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Southern Cyprus

Akamas and the west coast around Pafos

1	2.30 hrs	Aphrodite Trail	52
2	2.20 hrs	Adonis Trail	56
3	5.30 hrs	From the Baths of Aphrodite to Cape Arnaoutis	58
4	2.00 hrs	Smigies Trail	62
5	5.00 hrs	Avakas Gorge	64
6	1.50 hrs	Lara Beach.....	68
7	1.30 hrs	To the Kantarkasti sea grottoes.....	70
8	1.15 hrs	Arnies Nature Trail.....	72
9	2.30 hrs	The Vouni Trail onto Profitis Ilias, 1143m.....	74
10	1.15 hrs	Pafos World Heritage Site	76
11	2.30 hrs	Petra tou Romiou.....	78
12	3.00 hrs	Cape Aspro	80
13	2.40 hrs	Chapotami Gorge at Archimandrita	84

Troodos mountains

14	1.00 hr	Circular path around the Moutti tou Stavrou	86
15	2.30 hrs	Chorteri Nature Trail, 1291m	88
16	1.50 hrs	From Cedar valley onto Tripylos, 1407m	90
17	2.50 hrs	To the Caledonian Falls	92
18	1.15 hrs	Myllomeris Falls	94
19	2.40 hrs	Pouziaris Nature Trail, 1580m	96
20	2.40 hrs	Artemis Nature Trail, 1850m.....	98

21	3.50 hrs	Atalante Nature Trail, 1775m	101
22	2.15 hrs	Persephone Nature Trail, 1720m	104
23	5.30 hrs	Long circular walk in the Troodos	106
24	4.40 hrs	From Prodromos to the monastery of Trooditissa, 1300m ..	109

Pitsylia mountains and Machairas

25	3.00 hrs	World Heritage Site Asinou	112
26	4.30 hrs	World Heritage Site of Stavros tou Agiasmati	114
27	5.30 hrs	The Madari Trail onto Adelfoi, 1612m	118
28	1.30 hrs	Papoutsia, 1554m	122
29	4.00 hrs	From Machairas monastery via Klimatou to Fikardou	124
30	4.20 hrs	Kionia Trail, 1205m	128

Between Limassol and Agia Napa

31	2.00 hrs	Over the ridge from Pano Lefkara, 727m	130
32	1.45 hrs	Onto the mountain of Stavrovouni monastery, 688m	132
33	2.00 hrs	From Nissi Beach to Makronissos	134
34	3.10 hrs	From Agia Napa to Konnos Beach	136
35	1.30 hrs	Onto Gkreko table mountain, 95m	140
36	4.20 hrs	To the Agioi Saranta cave chapel	142

Northern Cyprus

Around Girne

37	5.00 hrs	From Vouni to Yeşilırmak	146
38	4.35 hrs	From Karaman to St. Hilarion, 725m	150
39	1.40 hrs	Circling the Bellapais Abbey	154
40	5.10 hrs	Buffavento, 954m	158
41	1.30 hrs	Around the Five Finger mountain	162
42	2.45 hrs	Viran Kilise	164
43	1.50 hrs	Sourp Magar	167

Karpaz peninsula

44	2.40 hrs	Kantara, 630m	170
45	2.35 hrs	Kumyali	172
46	3.15 hrs	Avtepe	175
47	2.00 hrs	The round walk near Kaleburnu	178
48	1.30 hrs	The round walk from Agios Thyrsos	180
49	2.50 hrs	The round walk from Afendrika	183
50	2.30 hrs	Golden Beach	186

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