

Trip Dossier for Cyprus – Kyrenia & Coast

Trip Code: FCKC Issue date: 17 January 2008 Valid from: 17 January 2008

Day 1 Fly to Larnaca

Fly to Larnaca from London, arriving mid-afternoon. You will be met and transferred to Kyrenia (*Girne* in Turkish), your base for the next seven days. This pretty seaside town, with yachts and fishing boats bobbing in its harbour, is framed by the Kyrenia Mountains behind and overlooked by Kyrenia Castle. There are a multitude of shops and cafes to explore. The Oscar Resort, where you'll be staying, is just 20 minutes' walk (or a short taxi ride) from the city centre and has a free three-times-daily shuttle service (except Sundays). During the summer months, the children will be in heaven since the hotel has an on-site water park with three outside pools, slides and wave pools. There is also an indoor pool in case of wet weather. **Hotel – seven nights (breakfast)**

Day 2 Snow White and Shipwrecks

After a welcome meeting with your guide in the hotel this morning, you drive to St Hilarion Castle, and with its fairy-tale towers and walls rising out of the rock, it is reputed to have been the model for Walt Disney's Snow White (not Sleeping Beauty as stated in error in our 2008/09 brochure). It was originally a monastery, named after a monk who allegedly chose the site for his hermitage. The Byzantines used it as a defence against Arab pirates raiding the coast. The castle is divided into three wards, with a church in the middle ward and the upper ward reserved for the Royals. You then return to Kyrenia and visit the castle on the harbour. Also built by the Byzantines on top of a Roman fort, the castle dominates the harbour with its massive walls and towers. After visiting the remains of the gothic royal apartments, the tomb of a Turkish Ottoman admiral and the chapel, you can descend into the gruesome dungeon with its re-creation of some poor torture victims. Along the eastern wall is the Shipwreck Museum which displays a 2,300-year-old Greek trading vessel, the oldest shipwreck in the world. Next door is the 'Tomb-Finds' Gallery with exhibits from the Neolithic, Bronze and Hellenistic to Byzantine Ages.

Day 3 Kantara Castle

You drive eastwards today along the coast to the Karpas Peninsula which sticks out pointing towards Syria and Lebanon. You'll visit Kantara, another medieval castle, built out of sheer rock walls. Although not as high as St Hilarion, it has wonderful sea views on both sides; and on a good day you can see Turkey. There is plenty of clambering to be done for those who like climbing and lots to explore from the living quarters to a medieval latrine, and finally to the roof of the northeast tower from where the best photos can be taken. Along one of the beaches of the peninsula, Glasgow University is helping to conduct surveys on the local turtle population, identifying nesting sites and releasing young turtles safely. It may even be possible to visit the project. On your way back to Kyrenia, time permitting, you will visit the Animal Rescue Centre which provides much needed refuge to over 200 cats and dogs.

Day 4 Free Day

Today you are free simply to relax by the pool at your hotel, or you can choose from a range of optional activities depending on the season. Take advice from your guide, but consider taking a jeep safari with a local driver or, in the hot summer months, go snorkelling or diving. Sailing is on offer from June to October, as is paragliding (weight limit 25 – 30 kg minimum). And turtle watching is a possibility from mid-June to mid-September. You can try olive-picking from August to September or carob-picking in July. In the spring, we recommend taking a hike amongst the wildflowers, while autumn is wonderful for hiking and watching migrating birds (although sea temperatures are still warm enough for beach activities).

Day 5 Markets and Turkish Delight

Today you'll visit the weekly produce market, with its kaleidoscope of colour. Haggle with the stall holders but you will be in competition with the locals! During the day you'll learn about wood carving and how to prepare Turkish food. Enjoy free time to wander round the maze of cobble streets around the harbour, and sit back and relax in a street café and watch the world go by.

Day 6 Visit Nicosia and see a Shadow Play

Today you visit the northern side of the divided capital of both North and South Cyprus, Nicosia. North Nicosia is known as Lefkosa in Turkish and boasts the more memorable side of the divide with its mixture of Christian cathedrals turned into Muslim mosques; Greek mixed with Turkish architecture; Ottoman monuments and old-world charm. The UNs 'Green Line' is an ugly barrier of barbed wire and concrete, although it is now possible to pass from one side to the other at the Ledra Palace check point. Learn about Turkish shadow play at the Kerawansaray and then visit the Arts and Crafts Centre where you learn about local crafts such as carpet making, basket weaving and silk worms. You return to Kyrenia.



Day 7 Free to explore; optional boat trip

Either spend the day at leisure to enjoy Kyrenia and the hotel water park (in the summer) or, from April to October, you can take an optional boat trip from Kyrenia Harbour. You leave at about 10.30 am and cruise along the West Coast, returning at 4.30 pm. Lunch and snacks are provided on board and you'll be able to stop to swim along the way. Other options to consider might be sailing or diving.

Day 8 Fly to London

On your last free morning there is an opportunity to try some different activities that perhaps you have not had time for so far. Then you'll be picked up from your hotel and transferred back Larnaca Airport for your evening flight back to London.

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets. Each itinerary is planned many months in advance. Consequently there are factors over which we have no control and which could make changes necessary. We will always endeavour to keep you informed of any such changes in advance.

Optional Activities

These excursions, if available, can be arranged locally (approximate per person costs are shown below):

Jeep Safari	£20
Boat trip	£20
Diving (trial dive)	£20

Is this right for your family? Your base is a hotel and villa complex about a mile from Kyrenia. As well as three pools, its water-park has two water-slides, a waterfall and a pool with wave machine. Our itinerary includes many opportunities to learn about life here: crafts, food, a visit to an animal rescue centre and a turtle conservation project (Jun-Sep).

Climate The climate in North Cyprus is good year round. In spring and autumn temperatures are not so hot and in the spring the wild flowers are profuse. There is little or no rain in July and August, but even when it does rain later in the year it never lasts for more than a day or two.

Average climate in Kyrenia

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	16	17	19	22	26	30	33	33	31	27	23	18
Min °C	9	9	10	12	16	20	22	23	21	17	14	11
Rainfall (mm)	117	79	60	20	13	2	0	0	5	37	68	133

Accommodation and Meals You'll spend seven nights in the four-star Oscar Resort where, en-suite rooms are clean and comfortable. Accommodation is based on twin share in either the main hotel or in bungalows. Breakfast is included daily and we've listed local costs below for when you eat out.

In Kyrenia you can expect to find most kinds of international cuisine, from Chinese to Italian. Local Turkish specialities include *mezze* (hot and cold appetisers), *kofte* (spiced meatballs), *dolma* (stuffed vine leaves) and salads. Seafood and fish are fresh and usually simply prepared. Look out for goat's cheese and *halloumi* (*hellim*) cheese and the local creamy yoghurt. Turkish coffee is drunk *sade* (without sugar), *orta* (medium sweet) or *sekerli* (heavily sugared).

Local Costs

A small bottle of mineral water (200ml)	£0.20
A large bottle of mineral water (1 litre)	£0.65
A can of coke (soft drinks)	£0.65
A carton or bottle of fruit juice	£1.65
A bottle of beer	£0.85
A light lunch time snack – sandwich for example	£2.10
A two course meal – excluding drinks	£9.00
A three course meal – excluding drinks	from £11.00

**Based on a mid range tourist restaurant.*



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Currency The unit of currency in North Cyprus is the New Turkish Lira. The exchange rate at the time of writing (Nov 2007) is UK£1 = 2.46 New Turkish Lira or US\$1 = 1.19 Lira. English pounds, Euros and US Dollars are widely accepted in the cities and you will get a better rate exchanging on the Northern side for Cyprus pounds that are used in the south of the island. We recommend that you change some money into Euros for the duty free shop and something to drink at Larnaca airport prior to leaving England. Otherwise exchange money on the Northern side as the need arises. Credit cards are accepted in restaurants and there are some ATMs.

Tipping is a recognised part of life and although at your discretion you will be expected to reward service. Please remember that all tips should be a way for individuals to thank staff for good service. As a guideline each traveller should allow £2 per day to cover tips for local staff.

Language The official language in North Cyprus is Turkish but English is widely understood.

Time North Cyprus is GMT +2 hours.

Special Note On your departure you are not allowed to take any alcohol and only one packet (not carton) of cigarettes across the check point on your return transfer. We advise you to buy these items at Larnaca Airport Duty Free.

Packing List Please refer to our separate "packing list".



Clothing & Equipment List for Cyprus – Kyrenia & Coast

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The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Walking Shoes	1 pair		Soft-sided bag 50 litres	
Trainers or sandals	1 pair		Daypack 20 - 25 litres	
Socks	3+		Sunglasses	
Waterproof jacket	1 – lightweight		A large water bottle	
T-Shirts/ Polo shirts	3		Personal First Aid Kit	
Long trousers	2		Torch and batteries	
Shorts	1		Camera, film and accessories	
Fleece or sweatshirt	1		Washing and shaving Kit – wet wipes are very useful	
Hat / Baseball Cap	1 - recommended for sun protection		Binoculars	
Casual wear	For evenings		Sunscreen	
Swimwear	1		Insect repellent	

ITEM	Check	ITEM	Check
Passport		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Sweets & snacks for the journey	
Credit Card / Cash		Notebook/Diary/Pen	
Insurance Documents		Guide Book	
Trip Information and Itinerary		Moisturising Cream & Lip salve – not in hand luggage	
Money Security Belt/Pouch		Games, books, toys for your kids	
Spectacles/Contact Lenses			

For details regarding **hand luggage restrictions** please visit www.baa.com

