree, asparagus and fleabane).

The geology of the area consists of pillow lava of the Troodos Ophiolite Complex, umber, chalks, sand and gravel.

2.0 STAVROVOUNI - AETOMOUTTI - MACHAIRAS REGIONS

This section of the E4 path is 74 km long. It covers the area from the village of Klavdia to Archontides restaurant on the main road between the villages of Kalo Horio and Farmakas. The area is not particularly difficult to walk. It is estimated that about 25 - 27 hours are needed to cover it. The Path is subdivided in two parts.

2.1 - SHEET III Stavrovouni Forest area: Klavdia (Stazousa), Kornos, Delikipos

Length: 28.5 km, time required: about 10-13 hours

The first part commences at the village of Klavdia and ends at Delikipos park. The path surrounding area is semi-mountainous. The geology consists mainly of pillow lava and diabase dykes, diabase and alluvial deposits. The forest vegetation is mainly Calabrian pine, cypress, wild olive, Mediterranean hawthorn and lentisk, while fruit trees consist of olive trees and carob.

The route from Klavdia goes in a south-westerly direction to the monastery of Stavrovouni, past the churches of Panagia tis Stazousas, Agios Modestos and Agia Varvara. Stavrovouni (mountain of the cross) monastery, was built in 327 A.D. by St Helena. She left a fragment of the Holy Cross to the monastery, hence its name. Women are not allowed in the monastery proper. The route then passes in a north-westerly direction, to the village of Kornos and via the Kornos picnic site, ends up at Delikipos village. All along the route there are plenty of facilities, including catering and medical assistance.

Points of interest include splendid views from the Stavrovouni peak, as well as the traditional pottery at Kornos village.

2.2- SHEET III Machairas Forest areas: Delikipos park, Aetomoutti forest, Lythrodontas, Mantra tou Kambiou, Prophet Ilias and Kionia picnic sites, Machairas Monastery, Lazanias, Fikardou

Length: 45.5 km, time required: about 11-14 hours

This path section starts at Delikipos park, westwards to Aetomoutti and north-west to Lythrodontas village, ending at the Archontides Restaurant in Kalo Chorio. The area geology consists mainly of pillow lava and diabase dykes, diabase and alluvial deposits.

Vegetation is mainly pine, wild olive, carob, oak shrubs such as golden oak, eastern strawberry tree, sumach, lentisk, rockrose and phrygana.



Points of interest along the route include the monastery of Prophet Ilias built in the 16th century A.D, a nearby inn used as a children's camping site, the Kionia picnic site, the Kionia peak from where large parts of Lefkosia (Nicosia), Lamaka and Lemesos (Limassol) are visible, and the 7th century A.D monastery of Machairas.

The rare and protected endemic plant *Crocus hartmannianus* can be found in the Machairas region. The entire Machairas forest has been proposed as a "NATURA 2000" site. Two houses in the traditional village of Fikardou have been granted the Europa Nostra award.

The picnic sites provide recreational facilities. In the villages of Lythrodontas, Lazanias and Fikardou there are coffee shops, restaurants, as well as traditional Agrotourism accommodation houses.

3.0 ADELFOI FOREST - TROODOS FOREST

The section of the E4 path that goes through the Adelfoi and Troodos forests is 70 km long. It is subdivided in 4 sections. It starts at a point on the main Lefkosia (Nicosia) - Klirou - Kalo Horio - Farmakas road (E904), 4 km (south) of Klirou village, towards Farmakas village, at an altitude of 500 m. It ends at the chapel of Agios Georgios Kapourallis, on the main Foini - Lemythou road, at an altitude of 1050 m. The path is not particularly difficult, despite some short steep parts. About 25 to 30 hours are needed to walk along this section.

3.1 - SHEET IV Main road of Lefkosia (Nicosia) - Klirou - Kalo Horio - Farmakas (E904) 4 km (south) of Klirou towards Farmakas - Stavros Agiasmati church

Length: 24 km, time required: about 8-10 hours

The first section of the route includes the following subsections: Agios Epifaneios (dirt roads and paved roads 8 km), Agios Epifaneios - Panagia Bridge Forest Station (forest road 7km), Panagia Bridge - Stavros Agiasmati (4km paved road, 5 km forest road, 5 km uphill).

The forest vegetation consists mainly of Calabrian pine accompanied by sparse low shrubs mainly rockrose, caper, terebinth. At higher altitude the endemic golden oak of Cyprus appears.

The area geology is mainly lava which later becomes diabase. The village of Agios Epifaneios at an altitude of 600 m has only 300 inhabitants employed in agriculture, animal husbandry and/or work in Lefkosia (Nicosia). There are restaurants, coffee shops and supermarkets along the way.

There is an information office at the Panagia Bridge Forest Station (altitude 450 m)

open during working hours. The small picnic site nearby offers an opportunity to stop and rest. At the end of this section (altitude 1050 m) lies the 15th century A.D chapel of Stavros Agiasmati, a site included in the UNESCO World Heritage List.

3.2- SHEET IV Stavros Agiasmati - Panagia tou Araka

Length: 7.5 km, time required: about 2-4 hours

The route is a nature trail in its entirety and functions as such since 1995. On leaving the church of Stavros Agiasmati, it ascends for a while through forested area. It then goes past deserted vineyards and re-enters the forest, reaching the village of Lagoudera. It then descends through the village of Lagoudera (altitude 1000 m), from where it follows existing roads to reach the church of Panagia tou Araka.

The forest vegetation throughout the route consists of Calabrian pine, the endemic golden oak, and other shrubs such as eastern strawberry tree. The rock formations are exclusively diabase. The region of Madari, a proposed nature conservation area (NATURA 2000) can be admired from the highest point of the route.

As a result of urban drift, only about 200 people reside in Lagoudera. Those who have remained are mainly employed in agriculture. The Madari region produces fine grape varieties, wine, zivania, walnuts, hazelnuts, apples, figs and almonds.

The 13th century A.D church of Panagia tou Araka - another UNESCO world heritage site - with its beautiful frescoes, is well worth a visit.

3.3- SHEET IV Panagia tou Araka - Platania

Length: 15 km, time required: 5-6 hours

After the church of Panagia tou Araka the route continues to the village of Saranti, ascending up a paved road to reach the area known as "Selladi tou Karamani" (3 km - alt. 1180 m). An old path 4 km long starts from here past the "Black Forests", to the "Selladi tis Horas" (alt. 1150 m) over the village of Spilia. A new path 2 km long leads through the forest to the area known as "Doxa soi o Theos" (alt. 1320 m) north of the village of Kyperounta. From there, it trails along dirt tracks and paths (6 km) to the Platania Forestry Station (alt. 1000 m), 6 km from the village of Kakopetria.

Most of the route passes through thick natural forest of pine (*Pinus brutia*), often accompanied by a thick understorey of golden oak, or alternating with tall thickets of golden oak.

The rock formations are mostly diabase again, whereas nearer to Platania they are gabbros. In the villages of Spilia, Kyperounta and Kakopetria there are shopping, restaurants, and accommodation at hotels or agrotourism establishments.



At the Platania Forest Station there is a picnic and camping area and a small restaurant. Here, one can visit the fenced area where Cyprus mouflon (*Ovis gmelini ophion*) are kept.

3.4- SHEET IV Platania - Troodos - Agios Georgios Kapourallis

Length: 32.5 km, time required: 9-11 hours

At Platania, the E4 path passes through the Forest Station and then ascends to "Kambos tou Livadiou" picnic site (alt. 1650 m), 8 km further down. From there, it goes along a paved road to reach Plateia Troodos (Troodos Square alt. 1700 m), from where the "Persephone" nature trail commences. Then it goes along paths and dirt tracks to reach "Kryos Potamos" and Kaledonia waterfalls (alt. 1400 m). This section of the route is 10 km long. After Kalidonia it reaches a sightseeing spot along the main Troodos - Platres road (alt. 1500 m) and continues to "Kambi tou Kalogirou" picnic and camping site (alt. 1400 m). From there, it descends to Agios Georgios Kapourallis church (alt. 1020 m) and enters the Pafos Forest section.

The vegetation and scenery along this section of the route is varied. As the altitude changes so does the vegetation, with black pine appearing at the higher ground, over 1400 m, gradually displacing Calabrian pine. The golden oak disappears over 1600 m, while species appear that survive only on Troodos. These include whitebeam, Troodos juniper and barberry. The Troodos forest has been proposed as a nature conservation area of the European "NATURA 2000" network and is considered one of the most important mountainous flora habitats of Europe. Furthermore, its world famous geological ophiolite complex attracts considerable international scientific interest.

In Plateia Troodos (Troodos Square), one should visit the "Troodos Visitor Centre". There are ample facilities to shop, rest or camp at the camping site situated about one kilometre to the east. Hotel accommodation is available at the nearby village of Pano Platres, a resort with various facilities.



4.0 PAFOS DISTRICT: PAFOS FOREST - AKAMAS - PEGEIA - TSADA - PAFOS AIRPORT

In the Pafos district section, the E4 path stretches along 219 km. The time needed to walk along the entire path is estimated between 80 - 85 hours. The path is subdivided into 8 subsections.

4.1 - SHEET V Prodomos (Agios Georgios Kapourallis) - Panagia tou Kykkou monastery

Length: 34 km, time required: about 12–15 hours

Arriving at Agios Georgios Kapourallis (alt. 1100 m), situated on the outskirts of the village of Agios Dimitrios, one can find catering and accommodation establishments, visit sites of cultural interest such as Agios Dimitrios church and enjoy the unique natural beauty of the surrounding area.

The route passes along a forest road parallel to the Foini - Agios Dimitrios - Lemythou road and enters Pafos forest, offering splendid views of the Diarizos river valley. The route then crosses the traditional village of Kaminaria (alt. 1100 m), an optional resting and re-supply stop. Before entering the village of Kaminaria, ramblers may choose to follow the path leading to the Venetian bridges along the Diarizos valley. There are four churches on the outskirts of the village dating to the 16th and 17th centuries A.D, namely the church of Agios Vasilios, the church of Panagia tis Kardiovastazousas, the church of Agios Georgios and the church of Agios Ermolaos. After Kaminaria, the route reaches the Komitizi picnic site (alt. 1000 m), where one can rest, fill up with fresh drinking water and enjoy the beauty of the Platys river valley. The path then arrives at the picturesque village of Milikouri (alt. 1200 m) where in spring the smell of roses fills the air. The skill of rose water production has been practised in the area since ancient times. The path passes over the village and reaches Kykkos (alt. 1400 m), at a distance of 100m from the monastery. The monastery, the only historical monument in the Pafos forest, houses a very interesting museum of Byzantine art, as well as a winery.

4.2- SHEET V Panagia tou Kykkou monastery - Stavros tis Psokas Forest station

Length: 26 km, time required: about 9-12 hours

After Panagia tou Kykkou monastery, the path passes through the nature conservation area of the Valley of Roudia, along the Kykkos - Vrysi- Lazarides - Stenoi - Kaminoudhkia - Selladi tis Elias - Cedar Valley road, with beautiful views of the Black Cliffs (alt. 1200 m).



The route ends in the Cedar Valley (alt. 1000 m). It takes about an hour to ascend to the Tripylos mountain, through cedars and pines. There is a forest fire lookout station on the peak of Tripylos mountain (alt 1452 m) offering a wonderful opportunity to rest and admire the panoramic view of practically the whole of Pafos Forest. From Tripylos, the path leads to the "Horteri" nature trail, with its beautiful pine copses and endemic golden oak. Here, ramblers can study the flora and unique geology of the area. The path continues to "Stavros tis Psokas" Forest Station (alt. 800 m), where one can rest and spend the night. Advance booking is necessary. Here one may also admire Cyprus fauna in the form of the mouflon and the fallow deer.

4.3- SHEET V Stavros tis Psokas' Forest Station - Lysos

Length: 25 km, time required: about 8-11 hours

After "Stavros Psokas" Forestry Station the route goes through the Agios Theodoros valley (average alt. 700 m) an area characterised by thick riverine vegetation of Calabrian pine (*Pinus brutia*), oriental alder, oleander, oriental plane tree and many other plant species. Sightings of birds of prey are frequent here, indicative of the ecological value of the valley. At the end of the valley in the region known as "Tzioumalis", the route turns northwards, following the forest road towards "Aftoulina" crossroad. From there it goes around the "Tremitha" mountain and ends up at the region of "Kopes", the outer limits of the Pafos forest. It then enters rural areas around the village of Lysos and, leaving the pine forest behind, continues along carob trees, olive groves, cereal fields and deserted fields that have been colonised by shrubs such as kermes oak, Mediterranean hawthorn, thorny gorse, prickly burnet and other species. It then passes through the Turkish Cypriot village of Melandra and enters the village of Lysos (alt. 600 m). The village offers catering and accommodation options.

4.4- SHEET VI Lysos - Kritou Tera

Length: 24 km, time required: about 8-11 hours

The E4 path leaves the village of Lysos and extends along an old rural road between Lysos and the village of Meladeia. There are visible signs that the road was used in older times as a main connecting road to Polis Chrysochous Valley. It passes through the camping site at the village of Peristerona and traverses "Vouni" hill, going past the churches of Agion Pateron, Agia Zoni, Panagia tis Chrysolakounas and, through a stand of carob trees, ends up at the village of Steni (alt. 150 m). It then passes through fields of tobacco plants and ends at the village of Goudi, where one can see the "Platanos ton Plymmaton" in itself a monument to nature.

The route then reaches the ancient village of Kritou Terra (alt. 450 m), a place of various food options and traditional architecture agrotourism establishments where one can spend the night. The old school building houses an interesting Environmental Studies Centre, where one can learn about the unique habitats of the Akamas peninsula.

4.5- SHEET VI Kritou Tera - 'Loutra tis Afroditis'

Length: 22 km, time required: about 8-11 hours

The route continues through the fields surrounding Kritou Tera village an area of rare plant species, and reaches the village of Drouseia (alt. approx. 600 m), considered to be the gateway into the Akamas peninsula. The route then leads to "Smygies" picnic site and "Piana" forest fire lookout station (alt. 550 m). Below the fire station, the path follows "Adonis" Nature Trail and ends up at "Loutra tis Afroditis" (alt. 50 m), where according to legend the goddess Aphrodite used to take her beauty baths in a natural grotto. The route offers a wide variety of attractions to admire, study and enjoy. The combination of rare geological formations, varied and rare flora, and fauna, and the dazzling blue seaviews provide a fascinating experience.

4.6- SHEET VI Loutra tis Afroditis' - Pegeia

Length: 36 km, time required: about 12-15 hours

At "Loutra tis Afroditis", history and mythology referring to the goddess Aphrodite and Adonis unfold before one's eyes. The route follows the contours of the coast and, to the accompaniment of the sound of waves breaking on the rocks, goes past Fontana Amorosa, Agjos Kononas and the protected beach at Lara - Toxeftra, where the green (Chelonia mydas) and loggerhead (Caretta caretta) turtles nest. It reaches the entrance into Avakas gorge, just before the village of Pegeia (alt. 100 m). The route through the Akamas peninsula is impressive with attractions such as sea caves, gorges and maquis forest areas. This is the longest path distance over which one is away from villages and other inhabited areas. It is therefore recommended that ramblers go prepared for a continuous trek, up to the village of Pegeia. Camping inside the Akamas National Park is prohibited.

4.7- SHEET VII Pegeia - Tsada

Length: 28 km, time required: about 10-13 hours

After the Avakas gorge, the path approaches the village of Pegeia, ascends towards Pykni forest, crosses the main Pegeia - Kathikas road, follows the old Pegeia - Kathikas road, ending at the village of Pegeia. From there it follows the Pegeia - Akoursos dirt



road and finishes at Mavrokolymbos quarry. It then crosses the main Akoursos - Pegeia road and reaches a splendid area of natural beauty with waterfalls, a secluded oasis of peace and tranquility.

It is notable that despite intense grazing in the area, the indigenous cypress trees growing along the Koili village have managed to survive. Continuing uphill, the route reaches Koili (alt. 600 m) where one can rest and spend the night. The path then passes through vineyards east of Koili, crosses the main Pafos - Polis Chrysochous road and ends up in Tsada village (alt. 600m), located on a hill about 8 km north - east of Pafos town.

4.8- SHEET VII Tsada - Pafos airport

Length: 24 km, time required: about 8-11 hours

The final section of the E4 path in Pafos descends from the village

of Tsada, alongside the nearby golf course, through wild gullies, towards the valley of Morounero, follows the valley and reaches the village

of Episkopi (alt. 200 m). Look out for the vertical rock formation in the area. The route then follows the natural course of the river and ends up at the coast, by Pafos international airport. It follows along the coast to reach the airport, where the European Long Distance Path E4 ends (or starts).





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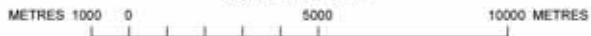
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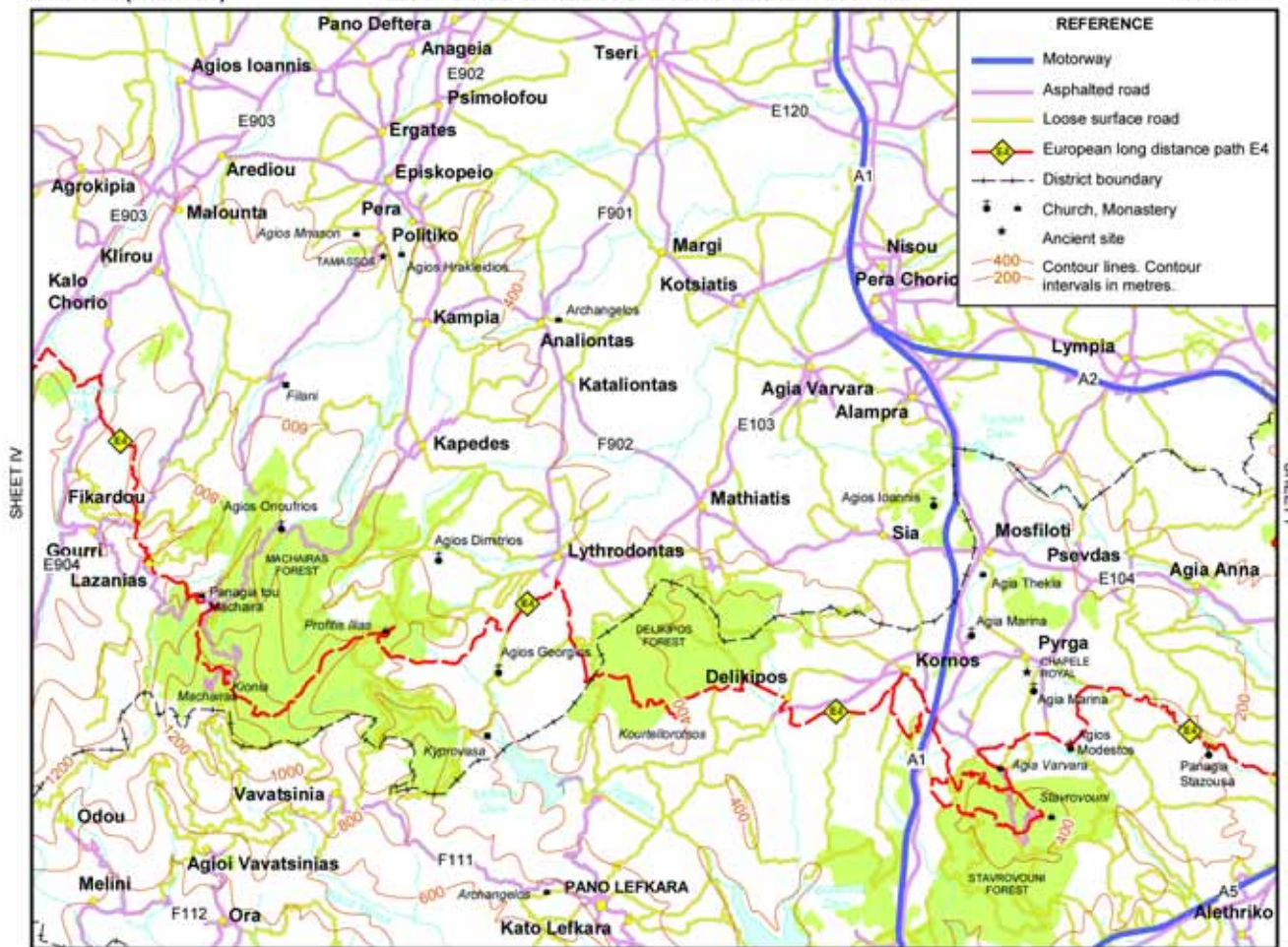
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REFERENCE	
	Motorway
	Asphalted road
	Loose surface road
	European long distance path E4
	District boundary
	Sovereign Base Area boundary
	Church, Monastery
	Ancient site
	Contour lines. Contour intervals in metres.
	400
	200





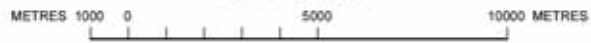
SHEET IV

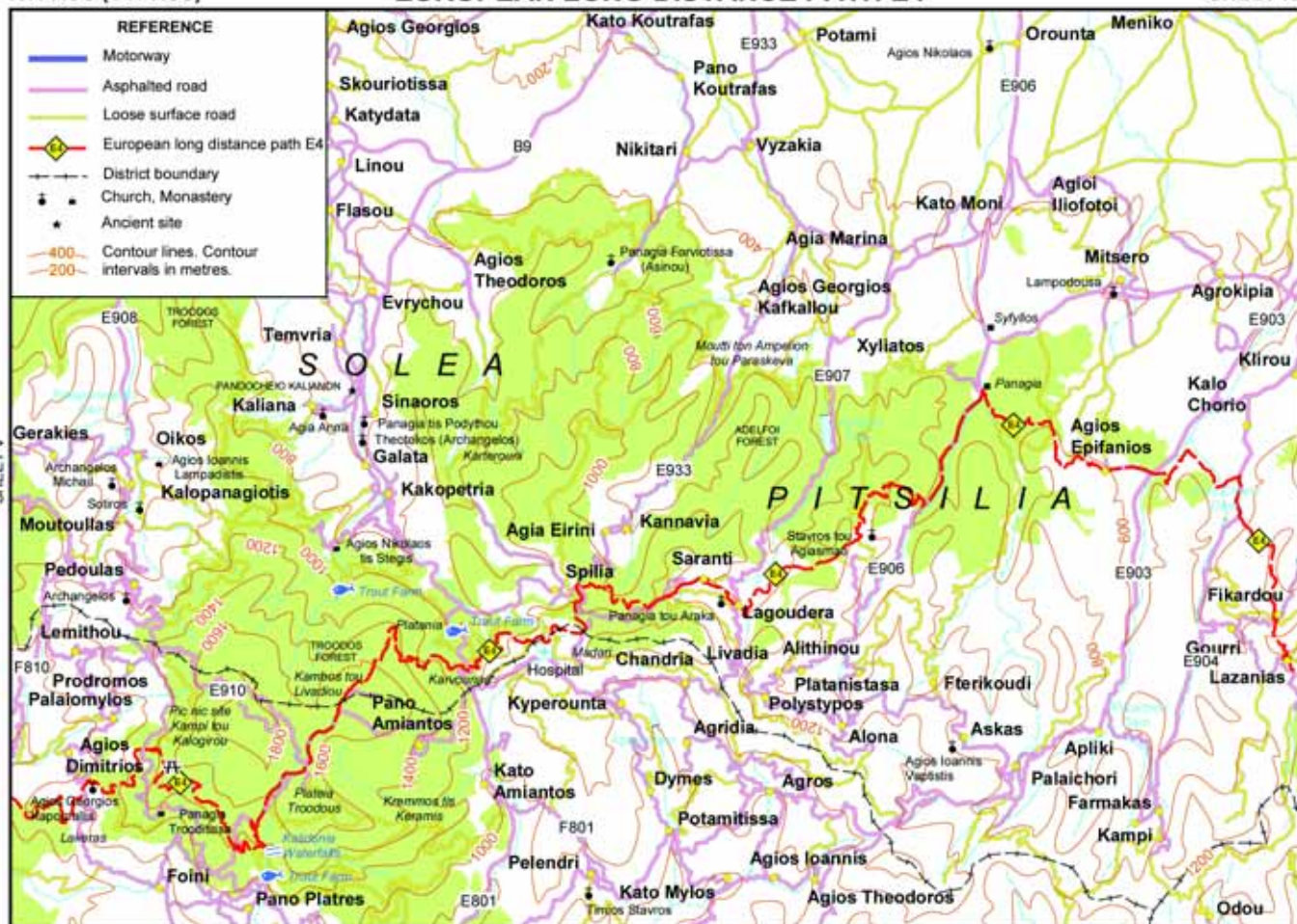
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