



Cyprus is the island of legends and stories. Almost every single village, mountain, river, rock and monument has an enchanting story to tell. Stories about their name, their origin and importance. Stories about mythical creatures, legends about brave men, warriors, infamous bandits and beautiful queens. Myths about places of great beauty chosen by gods for their escapades. Places where great love-stories unfold, full of passion and intrigue. Stories about ancient wisdom on how to make strange potions using the nature's cabinet to cure ailments of the body and the heart alike. Stories through which Cypriots have loved, worshiped and cherished their island and its soul.

Cyprus' soul is hidden in its heartland. It is made of legends and stories, hospitable people, traditions and fresh produce. Well-hidden places where you can unwind, enjoy slow life, delicious food and healthy climate. Breathe the sweet, fragrant air and let your body relax. Immerse yourself in the magical stories of the Heartland of Legends.

## **The Heartland of Legends Route**

The Heartland of Legends is a circular route through mountainous and remote areas, covering an inland area of authentic experiences, which bring our visitors closer to the Cypriot nature, tradition and the Cypriot way of life. It reveals the richness of village life through authentic experiences. It is a spotlight on all the beautiful elements of Cypriot slow rural life, like eating together, sharing tales in the village's coffee shop, celebrating local festivals, picking fresh produce and learning about traditional arts and crafts.

Featured experiences encourage visitors' active participation e.g. in halloumi making, picking grapes to make wine, weaving traditional textiles and many more activities.



You are invited to visit the digital world of the Heartland of Legends and discover fascinating stories. The website features insightful articles about our island's tradition and culture. It presents various events that take place throughout the year in the Heartland of Legends and it promotes heartland activities like cycling, climbing, bird-watching, hiking. You can also follow-up on our crops calendar in order to taste fresh local produce or even participate in harvesting.

Hit the "Workshops" button to find out about handcraft or oenogastronomy workshops and contact the organizer to reserve your place. Wrap your hands around clay to make pots, learn how to use the gouge (carving tool with a curved cutting edge) to carve your own wooden artifact, master the needle and thread to create Lefkaritika laces, sit at a voufa (loom) to weave Fythkiotika fabrics. Exciting workshops and authentic experiences await to be discovered in the Heartland of Legends.

On the [heartlandoflegends.com](http://heartlandoflegends.com) website you can also discover thematic routes with maps and useful information. The following routes are currently on, with more being added regularly:



## MILKY WAY



Along the Heartland of Legends route, you are bound to run into flocks of sheep and goats "crossing" the road peacefully and nonchalantly under the guidance of an expert shepherd. Wait in your car patiently and enjoy the bucolic scene. If you are interested in visiting a farm or a small farmstead to see the animals and the farm activities, the best time to do so is between October and January.



## **SMOKEY TASTE**

Pitsilia's cold cuts are registered as Protected Designation of Origin high quality products.

They are produced to predefined specifications in communities located in the demarcated region of Pitsilia. The cold cuts have held a significant part of the diet of rural families in the area, where the temperature is right for preserving food.



## **BREAD FOR THE SOUL**

This route offers the opportunity to get acquainted with our bread making traditions, visiting traditional bakeries and making your own bread or other pastries. At the traditional bakeries along this route, visitors may enjoy freshly prepared pastries and flour products. If you visit during Christmas or Easter holidays you will be able to taste special traditional pies baked only on these occasions.





## HONEY BEE

This route will lead you through the region of beekeeping. It boasts the largest number of honeycombs and the highest honey production on the island. You will have the opportunity to get familiar with the honey harvesting procedure, you may even become a beekeeper for a day or make your own bee wax candles.

Discover **more routes** on [www.heartlandoflegends.com](http://www.heartlandoflegends.com).



WEAVING OF DREAMS



PRECIOUS WATERS



AROMAS

### *Where to stay*

The Heartland of Legends website features a variety of traditional holiday houses that will offer visitors a memorable experience.

### *Where to eat*

Chose one of the "Taste Cyprus" Quality Labeled restaurants in the Heartland of Legends villages to enjoy traditional meals that make up an important part of our cultural heritage.



heartlandoflegends.com



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