

AMELIA DALTON^{LTD}

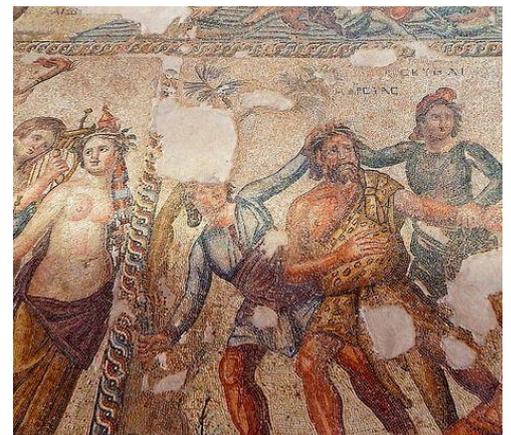
TRAVEL

CYPRUS in SPRING: a breath of fresh air. PILATES, WALKING & HISTORIC SITES



Based in Paphos at the chic **ALMYRA Hotel**, we will be ideally placed to enjoy Cyprus in Spring warmth, when the sun hints at the heat of summer to come. For the Pilates fans, our mornings will be spent with Stella, with a mat-work **Pilates classes** held privately for us at the hotel. In the afternoon there will be a guided walk on the **Aakamas peninsula** with its wonderful views of lagoons, gorges and ocean bays, in the spring the famous range of flora and fauna will be a delight. The nearby renowned UNESCO sites and **Roman mosaics** will offer another afternoon's interest brought to life by our guide, or simply enjoy a Spa treatment, massage or laze beside a pool - the

hotel has both in and outdoor pools.



Itinerary

Thurs. 4th APRIL

Transfer* from airport to the UNESCO-listed town of PHAPHOS (approx. 20 mins) check-in before dinner at the hotel. 4 nights ALmyra hotel

Fri. 5th APRIL

After a leisurely breakfast optional Pilates class with Stella will be from 10.00.

Shortly after midday we depart for a guided walk in the **Akamas National Park**, with a picnic provided by the hotel. This unspoilt region has spectacular flora, ranging from wild orchids to cyclamen, and is a haven for wildlife such as chameleon, mouflon and Bonelli's eagles and the highly endangered Mediterranean monk seal inhabits the sea caves.



Tracks wind around the area and we can enjoy our picnic amongst this wonderful scenery. Returning to the hotel in the late afternoon the remainder of the day is free for you to choose to dine at the hotel or perhaps stroll into town.

Sat. 6th APRIL

For those who wish, Pilates with Stella is at the hotel, with the rest of the day from late morning free for you to relax or explore Cyprus further afield. Maybe check out the fresh seafood at Theo's (+357 26 932829), a local favourite and a great spot for people watching and life around the harbour.

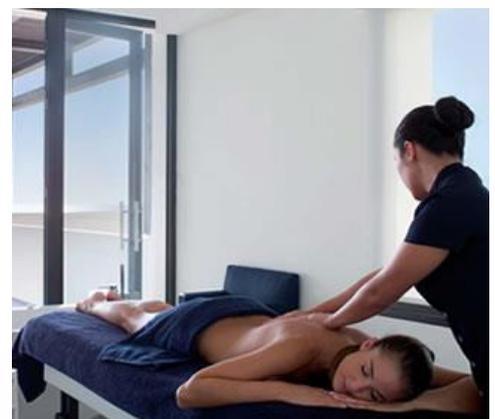
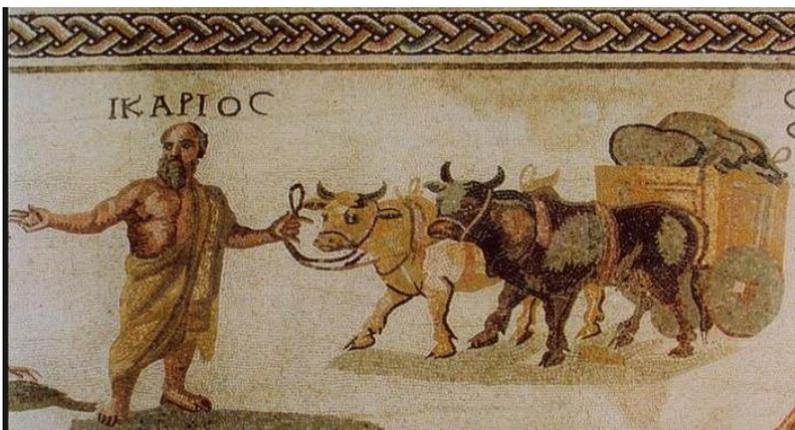


Sun 7th APRIL

A ten o'clock Pilates class for those who wish starts the day.

Lunch time and early afternoon are free with a mid afternoon guided tour of the **Mosaics of Paphos**. Walking from the hotel (15mins) our guide will enlighten us on the striking and historic mosaics dating from the 2nd century AD within the Houses of Dionysos Orpheus and Aion, the mosaics decorate both private homes and public buildings, indicating the wealth and artistry that existed when Paphos was a great center of mosaic production. Inspired by master artists from Alexandria and Egypt, they vividly depict scenes from Greek mythology such as Pyramus and Thisbe, the doomed young Babylonian lovers, and Zeus and Ganymede.

Our tour will end in the late afternoon to allow plenty of time for dinner where you choose.



Mon 8th APRIL

We have time for a final Pilates class with Stella before our transfer* to Paphos airport for the Easy Jet flight as below.

Stella Nisiotou Takoushi is an NVQ Level 3 Pilates instructor on all studio equipment and matwork, a Pre/Postnatal Pilates Specialist and has been teaching Pilates since 2005. From 2007 to 2018 she worked in London at various Pilates studios and for 6 years was teaching at the RAC Club' where she taught one-to-one as well as group classes. Continuing to further her knowledge and expertise, she has completed the "Romana's

Pilates" teacher training programme, one of the most respected Classical Pilates certifications in the world. Stella believes that keeping a healthy and energetic body enables us to cope with complex lifestyles and her dynamic programme has helped a multitude of clients in various levels of fitness and rehabilitation.

Please note all activities, including Pilates are undertaken entirely at your own risk.

Almyra Hotel

Facing the sea on Paphos bay, the Almyra hotel combines stylish accommodation with a great spa and restaurants. There are two roof-top lounges providing wide views of the Mediterranean, two adult-only indoor/outdoor pools, sun decks, sauna, steam and treatment rooms, as well as tennis courts and 3 outdoor pools. The 3 restaurants provide plenty of options, from Mediterranean to Asian or taverna-style on the sea front. Bedrooms have a balcony or terrace, garden or sea views, marble bathrooms and free wifi.



Thursday 4th – Monday 8th APRIL 2019

Cost: Eur 1,085 pp based on 2 sharing a room. Reduction of Eur 120 pp for non-Pilates members.

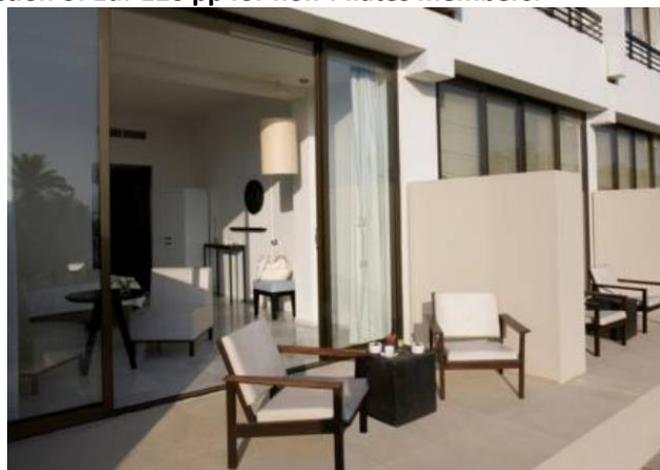
Single supplement Eur 178 charged by the hotel

COST includes:

- Itinerary as described above
- 4 night's accommodation with breakfast in a standard room @ Almyra Hotel, Paphos (or equivalent standard if circumstances dictate)
- dinner on 4th April 2019 with local beer, table wine based on ½ bottle pp
- 4 group Pilates classes with Stella
- entrance fees and visits as described
- local English-speaking guides on 5th & 7th
- transfers* linked only the flights listed below only
- services of your tour leader, Amelia Dalton

COST does NOT include:

- arrival at & departure from Paphos airport, Cyprus
- transfers other than those specified
- items of a personal nature, e.g. spa treatments, laundry, one-to-one or additional Pilates classes
- drinks other than at dinner on 4th April.
- travel insurance, Government levies or taxes introduced after costing and publication of this programme.



Suggested Flights:

OUTBOUND: EASY JET; ETD Gatwick, 07.10 / 13.40
INBOUND ETD Paphos 14.20 / 17.20
Approx £100 Aug 2018

UK Easter 21st April 2019 / Cypriot Easter Sunday, April 28, 2019



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