

Cyprus  
airways

# BREEZE

ISSUE 6

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## YOUR 10-STEP GUIDE TO LONDON

A world of inspiration in this  
iconic metropolis



/ BACK TO BASICS /  
Rural discoveries in Cyprus

/ THIS SEASON WE LOVE...MALTA /  
An island of endless possibilities

/ MILLION STAR HOTELS /  
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Based on 2021 Estimates.

\* For the academic year 2021/22, the tuition fees for UK Universities are not fixed, ranging from £9,250 to £25,000 per year. On the above table, the average cost of undergraduate studies has been estimated.

\*\* This comparison applies to local students. Visa fees apply for International students. More info at [www.uclancyprus.ac.cy](http://www.uclancyprus.ac.cy)

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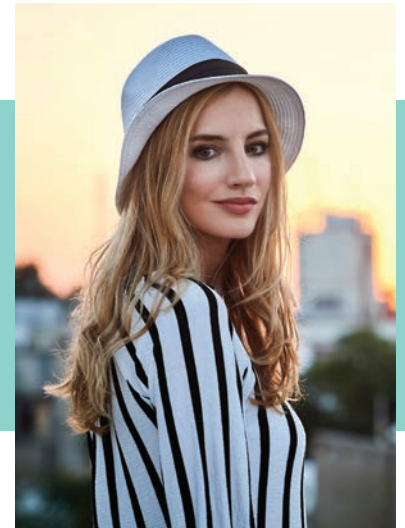
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f @ t in v d



# Editor's Letter



## A Breath of Fresh Air

Ah, the sheer joy of being able to talk about travelling! As someone who can't stay put in one place for too long, the resumption of air travel this summer (following an unprecedented year and a half due to the Covid-19 pandemic) is not just a breath of fresh air, but it has also left me feeling desperate to make up for lost time. Now that we can finally enjoy exploring new places again – albeit a little differently and in accordance with new rules – the bucket list seems longer than ever, and the wanderlust is almost impossible to tame.

Here in Cyprus, the warmer weather means that we can all enjoy a whole host of activities in the safety of the outdoors, especially in the summer and the autumn months. No matter where you are, there's always a stunning stretch of coastline nearby. Find your favourite spot, dig your feet deep into the sand, and feel your skin radiate with the warm tingle of sunshine before you take that refreshing plunge into some of the finest waters in the Med. Beachside fun, however, is only half the story. History awaits at every turn, while myths and legends abound. We invite you to follow the footsteps of Aphrodite, renowned Goddess of Love and Beauty (pages 30-33). Holidaying with the whole family? We've found some great spots for you to enjoy an authentic island experience in the countryside as you get back to basics (pages 22-28).

As autumn/winter sets in and we finally put those sandals and flip flops away, there's something special about an invigorating city break. And with Cyprus Airways launching direct flights to London Heathrow this September, I'm already dreaming of scrumptious afternoon teas and brisk walks through my favourite leafy parks. Read our 10-step guide to the iconic English capital and let us inspire you (pages 34-39).

And because we can never get enough of city escapes, we've narrowed down the hottest spots for the ultimate alternative holidays in brilliant Beirut (pages 40-45) and also found a dreamy boutique hotel for you to recharge your batteries amidst the buzz of historic Tel Aviv (pages 46-47). Still itching for something totally different? Join us on a journey deep into nature, past lush forests, gushing rivers and rugged mountain peaks, and into some of the best summer glamping sites around Europe (pages 52-56).

Happy travels!

*Zoe Christodoulides*

Editor



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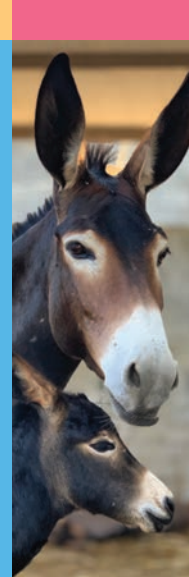
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# Cyprus Map





Keryneia

Lefkosia

Larnaka

Ammochostos

Rizokarpaso

Aigialousa

Galinoporni

Agios Andronikos

Vothylokas

Leonarisso

Koma tou Gialou

Davlos

Komi

Galateia

Agios Theodoros

Patriki

Agios Amvrosios

Akanthou

Kalograia

Charkeia

Kazafani

Kato Dikomo

Knodara

Trikomo

Bogazi

Lefkoniko

Kiados

Kythrea

Exo Metochi

Marathovounos

rachonas

komi

Lefkosia

Aglantzia

Mora

Askeia

Sinta

Prastio

Agios Sergios

Strovolos

Tymvou

akatameia

Geri

Afanteia

Vatili

Kontea

Kalopsida

Tseri

u

Potamia

Athienou

Arsos

Lysi

Makrasyka

Acheritou

Varosia

Chorio

ara

lampra

Dali

Troulloi

Pyla

Xylotymvou

Avgorou

Deryneia

Paralimni

Agios Memnon

Kornos

Pyrga

Kalo Chorio

Livadia

Aradippou

Dhekelia

Xylofagou

Ayia Napa

Protaras

ra

odoros

s

laroni

Klavdia

Dromolaxia

Kiti

Anafotido

Perivolia

Alaminos

Mazotos



# Welcome to Cyprus Airways

## Who we are

Cyprus Airways has chosen the olive branch – deeply rooted in the identity of Cyprus – as the airline’s symbol, while the iconic mouflon has also been maintained as a core part of the company’s identity.

Having built and developed all the necessary infrastructure for a safe and reliable airline, the company’s long-term goals include promoting the island as a prime holiday and business destination, increasing inbound tourism, while at the same time broadening the horizon for local travellers. Cyprus Airways was awarded for its efforts to enrich local tourism during the last Cyprus Tourism Awards.

With a team of over 100 passionate people based at Larnaca International Airport, the airline is continually broadening its network. A pioneer in the Cypriot travel industry, the airline currently operates an 11-destination

network to Thessaloniki, Heraklion, Skiathos, Preveza, Prague, Moscow, Saint Petersburg, Tel Aviv, Beirut and Malta, with London Heathrow the latest addition.

“Our new vision for Cyprus Airways is connecting global travellers and we are looking forward to seeing direct flights into Heathrow commencing in September this year and welcoming more Cypriot guests into London and the Southeast region,” says George Mavrocostas, CEO of Cyprus Airways. “Likewise, we expect the strong links that Cyprus has enjoyed over the years with the UK will intensify on the back of this new initiative. Our network to Greece, the Middle East and Russia will be available to those wishing to travel beyond Cyprus after flying from Heathrow.”

All Cyprus Airways flights operate on Airbus A319 aircraft, with a capacity of 144 Economy Class seats.





# CYON

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eLoans  
e-Notice  
e-Fixed Deposit



# Cyprus Airways News



## ***New Cypriot CEO for Cyprus Airways***

George Mavrocostas has been appointed CEO of the national airline flag carrier, signalling that the company is focusing on supporting a travel recovery for the Cypriot hospitality industry. George Mavrocostas, formerly the airline's Chief Operations Officer and Accountable Manager, is a highly respected and well-known figure within the Cypriot airline industry and a reference point internationally for the Cypriot carrier. The new CEO will be at the forefront of a series of planned developments designed to bring a competitive edge to the airline and to restore its Mediterranean heritage.



## ***Sunny Malta added to growing network***

This summer saw the launch of Cyprus Airways' new direct flights between Larnaka and Malta, enhancing Mediterranean interconnectivity. The inaugural flight from Larnaka to Malta took off on June 27, with the schedule flying twice weekly to Malta International Airport every Wednesday and Sunday until the end of October. Malta, like Cyprus, enjoys a warm, Mediterranean climate, idyllic beaches, spectacular dive sites and intriguing history, and is ideal for short breaks.



## ***Direct daily flights to London Heathrow from September 2021***

Cyprus Airways has launched ticket sales through its website [cyprusairways.com](http://cyprusairways.com) and through travel agencies, with a new route that links Larnaca Airport with London Heathrow (Terminal 2). The Cypriot airline is proud to offer local travellers a destination which has traditionally been one of the most popular. The choice of London Heathrow airport ensures that Cypriots travelling to London will enjoy the excellent facilities that Heathrow airport has to offer. Flights are scheduled to commence on September 10, 2021, departing from Larnaka in the morning, a convenient time to enjoy a full day in London.



# Useful information



## 'Hold my Booking' service

Travellers can make the most of the Cyprus Airways 'Hold My Booking' service, available on the website and displayed prior to booking payments. Enabling you to gain extra time until officially booking your trip, the booking price is held for 48 hours (for bookings up to seven days prior to departure) or for five days (for bookings up to 14 days before departure.)

**Customers can visit [cyprusairways.com](http://cyprusairways.com) for more info, terms and conditions.**



## On board meal pre-ordering service

You can now pre-order your meal for your upcoming trip to guarantee your preferred choice. Simply add your meal preference during the online booking process, or later via the 'Manage my Booking' feature on [cyprusairways.com](http://cyprusairways.com). The service is also available via our Call Centre or your travel agent. With every meal selection, we offer you a complimentary cold or hot, non-alcoholic drink.

## Additional services with one click on [cyprusairways.com](http://cyprusairways.com)

In an effort to facilitate our customers' travel plans while providing an enhanced and seamless travel planning experience, Cyprus Airways' partnerships with established and specialised service providers offer travellers airport parking ([parkvia.com](http://parkvia.com)), car rentals ([rentalcars.com](http://rentalcars.com)) and hotel booking services ([booking.com](http://booking.com)), both in Cyprus and destinations abroad. All services are available via [cyprusairways.com](http://cyprusairways.com).



## Health and safety

Cyprus Airways has an impressive safety record, and as a COVID-aware airline, this has been taken to new levels. Cyprus Airways is appreciative of the international effort to make travel easier, coordinated, and safe with initiatives like the EU Digital Covid Certificate allowing EU citizens who have been vaccinated, tested negative or recovered from Covid-19 to travel more freely within the EU.

Furthermore, in July 2018, Cyprus Airways successfully passed the International Air Transport Association (IATA) Operational Safety Audit (IOSA), one of the highest standards in the world for airline operational safety. In October 2018, the company became a member of the International Air Transport Association (IATA).



## Interline & codeshare agreements

Cyprus Airways now enjoys partnerships with Sky Express, Qatar Airways, Middle East Airlines, Arkia, S7 Airlines and Bulgaria Air, offering passengers increased travel opportunities and ease of travel when travelling with multiple airlines on the same itinerary. Cyprus Airways' commitment to strengthening its network also gives customers the chance to enjoy even more travel opportunities via a codeshare partnership with Bulgaria Air, enabling customers to fly from Larnaka to Sofia via a Cyprus Airways flight code.

**Customers can visit [cyprusairways.com](http://cyprusairways.com) to view the full flight schedule for all Cyprus Airways destinations.**

To book your flight, find out more about Cyprus Airways destinations, or to join our newsletter for the company's latest news and offers visit: [cyprusairways.com](http://cyprusairways.com)

For any information or support, the Cyprus Airways Call Centre is open between 08:00 - 20:00 daily, with a toll-free number for Cyprus: 8000 8111. When calling from abroad tel: +357 24 000053



# Ask the Pilot!



*George Kavourides*

Born in Malawi, Central Africa, George Kavourides remembers his fascination with planes and the sound of their engines when he was only five years old. And as a child, the excitement of his summer holidays always began when he boarded the long flight to visit family in Greece, regularly enjoying chats with pilots as a member of the BOAC Young Flyers club.

Soon enough, Kavourides was chasing a professional career in the air, and after completing his Airline Transport Pilot Licence (ATPL) at CAE Oxford UK (as a proud self-sponsored cadet), he obtained his B737 rating with British Midland. Soon after, he joined Ryanair as a Second Officer, progressed to First Officer, then onto Senior First Officer, and finally, Captain. As the years passed, Kavourides flew for several other European operators, and as his experience grew, he went on to become a Training Captain and examiner. An opportunity then arose to join Arik Air as a senior instructor, which saw him train and fly throughout Africa, while eventually being promoted to Deputy Chief Pilot.

Kavourides decided, however, that his career experience was incomplete without an Airbus Rating on his licence and he worked hard to achieve direct entry position as Captain A 319 with the new Cyprus Airways team in Larnaka in March 2017. Very much enjoying being part of the team to this day, he gives us the lowdown on what gets him ticking!

**Q:** *Favourite Cyprus Airways destination to spend a weekend?*

**A:** Athens – for its historical sites, culture and music venues, food, wine and nightlife.

**Q:** *Most enjoyable airport to fly into?*

**A:** I would say Phuket, Thailand. The view of the Phi Phi islands as you approach to land is just stunning.

**Q:** *Most memorable flight?*

**A:** It has to be the Cyprus Airways Inaugural Flight into Bratislava, Slovakia. It was my first experience of a water cannon salute welcome!

**Q:** *Most exciting thing about life as a pilot?*

**A:** No day is ever the same. Every flight – every take-off and landing, to and from every destination – varies with changes in flight times, seasonal differences and changeable weather conditions. I'm never bored in our 'moving office'!

**Q:** *One country in the world on your 'must-visit' list that you haven't been to yet?*

**A:** Australia: one continent, one world! It really has it all...



The background of the advertisement is a photograph of a modern hotel lobby. The space is characterized by a warm, golden-brown color palette. The walls are covered in vertical wood slats, and the ceiling features recessed lighting and cylindrical pendant lamps. In the foreground, there are several contemporary armchairs and round coffee tables with marble tops. A glass-enclosed staircase is visible on the left side of the image. The overall atmosphere is sophisticated and inviting.

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*This Season we Love...*  
*Malta*



Year-round sunshine, blissfully warm seas, dive sites reputed to be some of the world's best, fortified cities draped in 7000 years of history, and restaurants to satisfy every gastronomic desire. All this, packed into a mere 246,000 square kilometers, giving curious souls the chance to delight in everything this treasure trove has to offer in no time at all. This season, Michalis Christodoulou, A.K.A The Cypriot Traveller, hops on a plane to discover the splendours of the Maltese archipelago on a three-day trip. So what's on his bucket list?





4 Mdina

Valletta 7



## Got to Walk Through:

### **The UNESCO World Heritage capital of Valletta (1)**

Seriously small yet superbly scenic, Malta's 16<sup>th</sup> century capital of Valletta is an absolute breeze to walk around. Often likened to an open-air museum (and rightly so), it comes as no surprise that the walled city, which owes its existence to the Knights of St John, is a designated UNESCO World Heritage Site, protected since 1980. Weave your way through quaint streets that exude a theatrical appeal and take a close look at the opulent stone sculptures along the way, complemented by the dramatic and rather brilliant backdrop of Baroque architecture. A real treat for the romantic at heart, Valletta's towering townhouses fronted by traditional balconies enhance the appeal, bringing history to life in a rainbow of vibrant colours. Not just about past feats, Malta pleasantly surprised us with cool cafés, wine bars and new restaurants sandwiched between the assortment of houses and historic sites.

## Got to Chill Out In:

### **Barakka Park (2)**

Take it easy in Valletta's sanctuary, the well known Barrakka Park (The Upper Barrakka Gardens), right by Castille Palace. Sit back and enjoy 360° views across the city's bay – probably one of the finest views in all of Malta – and stay on for the firing of the cannons in the saluting battery, an everyday occurrence between 12:00 and 16:00.

## Got to Photograph:

### **St. John's Co-cathedral (3)**

There's no denying that St. John's Co-cathedral is one of Valletta's most unforgettable sites – a city landmark dedicated to Saint John the Baptist, built between 1572 and 1577. The Roman Catholic co-cathedral reflects the wealth and importance of the Knights of Malta, who protected Europe and the Catholic faith from attacks by Ottoman Turks in the 16<sup>th</sup> century. Famed for its luxurious Baroque interior, the co-cathedral was built as a symbol of the knights' success and features beautifully decorated walls and splendid ceiling paintings by Mattia Preti, Malta's most famous painter. The various chapels reflect the different regions from which the Knights of Malta descended. Don't miss the Chapel of the Langue of Aragon with Preti's painting of 'St. George killing the dragon'. The Chapel of the Langue of Italy is equally impressive, displaying the famous painting of 'Saint Jerome Writing', by the Italian master Caravaggio.

## Got to Have an Afternoon Coffee In:

### **The walled city of Mdina (4)**

Just a short drive from Valletta, there is no better place to soak up the afternoon sun than the hidden lanes of Mdina in the northern region of Malta. Peaceful and pretty, this cliff-top settlement – founded as Maleth by Phoenician settlers around the 8<sup>th</sup> century BC – once served as the island's capital from antiquity to the medieval period. Mdina boasts a fascinating hotchpotch of honey-coloured baroque and medieval architecture and is often referred to as the 'silent city', with no cars except those of a few residents allowed to enter. Get your caffeine fix at Trattoria AD 1530 (2 Triq San Pawl) within the legendary Xara Palace Boutique Hotel. Or make a reservation beforehand and enjoy a fine meal.



5

Marsaxlokk





## Got to Make Time For:

### Marsaxlokk fishing village (5)

A bucket-list favourite for good reason, Marsaxlokk (pronounced *marsa-schlock*) is famed for its picturesque port dotted with colourful luzzu fishing boats. Located on the southeastern coast of Malta – the name of the village itself is Maltese for south-easterly Mediterranean wind – it's an ideal place to swap your shoes for flip flops as you explore the entire length of Marsaxlokk's sandy bay. And you can't leave without grabbing a treat from the traditional market. The area is particularly popular on Sundays, when locals descend on the finest fish restaurants on the island. We indulged in braised octopus, fried squid and tuna, washed down with a cool Bellini at La Nostra Padrona, a firm favourite right in the heart of the village (87, Xatt is-Sajjieda).

## Got to Visit:

### Gozo - the island of Calypso (6)

No trip to Malta is complete without visiting the island of Gozo, the second largest island in the Maltese archipelago and a prominent *Game of Thrones* filming location, said to have been the home of mythological Calypso. Fairy-tale magic abounds in this little pocket of paradise, inhabited by 37,000 Gozitans who like to do things their way. They have their own dialect, and as pointed out by our excellent tour guide Stephan, the free-spirited inhabitants of the island are very proud of their heritage and act almost autonomously from the rest of the country.

We travelled from Malta to Gozo in a catamaran in just 45 minutes. Once on dry land, all roads lead to Victoria, the island's capital known by locals as Rabat. In the heart of the city lies the fortified Cittadella; visible from just about every corner of the island, rising steeply above the surrounding countryside. Its bastions are impressive and the panoramic views from the top are worth writing home about. Once an important centre in the Neolithic era, stop to ogle at the Cittadella's impressive Baroque cathedral and walk through the area's narrow alleys, lined with shops selling traditional painted ceramics, Maltese liquor and a mixed bag of souvenirs and curiosities.

Keen to head further afield? We visited Gozo's Basilica of the National Shrine of the Blessed Virgin of Ta'Pinu, the Roman Catholic minor basilica and national shrine is an architectural masterpiece in a blissfully quiet location close to the village of Gharb. And if you fancy a swim in Gozo, head straight to the pebbly Dahlet Qorrot Bay. For an underwater adventure, MV Karwela Wreck is one for thrill-seekers.

## Got to Try:

### Stuffat tal-fenek, Maltese meze & the best ice cream in town (7)

It may not be to everyone's taste, but meat lovers are almost obliged to tuck into 'Stuffat tal-fenek', a Maltese-style rabbit stew. And here's a random fact – the average Maltese consumes a whopping 12 kilos of rabbit meat per year, either cooked as a stew or marinated in garlic and red wine, served with pasta or baked potatoes. Foodies who would rather skip the meat can tempt their taste buds with melt-in-your-mouth Maltese meze – a smorgasbord of cheese, olives, cherry tomatoes and sun-dried tomatoes drenched in olive oil, traditional Maltese bread – crunchy on the outside and seriously soft and fluffy on the inside – and homemade ravioli with lashings of fresh tomato sauce. Try it at Ta' Rikardu (4 Fosos Street, Ir-Rabat Għawdex) hidden in the alleys of Gozo's Cittadella. This place even makes its own wine, beer and goat's cheese. And whatever you do, don't leave Malta without devouring an utterly delicious scoop or two of homemade gelato from Valletta's most famous ice cream parlour, Amorino (36 Republic St).

Find The Cypriot Traveller on Instagram: [thecypriottraveller](https://www.instagram.com/thecypriottraveller)







# Looking for Long Lets?

We have offices in **Malta** and **Cyprus**



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A/M: 1046 REGISTRATION NUMBER



## Expanding a business to Cyprus

Growing a business to the extent that its people believe it is great enough to go international is a dream come true. It has always been a dream of mine since reading most of Richard Brandson's business books. The way he talks about business is always relative to his life and the way the world was back in those early days. This has always been an inspiration to me and one of my key motivators while taking our company to the next level. In this case, Cyprus.

QuickLets was born in my living room back in 2013. At that point the rental market in Malta had not yet taken off. Times were very exciting, the market just kept growing. Prices started to rise rapidly due to increase in demand, and we kept investing in our tech to keep up with the market trends. We started to grow as rapidly as the market.

By 2015, we had over 100 people with us and eight offices. We quickly became the largest letting agency on the island. It was a time in my life where I had just become a father, got engaged to the love of my life, and was constantly trying to grow and improve the business by attracting the right talent and introducing innovative ideas to the industry to make the customer journey as seamless as possible. The 5-year plan was always to move into sales and then go international. In 2016, the building industry in Malta began to boom. We expanded into

sales at the right time, launching the Zanzi Homes brand, one of the leading brands in the sales of Real Estate today. Our brands have not been made, they have been created. Through hard work, innovative ideas, people full of grit and, of course, our beloved returning customers.

In February 2020, just one month before lockdown restrictions were imposed due to the pandemic, we were all set to go in Limassol. We had been on many trips and met many stakeholders and partners to make our vision a reality. Thanks to the use of technology and our investment backing, we survived this unprecedented situation, and we are now back in Cyprus pursuing our dream. The Cypriot market is very much alive. And as a country, the island offers a great deal, not just from a business perspective, but also for anyone yearning for an exceptional quality of life. Beautiful beaches and stunning slopes can be enjoyed in one day, located an hour away from each other. Mountains and waterfalls, beach clubs and golf courses; the island is exceptionally diverse.

Cyprus is a beautiful destination, and we are very much looking forward to frequenting it more often. It would be my first choice for a holiday home.

**Steve Mercieca, QuickLets CEO**





CyHerbia Botanical Park



# Back to Basics

Here in Cyprus, life still revolves around nature: the rich olives, golden carobs, potent herbs, and sweet donkey milk of a Mediterranean idyll unchanged for millennia. And, if you know where to look, there are plenty of places to enjoy an authentic island experience straight from the pages of the past.







## Liquid Legacy Lefkara's Olive Groves

Inland, where the hills rise and the air begins to cool, lies Lefkara. Nowhere more epitomises village life. Church bells ring out over cobbled streets, firesmoke and coffee lace the breeze, and hanging baskets spill from hidden courtyards in a tumble of scarlet, gold and fuchsia. Here, artisans craft intricate lace and exquisite filigree in the same manner as their forefathers, their way of life almost as old as the trees of the local olive farm.

Painting the hillside silver green, the millennia-old groves of the Terra Oliva Organic Farm ([olivaterra.eu](http://olivaterra.eu)) have been tended by the Sophocleous family for over a hundred years, their produce turned into delicious olive pastes, olive sweets, olive liqueurs, and olive jams – all of which are available for sale (and free tastings!) in the main building. But it's the farm's olive oil that is the signature product: highest quality Extra Virgin Olive Oil that will conjure up the serene, sunwashed days of a Cyprus summer, long after it has left the island.

A national treasure – each of the 7000 biologically cultivated trees is protected by government decree – the farm is the very essence of Mediterranean perfection: timeless and serene. Once, long ago, kings and crusaders wandered these groves. Today, it's island visitors who find peace – and plenty – at the Terra Oliva Organic Farm.

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## *Black Gold Anogyra's Carob Plantations*

Anogyra possibly enjoys the best location on the island. Here, where the Troodos foothills rise from the plain, you'll find this bastion of old: perched on a cliff where the olives meet the pines. An authentic Mediterranean paradise, it looks out over a valley of vineyards towards the sweeping blue of Pissouri Bay. But it's not just its location which lends Anogyra its claim to fame: the village is also the site of the Carob Museum and Factory.

For centuries, the island's carobs have been known as black gold – so precious that they lent their name to our word 'carat'. This was the fruit that purportedly sustained the biblical prodigal son; the food that constituted the main part of the diet of St John the Baptist; and – when made into syrups and candy – a favourite with generations of sweet-toothed children.

Rivalling chocolate for sweetness, the Carob Museum and Factory's (Oinorioiu St, Anogyra) pasteli bars (made with added honey and sesame) are full of goodness. Handmade by the owners, Andreas and Despina Michail, they're packed with nutrients, and the perfect gift for friends and family back home. While there, you can browse the tiny museum with its displays of implements and photographs of past harvests, watch the traditional processing of carobs, and, of course, revel in this eminently Instagrammable village.







## Donkey Work Skarinou's Donkey Farm

Halfway between Limassol and Larnaka lies the village of Skarinou, renowned for the island's most iconic animal: the donkey. For centuries, this long-eared, soft-eyed beast of burden was an indispensable tool to village life: turning the mills that drove the olive presses, and ferrying baskets of grapes to the wineries. Today, with pick-ups and trucks taking over, the donkey population has dwindled. But, here at Skarinou's Donkey Farm ([goldendonkeys.com](http://goldendonkeys.com)), you can still enjoy time with the nation's most gentle animal.

Home to roughly 170 donkeys – each with its own name and distinctive personality – the Skarinou's Donkey Farm not only preserves an important part of the island's heritage (you can still enjoy a donkey excursion to local sites), it also produces a substance known for its therapeutic properties: donkey milk.

The white gold of Cyprus, donkey milk has been revered on the island for more than 5000 years. Boasting a low fat content, an abundance of nutrients, and a light sweet taste, it's lauded for its anti-ageing and healing capabilities. The farm sells award-winning, freshly-bottled donkey milk, a unique donkey milk liqueur, and a line of donkey-milk infused creams, balms, and face masks. Any visit to the Skarinou's Donkey Farm is bound to leave you happy and healthy both inside and out!





## Herbal Heritage Avgorou's Botanical Park

Dotting the fields and suffusing the breeze, Cyprus' herbs are the island's natural wonder. Wherever you go, basil, rosemary, lavender and oregano grow wild, colouring the hillsides soft green, sunshine yellow and dusty purple. But it's not just the aroma which makes the local herbs so valued, but also their potency.

Prized for millennia by healers across the region, Cyprus' herbs have long been known for their incredible therapeutic properties: their powers to cure both body and mind. In this light, the CyHerbia Botanical Park ([cyherbia.com](http://cyherbia.com)) boasts its very own line of herbal teas, essential oils and cosmetics made from the natural, organic herbs grown on the premises.

Located just outside Avgorou village, the park is set on the rich, red-earth plains of the Famagusta region and washed by the breeze off the sea – a tranquil Mediterranean oasis of soaring cypress trees, shaded walks, and carefully cultivated gardens. An ideal day out for the family (the 2000m<sup>2</sup> hedge maze is a must-see), the park celebrates the very best of Cyprus' herbal heritage, with an on-site essential oil distillery, fields of lavender, and a delightful tea room – perfect for a relaxing cup of chamomile and a home-made lavender scones.



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# *In the Footsteps of Aphrodite*

Famed as the island of Aphrodite, Cyprus is steeped in myths and legends surrounding the renowned Goddess of Love and Beauty. Follow her footsteps in Paphos and dig deep through intricate layers of history and culture waiting to be unravelled.





For the ancient Greeks, Aphrodite was the most enchanting Goddess of all, born from the sea foam off the rocky Paphos coastline, and worshipped around the island from around 1,500 B.C. The mesmerising deity – thought to originate from an earlier fertility Goddess – was believed to have universal powers; she ignited desire, inspired profound love and promoted fertility among gods, mortals, birds and beasts. She also protected agriculture and nature, and ensured the safety of sailors and seafarers from her seaside sanctuaries. Omnipotent and merciful, Aphrodite was above all, incredibly beautiful: the very image of grace and magnificence, often referred to as the Golden Aphrodite.

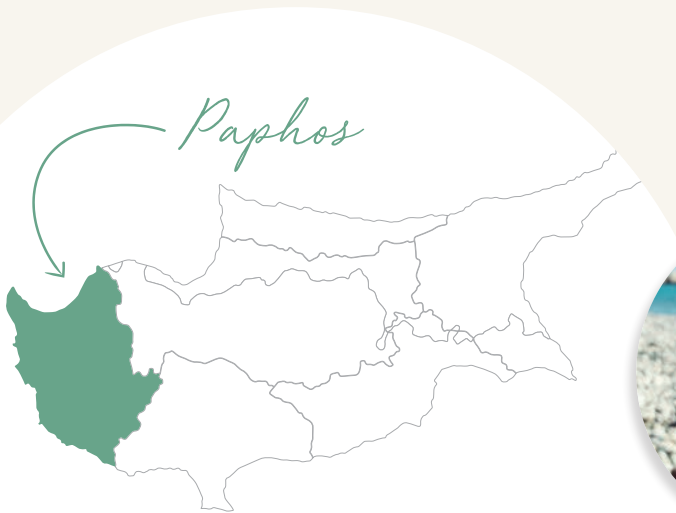
Join us on an inspiring journey along the stunning west coast of Cyprus, across some of Paphos' legendary spots that comprise part of 'Aphrodite's Cultural Route', as we wander through layers of history, culture and mythology, shedding light on fascinating rituals relating to her cult.







Aphrodite's Baths /



*Aphrodite's  
Baths*

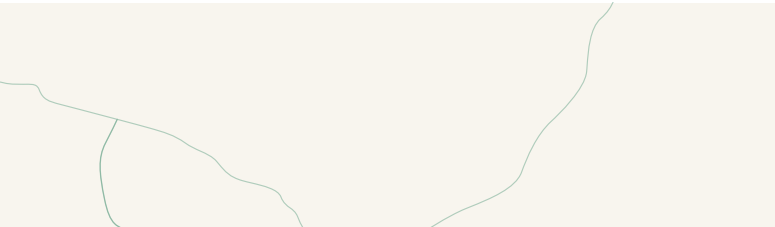


*Sanctuary of  
Aphrodite*



*Aphrodite's  
Rock*





Lusignan Manor /



/ Aphrodite's Rock

There is no better place to start your journey of discovery than **Aphrodite's Rock**. This giant formation marks the very spot where the ancient Goddess – who enticed men and gods with her arresting demeanor – is said to have risen from the cerulean seas that cradle a striking stretch of Paphos coastline, carved over the centuries into a rugged assortment of coves and points.

In mythology, the Goddess was born out of bubbling sea foam, created by Cronus, who castrated his father Uranus, and threw his genitals into the water. Once the sacred Aphrodite appeared out of the foamy waters, the beauty was supposedly escorted on a shell onto dry land. According to a popular myth, swimming around the rock three times is said to bring various blessings, including eternal youth, beauty, good luck, fertility and true love. And if you don't fancy a dip, the shingle beach by Aphrodite's Rock is the perfect spot to catch some rays and drink up the view. The panorama from the road above the beach is equally stunning.

Just a little further along the same stretch of coastline towards Paphos town, Kouklia in Old Paphos beckons. Renowned as one of the most important pilgrimage centres of the ancient world, here visitors will find the revered **Sanctuary of Aphrodite**, within the Archaeological site of Palaipafos. The remains of this sanctuary date back to the 12<sup>th</sup> century B.C. and locals take pride in the fact that a great number of writers, including Homer, mention the sanctuary in their writings.

Here, the Goddess was once worshipped as an aniconic symbol, a conical stone in fact, until Roman times. Aphrodite was offered animal figurines, rich perfumes, balms, foliage and fruit, while a high priest, priestesses and sacred servants, served the Goddess.

If you wish to get even better acquainted with the history of the area, just step into the adjacent museum housed in a Lusignan Manor, exhibiting material found in the Sanctuary of Aphrodite and the wider region. Be sure to take a good look at the most important exhibits: black stone located in the vicinity of the sanctuary believed to be an aniconic symbol of the deity, a female figurine with arms raised, and a large clay bathtub.

Continue your journey further west along the Cyprus coastline, all the way to one of the most unspoilt districts of the island, the stunning Akamas peninsula. With unkept greenery hiding the legendary grotto where Aphrodite used to bathe, it is here that a delightfully amorous story comes to life. **Aphrodite's Baths** are mythologically linked with Aphrodite's lover, Adonis, and legend has it that this is where the two first locked eyes. When you've caught a glimpse of the baths, follow the Aphrodite, Adonis and Fontana Amorosa Nature Trails that guide you through astounding areas of natural beauty, each intrinsically linked to the mythology of the Goddess and her romance with Adonis. With the flawless turquoise of the sea beyond enhancing the picture of beauty that unfolds at every turn, it's easy to see why the legendary lovers chose the stunning Akamas as their romantic playground.







# Your 10 Step Guide to **LONDON**

Easily one of Europe's most dynamic cities, London's reputation as a uniquely captivating travel destination is as firmly cemented as the bricks and stones that built its long history. Welcome to the English capital, where there's always something happening, and everyone is invited.

Some cities just don't need an introduction, and iconic London is one of them. The English capital is immersed in deep-seated history that is visible at every turn. Yet simultaneously, it bursts with a captivatingly dynamic energy as palpable as it is contagious. Architectural grandeur that spans the centuries, acts as a backdrop for vibrant pockets of cultural diversity. Each neighbourhood nurtured by the multicultural residents of this rich urban tapestry. There's something for everyone in the bustling metropolis that is London. And bathed in the light of late summer and glorious autumn, the city has never looked lovelier.

---

## **1** — *Art gaze for days*

Whether you are into the works of the old masters, or you prefer to wrap your imagination around more contemporary works, London's world-class art scene has something to satiate any artistic leaning. The capital is home to some of the world's best collections of public and private art, and many of the permanent collections are free. Browse the classics in the hallowed halls of the National Gallery on Trafalgar Square, or soak in more recent artwork at the Tate Modern before taking in the views across the Millennium Bridge to St Paul's Cathedral on the opposite bank.

Millennium Bridge /





## 2- *Quaff the full pint*

Nothing screams London like having a pint down at the local pub. A favourite pastime for most Londoners, the selection of authentic local watering holes to choose from is endless. Some of London's oldest and most traditional pubs include The Lamb and Flag in Covent Garden, The Guinea in upmarket Mayfair or the Old Red Lion in Islington. Many of London's pubs are run by large chains, but venture off the beaten track and you'll find it's the independent pubs that have the most character, as well as the best beers on tap. Download the Neverspoons app to find alternative, non-chain, independent pubs around you. Then pick one (or two), and kick back with a chilled pint of local craft ale.



## 3- *Stroll the prettiest parks*

Central London may be a densely packed urban jungle, but there's another, altogether leafier side to the capital, found in the plethora of verdant, wide-open park landscapes. Slap bang in the centre of town and steeped in as much history as the surrounding landmarks, are the four Royal Parks: Hyde Park, Kensington Gardens, Green Park and St. James's Park. For views across the whole cityscape

head up Primrose Hill via the manicured hedges of Regent's Park, or venture further north to Hampstead Heath, worlds away from the hustle and bustle of Central London. To the southwest you'll find vast parklands like Richmond Park with its deer herds, Wimbledon Common, or the fascinating Royal Botanic Gardens of Kew.





## 4 – Museums to ignite the curious mind

As a city with a history that stretches back to the Roman era, you'd expect London – or Londinium as it was once known – to have its fair share of museums. And you'd be right. The whole family will have fun exploring the hands-on, interactive exhibits at the Science Museum, or the 80 million plant, animal, fossil, rock and mineral specimens at the Natural History Museum, both located on Exhibition Road in South Kensington. The British Museum was the first ever museum established in the country and still has some of the best exhibitions in town, while the Victoria & Albert Museum has one of the world's most extensive and rich collections of textiles, fashion, design and decorative art.



## 5 – Browse a local street market

For a real local London experience, head to one of the many street markets hosted across the city on any day of the week. Browse the taste bud tantalising food stalls of famous Borough Market next to London Bridge – a foodie's paradise, where local producers sell their wares. Broadway Market in trendy Hackney is a cosier affair, where hipsters line their stomachs with exotic street food from around the world. Don't miss Old Spitalfields Market in Liverpool Street for vintage fashion, unique crafts and handmade gifts. And if its antiques you're after, the best place in town is Portobello Road Market in Notting Hill.

## 6 – Cruise the Thames in style

Snaking its way across the whole city from east to west, the River Thames is lined by some of the city's most famous landmarks and picturesque views. Hop on board one of the many river cruise boats and take in sites such as Tower Bridge, St Paul's Cathedral, the London Eye and Shakespeare's Globe theatre. For a more alternative River Thames experience, head to Canary Wharf and rent a floating Skuna hot tub boat or BBQ boat from the historic West India Quay. Or enjoy a more rural boat trip, and float past Hampton Court Palace in a private GoBoat.





## 7- Time travel through history

There's no denying that London's rich history is one of its major draw cards for tourists looking to time travel through the ages. Every building speaks of a different era, writing the pages of the city's history in stone, metal and wood. Iconic city landmarks punctuate the skyline, each representing another period in time.

You've got to walk past The Tower of London, an impressive stone fortress founded in 1066 by William the Conqueror after he seized England from the Saxons. Or Buckingham Palace, the administrative headquarters of the British monarchy since 1837. Don't miss other history highlights such as Westminster Abbey, Big Ben and the Houses of Parliament.



## 8- Shop till you drop

Most people will have heard of London's most iconic shopping hubs such as Oxford Street, Covent Garden, Regent Street and Bond Street. But scratch beneath the surface and you'll find another world of unique, alternative shopping destinations to explore. For lovers of second-hand and vintage fare, one of the best kept local secrets is hip and edgy Brick Lane (stop off for one

of the authentic Indian curries the area first became famous for), with its abundance of colourful and eclectic emporiums. Dapper gents in favour of a more sartorial style should browse the crisp shirts and tailored suits on display on Jermyn Street or Savile Row, while if you love fresh flowers, the only way is Columbia Road.





## 9- Indulge in afternoon tea

Afternoon tea is one of those quintessentially British traditions that hasn't gone out of style since it was first introduced in the 1840s. Initially a favoured pursuit of refined society, afternoon tea usually features a spread of fine finger food and of course, tea. Think crumbling scones, with lashings of thick clotted cream and fresh jam, delicate cucumber sandwiches, multicoloured macaroons and pastries galore. Afternoon tea is particularly tasty at Harrod's Food Hall or Fortnum & Mason, while a high tea is offered at many of London's top hotels. The Langham, The Wolseley and Claridge's all have great spreads. But there's no afternoon tea more sophisticated and elegant than that offered at The Savoy Hotel. Served up at the hotel's Thames Foyer, this fancy high tea is best washed down with a glass of the finest champagne.



## 10- Hit the West End theatres

A veritable hive of artistic activity and culture, London is one of the best places on Earth to go to the theatre. The scene is centred around the West End – otherwise known to the locals as 'theatreland' – where some 40 venues stage a roster of stellar performances. Long-running musicals such as Les Misérables at Queen's Theatre, or The Lion King at Lyceum Theatre are popular

with tourists, while locals tend to prefer the endless selection of classic and contemporary plays, and comedy shows happening any night of the week. Check out what's on at iconic theatres such as Drury Lane, Shaftesbury Avenue or The Old Vic and The Young Vic. Finding it hard to choose a show? Anything being put on by the National Theatre is usually a safe bet, but be sure to book ahead to secure a seat.











*Alternative Beirut*





There's something special about Beirut. The Lebanese capital exudes a powerful energy of regeneration, creativity and tenacity. Here, innate hospitality meets deep-rooted history, in a destination renowned for its world-class culinary heritage, active art scene, and a nightlife offering that pulsates with vitality and innovation.

Tucked in between the glittering Mediterranean Sea on one side and the vertiginous peaks of the Lebanese Mountains on the other, bustling Beirut is a city with a unique allure. Although the Lebanese capital is within easy reach of important historical sites such as Byblos and Baalbek, the city has its own inimitable appeal as a hive of creative activity that spans gastronomy, arts, culture, fashion and nightlife. In fact, it is further off-the-beaten-track and beyond the traditional must-see sights, that visitors will find the most rewarding experiences. Scratch beneath the surface of this eclectic city and you'll discover that real alternative Beirut is alive and kicking.



Kalei Coffee Co. /

## *Kick start your day with a strong coffee*

Coffee culture is integral to the Lebanese way of life, and as such, Beirut is home to some world-class spots for your morning caffeine fix. The traditional Arabic coffee is very similar to the Cypriot coffee, thick and strong with the ground beans left to settle at the bottom of the cup. Start your day the local way with a steaming cup at one of the capital's many charming cafés. For sustainably sourced, high-quality coffee head to **Kalei Coffee Co.**, whose hip roastery is tucked away in an alleyway in alternative Mar Mikhaël and boasts a lush, secluded garden and homely vibes. Those who appreciate a side of history with their morning coffee should look out for **Café Younes**, a speciality roaster with a deep-rooted past that goes back to 1935. Preserving Lebanon's coffee heritage with style, Café Younes serves top quality beans from around the world, from its branches dotted across the city.

Find out more [facebook.com/kaleicoffeeco](https://facebook.com/kaleicoffeeco) & [cafeyounes.com](https://cafeyounes.com)





## Support rebuilding the capital

Following decades of upheaval, Beirut faced yet more tragedy in August 2020, when a deadly blast ripped the Port and surrounding neighbourhoods apart. In response, it is the local people who have been putting the city back together, with NGOs on the ground working tirelessly with volunteers to restore and rebuild. Especially so in the worst hit areas such as **Gemmayze**, **Mar Mikhaël** and **Ashrafieh**; popular, up-and-coming neighbourhoods whose hip reputation was fuelled by the innovations of the creatives who called them home. Through its Rebuild Beirut channel, local NGO Live Love Beirut has set up an operation focused solely on rebuilding homes and businesses destroyed by the blast. Today, tourists looking to give back can donate to the NGO, join the volunteer efforts for a day, or simply support the efforts by visiting these vibrant districts and patronising the small local businesses who still operate there.

Find out more [facebook.com/LiveLoveBeirut](https://facebook.com/LiveLoveBeirut)



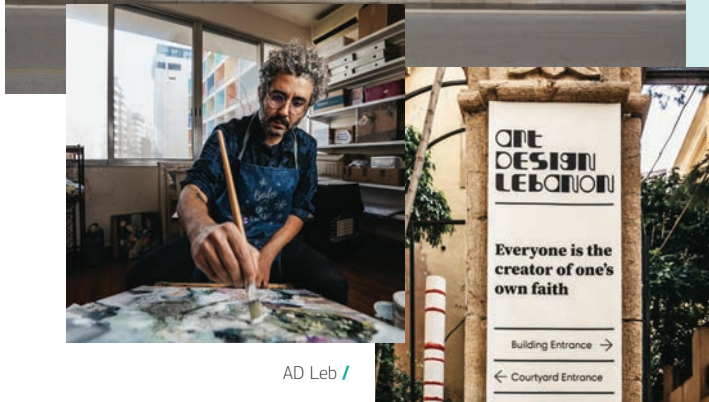
Mar Mikhaël /

## Soak up the art scene

The arts have always acted as an outlet for the Lebanese people, as a medium through which they express their experience. As such, art in Beirut is far from frivolous, but rather complex, emotive and often deeply politicised. Although galleries and museums were damaged in August 2020, many remain open and eager to welcome art lovers. Check out the experimental work at local non-profit **Beirut Art Center**, where the free-to-visit exhibition spaces are dedicated to contemporary art in Lebanon. And keep an eye out for exhibitions or events by **AD Leb** – a digital platform and pop-up gallery which operates as a gallery without walls, supporting and showcasing the work of visual artists and designers through exhibitions in alternative and unconventional spaces. The **Sursock Museum** of modern and contemporary art is another not-to-be-missed venue to visit once it reopens to visitors following damage caused by the port explosion.

Find out more

[beirutartcenter.org/en](https://beirutartcenter.org/en); [artdesignlebanon.com](https://artdesignlebanon.com) & [sursock.museum](https://sursock.museum)



AD Leb /





## Fill your stomach at a local food market

Lebanese food is so good that it has become famous the world over. But nowhere is Levantine cuisine more delicious than in its cradle's capital. And you don't have to go far or spend much to find a mouth-watering meal in Beirut. In fact, some of the most authentic gastronomic experiences can be had at the many colourful food markets happening throughout the week. Satisfy the taste buds at **Souk El Akel**, which showcases Lebanon's vibrant and diverse culinary heritage alongside international flavours from its many food stalls. You'll find anything from classic Lebanese falafel or sweet knafeh, to gooey mac and cheese or Mexican tacos. For a farmer's market with mission, visit **Souk El Tayeb** – a social enterprise which works with local producers to preserve the country's culinary traditions, rural heritage and natural environment. Expect produce that is organic, sustainable and supports small local enterprises.

Find out more [facebook.com/soukelakel](https://facebook.com/soukelakel) & [www.soukeltayeb.com](http://www.soukeltayeb.com)



/ Souk El Tayeb

## Get thrifting for vintage treasures

In the spirit of breathing new life where it is needed, it seems fitting that the Lebanese capital is currently nurturing a nascent vintage and thrift shopping scene. Second-hand may not have always been a popular choice here, but today, a growing collection of fabulous boutiques offer timeless style at a lower price for both your wallet and the environment. One of the undisputed champions and earliest entries on the scene is **Depot Vente** tucked away in Mar Mikhaël. Here, an expertly curated collection of vintage and upcycled pieces are sold at a steal, just be sure to dig for buried treasures amongst colourful racks of sequins, high quality designer items and statement jewellery. **Garage Souk Lebanon** is a weekly vintage fashion and antiques flea market that takes place every Saturday and Sunday in Mar Mikhaël, while **Le Marchand De Rêves** combines a gorgeous collection with a funky photo-booth concept.

Find out more

[depotventebeirut.com](http://depotventebeirut.com); [facebook.com/Garagesouklebanon](https://facebook.com/Garagesouklebanon) & [facebook.com/freedomthroughfantasy](https://facebook.com/freedomthroughfantasy)

/ Le Marchand De Rêves



Garage Souk Lebanon /



## Have a night out in Hamra

The Lebanese are famous for their voracious appetite for a good time. So its little wonder that the capital is full of vibey bars and nightlife venues. A great place to start is the Hamra district, where hip locals can be found sipping on cocktails and craft beer at the many funky bars that line the streets. Head up to the rooftop bar at **Coup D'Etat**, for a cool little bar complete with a pool and tropical garden overlooking the city – a stylish respite from the hustle and bustle below. The **Rabbit Hole** is another local favourite, where an eccentric team of mixologists serve tasty cocktails from the dimly lit bar and eclectic music starts the party on any given night of the week. For a cabaret experience with a twist, head to **Metro Al Madina** – a cool live performance venue hosting unique events and concerts from its Metro Hall, as well as regular DJ evenings from its Metro Station bar.



Coup D'Etat /

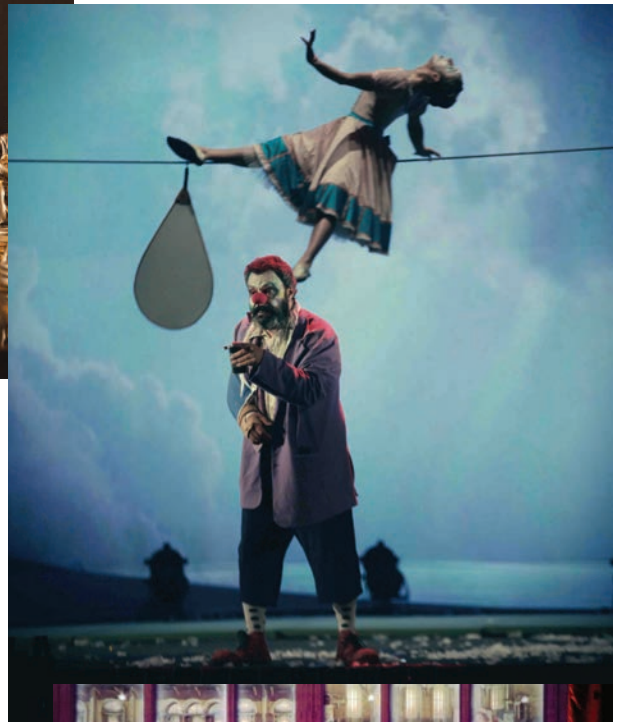
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& [metromadina.com](https://metromadina.com)



/ Rabbit Hole

Metro Al Madina /





# A Room to Remember *in Tel Aviv*



Sunkissed and incredibly striking, the notorious 'White City' is where you'll see Bauhaus at its best, tease your taste buds with falafel at its finest, drink up cocktails to make you forget your name and address, and muse over experimental modern art. In Tel Aviv, there's no glass that's half empty. This is where lust for life takes on grand proportions, where the Mediterranean gives Manhattan a run for its money, and where the cool and contemporary so brilliantly fuse with all things shrouded in history and an air of perpetual mystery.

And it's this fine spirit of renewal, with a respect for the splendours of the past, that is so perfectly captured at the gorgeous Market House. Located right beside the area's historical clock tower and famous flea market, this Atlas Boutique Hotel draws guests right into the pulsating heart of ancient Jaffa. Taking inspiration from its colourful and soulful surrounds, 44 stylish Instagram-worthy rooms ooze a bohemian urban aesthetic, offering guests a glimpse into the market activity below and the rising city beyond, capturing whispers of bygone tales. Opt for a room with a balcony to soak up the Jaffa vibes and watch the world go by as you plan out your journey through the urban maze.

The beautifully designed lobby is a true beauty too – a glass floor gives visitors a fascinating glimpse into the archaeological ruins of a Byzantine Chapel, while a captivating display of art depicting the archetypal magic of the city provides a real focal point.





Market House / 5-7 Beit Eshel Street, Tel Aviv, Israel / Tel: +972 35425555 / [atlas.co.il/market-house-hotel-tel-aviv-israel](https://atlas.co.il/market-house-hotel-tel-aviv-israel)





# Portraits of an Island

Cypriot photographer Helena Georgiou blends a keen eye for design with alluring portraiture and street photography. Having garnered several international distinctions, her next project will see her chronicle her island's craftspeople, while setting a new frame to Aphrodite's birthplace.



"I have my camera with me whenever I travel – always, always, always," says Cypriot art photographer Helena Georgiou, reflecting on her awarded work of the past decade.

Recent laurels include first place in the European Parliament's #EYE2018 photo contest, an honourable mention at the 2019 Monochrome Awards, and participation in several international salons and exhibitions. But it seems the most satisfying aspect of Helena's work are the photo opportunities she encounters on the move – both at home and abroad.

"I bring along my Nikon D750 and two lenses – a 50mm and 24-105mm – so that I'm always prepared. Museums offer especially rich possibilities – you can take portrait shots of visitors, or details from the art displayed, or wide, aerial shots of the museum's architectural design." Put simply, photography is an inseparable part of her life, and, thanks to careful planning, time management and adaptability, it is as non-negotiable as her commitment to family and loved ones.

"I like showing my daughter that you don't have to rely on anyone else to make your dreams come true, honouring the individual right we all possess to create and express ourselves," she says. Yet as innate as her photography is, Helena's artistic path is also a pioneering one – no other close family member is artistic – and one that broke away from her original professional trajectory.

In fact, had it not been for two photography-based electives she took while studying architecture and interior design at the University of Nicosia, Helena might never have become a photographer. Or perhaps fate had already placed her on the path even earlier, given that she grew up near Old Nicosia's magnificent late 18<sup>th</sup>-century House of Dragoman Hadjigeorgakis Kornosios, spending many hours with schoolmates exploring and imprinting the city's treasures in her mind's eye.

Fast forward to today, and shots from Greece, France, Belgium and the UK have been added to her gallery, inspired by the oeuvres of photographers







such as Henri Cartier-Bresson and Diane Arbus. Paris is one of her cherished destinations, thanks to its history of sheltering those whose creativity or identities made them outcasts everywhere else, in addition to its architecture, fashion and style.

Worth mentioning here, too, is Helena's interest in human rights, and the responsibility she feels to chronicle the poignancy of real life. Here, her inspiration is the late Pulitzer-prize-winning photojournalist Yannis Behrakis, whose own credo was to ensure that "nobody can say: 'I didn't know'".

In keeping with the richness of her inspirations, Helena's online website gallery is a riot of contrasts. Organised into six categories – minimalist, architecture, creative, portraiture, landscape and street photography – her pictures offer, on the one hand, bold colours, flattened perspectives and stylised architectural motifs, and on the other, dream-like portraits and environments of pure fantasy.

Each image – from the exquisite bird's-eye shot of a seamstress bent over swathes of smoky blue tulle, to a bright orange umbrella-wielder

placed at the centre of an 'X' derived from two zebra crossings, and the maudlin, low-angle shot of an elderly man on a street bench looking off camera – sears and hushes, generating exhilaration and melancholy in equal measure.

Often, familiar places and individuals are completely transformed in the eyes of surprised friends and acquaintances, who ask her: "is this really Cyprus?" "But, of course, when we are living conventional lives, with every day filled with repeating tasks and activities, it can be hard to notice afresh the world around us," she explains.

Thanks to her magician's lens, however, abandoned parking lots in Lefkara, bright yellow Paphos hotel stairwells and stone-cobbled streets in Askas are alchemised into vivid-hued or monochrome splendour. In yet another shot, you can almost hear the tch-tch-tch-tch punch and stitch of an old tailor's sewing machine, emerging from the blue shadows of his workshop.

"It's important to me to show respect to the people I am photographing. I try always to begin a conversation, to ask their permission. That's





why I rarely use my 300mm telephoto lens... I want to get close and communicate. And I believe people also enjoy being listened to, especially the elderly who may be facing loneliness and isolation," says Helena.

Today, with international exhibitions and magazine collaborations under her belt, Helena plans to publish a book of her portraits – predominantly those of the people of Cyprus, memorialising their journeys, their stories, their hopes and emotions.

"I particularly love photographing those working in traditional crafts which are slowly disappearing, and who can still be seen in Nicosia's Old City and the island's villages. I want to communicate their memories, emotions and dignity, but also the trials and sorrows they have been through. "I want to show Cyprus as a place that makes you want to visit – to come and see it for yourself."

**The photographer's works are available for purchase via her website: [helenageorgiou.net](http://helenageorgiou.net)**





# Million Star Hotels



Camping is not for everyone. Some of us would choose creature comforts over tent life any day. But it doesn't always have to be one or the other. Today, the growing trend for 'glamping' – or glamorous camping – has led to a rise in accommodation options that combine the best of both worlds.

Aphrodite Family Eco Camping /





Yurts in Cyprus /



Aphrodite Family Eco Camping /



Aphrodite Family Eco Camping /

## The Steppes of the Mediterranean: *Cyprus*

The endless swathes of almost untouched landscape, rolling green valleys and 300 days of sunshine make Cyprus an ideal destination for sleeping out in nature. And for those in search of a more comfortable and unique camping experience, there are a few hidden gems to be found.

Dreamt into being by Polish eco-entrepreneur and seasoned hospitality professional Pawel Sikorski, Yurts in Cyprus ([yurtsincyprus.com](http://yurtsincyprus.com)) is nestled away high in the hills outside the rural village of Sarama, near Simou in Paphos. Guests can bed down for the night in three authentic Mongolian yurts – each of which is ethically sourced, ornately hand painted and elegantly furnished, complete with wood burners for chilly winter nights and private outdoor spaces with hammocks, chairs and tables. Private bathrooms just outside each yurt are also provided.

Both the business itself and the stunningly secluded off-grid piece of land the yurts are situated on are ecologically and sustainably run, with electricity generated on-site and a greywater system in place. And don't even think about bringing plastic water bottles, as Pawel has installed drinking water stations with refillable water bottles for all guests.

For another environmentally friendly glamping experience – this time surrounded by untouched wildlife and jaw-dropping views of the Akamas Peninsula – head to Aphrodite Family Eco Camping ([aphroditecamping.com](http://aphroditecamping.com)), designed to respect the surroundings and with strict eco standards. Newly opened this summer, the campsite features three types of accommodation, from the 43 bamboo teepees inside which you can pitch a tent, to 15 caravans and a handful of wooden huts ideal for families.







## Endless Shades of Blue: *Greece*

With natural landscapes as jaw-droppingly beautiful as they are in Greece, it's almost a shame to stay in and sleep indoors. But luckily, the country has a wealth of excellent glamping options for those looking to soak up the surrounds in comfort and style.

On the Sithonia leg of the spectacular Chalkidiki peninsula near Thessaloniki, visitors to Armenistis Camping & Bungalows ([armenistis.gr/en](http://armenistis.gr/en)) can soak up the infinite indigo vistas as the glass-like azure waters meet the cloudless blue skies, all from the comfort of their very own Armenistis Safari Tent. The safari tents allow happy glampers to feel close to nature, while enjoying the high-end comforts of luxury accommodation, all just a few metres from the edge of the turquoise waters as they lick the powder white shoreline. Not your average plastic sheet and tent poles set up, this veritable mansion features a bathroom, living space, fully equipped kitchen, covered veranda and garden, and can comfortably sleep five people in a two separate bedroom setup with proper beds.

Further afield, just outside the sleepy village of Raches on the Malian Gulf coastline, lies Nisi Glamping ([nisi.com.gr](http://nisi.com.gr)), where visitors have a wealth of options ranging from Robinson Crusoe style treehouses or cute boho vintage campervans, to unique cob tents made from earth, straw and stone and luxury bell tents. And there is plenty to keep glampers entertained in the area including kitesurfing, SUP boarding, gorge hiking and sunset bike rides.



Armenistis /



Armenistis /



Nisi Glamping /



Nisi Glamping /





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Glamping Brdy /



## Land of Golden Opportunities: *Czech Republic*

While the endless sea of church spires that tower over the 'Golden City' of Prague call out to urban travellers looking for cultural city adventures, just outside this vibrant, chocolate box worthy capital lies a utopia of lush green landscapes, where intrepid explorers can get in touch with nature and sleep under the stars.

There is something decidedly romantic and bohemian about spending the night staying in a secluded oasis complete with babbling brooks, pine forests and lakes – and that's exactly what guests can do at this luxury glamping dome ([glampingbrdy.cz/en](http://glampingbrdy.cz/en)) in the quaint village of Rožmitál pod Třemšínem, just 80km southwest of Prague in Central Bohemia.

The dome itself is spacious and cosy all at the same time, with natural light flooding in through transparent panelling, bringing the surrounding nature into the interior space. Glampers will find their every creature comfort met, with a luxurious queen-size bed, bathroom and kitchenette all inside the dome itself. But what makes this place extra special is the outdoor offerings, with a wooden barrel sauna, a private hot tub and hammock with views of the meadows beyond.

Fancy staying in a festival-style canvas bell tent in the middle of a wheat field beside a traditional old Czech farmhouse? Head to Glamping Aadršpaško-Teplické Rocks (find it on [airbnb.com](http://airbnb.com)), in the village of in Zdoňov, where nature meets luxury in elegant simplicity and utmost comfort. The spacious and airy interior comprises a comfortable double futon bed, an armchair, table and chairs which can be moved outside on sunny mornings, as well as plenty of cosy inducing rugs, blankets and atmospheric fairy lanterns.



Glamping Aadršpaško-Teplické Rocks /







# **Shuttle** **THE LUGGAGE** **IN CHARGE**







## Magical Moscow

### *Why go?*

Deep-rooted history and resplendent culture combine with an edgy modern vibe in Moscow, making for an immersive and unique urban city break that impresses in all seasons. The largest city in Russia, with an estimated 12.4 million residents within the city limits alone, expansive Moscow offers something for everyone – from culture vultures looking to soak up the notable architectural landmarks, endless museums, art galleries and world-class performing arts, to history buffs keen to explore the emotive reminders of a past that spans eight centuries. Vibrant and dynamic lifestyle, nightlife and gastronomy scenes complete the picture in this truly inimitable metropolis.

Come winter, spring, summer or autumn, Moscow's distinctive splendour and palatial magnificence is tangible from the get-go. But scratch beneath the ornate surface and you'll find a fascinating and diverse capital of palpable yet alluring contrasts.

### *Must visit*

Boasting iconic Moscow landmarks on all sides, Red Square in the heart of the Russian capital is shrouded in tangible and intangible history. Proudly on the UNESCO World Heritage List since 1990, this is the

largest and most famous square in the country. On one side is the Kremlin fortified citadel, with its crenelated red brick walls, behind which lie five magnificent palaces, four cathedrals and 20 towers. Also located along the walls of the Kremlin on Red Square is Lenin's Mausoleum, a pyramid-shaped stone building with a memorial hall holding Lenin's sarcophagus. To the north of the square is the State Historical Museum, and to the south, just behind Moskva River, is St Basil's Cathedral, whose multi-coloured onion domes have become a cultural symbol of Russia.

### *Don't leave without*

Catching a show at the glittering Bolshoi Theatre, where the impossibly athletic, fluidly graceful ballerinas of the world-famous Bolshoi Ballet company prance across the stage, and Russia's foremost opera singers and classical instrumentalists impress with the musical prowess that has made Moscow a leading centre for performing arts.

### *Take a selfie @*

When the underground is as magnificently palatial as the Moscow Metro, posing for a selfie here is almost a pre-requisite. Opulent, ornate and breathtakingly beautiful, it's easy to see why this photogenic subterranean museum has become a tourist hot-spot in its own right.









# Sustainable Suitcase

Unleash your inner eco-warrior while you are on holidays, and make a positive start from home, with conscious decisions about what you pack in your suitcase. We've narrowed down some top items to take with you for a sustainable break.

## Non-Toxic Mineral Sunscreen

We all know that we need to protect ourselves from the harmful rays of the sun while we're on holiday, but this doesn't mean that we have to slather a whole load of nasty ingredients and chemicals onto our skin, and into the sea when we go for a swim. There are plenty of natural mineral based sunscreens out there – we recommend looking for one with zinc oxide and titanium oxide, which form a physical barrier and naturally reflect sunlight away from the skin. We love Drunk Elephant's SPF 30 Sheer Daily Defense Broad Spectrum sunscreen, suitable for the face, neck and hands; a lightweight cream free of silicones and fragrance, delivering broad spectrum UVA/UVB protection with 20% zinc oxide, astaxanthin-rich algae extract and sunflower sprout extract. For the body, we love Beauty Counter Countersun Mineral Sunscreen Lotion – protecting against UVA, UVB and blue light, it's packed with antioxidants and aloe vera. It's really moisturising too and has a slightly fruity smell.

## Little Soap Company Eco Warrior Exfoliating Bar

Super compact and ideal for slipping into your suitcase or carry on, you'll smell great while being kind to the planet while away on holiday with this Eco Warrior Exfoliating bar. Suitable for daily use on both face and body, this bar cleanses and exfoliates in one – perfect if you're planning on working on that tan while you're globetrotting. Totally biodegradable with no plastics (either in the bar or in the packaging), it's fragranced naturally, and contains citrus essential oils and oatmeal which helps reduce excess oil, relieving skin irritation and itching. This soap bar is also free of SLS, sulphates, alcohol, parabens, sorbates, silicones and synthetic preservatives.





### Nomadix Banana Leaf Green Towel

You can't beat a beach towel made from recycled plastic bottles. But this is more than just a beach towel – it's also a top of the line yoga towel, and a pack towel for when you're on the go. The product has been designed to be versatile without sacrificing performance, so you can own less and do more. We adore this cool banana leaf print, but the towels are also available in a whole range of other striking designs. It's an ideal size too (30"x72.5"), super absorbent, slip resistant, durable and lightweight, meaning that it is easy to slip into your suitcase. What's more, purchases help fund the brand's Bare Coast beach clean up initiative.

### Huskup Reusable Eco Coffee Cup

Love to grab a steaming cup of Joe when you're out and about sightseeing? Then be sure to take a lightweight reusable coffee cup with you as you do your bit to protect the environment and reduce waste while sipping on your favourite coffee. This summery design – aptly named 'Making Waves' – is the perfect travel companion, made from rice husk, and not plastic. BPA free, toxin free, melamine free and biodegradable, we love the fact that the silicone lid and heat sleeve are recyclable.

### Coconut Matter Mood Deodorant

Everyone wants to smell fresh on holiday, but it's no easy feat to find a deodorant that actually works and isn't harmful to our bodies, or the environment. This Coconut Matter Mood eco-friendly deodorant ticks plenty of boxes, and is available in four unique scents, all made with a base of fair-trade coconut harvested from the Solomon Islands. Their 'Hero' stick, made with peppermint, eucalyptus and rosemary is touted as the one that 'will get you walking fearlessly in every journey,' to 'keep you focused, stimulated and adventurous'. And who can say no to that? Using all-natural organic ingredients that let your skin breathe, we love the biodegradable plastic free packaging.



# Cyprus Airways Routes ✈️



LONDON

PRAGUE

MALTA



ST. PETERSBURG

MOSCOW

THESSALONIKI

SKIATHOS

PREVEZA

LARNAKA

HERAKLION

BEIRUT

TEL AVIV



# Our Destinations at a Glance



Prague,  
Czech Republic



Heraklion, Preveza,  
Skiathos, Thessaloniki,  
Greece



Tel Aviv,  
Israel







Beirut,  
Lebanon



Moscow &  
St Petersburg,  
Russia



Malta



London,  
UK



# On Board Menu

## Dear Customers,

Sit back, relax and enjoy your flight today. It is our pleasure to have you on board and we would like to make your journey more enjoyable with our selection of fine foods, drinks and snacks.

Due to the limited capacity on board, we may not always have your preferred choice in stock. We apologise in advance for any disappointment this may cause. Please kindly note that customers are prohibited from consuming alcoholic beverages that have not been purchased on board.

Thank you for flying with us and we look forward to serving you today and in the near future.

## Payment

We accept EURO in notes and coins.

For the following currencies, we only accept notes:

- GBP
- SEK
- CHF
- CZK
- USD
- RON
- RUB

We accept the following major credit cards



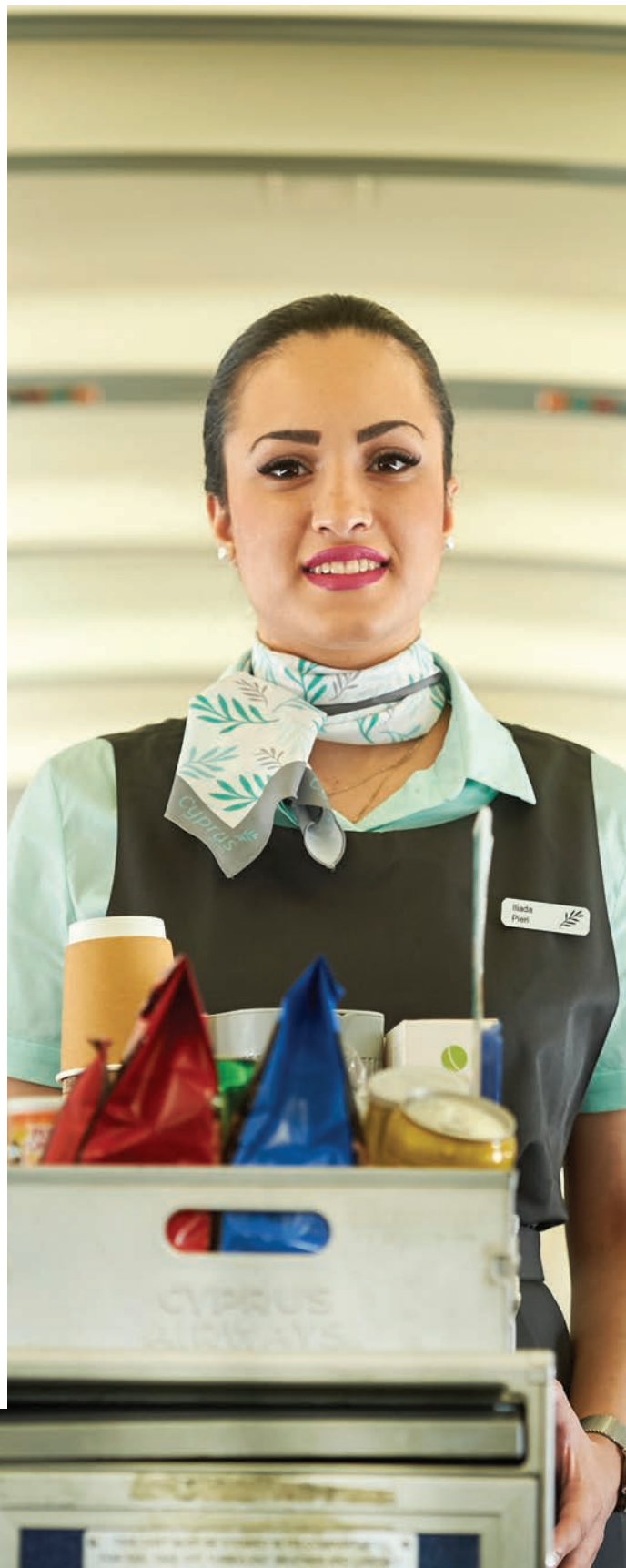
Card purchases should not exceed €100.

## Allergy information

If you are allergic to a specific ingredient or require further product information, please talk to a member of the cabin crew, or refer to the information on the product packaging.

## Please note

The images within this menu are used for reference only and they may differ from the product served. All specifications, features and descriptions are subject to availability, and/or subject to change without prior notice.



# COFFEE & tea



€3  
each

Mokate Gold Premium Range  
250ml



€3  
each

Mokate in1 Range  
250ml



€2  
each

Alokozay  
Camomile/Black Tea/Green Tea



Nescafé Original/  
Nescafé Original Decaf  
250ml  
€3.00



Galaxy Instant  
Hot Chocolate  
250ml  
€3.00

# SOFT DRINKS & refreshments



€3  
each

Coca Cola/Coca Cola Zero/Sprite/Fanta  
Schweppes Tonic Water/ Schweppes Soda Water  
330ml



Lipton Lemon/Peach  
Ice Tea  
240ml  
€3.00

Ivi Apple/Orange Juice  
250ml  
€3.00

KEAN Tomato  
Juice  
250ml  
€3.00

Hell Energy Drink  
250ml  
€3.00

S. Pellegrino  
Sparkling Water  
250ml  
€2.00

Kykkos Mineral  
Water  
500ml  
€2.00





# ALCOHOLIC *beverages*



Aes Ambelis  
Red/Xynisteri White  
Dry Wine  
187ml  
€5.00



Carlsberg Beer  
330ml  
€4.00



KEO Beer  
330ml  
€4.00



Kopparberg  
Apple Cider  
500ml  
€5.00



€4  
each

Le Coq  
Cosmopolitan/Mojito/Piña Colada  
330ml



€5.50  
each

Cyprus Zivania  
Commandaria/Ouzo  
50ml



€5  
each

Red Label Whisky/Bacardi Rum  
Absolut Vodka/Gordon's Gin  
50ml



€6  
each

Black Label Whisky  
Courvoisier Cognac  
50ml



# SALTY *bites*



7Days Mini Bake Rolls  
Classic/Pizza  
80g  
€2.00



Lay's Salted/Salt & Vinegar  
45g  
€2.00



Pot Noodles Beef & Tomato  
Chicken & Mushroom  
Chinese Chow Mein  
90g  
€3.00



Pringles Original  
Sour Cream & Onion  
Sweet Paprika  
40g  
€3.00



Pellito Roasted & Salted  
Peanuts  
50g  
€1.50

# SANDWICHES



Lountza and Halloumi Cheese  
in White Baguette  
210g  
€5.00



Chicken, Feta & Pesto in Panini  
230g  
€5.00



Halloumi Cheese and Vegetables  
with Caesar Sauce in Multigrain  
Baguette  
220g  
€5.00



Chicken with Honey  
Mustard Sauce Wrap  
210g  
€5.00

# SWEET TREATS & energy bars



€1.50  
each

Twix/Bounty/Kit Kat  
Mars/Snickers



Go Ahead Fruit Slices  
Forest Fruit  
218g  
€1.50



Nature Valley Crunchy  
Oats & Honey  
42g  
€1.50



Corny Big Choco-Banana  
Brownie/Cranberry  
50g  
€1.50



Loacker Wafer Napolitaner  
45g  
€1.50



Shires Bakery Wafers  
Strawberry/Choco  
200g  
€3.00



7Days Croissant Cocoa  
Vanilla & Strawberry  
80g  
€2.50



Haribo Goldbears  
142g  
€3.00



Skittles Wild Berry  
174g  
€4.00



Mokate Cookies Selection  
260g  
€4.00



Merba Nougatelli Cookies  
160g  
€3.00



Huntley & Palmers Mini Dippers  
(sold individually) 25g  
€2.00



M&M's Peanut  
125g  
€4.00



Maltesers  
175g  
€4.00





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## Stunning branded merchandise

We always create memories that last a lifetime on-board, and you can now make your trip more memorable than ever with Cyprus Airways merchandise. Take your pick from four new products including a cool eco bag that can be transformed from a shopping bag, to a signature bag, to a tote bag, as well as a funky luggage cover adding tons of personality to your suitcase. For a great holiday keepsake, we've also made an exact replica of our Airbus A319. And for your ultimate comfort on-board, you can now enjoy a special ergo pillow with a gel cooling system and memory foam.



€10

### Shopping bag

The universal eco-bag can be transformed from a shopping bag, to a signature bag, to a tote bag and can hold up to 20kg. Go Green, literally!

€15

### Suitcase cover

Protect, recognise and give your luggage a little more personality with these Cyprus Airways suitcase covers.

**Size:** 44 x 52cm

€17

### Aircraft replica

An exact replica of our Cyprus Airways A319 scales at 1:200. Easy to build with Herpa Snap-Fit Technology.

€20

### Travel pillow

In-air self-care! This ergo pillow with gel cooling system and memory foam is machine washable, luggage attachable and supports your in-air rest.



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