



Tour Information



Wild Flowers of North Cyprus





Travel

Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full six months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to Cyprus.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

North Cyprus consulate: 29 Bedford Square, London WC1B 3ED Tel (020) 7631 1920 E-mail: info@trnclondon.co.uk



Tickets

Included with your detailed itinerary is an e-ticket, which shows your flight reference number. You will need to quote/show this reference number at the check-in desk and you will be issued with your boarding pass. **Online check-in is not available for this booking.**

Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With British Airways your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45x 25cm including handles, pockets and wheels, and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20cm including handles, pockets and wheels.

For more information please visit www.britishairways.com

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Departure Tax

The departure tax is included in the price of your flight tickets.

Transfers

On arrival in Larnaca, transfer by coach (approx. 1 hr 30 mins) for check in to your hotel.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



Accommodation

Onar Hotel, Girne

Just five minutes' drive from Girne and situated on the hillside overlooking the town and the sea the Onar Hotel offers an outdoor pool and deck, heated indoor swimming pool, restaurant, bar and reading room. Bedrooms have en-suite private facilities with air-conditioning, TV, telephone, minibar, hairdryer and private balcony.

For more information please visit the hotel website:
<http://www.onarvillage.com>



Food

Cypriot cuisine has been influenced by different cultures throughout history. However, the main cuisine served in Northern Cyprus is Turkish orientated. Each dish has a particular taste and cooking style and the presentation reflects the character of the people of Cyprus. 'Molehiya', Arab in origin, has been altered completely, appealing to Cypriot taste both in preparation, taste and presentation. Some dishes even vary from region to region in name, preparation and taste. Northern Cyprus is fascinating and appealing to people who eat well and enjoy food.

There is a great variety of vegetable dishes, grills, pastry, fish, soups, kebabs, lahmacun, pides to name but a few. A big list of mezes, sweets, cakes, eaten either as starters or as desserts. In addition to local cuisine Chinese, Italian, French and Indian foods are well represented in various restaurants.

There are many local restaurants on the island that serve traditional "meze". This consists of many small dishes of hot and cold food that is brought to your table as a starter or served with your main course. The foods include "cacik" (yoghurt and cucumber) humus, fried hellim (local cheese), "sigara borek" (cheese and mint wrapped in filo pastry and deep fried) and olives.



Drink

Due to the Turkish influence in North Cyprus, coffee is served in the traditional way. Turkish coffee is made by bringing very finely ground coffee beans with water and usually sugar to the boil in a special pot called cezve. ... It may be served unsweetened (Turkish: sade kahve), with little or moderate sugar (Turkish: orta şekerli), or sweet (Turkish: tatlı), and is widely available.

The main vineyards of Cyprus are in the south so there is little locally produced wine. But good Turkish wines are available.

- Good red wines include: Villa Doluca, Angora and Yakut.
- White wines include: Villa Doluca, Angora, Cankaya, Muskado, or Efsane.
- A good rose wine is Lal.
- Raki is the local aniseed drink.
- Also local brandy and the excellent Brandy Sours for which Cyprus is famous. Many popular spirits can be purchased in shops for about £4 a bottle.

Meals included in the price of your holiday are:

Breakfast – daily

Lunch – on 4 days

Dinner – on 4 days



Destination

With an attractive, unspoilt coastline, idyllic countryside, majestic mountains and an excellent sunny climate, North Cyprus is a botanic haven. As well as many endemic species, the island has around 20 different species of orchids and searching for flowers is a perfect way to get to know this beautiful island.

In spring the landscape blossoms into a flush of colour and this is a wonderful time to discover the many species of flowers endemic to this lovely island. A huge diversity of wild flowers can be found growing in the mountains, along the coast, in the valleys, among the castles and around the reservoirs.

Our tour is based in the hills above the town of Girne (Kyrenia), on the northern coast of the island. During the tour there will be the opportunity to see many diverse areas that are rich in flora, including pine forests, coastal cliffs, limestone pavements, sandy dunes, valleys and beaches as well as visiting many interesting historic and ancient castles, churches and villages.

Places of interest included in the tour:

St Hilarion Castle

Perched high in the Kyrenia mountain range, overlooking the Mediterranean and the surrounding areas of North Cyprus, stands the castle of St Hilarion. Reputedly the inspiration for Walt Disney's 'Sleeping Beauty', the castle remains one of the best preserved of all the Crusader Castles, thanks mainly to the work of the North Cyprus Antiquities Department. The castle offers many opportunities for both those with an interest in history and those seeking spectacular views - on a clear day you can see all the way to the Turkish mainland!

For more information about the castle, please visit: <https://www.cyprusparadise.com/articles/st-hilarion-castle/>

Bellapais Abbey

The Abbey of Bellapais has drawn visitors to the island of Cyprus since medieval times when the abbey was built. Founded in the early 13thC by the Augustinian friars, evicted from the city of Jerusalem, after it fell to Saladin, the first church was established under Aimery Lusignan (ruled 1194-

1205). The ecclesiastical building we see now has undergone many changes and been called by different names. It has been "Our blessed Lady Mary of the Mountains", "L'Abbaye Blanche", (The White Abbey, so named after the White Canons from the order of St. Norbert), "Abbaye de la Paix" from which came the Venetian corruption of "Bellapaise" that has changed little in the 21st century.

For more information about the abbey, please visit: <http://www.northcyprus.co.uk/bellapais-abbey/>

Karaman

The extremely attractive and peaceful village of Karaman, (or Karmi, which is the Greek name for the settlement), sits around 1,000 feet above sea level and is located on the lower slopes of the Kyrenia mountain range. The gothic castle of St. Hilarion sits majestically above it, and is easily viewed from any spot in the village. You will find that the ground floors of these houses in Karaman are often referred to as 'donkey rooms,' and indeed they were just that in times past! Being a mountain village, donkeys were a valuable source of labour, as well as heat, and they were housed on the ground floor overnight meaning their heat rose to keep those sleeping above warm.

For more information about Karaman, please visit: <http://www.essentialcyprus.com/karaman-north-cyprus/>

Palace of Vouni

The oriental style cliff-top palace of Vouni was built during Persian dominance by a pro-Persian king of Marion. The strategic position enabled the inhabitants to look down on the city of Soli and had advance warning if the Greek warriors from that city planned an attack. The original construction took place circa 500 BC and was inhabited for about 100 years. The Persians managed to reclaim the site after the Palace was destroyed by fire in 400 BC but abandoned it soon after. From then on, nature took control and covered the foundations with shrubby bushes, wild olive and lentiscus and it became a grazing pasture for sheep and goats.

For more information about the palace, please visit: <http://www.northcyprus.co.uk/vouni/>

Karpas Peninsula

This is the Cyprus of old, a land almost unspoilt by the savage hand of modern development, where Mother Nature still holds the reins of power; where donkeys, trees, flowers, and cereal crops dot the landscape as far as the eye can see, before tapering off into the blue waters of the Mediterranean. There is also an abundance of history with ancient city sites, Byzantine period basilicas with intricate mosaics; conglomerations of timeworn churches; rural traditional Cypriot villages whose inhabitants pursue a way of life now as they have done for the past few hundred years

For more information the Karpas Peninsula, please visit:
<http://www.northcyprus.co.uk/destination-karpaz/>

Your expert guide

Dr Alan Harrington

Your expert guide is Dr Alan Harrington, formerly of the Botany Department of the Natural History Museum, who has travelled extensively through the Mediterranean region leading flower tours for the Museum. Alan knows exactly where to find the endemics and most treasured species.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.

Clothing & Equipment

We recommend you bring the following items:

- 1 good size day sack
- 1 water bottle (1 litre)
- A personal first aid kit, sun/rain hat, sun cream and insect repellent (which may not be necessary)
- Fleeces and/or warm layers for cold weather and chilly evenings
- Waterproof coat and trousers
- Plenty of T-shirts/layers so you can adjust to weather conditions
- A walking stick or ski sticks can be very useful for uneven terrain

It is essential when walking in rural terrain to have comfortable, well-fitting and protective **footwear**. It is advisable that boots are ankle high to provide good ankle support. Vibram soles tend to have better grip. It is always advisable to break in your boots before your holiday. Try two pairs of socks, one thin pair close to the skin, and a thicker outer sock.

Harden your feet with alcohol before you come walking. Bring a foot care kit, with the especially useful moleskin and second skin, and compeed for blisters.



The Basics

Climate – The weather in Cyprus at this time of year should be very pleasant with warm, dry days, although the evenings may be cool. There is a slight chance of rain, so be prepared.

Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – Cypriot Turkish.

Currency – Turkish Lira is the official currency. However, Sterling and Euros are sometimes accepted in restaurants and shops. (Euro is the official currency in the south of Cyprus.)

You should check if there is commission charged on transactions. Many shops and restaurants will accept Sterling, but check the rate carefully. As Turkish Lira are generally difficult to obtain and the rate of exchange in England is usually lower, we suggest that exchange money once you arrive in Northern Cyprus.

Credit cards – Credit cards are accepted in some shops and restaurants, but are not as widely used as in the UK.

Varying amounts of commission can be charged for credit card payments and you may like to check these before deciding which way you wish to pay.

Electricity – Both 220 volt, two-pin continental plugs and three-pin UK style plugs are common.

Drinking water – Tap water is usually safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shopping – Many tailors have their own shops in Kyrenia and will make clothes and shoes to measure. Handmade leather shoes for ladies can be made in less than a week. Also special medical shoes can be

copied. Always agree a price first. Spectacles can also be made up for a third of the UK price. Take your prescription and have them made and fitted. There are many Turkish carpet shops, ask your representative for the nearest and best one in the area. The Dizayn 74, which is on the main road, half a mile west of Kyrenia has a wide choice of distinctive and locally-made pottery, credit cards are accepted. There are also numerous jewellery shops in the area specialising in gold and silver jewellery.

Newspapers – it's not always easy to buy English newspapers in North Cyprus. 'Cyprus Today' is the local English language newspaper and is published weekly. You may find English newspapers in Kyrenia.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in North Cyprus, depending on your operator and contract.

Tipping –To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

Neither your EHIC nor S1 form (a certificate of entitlement) is valid in the parts of the Republic of Cyprus where the government of the republic does not exercise effective control (the northern part of Cyprus). You are strongly advised to take out an appropriate travel insurance policy before travelling abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British High Commission
29 Mehmet Akif Cad
Koskluciftlik – Lefkosa

Tel: +90392 2283861

Consular & Passport Services: 08:00 – 13:00 from Monday to Friday.

Travel Editions

3 Youngs Buildings, London, EC1V 9DB

Tel: 0207 251 0045

Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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