



DIGITAL ROUTES

OF CULTURAL HERITAGE FOR A SUSTAINABLE FUTURE

PR. NR. 2020-1-PL01-KA205-080646



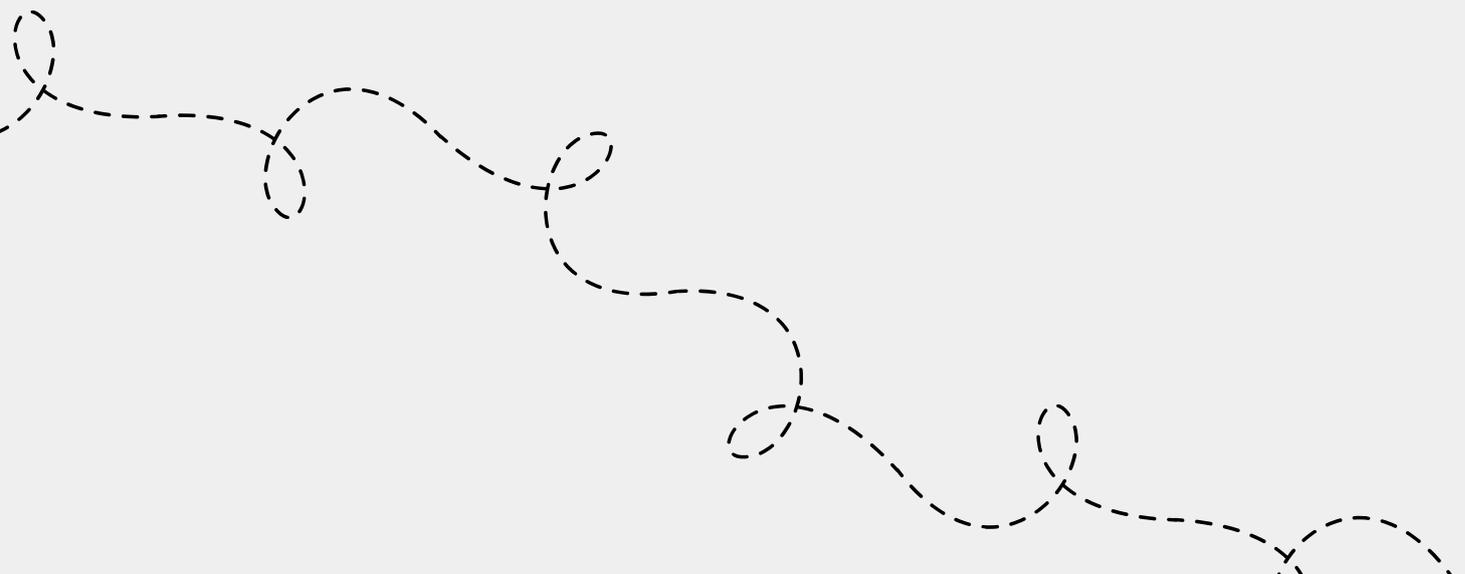
CYPRUS

Cultural Heritage Guidebook
for Young Travelers and Educators



Erasmus+

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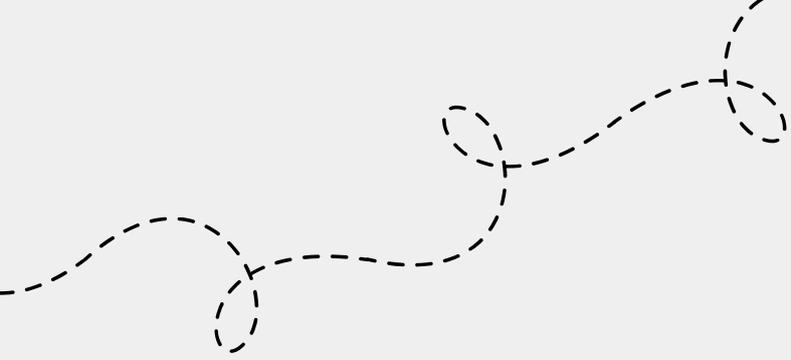
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FOREWORD

A WORD FROM THE

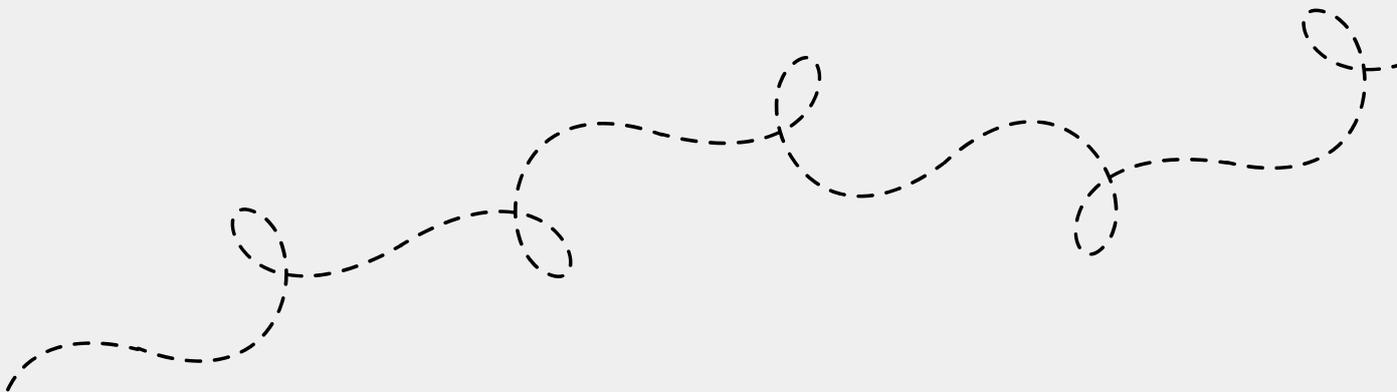
Cyprus is a small country in the Mediterranean sea with a long history and rich culture. The History and Culture of Cyprus are amongst the oldest in the world. It is home to three World Heritage Sites and is under consideration for several more. The island is home to numerous attractions, from medieval castles to archaeological sites to beautiful traditional villages, churches and monasteries.

These physical manifestations of our cultural heritage remind us of the value of, and the imperative to preserve and promote, our histories, heritage and cultures. Due to a lack of awareness, some cultures, and languages are disappearing. Preserving culture encourages others to experience it and to connect themselves to people from other regions, cultures, and times.

Through the Digital Routes tool, we have mapped a series of routes for people to experience the cultural heritage of Cyprus. You can explore food, fine arts, archaeological sites of interest, as well as natural sites and eco-tourism sites. All will bring you closer to the people and history behind these cultural heritage sites.

 **ATHOS CHARALAMBIDES**
DIRECTOR

Emphasys
CENTRE



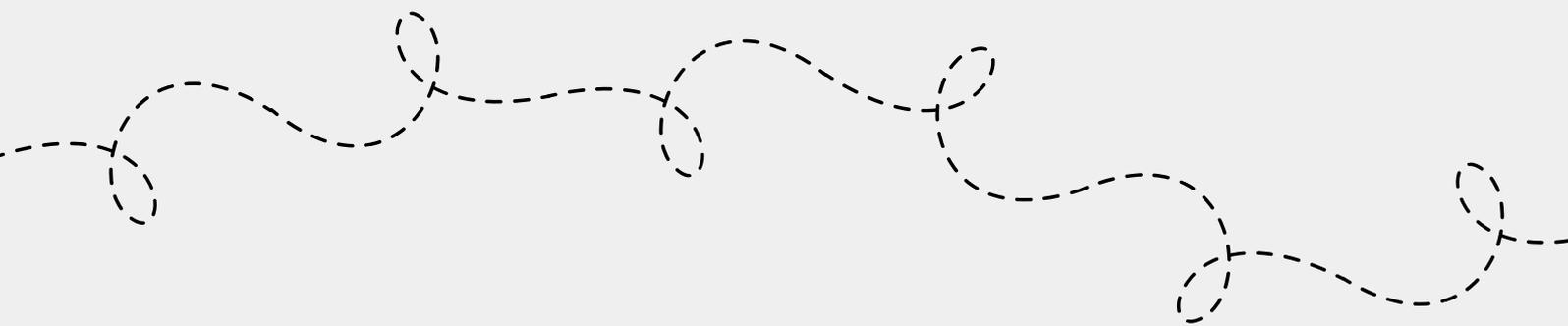
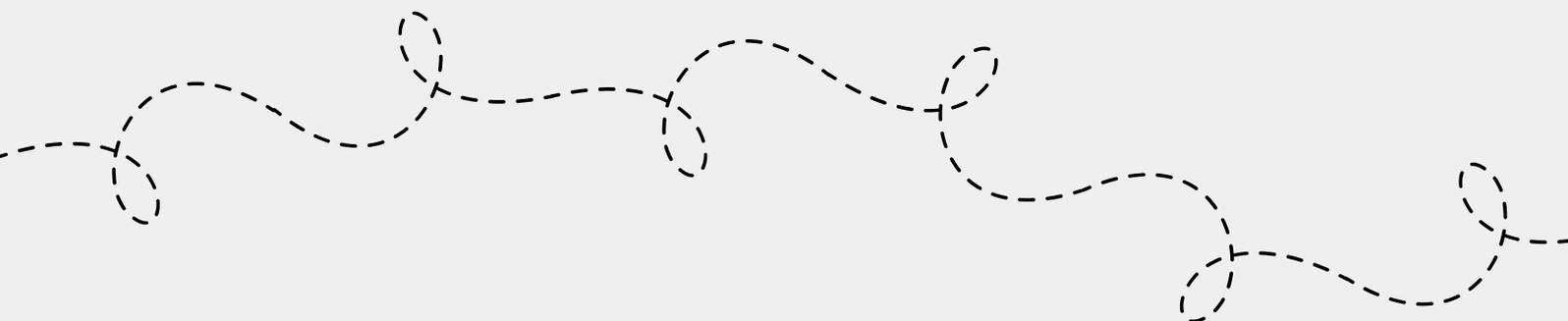




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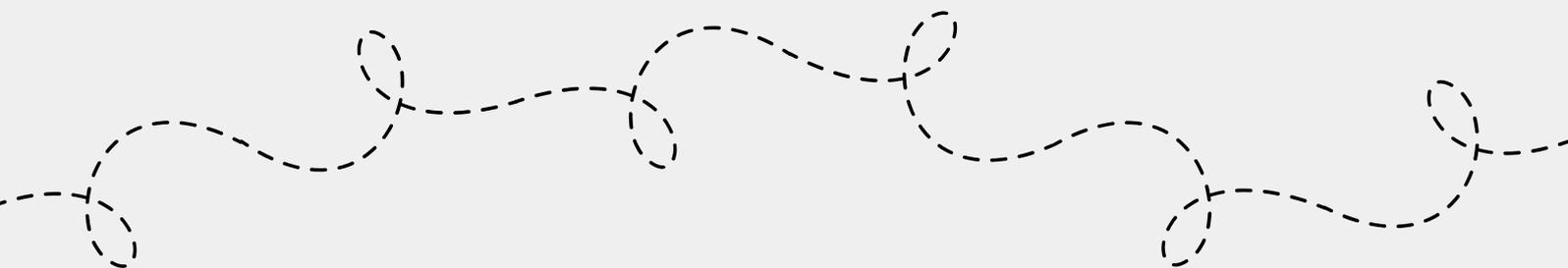
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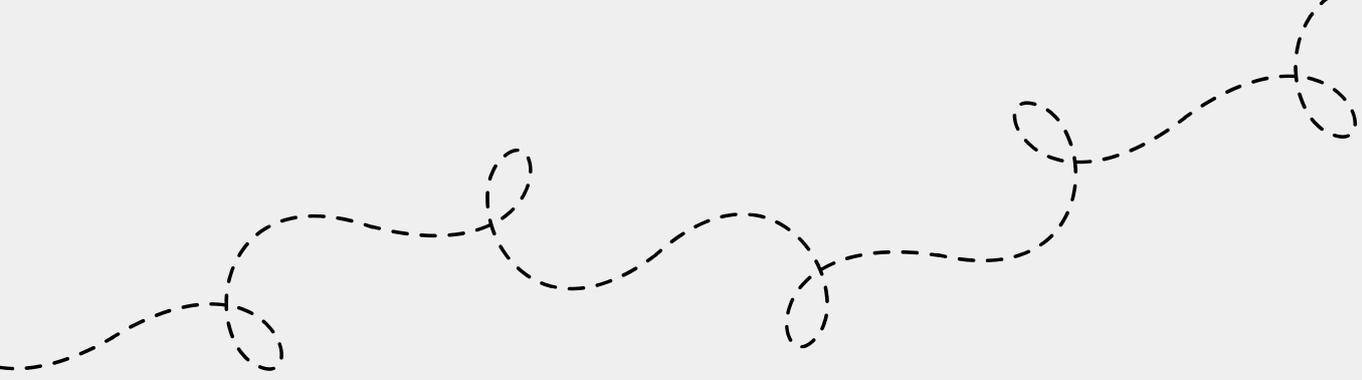
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**CYPRUS -
ONE ISLAND,
COUNTLESS
EXPERIENCES!**







INTRODUCTION

Cyprus is a small country in the Mediterranean sea with a long history and rich culture. The history and culture of Cyprus are amongst the oldest in the world. It is home to three World Heritage Sites and is under consideration for several more.

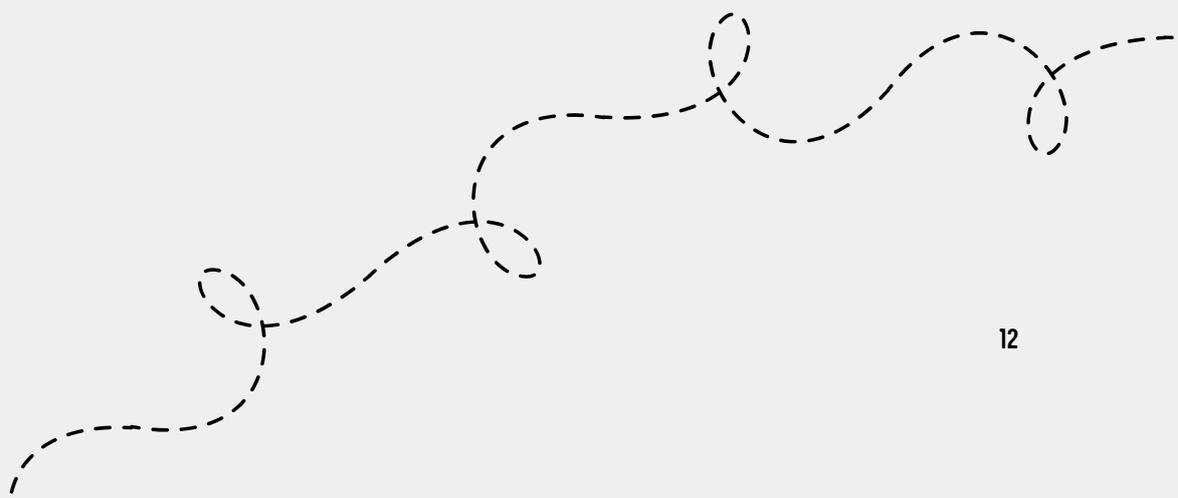
The island is home to numerous attractions, from medieval castles to archaeological sites to beautiful traditional villages, churches and monasteries.

The aim of this cultural guidebook is to present the cultural routes for Cyprus (there are 6 countries in total of six cultural guidebooks).

This guidebook includes four cultural routes with 47 cultural spaces.



Nicosia's Old City





THE MAP



Cyprus map

4 CULTURAL ROUTES



47 CULTURAL SPACES



DO IT LIKE A LOCAL!

HOW MUCH CYPRIOT ARE YOU?

Take the quiz!

- 1** You have arranged a meeting with your friends at 21:00. What time you should get to the meeting to the meeting point?
 - a) 20:50
 - b) 21:05
 - c) 21:20

- 2** You want to drink a soft drink. The kiosk is 200 meters away, do you:
 - a) take your car and park it right in (front of) the entrance of the kiosk
 - b) cycle there
 - c) walk there

- 3** You arrange a coffee with your friends. How long do you think it will take?
 - a) 30 mins
 - b) 3+ hours
 - c) 1,5 hours

4

It's Sunday and you know that all the family members should eat lunch together. What do you think that they should eat?

- a) Souvla (meat)
- b) Vegetables
- c) Pasta

5

While you're driving, the traffic lights go from 'Green' to 'Orange'. What you should do?

- a) Stop the car and wait the 'Green' light to turn on
- b) Go slower
- c) Go faster

Answers: 1) c 2) a 3) b 4) a 5) c

If you scored 0 or 1 correct answers:

You have to try again. Until then, enjoy the exotic and (always) sunny Cyprus.

If you scored 2 or 3 correct answers:

You have to learn more about Cyprus. Try harder!

If you are scored 4 or 5 correct answers:

Congratulations! Go to the next chapter 'Say it Like a Local' and start practicing!



GASTRONOMY

Gastronomy is an important part of the island's culture and is intrinsically linked with every social event such as family gatherings, religious festivals, weddings, etc. The Cypriot cuisine includes hearty meat dishes and specialty cheeses, unique desserts of carob and grape. The Cypriot cuisine is an exotic blend of Greek and Middle Eastern cultures.

Dishes of Cyprus



Ofto



Souvlakia



Makaronia tou fournou



Kolokasi



Halloumi Cheese



Trachanas soup



Sheftallies



Koupepia



Souvla



Kolokouthkia me ta avga

Pastries and Desserts

— Flaounes



— Glyka tou koutaliou



— Olives pie



— Pourekia



— Daktyla



— Loukoumades



— Zivania



— Wines (White/Rose/Red)



Drinks

— Frappe



— Commandaria



— KEO Beer



— Cypriot coffee





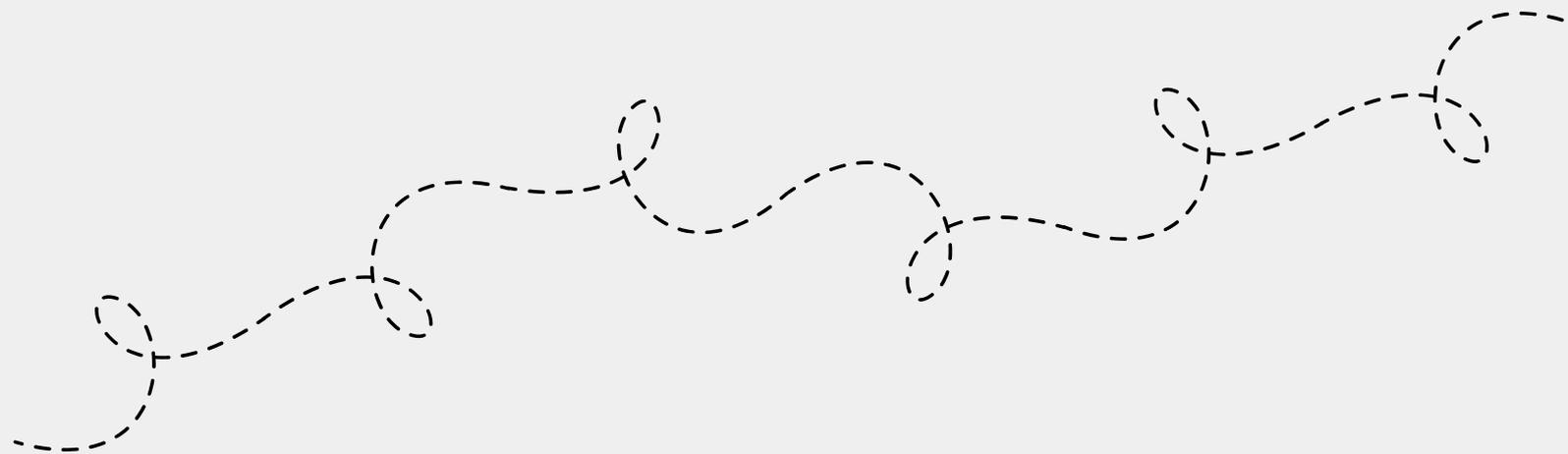
LANGUAGE

The official language of Cyprus is Greek but with a specific dialect called 'Cypriot Dialect'. The 'Cypriot Dialect' is a reflection of Cyprus' ancient history and the different foreign invaders Cyprus has endured. This dialect is an amalgamation of Ancient Greek and modern Greek that also includes words from Latin and Turkish.

Here are some Cypriot words and phrases:

English	Cypriot
Hello	Γειά (Gei <u>a</u>)
Nicosia	Λευκωσία (Lefkos <u>i</u> a)
Cheers	Γει <u>a</u> μας (Yi <u>a</u> mas)
Good morning	Καλη <u>μ</u> έρα (Kalim <u>e</u> ra)
Good night	Καλη <u>ν</u> ύχτα (Kalin <u>i</u> chta)
Yes / No	Να <u>ί</u> / <u>Ό</u> χι (Nai / Ochi)
Thank you	Ευχαρισ <u>τ</u> ώ (Efcharis <u>t</u> o)
You are welcome	Παρακα <u>λ</u> ώ (Parakal <u>o</u>)
Okay	Εν <u>τ</u> άξει (Ent <u>a</u> xi)
How are you?	Ε <u>ί</u> σαι κα <u>λ</u> ά; (Ei <u>s</u> ai kal <u>a</u> ?)
Where is the...?	Π <u>ο</u> ύ ε <u>ί</u> ναι το...; (Po <u>u</u> e <u>i</u> nai to..?)
The bill please	Το λογαρια <u>σ</u> μό παρακα <u>λ</u> ώ (To logarias <u>m</u> o parakal <u>o</u>)







CULTURAL ROUTES

ALL ACROSS THE ISLAND



ARCHAEOLOGICAL SITES & MONUMENTS

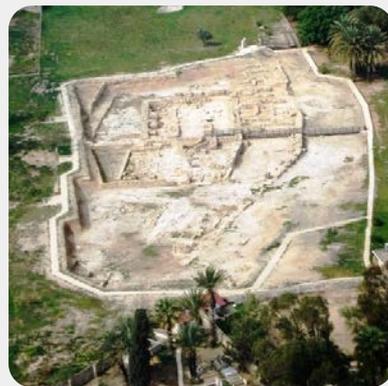
Thirteen cultural spaces are included in the first cultural route of Archaeological Sites and monuments:



Kition Archaeological Site

The site provides the first clear evidence that the Mycenaean Greeks arrived in Larnaka in the 13th century BC, and the Phoenicians in the 9th, and features temples dating back to these times.

Kition was well known for its harbour during antiquity, from which many agricultural products were exported to Eastern Mediterranean, Egypt and the Aegean.



Address: Kition, Leoforos
Archiepiskopou Kyprianou, Larnaca



Neolithic settlement of Choirokoitia

The site is one of the most important prehistoric sites in the eastern Mediterranean. It refers to the Neolithic period in Cyprus and the first human occupation of the island by farmers coming from the Near East around 9th millenial BC. The site refers to the place ancient inhabitants of the island used to live, tools they used and diet.



Address: Choirokoitia,
Highway Nicosia-Limassol



Bank of Cyprus - Cultural Foundation

Established in 1984 in the capital, Nicosia. The Cultural Foundation aims to encourage the research of Cyprus culture in the fields of archeology, history, art and literature.



Address: Bank of Cyprus Cultural Foundation 86-90
Phaneromenis Str., Nicosia



Medieval Castle of Larnaca/Larnaca Fort

The castle is located in the center of Larnaca city. It is believed to have been originally built during the Middle Ages and took its present form during the Ottoman rule. Lusignan King James I (1382 - 1398 AD) built it to protect the harbour of the town. After the end of the Ottoman era in 1878, Cyprus was under the British rule. The British converted it into a prison and it was used during the first years of their rule.



Address: Leoforos Athinon, Larnaca



Agios Georgios Pegeia Archaeological Site

The site is located at Pegeia village at Pafos and depicts evidence of Early Christian settlement, during the Roman and early Christian periods of the island. It includes a nekropolis, chapel, and basilicas with baptisteries.



Address: Peyia village



Kourion Archaeological Site

The site was a city-Roman kingdom in antiquity. Among others, it includes the Roman Agora, the house of Achilles, the House of Monks, the Ancient Theatre which is now used for festivals, the Early Christian basilica, the Sanctuary of Apollo Hylates, and Ancient Stadium.



Tombs of the Kings

The site is a large necropolis and is declared a UNESCO WORLD HERITAGE SITE. The tombs are unique in their architecture and are believed to be affected by the Egyptians when they ruled Cyprus.



Address: Tombs of the Kings Ave 63,
Chloraka



Kolossi Medieval Castle

Kolossi castle was originally built in the 13th century, and rebuilt in its present form in the 15th century. The place was used as the Grand Commandery of the Knights of the Order of St. John of Jerusalem, and in the 14th century came under the domain of the Knights Templar. During their stay in Cyprus, the Knights produced and exported a sweet wine, which became known as the 'vin de Commanderie' which is now a traditional type of wine of Cyprus.



Address: Archbishop Makarios III Avenue, Kolossi



Amathus Archaeological Site

Amathous is one of the significant ancient city-kingdoms of Cyprus where, according to mythology, the Greek hero Theseus impregnated Ariadne and left her to be attended by local women.

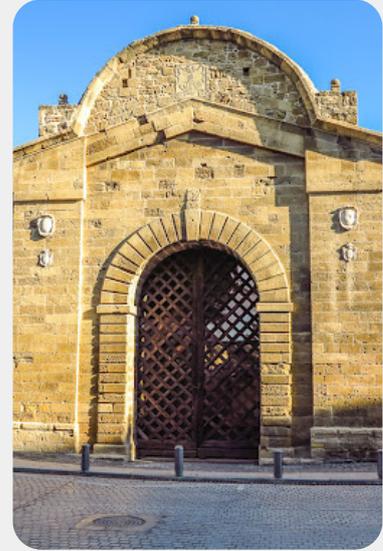


Address: Agios Tychon, Limassol



Famagusta Gate

The Venetian walls that surround the city of Nicosia, were designed by Giulio Savorgano in 1567. The Walls were first called 'Porta Giuliana' dedicated to the name of its designer. It was later renamed 'Famagusta Gate' as the gate opened onto the road that led to the harbour town of Famagusta. The place is now used for lectures, seminars and events.



Address: Athinas, Nicosia



Ancient Idalion Archaeological Site

The ancient city of Idhalion (now Dali) was founded by the Achaean hero of the Trojan war, Chalcantor - a descendant of Teucer, the founder of Salamis. According to legend, Ancient Idalion is where Adonis - Aphrodite's lover - was killed by her jealous lover Aris, the Olympian God of War.



Address: Dali village, Nicosia

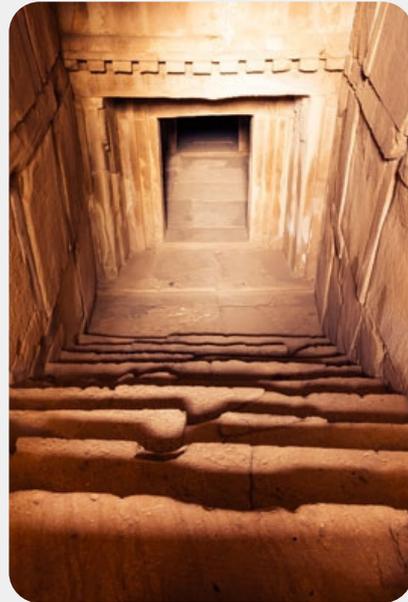


Tamasos Archaeological Site

One of the ancient kingdoms of Cyprus. The archaeological site has unearthed the temple of Aphrodite, two majestic royal tombs, as well as several smaller ones. The sanctuary and the altar are thought to have been built during the Cypro - Archaic II period (600 - 475 BC).



Address: Politiko village, Nicosia



Archaeological Park of Paphos

The Park includes sites and monuments from the 4th century BC to the Middle Ages while most remain date to the Roman period. It includes the four main Roman villas (the houses of Dionysos, Theseus, Aion, and Orpheus). It also includes monuments, such as the Asklepieion, the Odeon, the Agora, and the Saranta Kolones (Forty Columns) Castle.



Address: Kato Pafos, Pafos



NATURAL SITES & ECO-TOURISM

Ecotourism, according to the International Eco-Tourism Society, is about uniting conservation, communities, and sustainable travel. While engaging with these sites, visitors should: minimize physical, social, behavioural, and psychological impacts, build environmental and cultural awareness and respect, provide direct financial benefits for conservation.

Eleven cultural spaces are included in the second cultural route of Natural Sites & Eco-tourism in Cyprus:



Baths of Aphrodite

This site is comprised by Cape Arnaoutis, Polis Chrysochous and Pafos Forest and a medieval castle (Pyrgos tis Rigainas) surrounded by 2 waterfalls. According to legend, the Goddess of Love and Beauty Aphrodite, used to take her baths here.



Address: Fontana Amoroza,
Neo Chorio, Paphos



Avakas Gorge Trail

The Avakas Gorge Trail forms a constant erosive activity on the erodible, sloping limestone rocks composed of loams, chinks, reef and grain limestone and bentonitic clays. The gorge is a Natura 2000 area.



Address: Peyia village, Paphos



Yeronisos

Yeronisos is a small island of Cyprus across Ayios Georgios in Pafos. It used to be a sanctuary place during ancient times in Cyprus. In 1982 Hellenic ruins were found on the small island of Yeronisos. The island was abandoned because of an earthquake during 1st century BC/AD.



Address: Peyia village, Paphos





Blue Lagoon, Akamas Peninsula



Akamas peninsula is a unique area of flora and fauna and covers about 230 km and it is unaffected by development. The EU has identified the area as one of the areas of endemism. The area apart from the natural scenery of coasts, animals and forest, it includes the Baths of Aphrodite, Halavron Cave, Lara, Avakas Gorge, Regina's Tower, islets and archaeological sites.



Address: Akamas, Paphos



Larnaka Salt Lake

Larnaka Salt Lake is the second largest salt lake in Cyprus and it is a significant Ramsar and Nature 2000 site. During the winter, the lake fills with water and is home to migrating birds, including thousands of flamingos that stay between November and March, along with wild ducks and other water or shore fowl that find refuge here on their migratory journeys.



Address: Larnaka town





Oroklini Lake

Oroklini Lake is a wildlife site in Larnaca and is home to rich wildlife. For the preservation of its great biodiversity, the wetland is protected under European law, thus it is designated a Natura 2000 site.



Address: Oroklini, Larnaca



Cape Gkreko National Forest Park

Coast-side and protected National Forest Park and conservation area of Cape Gkreko is a Natura 2000 site. Rich in indigenous fauna and flora and incorporates a network of nature trails.



Address: Ayia Napa



Akrotiri Environmental Education and Information Centre

The Centre aims to promote the environmental and cultural heritage of Akrotiri Peninsula through educational programmes and exhibits. It consists of an exhibition room, library, projection room and wildlife observation kiosk and offers educational programmes for schools on the history and habitat of the region.



Address: Akrotiri village, Limassol



Troodos Environmental Centre

The Environmental Centre offers information on the Troodos National Park; its environmental significance, information on the topography and offers a range of activities for families and individuals. It includes an exhibition centre and a theatre.



Address: Troodos square, Limassol



Mesa Potamos Waterfalls

The waterfall of Mesa Potamos is formed at an altitude of 900 meters, and the waterfalls from a height of 7 meters and are located in the Limassol mountains, near the Mesa Potamos picnic area and the Timios Prodromos Monastery. The water from the river springs is almost twice that altitude, from within the Troodos forest, and crosses through Platres to reach this point.



Address: Mesa Potamos, Limassol



Xyliatos Dam

The Dam of Xyliatos is one of the most well-known sites in the village which is why many local and foreign tourists visit the village of Xyliatos. The dam is built in a peaceful area which is surrounded by unique natural beauty.



Address: Xyliatos, Nicosia



FOOD & DRINK

Culinary Tourism is about more than just a full stomach while travelling, tourists with this focus use food as a tool to learn more about the local culinary cultures and customs. Food and drink is a powerful storytelling tool that can help visitors explore local history. Quality culinary tourism connects travellers with authentic food and drink that reflects and supports the communities cultural heritage.

Twelve cultural spaces are included in the third cultural route of Food & Drink:



Ktima Gerolemo Winery & Vineyards

Established in 1987 in Omodos, Cyprus. The Ktima Gerolemo Winery and Vineyards is a winery which offers to the visitors the different kinds of traditional wines in Cyprus.



Address: Ktima Gerolemo Winery & Vineyards Omodos village, Limassol



Ktima Christoudia

Ktima Christoudia is established in 1992 as a winery and vineyard in Kato Drys village, Cyprus producing traditional kinds of wines.



Address: Kato Drys, Larnaca



Ayia Mavri Winery

The Ayia Mavri Winery is the former Kilani Winery. The winery is located in the Koilani village in Limassol region. It established in the 80s and is run by the couple Mrs Yiannoula and Mr Ioannis Ioannidou. The award winning winery is famous for its sweet Mosxatos wines. Ayia Mavri Winery was the first to be set up in the village of Koilani.



Address: 8 Archimandriti Kyprianou, Koilani, Limassol



Sterna Winery and Museum

Sterna Winery offers to visitors a wine-tasting experience to reflect the traditional roots of wine in Pafos, Cyprus through its museum.



Address: Sternas 50, Kathikas, Paphos



Tsangarides Winery

A family winery situated in Lemona, Cyprus which began by selling products in Cyprus market and now sells its products internationally.



Address: Lemona, Paphos



Digital Food Museum of Cyprus



A virtual museum which depicts through virtual guided tours the museums of traditional food and drinks of Cyprus and research historical information on the roots of Cypriot food and drinks.



Visit the museum online:



Vasilikon Winery

A traditional winery situated at the Akamas Laona Region and the village of Kathikas.



Address: Kathikas, Paphos



Katerina Cyprus Sweets

A traditional enterprise and a factory which sells traditional sweets 'Glyka tou koutaliou' (e.g. Spoon sweets) but also offers guided tours to the area of Troodos-Limassol and to its factory.



Address: Kato Polemidia, Limassol



O Mavros Chrysos (Carob Museum)

This museum is a Carob Museum and Factory built in 1889 and is concerned with carobs and Pasteli, depicting the production of carobs and the making of a healthy carob toffee known as 'Pasteli' through film screening. It is considered as a traditional and important element of the Anogyra village.



Address: Anogyra, Limassol



Cyprus Wine Museum

An exhibition museum of traditional winemaking in Cyprus situated in a traditional building offering multiple events such as school, group and for individuals as well as on the Commandaria (traditional wine of Cyprus) Orchestra of Cyprus.



Address: Efimi, Limassol



Kato Drys Bee & Embroidery Museum

A museum that includes six basic units that split into seven rooms featuring everything from old and new beekeeping tools to information on the making of traditional drinks of Commandaria and zivania, dedicated to the Cypriot volunteers of the 1912-13 Balkan Wars and gastronomy of Cyprus. The museum offers views of making and preparation of homemade products (such as bread, dried figs, and fig pies), and the production of wine and Zivania.



Address: Anogyra, Limassol



The Rose Factory

For seventy years now, on the slopes of Agros village, the Tsolaki family cultivates its own Damask roses. At the «Rose Factory», as it is now called thanks to the two pure, established products of organic rosewater and rose essential oil, numerous products are being made, such as candles, liquors, wines, jams, products for daily face and body care, as well as for the promotion of wellness. The cosmetics are available under the brand name «Venus Rose Cosmetics» and constitute a series of certified organic products.



Address: Agros Village, Limassol



FINE ARTS

Art is a tool to explore other corners of society, from art to architecture, social anthropology, cultural economy, urban studies, museology, and sociology. Eleven cultural spaces are included in the fourth cultural route of Fine Arts:



Hambis Print Making Museum

Established in 2008 in Platanistia village. The Museum is for engraving art which offers to its visitors the experience of learning about the art of engraving in Cyprus throughout time and offers new opportunities for artists to create a new one.



Address: Nicosia old city



Kallinikeio Municipal Museum of Athienou



The Museum consists of the Cyprus Archaeological Collection, the Collection of Ecclesiastical Art and the Ethnographic Collection.

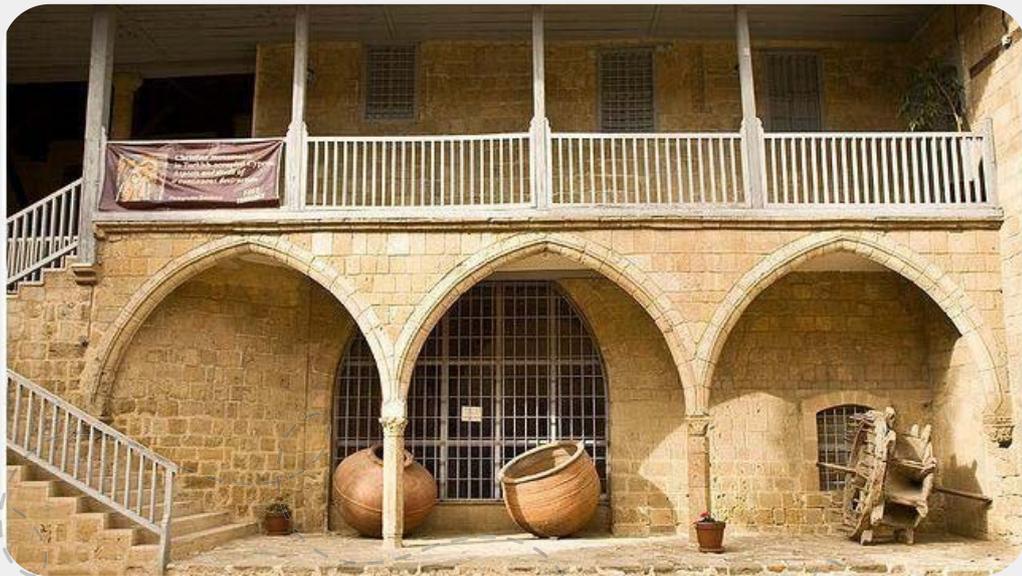


Address: Athienou, Larnaka



Cyprus Folk Art Museum

The museum offers the opportunity to explore Cyprus' history through a tour of the historical sites of the Holy Archdiocese, the Greek school of Chrysanthos, the historic room of Archbishop Kyprianou, the mega synod, the library of the old archdiocese, etc. Traditional handicrafts and- inspired by tradition - woven bookmarks, shadow theatre figures, jewellery and books concerning Cyprus archaeology, tradition etc are displayed.



Address: Square of Archbishop Kyprianos, Nicosia



Local Museum of Traditional Embroidery and Silversmith-work, Lefkara

The Local Ethnological Museum of Traditional Embroidery and Silversmith-work, Lefkara is housed in the House of Patsalos, which was named after its owner who belonged to one of the village's richest families



Address: Lefkara village, Larnaca



A. G. Leventis Gallery

The primary focus of the Cyprus Collection is work by the first generation of local artists. The gallery also offers Greek Collections, the works of local artists from the early 20th century until the 1930s.



Address: 5 A. G. Leventis street, Nicosia



Byzantine Museum of Arsinoe

The Byzantine Museum of Arsinoe has one of the largest collections of icons dating from the 13th to the 19th centuries. It also exhibits wood carved artifacts associated with the ceremonial needs of the church; local and imported silver and metal artifacts; textiles and rare books and manuscripts.



Address: Agiou Ioannou, Paphos

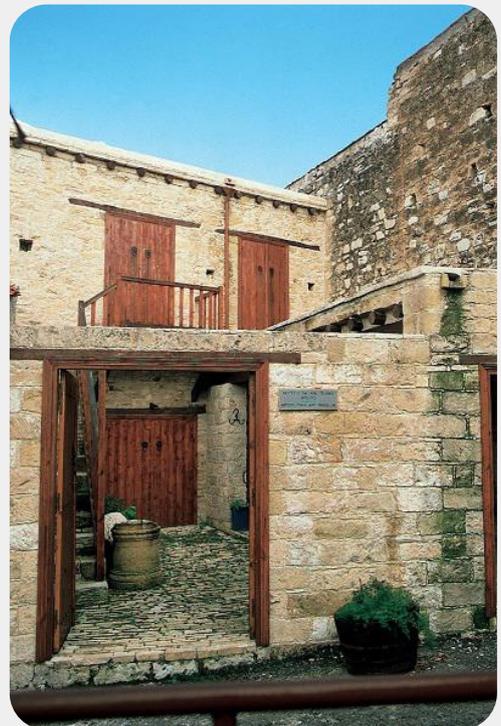


Arsos Folk Art Museum

The museum showcases the daily life and traditions of the inhabitants of the area, which is primarily a wine-producing region. The many exhibits include tools, furniture, and utensils from days past that are related to viticulture and other local occupations.



Address:
Arsos village, Limassol





Basket Weaving Museum - Ineia Village

Located in Ineia village, the museum displays a collection of traditionally made basketry including trays, wall decorations, containers, and fish traps.



Address: Ineia village, Paphos



Cyprus Museum

The Cyprus Museum is the island's main and largest archaeological museum and charts the development of Cyprus' civilization from the Neolithic Age to the Early Byzantine period (7th century). The collections consist of pottery, jewelry, sculpture, coins, copper objects, and other artifacts, all exhibited in chronological order in the various museum galleries.



Address: Mouseiou 1, Nicosia



Fairytale Museum

The museum is a cultural heritage of fairy tales, legends, myths and traditions from Cyprus and from all over the world. It offers events of narrative tales, thematic exhibitions, educational programs and performances based on fairy tales.



Address: Granikou 32, Nicosia old city



Cyprus Handicrafts Centre

The storehouses fine handicrafts that cover all sub-sectors of traditional handicrafts. It exhibits and offers laboratories on Cypriot Embroidery products; traditional textiles; laboratory and exhibition of traditional wood carving; Pottery and Ceramics; Artistic Metalwork.



Address: Athalassas Ave, Nicosia



RESOURCES

Cyprus Tourism Portal



www.visitcyprus.com



cytour@visitcyprus.com



T: (+357) 22691100



Visit Nicosia



www.visitnicosia.com.cy



info@visitnicosia.com.cy



Larnaka Tourism Board



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Scan the QR code and learn more about
the DigitalRoutes@Culture Project

