



# Aphrodite's Challenge

## Go Red for Women

**Dates 23<sup>rd</sup> - 28<sup>th</sup> September 2009**

Mountain High & Land Rover inspires you to get into action and take charge of your heart by joining the latest health awareness challenge on Aphrodite's Island of Cyprus! The challenge is part of the Go Red for Women global campaign to reduce the incidence of cardiovascular disease in women by raising awareness and motivating women to take more exercise and eat healthily. Worldwide an average of more than 16 women per minute die of cardiovascular disease. A quarter of all deaths in the UAE are related to heart disease TAKE ACTION NOW and be a role model for other women to follow ....

Put your physical and mental capabilities to the test as you hike, bike and swim your way to discover the hidden rocks that will show you how to look after your heart. Aphrodite lost her heart to Cyprus when she made it her home and you will fall in love with it too as our challenges lead you across rugged trails and pine scented forests to find your hidden treasure.

Let the Adventure begin!

### **Day 1: Date WEDNESDAY 23rd SEPTEMBER 09**

Dubai - Larnaca – Latchi EK107 departs Dubai 8.35am  
Arrives Larnaca 11.15am

We meet at Dubai International Airport at 6am for our group check in our Emirates flight to Cyprus. Helen & Alistair from Wheelie Cyprus will meet and greet us at the airport in Larnaca then we will transfer to our coach for the 2.5 hour journey to the unspoilt west of the island close to Aphrodite's birthplace.

A light lunch will be taken at a village taverna en route allowing you a first taste of the delightful Cypriot cuisine.



After arriving at our hotel in Latchi later in the afternoon (approx 3.30pm), we'll have time to check into our rooms before heading down to Latchi harbour where our hotel is situated. Time for a short briefing before you experience your first mini challenge (snorkelling) by the beach next to the harbour.



(2)



### The Latchi Hotel

The evening will be spent over a delicious fish meze at our hotel restaurant where we can get to know each other more then get some sleep ahead of the challenges tomorrow!

### Day 2: THURSDAY 24<sup>TH</sup> SEPTEMBER 09

#### Akamas discovery on FOOT

Your challenge today is find out where Aphrodite spent time bathing, I and relaxing with her Adonis. This is the stuff of legends and you will discover why Aphrodite fell in love with this side of the island.



Rugged paths criss-cross the hilly terrain on the peninsula and your challenge is to find the ancient oak that sits beside the Queen's castle where Aphrodite secretly met Adonis. There are many ways to the ancient oak and some are quicker than others but you have to take a picture of the most spectacular view of the Akamas before you return to base in Latchi. You can only take this shot from the highest point on the Akamas so make sure you are up to the challenge! Your early morning briefing after breakfast will give you hints as to suggested routes to take but YOU must decide which will be quicker. En route, you will be asked to find the special "Go red for Women" messages to help everyone to a healthier heart. Hint – you need to hone your tree climbing skills and have a head for heights! Picnic whenever you like en route to keep those energy levels up!

Activity rating: Moderate.

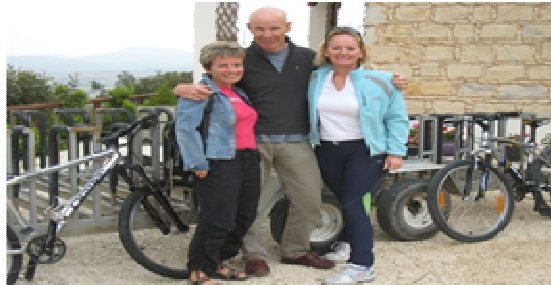
Washed and refreshed after the day's challenge there's some time at leisure before we wander down onto Latchi harbour to take our evening meal in a restaurant of our choice.



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**Day 3: FRIDAY 25<sup>TH</sup> SEPTEMBER 09**

**Mountain to Sea Challenge! Stavros Forest station - Argaka**



Helen, Alistair & Julie

Test out your cycle legs today as we head up into the magnificent pine forest to 1100m. Today your challenge is to complete a 50km epic off road bike ride from mountain to coast.



After breakfast there will be a full briefing on what to expect from the bikes and safety equipment to the type of terrain you will encounter. Last chance to do any adjustments on the bikes before we all pile into our transport for the hour long transfer up to Stavros forest station.

At 1100m above sea level, whatever the temperature is on the coast, it will be several degrees cooler high up in the pine forest. Hydration packs filled with water, helmets and gloves snugly fitting, time for a quick trial on the bikes around the forest station car park before you head off downhill into the wilderness!

The first section of the ride is through dense forest with the noise of wild moufflon, indigenous to Cyprus, snuffling in the undergrowth as you hurtle downhill. Keep the river on your right (although this will be dry in September) and look out for the small footbridge which is your marker to turn right as the narrow track widens into a vehicle width trail.



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Find the green signpost which is your clue to start heading uphill – miss the signpost and your challenge will take much longer!

Test your stamina as you climb onwards and upwards to reach your water stop and the tarmac road at Abtoulaneous Junction. Take a well earned rest, eat your picnic lunch and look for the special “Go red for Women” messages hidden near the junction.

The next section of the challenge is to find the picnic site at Agios Merkurios then head on down to the Makounta dam. Take a picture of the dam to prove you went the right way!



Then go for the last section of the challenge. You have to negotiate your way to the top of Argaka village then head down the tarmac to reach the coast where your transport awaits with refreshments.

Activity rating : Moderate

Back to our hotel to chill out, freshen up and recount the day’s adventure over dinner at a taverna in Latchi.

#### **Day 4 SATURDAY 26<sup>TH</sup> SEPTEMBER 09**

##### **Watersports/ Coasteering**

Breakfast at the Latchi then a morning briefing. The group will be split into two for kayaking & coasteering. Experience the Akamas peninsula by kayak – paddles at the ready. Coasteering involves working your way round rock faces close to the water – a combination of swimming and basic rock climbing.

Activity rating : Moderate

#### **Day 5 SUNDAY 27<sup>TH</sup> SEPTEMBER 09**

##### **Aphrodite’s Secret Hunt**

Discover the secrets hidden under Aphrodite’s rocks

Aphrodite’s rock just outside Paphos is where the goddess came ashore when she discovered Cyprus and made it her own. Find your **RED** secrets in the hidden messages beneath the rocks hidden on the Akamas – some above ground, some below. Use your fitness to bike, hike, run or dive to find the secrets, solve the clues and find your most important message of the trip.



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After today's exciting challenge we head back to the Latchi for our last night in this magical place. Dinner & overnight.

### **Day 6 MONDAY 28<sup>TH</sup> SEPTEMBER 09**

Time to relax ! A lie in awaits today as you have done all the hard work.  
Time for some R&R or retail therapy!  
Departure as per personal travel arrangements

Indulge yourself at the nearby Anassa spa resort or head for Paphos ( to pick up some Cypriot souvenirs or just to grab a coffee and watch the world go by in sleepy Cyprus. We will savour our last Cypriot meal at a traditional meze house in Paphos before heading back to Larnaca to catch our flight back to the big city.

**Dhs 5,450 per person**

#### **Includes:**

5 nights hotel B&B basis in twin room  
All breakfasts and lunches - meals as per itinerary  
Airport transfers  
Transport on activity days  
Support vehicle  
All activities as per itinerary  
Challenge leaders (Julie, Helen, Alistair & plus guides and support services)  
Challenge T.shirt, bandana and kit bag  
Lots of fun!

#### **Excludes:**

**International Flights: International flights – a group rate will be requested form Emirates/ alternatively you may choose to use your air miles with Emirates**  
Evening meals (there are some great inexpensive places to eat in Latchi!)  
Personal expenses eg spa treatments/souvenirs, drinks  
Personal taxi's  
Travel insurance

**For More information and bookings please contact Julie on 050 6595536 or email on [jules@mountainhighme.com](mailto:jules@mountainhighme.com)**

