

DIVING IN CYPRUS

AN ENDLESS BLUE EXPERIENCE



CYPRUS DIVING

WELCOME TO UNDERWATER CYPRUS

Dive into Cyprus' crystal-clear waters and discover the mesmerizing depths of this charming sunbathed island, and the many reasons that make it a dream diving destination for novices and professionals alike, seeking experiences that go beyond the sea surface.

Dreamy Diving Conditions

Cyprus enjoys one of the longest diving seasons in the Mediterranean with conditions perfectly created for underwater explorations. With a favourable year-round climate and an average temperature of 24°C (75°F) with warm waters of about 16-27°C (60.8-80.6°F), in addition to enhanced visibility and a lack of strong headwinds and currents, you have an ideal environment for year-round diving. The island's enticing elements provide a myriad of exciting aquatic experiences.

Plunge into underwater realms of canyons and caves, twists and tunnels; delight in the sunken treasures; immerse yourself in reef kingdoms teeming with rich and diverse marine life and sea flora, and of course, explore world-class wreck dives - including the renowned Zenobia that ranks as one of the top wreck dive sites in the world.

An Island for All to Enjoy

And when you also add the island's other attractions to the mix you will find that Cyprus truly is an island for all. Enjoy delicious, traditional gastronomy; miles of pristine coastline; child-friendly activities; cosmopolitan retail options; bustling nightlife; premium culture; magical history, and authentic experiences that take you from shore to mountain. With all this and more, it is both easy and pleasurable to combine a diving holiday with a break that enchants all the family!

In addition to the information found in this brochure, you can stay updated on diving related matters and about the island in general by visiting the Cyprus Deputy Ministry of Tourism website: www.visitcyprus.com.



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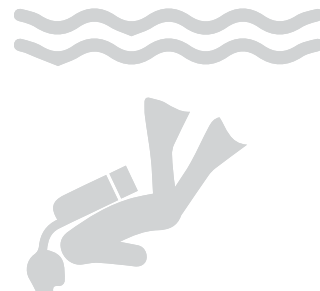
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The Zenobia: World Class Wreck diving

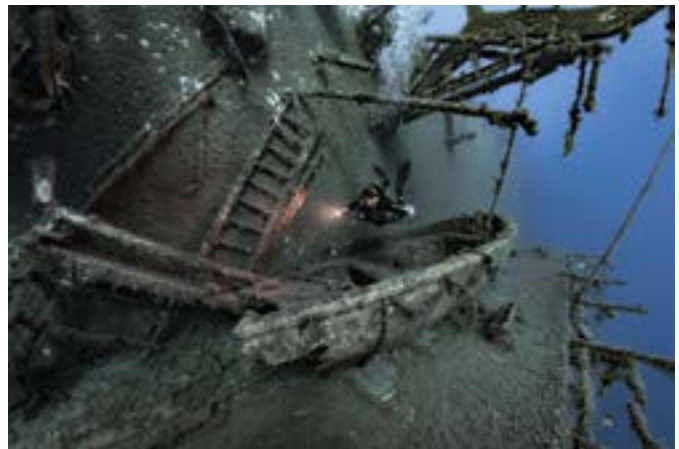
Cyprus diving is synonymous with the world-famous MS Zenobia (known simply as 'Zenobia'), which is deservedly ranked among the top 10 wreck sites globally and sure to feature on any passionate diver's list of 'must experience' sites.

Nicknamed 'The Titanic of the Mediterranean', the vessel's unfortunate story is as intriguing as her treasures...

The Swedish Challenger Class roll-on-roll-off ferry was carrying 108 articulated lorries with a diverse array of cargo on her maiden voyage in 1980. Having left Greece - en-route to Syria - she sank off the coast of Larnaka after slowly inclining over the course of a few days due to a malfunction in her computer-assisted stabilising system. Thankfully there were no casualties.

The magnificent, privately-owned vessel, now lies on her port side on a flat bed of sand and rocks where she continues to enchant divers from all over the world. In fact, there is so much of the vast Zenobia to explore that two dives are highly recommended, and many divers return year after year to relive the experience.

Aside from the thriving and abundant marine life that commands the wreck, her rich cargo of cars, military equipment, games, telecommunication systems and food has been immortalised by the sea, and even some of the one million hen eggs onboard remain intact to this day.



Zenobia Vital Statistics

Location: Larnaka Bay

Type of Dive Site: Wreck

Type of Diving: Recreational / Technical

Depth: 42 metres

Visibility: 25 metres

Dimensions: 172 metres long / 23 metres wide

Access: By boat

Qualification Required: Advanced Open water / Boat Diver

Marine Life: Barracuda, grouper, jacks, kingfish, lionfish, moray eels, octopus, sea breams, sea slugs, star fish, stingrays, trigger fish, tube worms, turtles.

Notable Features: The preserved cargo of military equipment, games, telecommunication systems and food items, which had an estimated value of £200 million at the time of sinking. Over 100 trucks that float in eerie suspension within the huge cargo bay. The two enormous propellers at the final stage of the dive. The site is also ideal for scooter diving.

Immersed Treasures

Divers can admire a rainbow of marine life beneath the waves of Cyprus thanks to the many flourishing artificial reefs that transform the seawaters into mesmerising underwater kingdoms.

There are currently seven Marine Protected Areas (MPAs) containing artificial reefs across the island, created by the Department of Fisheries and Marine Research. The Department of Fisheries and Marine Research is tirelessly committed to the development, enrichment and preservation of the island's marine life through various programmes and initiatives.

The reefs are vital for biodiversity and the restoration of ecosystems, allowing fish stocks to replenish, and giving divers the opportunity to enjoy the natural wonders of the sea with the added bonus that there are no dangerous species found in Cyprus waters.

Constructed in various ways, including the use of old vessels, concrete blocks, limestone, clay, ceramic, metal and ropes, the artificial reefs are clearly marked with specific buoys that indicate that diving, controlled boat crossings and swimming are permitted. Please note that it is prohibited to fish in these protected areas.

The Department's ongoing plans to create further reefs means that divers will delight in discovering something new each time they return to the island!



MPA Agia Napa – Kyrenia Wreck

Location: Agia Napa, Ammochostos region

Type of Dive Site: Wreck

Type of Diving: Recreational

Total Area of MPA: 1.85 square kilometres

Depth Around the MPA: 23 metres

Dimensions of Wreck: 33 metres long / 9 metres wide / 12 metres deep

Visibility: 20 metres

Access: By boat

Qualification Required: Advanced Open Water / Boat Diver

Marine Life: Ascidians, chlorophyta, groupers, lionfish, moray eels, parrotfish, picarel, sea bream, soldierfish, spinefoot, turf algae, various bryozoans and polychaetes, wrasses.

Notable Features: The old Greek navy vessel, 'Kyrenia' (formerly the HS Knossos), was donated to the island's Ministry of Defence and sunk in 2015 off the coast of Agia Napa for the creation of an artificial reef. It now offers an ideal and safe site for basic wreck diving, thanks to excellent visibility and relatively shallow waters. The surrounding region is considered to have some of the island's most beautiful beaches that are characterised by crystal clear waters and soft, white sands.

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MPA Amathounta (Pyramids)

- **Location:** Lemesos
- **Type of Dive Site:** Artificial Reef
- **Total Area of MPA:** 2.5 square kilometres
- **Depth Around MPA:** 16 metres
- **Visibility:** 15 metres
- **Access:** By boat
- **Qualification Required:** Open Water
- **Marine Life:** Barracudas, greater amberjack, groupers, lionfish, moray eels, painted comber, purple sea slug, sea bass, sea bream. Green and Loggerhead turtles have also been spotted.
- **Notable Features:** The Amathounta reef (also known as 'Pyramids') was the first and largest artificial reef created on the island in 2009. Constructed with concrete blocks, the protected area is comprised of four boulder pyramids and approximately another 100 concrete blocks that are distributed around the site. The MPA is located next to the archaeological site of the ancient city kingdom 'Amathus'.



MPA Dasoudi

Costandis

- **Location:** Dasoudi, Lemesos
- **Type of Dive Site:** Wreck
- **Type of Diving:** Recreational
- **Total Area of MPA:** 1.85 square kilometres
- **Depth Around the MPA:** 23 metres
- **Dimensions of Wreck:** 27 metres high / 10.8 metres wide / 18 metres deep
- **Visibility:** 15 metres
- **Access:** By boat
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** Ascidians, bogue, bryozoans, cardinalfish, chlorophyta, damselfish, groupers, lionfish, moray eels, mullets, parrotfish, polychaete worms, red sea goatfish, sea breams, sea slugs, spinefoot, turf algae, wrasses, as well as amberjacks that pass through seasonally.
- **Notable Features:** The Costandis wreck is one of two wrecks that make up the Dasoudi Marine Protected Area (MPA), alongside the Lady Thetis wreck, with both sunk in 2014 to create an artificial reef and enrich marine diversity, further assisted by a series of concrete structures sunk at the MPA in 2016. This USSR trawler (built in 1989) is part of Lemesos' second MPA and one of two, of the first vessels to be sunk in Cyprus especially for the purposes of creating artificial reefs in 2014. An excellent site for scooter diving.



 Costandis



 Lady Thetis



Lady Thetis

- **Location:** Dasoudi, Lemesos
- **Type of Dive Site:** Wreck
- **Depth Around the Wreck:** 19 metres
- **Visibility:** 20 metres
- **Dimensions of Wreck:** 34 metres long / 12 metres wide / 17 metres deep
- **Access:** By boat
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** Ascidians, bogue, bryozoans, cardinalfish, chlorophyta, damselfish, groupers, lionfish, moray eels, mullets, parrotfish, picarel, polychaete worms, red sea goatfish, sea bream, sea slugs, turf algae, wrasses.
- **Notable Features:** This passenger vessel is part of Lemesos' second MPA and is one of the first vessels to be sunk on the island for the purposes of creating an artificial reef in 2014 (alongside the Costandis, which sits just 200 metres from Lady Thetis). An excellent site for scooter diving

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DIVERS AT LADY THETIS



The Masks / Faces

- **Location:** Dasoudi, Lemesos
 - **Type of Dive Site:** Artificial Reef
 - **Depth:** 16m
 - **Visibility:** 15 metres
 - **Access:** By boat
 - **Qualification Required:** Open Water
 - **Marine Life:** Ascidians, bryozoans, chlorophyta, damselfish, groupers, lionfish, moray eels, parrotfish, sea bream, sea slugs, tube worms, turf algae. as well as amberjacks that pass through seasonally. Frequent turtle sightings.
 - **Notable Features:** The concrete masks/ faces were added to the MPA in 2022 to further enrich the reef that was already comprised of the Costandis and Lady Thetis wrecks. The masks/ faces - along with artificial rock formations also added next to them - make the ideal home for the thriving marine life. Also, they emphasize the connection of Limassol with carnival, the town being the carnival capital of Cyprus.
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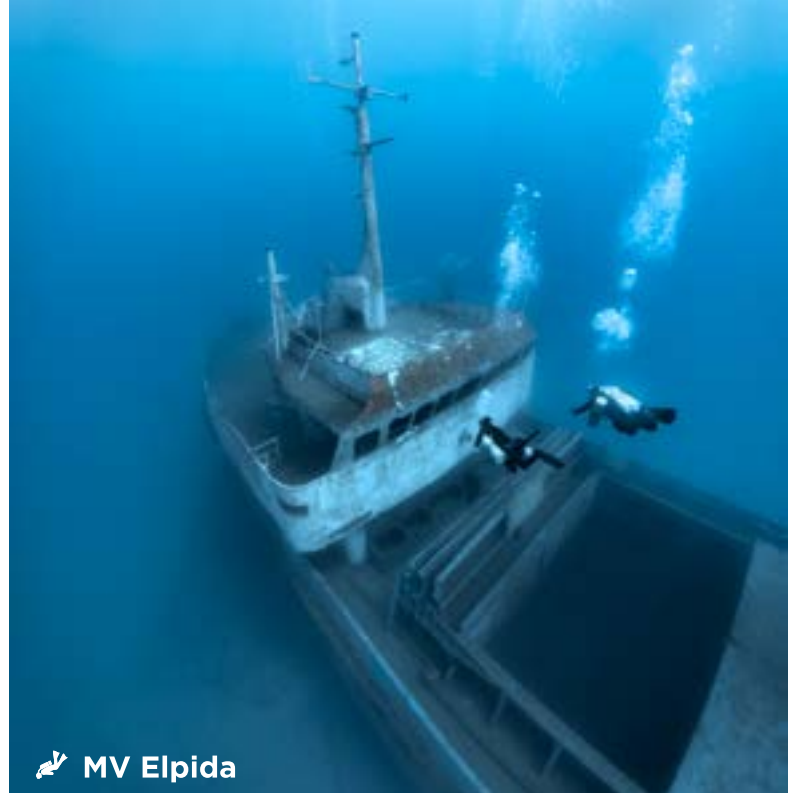


MPA Geroskipou

- **Location:** Geroskipou, Pafos
 - **Type of Dive Site:** Wreck
 - **Depth:** 27 metres
 - **Visibility:** 15 metres
 - **Dimensions of Wreck:** 25 metres long / 9 metres wide / 12 metres deep
 - **Access:** By boat
 - **Qualification Required:** Advanced Open Water
 - **Marine Life:** Ascidians, bogues, bryozoans, cardinalfish, chlorophyta, damselfish, groupers, lionfish, mullets, parrotfish, polychaete worms, red sea goatfish, rhodophytes, sea breams, turf algae wrasses.
 - **Notable Features:** In 2006 the Laboe - a cruise ship built in Germany in 1940 - was donated for the purposes of creating the island's first artificial reef. The cruise vessel offers divers easy penetration in the engine room, saloon and bridge area.
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👉 The Masks / Faces



👉 MV Elpida



MPA Larnaka

MV Elpida

- **Location:** Voroklini coast, Larnaka
- **Type of Dive Site:** Wreck
- **Depth:** 30 metres
- **Visibility:** 15-25 metres
- **Dimensions of Wreck:** 63 metres long / 10 metres wide
- **Access:** By boat
- **Qualification Required:** Advanced Open Water
- **Marine Life:** Damselfish, lionfish, parrotfish, red sea goatfish, soldierfish, wrasses.
- **Notable Features:** The MV Elpida was sunk to create Larnaka's first artificial reef in 2019 along with the LEF1. Constructed in Germany in 1965, she was used as an active cargo vessel in Greece until she arrived in Cyprus for use as an artificial reef wreck. Her size makes the site suitable for two dives in a day and is ideal for Advanced Open Water beginners. Offers long bottom times as the dive starts from 14 metres and reaches a maximum depth of 30 metres.

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LEF1

- **Location:** Voroklini coast, Larnaka
- **Type of Dive Site:** Wreck / Reef
- **Depth:** 13 metres
- **Visibility:** 15 metres
- **Dimensions of Wreck:** 15.5 metres long / 4 metres wide
- **Access:** By boat
- **Qualification Required:** Open Water
- **Marine Life:** Groupers and many species unique to the reef.
- **Notable Features:** The privately donated LEF1 vessel (built in 1955) was sunk in 2019 to create the island's first artificial snorkelling reef within Larnaka's first artificial reef that also contains the MV Elpida. It stretches parallel to the shore and is ideal for underwater photography and a fish identification speciality course.



MPA Paralimni

Liberty

- **Type of Dive Site:** Wreck
- **Depth:** 27 metres
- **Visibility:** 20 metres
- **Dimensions of Wreck:** 37 metres long / 10 metres wide
- **Access:** By boat
- **Qualification Required:** Advanced Open Water / Boat Diver
- **Marine Life:** Ascidians, cardinalfish, damselfish, groupers, lionfish, moray eels, parrotfish, picarel, polychaete worms, red sea goatfish, sea bream, sea slugs, soldierfish, sponges, wrasses.
- **Notable Features:** The Liberty is one of two wrecks that were sunk to create Paralimni's MPA (along with the Nemesis III). She was sunk in 2009 and sits upright, just 90 metres from the Nemesis III. The wreck has been further enhanced by the addition of a two-metre cross placed there by famous Russian explorer Feodor Konyukhov. A Russian diving centre further added a statue of the Mother of God. A safe, basic wreck dive that is also excellent for scooter diving.



👉 Free Diver at LEF1



👉 Statue next to Liberty



👉 Nemesis



Nemesis II

- **Location:** Protaras, Ammochostos region
- **Type of Dive Site:** Wreck
- **Depth:** 24 metres
- **Visibility:** 25 metres
- **Dimensions of Wreck:** 25 metres long / 6 metres wide
- **Access:** By boat
- **Qualification Required:** Advanced Open Water / Boat Diver
- **Marine Life:** Ascidian, cardinalfish, damselfish, groupers, lionfish, moray eels, parrotfish, picarel, polychaete worms, rabbitfish, red sea goatfish, sea slugs, soldierfish, squid, wrasses, and schools of amberjacks passing through seasonally.
- **Notable Features:** The bottom trawler 'Nemesis III' is one of two vessels sunk to create Paralimni's MPA (along with the Russian cargo ship 'Liberty'). She was built in France in 1956 and sunk in 2013, sitting just 90 metres away from the Liberty wreck. An ideal dive for training for the Advanced Open Water qualification. Excellent for scooter diving.

Cyprus Dive Sites

One of the many advantages of diving in Cyprus is the variety of dive sites that are suitable for all level divers, from beginners seeking to gain a qualification and take their inaugural dive in shallow waters, to the seasoned pros constantly seeking new and more challenging technical experiences.

If you have never dived before, Cyprus is the perfect starting point. Many hotels around the island offer introductory scuba diving sessions – in the safety of the hotel swimming pool or in the shallow waters of nearby beaches. This ‘bubble experience’ will safely guide you to gain confidence, and before you know it, you may be on your way to completing an Open Water qualification or even an Advanced Open Water one!



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5 Top Shore Dives

Shore dives are perfect for all level of divers thanks to their easier entry, since they do not require a boat ride to access the site. There are many great shore dives to experience across the island, with a wide range of added elements and attractions. This cross-section of five shore dives introduces the types of shore dives you can enjoy... with many more to discover!



Amphitheatre

- **Location:** Coral Bay, Pafos
 - **Depth:** 21 metres
 - **Visibility:** 20 metres
 - **Qualification Required:** Open Water
 - **Marine Life:** Cuttlefish, groupers, moray eels, trumpet fish. Rare sightings of turtles..
 - **Interesting Info:** An ideal site for beginners with a mostly flat, sandy surface with rocky spots. Sea currents have cut out a natural formation in the rocks that resembles an amphitheatre, giving this dive site its name. There are various interesting rock formations, holes, arches and overhangs.
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Baths of Aphrodite

- **Location:** Latchi, Pafos
- **Depth:** 12 metres
- **Visibility:** 20 metres
- **Qualification Required:** Open Water
- **Marine Life:** Coloured wrasse, groupers, moray eels, octopus, stingrays, squid.



Amphitheatre from above

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Chapel

- **Location:** Kavo Gkreko - Protaras, Ammochostos
 - **Type of Dive:** Recreational / Technical
 - **Depth:** 40 metres
 - **Visibility:** 20 metres
 - **Qualification Required:** Open Water
 - **Marine Life:** Groupers, moray eels, sea urchins, lionfish, nudibranch, bream, octopus.
 - **Interesting Info:** The entry point is down a few steps and into a cave on the water's edge leading down from Agioi Anargyroi chapel where a sudden drop allows divers to descend fairly quickly. Considered to be one of the region's most beautiful dive sites. It features beautiful overhangs and ledges; cliff faces with fossils; rocks with sponges and encrusted, shattered amphora on the seabed. Ideal for night dives, navigation and deep dives.
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Green Bay

- **Location:** Protaras, Ammochostos
 - **Type of Dive:** Recreational
 - **Depth:** 11 metres
 - **Visibility:** 20 metres
 - **Qualification Required:** Open Water
 - **Marine Life:** Bream, cornetfish, cuttlefish, octopus, ornate wrasse, parrotfish, pipefish, rainbow wrasse, starfish. Frequent turtle sightings.
 - **Interesting Info:** Ideal for beginners as a first introduction to the island's marine life. Approved by major dive associations as a confined water training area. Divers can feed the fish at just five metres at 'Fish Rock' feeding station, including hundreds of breams. Fragments of ancient amphorae are visible on the seabed and there are also artificial statues at a depth of 10 metres.
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The Nail

- **Location:** Xylophagou, Larnaka
- **Depth:** 17 metres
- **Visibility:** 20 metres
- **Qualification Required:** Open Water
- **Marine Life:** Grouper, moray eels, sea slugs, starfish, squid.
- **Interesting Info:** Located close to the Bullet Point dive site, the Nail takes its name from a rock shaped like a nail that looks down towards the bay. The dive is further characterised by various, interesting rock formations.



Chapel from above



Turtle at Green Bay



Free Diver at Xylofagou

Into the Depths

There are a myriad of additional dive sites requiring a short boat ride that reward the diver with diverse underwater explorations. All are unique in the experience they offer and what you may find below the waves, including ancient finds, remnants of wrecks, unusual marine life and stunning natural landscapes and rock formations. This small selection of sites will give you a snapshot of what is out there waiting to be conquered.



Akrotiri Peninsula

- **Location:** Akrotiri, Lemesos
 - **Type of Dive Site:** Rock
 - **Depth:** 9-20 metres
 - **Visibility:** 15-30 metres
 - **Access:** By boat
 - **Qualification Required:** Open Water
 - **Marine Life:** Bass, groupers, moray eels, octopus sea bream. Green and Loggerhead turtles have also been spotted, along with the occasional sightings of the Mediterranean Seal.
 - **Interesting Info:** The area is comprised of the Akrotiri Fish Reserve and the dive sites of Shark Coves (formerly Fisherman's Cove) and Twin Rocks. Shark Cove features a long, diveable tunnel. Fish Reserve is shallow and ideal for snorkellers too.
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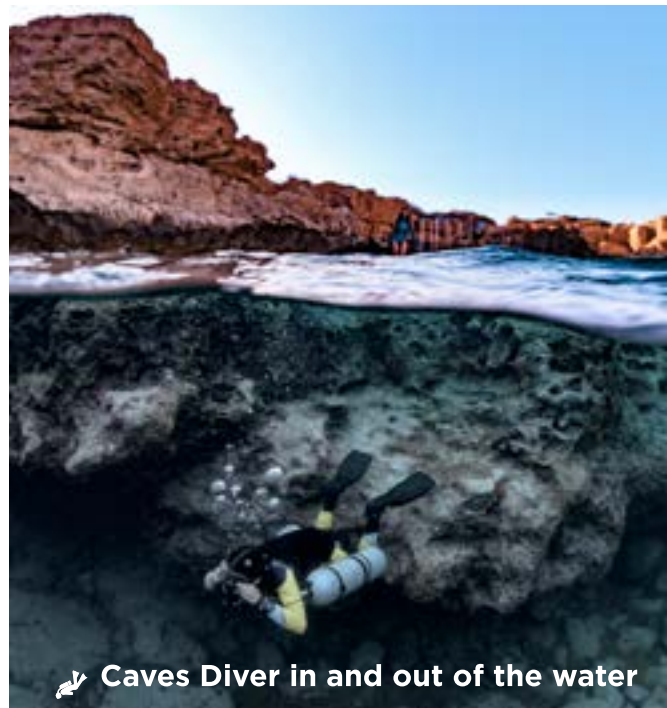


Cape Pyla Reef

- **Location:** Larnaka
- **Type of Dive Site:** Reef
- **Depth:** 18 metres
- **Visibility:** 20 metres
- **Access:** By boat
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** A rich array of marine life, including bigger fish.
- **Interesting Info:** Ideal for the more experienced Open Water diver. The canyons are particularly interesting as they ascend from the bottom, making the swim throughs very enjoyable. The reef also incorporates Pirate Caves which feature stunning boulders, underwater cliffs and caves.



👉 Diver + Wheel at Akrotiri



👉 Caves Diver in and out of the water



Caves

- **Location:** Kavo (Cape) Gkreko - Protaras, Ammochostos
- **Type of Dive Site:** Rock
- **Type of Dive:** Recreational
- **Depth:** 12 metres
- **Visibility:** 20 metres
- **Access:** Shore (a short walk off the rocks)
- **Qualification Required:** Open Water
- **Marine Life:** Bearded fire worms, cardinal fish, grouper, octopus, ornate wrasse, moray eels, sea bream, soldier fish, stingrays, turtles.
- **Interesting Info:** Part of the Kavo Gkreko network of dive sites. Characterised by natural stone formations including lava rock, a rock in the shape of the island, a cave wide enough to dive through and a series of caves, caverns, blowholes, tunnels and overhangs. There are two entry points; one with 1.5 metre drop-off and one with a three-metre drop-off.

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Cyclops (Konnos Bay)

- **Location:** Konnos Bay - Protaras, Ammochostos
- **Type of Dive Site:** Rocky / Cliff drop-off
- **Type of Dive:** Recreational / Technical
- **Depth:** 45 metres
- **Visibility:** 20 metres
- **Access:** Shore (difficult) / By boat
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** Blennies, cardinalfish, grouper, jacks, large pipefish, moray eels, nudibranch, octopus, parrotfish, sea bream, soldierfish, starfish, stingrays, squirrelfish, tube worms, tuna, urchins, wrasse.
- **Interesting Info:** A magnificent, half-submerged grotto with huge boulders, rocks, sea grass and sand that gives different levels of divers a different experience. Also ideal for snorkelling. Fairly difficult entry/exit point with a rocky drop-off up to 18 metres. Suitable for night dives, navigation, deep dives and mapping.



Fontana Amorosa

- **Location:** Latchi, Pafos
- **Type of Dive Site:** Rock
- **Depth:** 15 metres
- **Visibility:** 20 metres
- **Access:** Shore / By boat
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** Crab, cuttlefish, groupers, lionfish, moray eels, sea urchins, shrimp.
- **Interesting Info:** The 'Fountain of Love' is a sunken harbour that was once used for trade centuries ago, with remnants of ancient amphorae remaining on the seabed of hills and valleys. Ideal for beginners.



👉 Divers at Cyclops



👉 Free Diver at Fontana Amoroza



HMS Cricket

- **Location:** Larnaka Bay
- **Type of Dive Site:** Wreck
- **Depth:** 32 metres
- **Visibility:** 25 metres
- **Dimensions:** 72 metres long / 11 metres wide
- **Access:** By boat
- **Qualification Required:** Advanced Open Water / Boat Diver
- **Marine Life:** Groupers, lionfish, moray eels, octopus, sea slugs, sea bream, starfish, tube worms.
- **Interesting Info:** This old British river gunboat rests upside down. It survived WW1 and was then anchored in Larnaka Bay and used as target practice by the UK's RAF but sank in 1947 due to bad weather. There is a sandy dip under the wreck allowing divers to swim underneath it as well.

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Jubilee Shoals

- **Location:** Lemesos
- **Type of Dive Site:** Rocky / Drop-off mountain wall / Cave
- **Depth:** 65 metres
- **Visibility:** 20 metres
- **Access:** By boat
- **Qualification Required:** Advanced Open Water
- **Marine Life:** Amberjack, coloured wrasse, crayfish.
- **Important Info:** The dive leads along huge rocks that resemble stalagmites. A plunging cliff face leads to a large cave that has three entrances. Due to the multiple caves at various depths, more than one visit is recommended to fully explore the area.



Manijin Island

- **Location:** Pafos
- **Type of Dive Site:** Multilevel
- **Depth:** 6-22 metres
- **Visibility:** 25 metres
- **Access:** By boat (or shore after a swim to the site)
- **Qualification Required:** Open Water / Boat Diver
- **Marine Life:** Barracuda, damselfish, garfish, pipefish, sea bream, wrasse. Loggerhead and Green turtles also spotted.
- **Interesting Info:** Despite its name, this is more of a rocky outcrop than an island and is small enough to dive around. Its features include a drop-off, archway, blowhole and various caves, including one that is covered in purple and pink calciferous algae. Remnants of ancient pottery also remain on the seabed. Ideal for both beginners and more experienced divers.



👉 Jubilee Shoals Cavern



👉 Manijin Shanked Dome + Divers

Cyprus for All

The broad appeal of Cyprus is not limited to its beautiful coastline and the amazing diving options. As an island for all seasons and all tastes visitors often find that they select Cyprus for one reason but find a million more to fall in love with when they arrive!

With an abundance of diverse and quality accommodation types from coastal resorts to mountain retreats, and the short distances between the major towns - all with their own unique character - it is easy to get out and explore Cyprus. Whilst divers are taking the time to discover the island's blue depths, family or other members of the travel party will be spoilt for choice on what they can see and do to pass the time. And once the day comes to a close, what better way to recount everyone's adventures than around a table sharing a cooling drink or hearty plates of fresh and flavoursome local food together?

Cyprus for Families

Cyprus is renowned for its family-friendly atmosphere and the locals greatly cherish the bonds of family, making the island most welcoming for even the youngest guests. Aside from the beautiful beaches, there is no shortage of fun to be had across the island at a colourful array of thematic parks, play and amusement places, water parks, funfairs, museums, animal attractions, cinemas, malls, and art workshops. A myriad of sporting activities and world-class tournaments can be enjoyed as either a participant or a spectator.

Natural Bounties

From coastline to mountaintop, the natural beauty of the island will enchant you every step of the way. Winding trails that are made for walking, hiking, running and cycling will acquaint you with the island's plant and animal life - much of it rare and endemic to Cyprus. Discover gorges and waterfalls; forests and orchards; fiery sunsets and sand dunes - all in a pretty Mediterranean palette. The island is also a hugely significant hub of activity for birds with many migrating species choosing Cyprus lakes as their exclusive nesting grounds, attracting bird watchers from all over the world.

Cultural Encounters

With over 11,000 years of rich history, the remnants of the island's past are an evocative reminder of the civilisations that passed through Cyprus, each contributing to a unique cultural tapestry. Significant archaeological treasures tell vibrant stories of bygone eras, including ancient mosaics and elegant ruins; revered churches and chapels; insightful museums, and exquisitely preserved old architecture, from rustic stone-built houses and Medieval forts, to Venetian bridges and Ottoman aqueducts.



Authentic Experiences

Whilst Cyprus is a modern, European country, its traditions and age-old customs continue to be practised and protected with pride, offering visitors an authentic and immersive local experience. The mountainous villages in particular offer agrotouristic accommodation, activities and folkloric crafts. There is always something interesting to find, from the handmade production of cheese, cured meat and grape by-products to old pastimes such as beekeeping, basket weaving, pottery, lace making and silversmithing. A series of thematic organised routes will have you following the trail of UNESCO listed churches one day and embarking on a vinicultural journey through vineyards and boutique wineries the next.



Gastronomy

The rich, fertile soil of the island and the sunny mild climate result in local produce simply bursting with flavour and colour. Cyprus dining

is always an enjoyable experience with a selection of cuisine, from the traditional taverna with tables heaving with traditional recipes, to elegant international options. The Cypriot cuisine is an exotic blend of Greek and Middle Eastern cultures, sprinkled with remnants of ancient civilisations such as indigenous Roman root vegetables or old Phoenician delicacies. Local cuisine is characterised by hearty meat dishes, specialty cheeses, healthy olive oil and pulses, fresh herbs and vegetables, and unique desserts of carob, grape and nuts. It is no secret that the 'Mediterranean diet' is considered to be of the healthiest - and in Cyprus you will discover it is also the most delicious!



Retail Therapy

Shopping in Cyprus offers the best of all worlds. Quaint handicraft stores and independent boutiques combine with high-street brands and designer labels for a retail experience that spans the streets of the town centre to expansive, modern malls. In particular, visitors

to Cyprus make sure to pick up items that are competitively priced and well-made, such as goods made of leather, gold and silver, as well as unique pieces of pottery, basketry, icons and wood that make the perfect memento of your visit.



Pulsating Nightlife

When the sun sets the real fun starts! The nightlife of the island is thriving and offers something different in each town. From elegant wine bars to casual cafes; clubs and beach nightspots where big-name DJs 'spin the decks'... every evening will lead you to somewhere interesting and enjoyable!

Building a holiday that will satisfy everyone's tastes around diving is easy to do, with further information on places of interest and activities on the Deputy Ministry of Tourism's comprehensive website: [visitcyprus.com](http://www.visitcyprus.com).

Diving Responsibly

In the interests of health, safety and environmental care, a number of guidelines are in place that you should familiarise with before embarking on a recreational dive.

Before the dive, please ensure that you follow and apply the points below:

- Ensure that you are fit to dive. Both your body and mind must be 100% prepared.
- Follow the instructions of the dive leader. Listen carefully to the pre-dive briefing and inform yourself about any navigation and emergency protocols, in the event that you are separated from the group.
- Ensure that you haven't forgotten any of your equipment at home/your hotel/the dive centre.
- Check that your equipment has no malfunctions.
- Perform a mutual buddy check.
- Drink plenty of fluids. Dehydration can cause a multitude of problems. Avoid alcohol, excessive smoking and the use of drugs.
- Arrange for travel and dive insurance.

During the dive, please ensure that you follow and apply the points below:

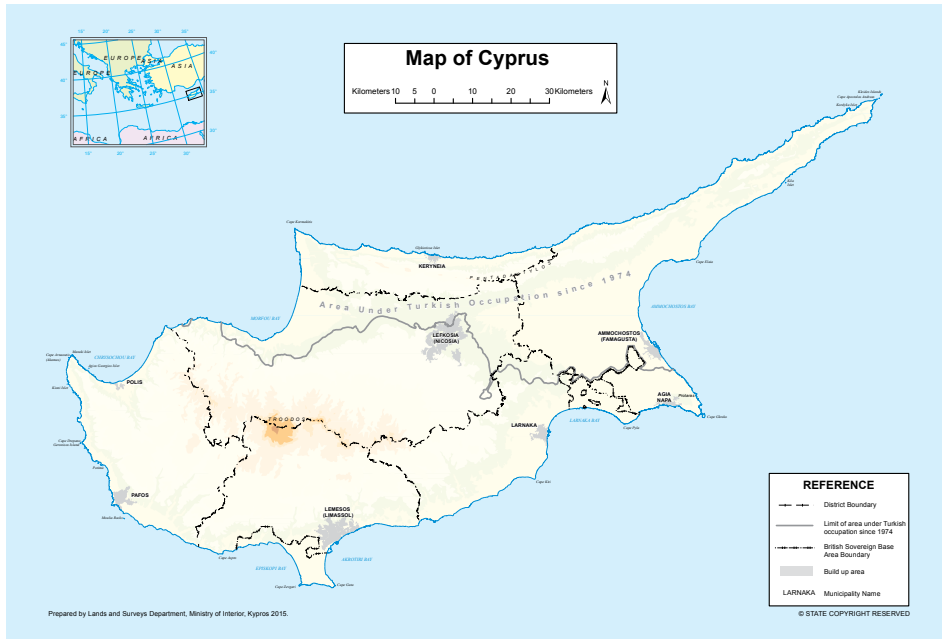
- Don't hesitate to cancel the dive if you or your buddy are not feeling well.
- Never dive alone.
- Equalize your ears frequently; start even before getting into the water.
- Never hold your breath. Breathe normally at all times.
- Stay in visual contact with the dive guide and your buddy throughout the dive.
- Keep an eye on your air gauge. Indicate to the dive leader when your tank is half empty.
- Don't dive too deep; stay within the limits of your training and your dive computer (if you don't have one, follow the dive leader on all occasions).
- Don't panic. Slow down and relax. This will save your energy and your air.
- Protect the environment. Never litter and never disturb/harm/kill marine life. Marine life is fragile, so be aware of your equipment/arms/legs dangling and pay attention to fin kicks.

- Control your buoyancy. Decent and ascent slowly. Use your dive computer or follow the dive leader.
- Enjoy your dive. If you are not enjoying it for any reason, consider terminating the dive.
- Do not to feed the marine life, turtles or fish

After the dive, please ensure that you follow and apply the points below:

- Take good care of your gear. Clean/rinse it with fresh water.
- Keep your gear safe and tidy and in one place away from direct sunlight.
- An after-dive briefing is good practice. Discuss what went well and what went wrong. Find out how you can improve next time.
- Don't fly for at least 24 hours after the dive.
- If you are feeling unwell, don't keep it to yourself. You may just be tired, but you might also need medical attention.

Explore with Ease: Cyprus Map



Meet the Marine Life

Dive in and enjoy the friendly underwater fauna of the island; an enticingly diverse range of marine life that happily flourishes - absent of dangerous species.

The Mediterranean Sea is a marine biodiversity haven with more than 18,000 species recorded, including colourful fish, sponges, coral, sea anemones, octopus, mussels and sea urchins.

Notable marine species found in Cyprus waters that are protected within the framework of European and national laws and regional and international conventions include sea turtles (*Chelonia mydas* and *Caretta caretta*), the pen shell *Pinna nobilis*, and the rarer and highly endangered Mediterranean monk seal *Monachus monachus* (Mediterranean Seal).

The island is also home to several important and sensitive bio communities and habitats such as the meadows of the marine angiosperms *Posidonia oceanica*; *Cymodocea nodosa*, and forests of the brown algae *Cystoseira*.

Contact

CYPRUS

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Cyprus Facts

Official Name: Republic of Cyprus

European Union: Full member since May 1, 2004

Location: Situated at the north-eastern end of the Mediterranean basin.

Coordinates: 35°N / 33°E

Climate: Mediterranean climate with an average of 340 days of sunshine per year.

Average temperatures of 34°C (summer), 13°C (winter), 23°C (mean temperature year-round).

Warm and dry long summers, May - October

Short, mild winters, December - February

Capital: Lefkosia (Nicosia)

Major Towns: Lemesos (Limassol), Larnaka (Larnaca), Pafos (Paphos), Paralimni, Agia Napa (Ayia Napa)

Languages: Greek, Turkish (official) / English (widely spoken), also German, Russian, French on a smaller scale

Population (de jure): 864,236 (Republic of Cyprus)

International Airports: Larnaka & Pafos

Currency: Euro (€)

Time: +2 hours GMT

Measures: Metric System

Voltage: 3-pin 240v, 50Hz, 5amp or 13amp square

Dialling Code: +357

DESTINATION LABELS





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