



## **The Scenic Side of Cyprus**

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This month I travelled to the Akamas Region of Western Cyprus for some sun and serenity. Having heard much on the grapevine of its natural beauty, gorgeous coastline, friendly taverns, family-run hotels and luxury villas, I wanted to learn more about this relaxing destination for myself. Just a 45 minute drive from Paphos Airport and home to the famed Aphrodite's Rock, the locale is far-removed from the neighbouring resort's bucket and spade haunts and definitely should be on your radar too.



### **Where to eat**

The atmospheric Latchi Harbour boasts the area's widest selection of restaurants, specialising in sea food, grills and traditional Cypriot fare. We love Faros for its no-nonsense fun service, great value drinks, hearty portions and laid-back atmosphere.



Or try Molos next door for its fantastic steaks – we opted for the beef fillet with peppercorn sauce, which was more than enough for two to share.



Or for those wanting the full Greek-Cypriot experience, head to [Moustakallis](#) in Polis. Its name, meaning Moustache, makes sense when you see the elder proprietor's facial fashion and a warm welcome is always guaranteed. Oh and did I mention the never-ending plates of mouth-watering meze?

### **Where to relax**

If you only have time for one spa in the area, head to the [Thalassa Spa](#). It is situated in the [Anassa](#) – meaning 'queen' in ancient Greek – a five-star luxury hotel in the centre of the Akamas Region.



Whilst there I opted for the Signature Ila Kyu Nye Treatment – a 60 minute deep tissue massage to balance the five elements and restore my flow of energy. After a ritualistic foot cleanse to begin, I completely zoned out to a soothing backdrop of chanting, sung by the lady Ila herself (who creates all the spa's treatments).

After the hot poultices were gently used – a more calming massage experience that hot stones, which I find can sometimes overwhelm you with heat – I felt myself slipping into a deeper state of relaxation. Within moments it seemed the hour was up, so I floated to the spa's gorgeous roman-esque pool and sunk into a day bed for another hour or two. Needless to say, the Thalassa Spa comes highly recommended – a must-do experience whilst in this part of Cyprus.



### **What to do**

Another unmissable trip is a visit to the Blue Lagoon – a natural cove on the Akamas coastline boasting azure waters. Hire a speedboat from [Latchi Watersports](#).



### **What to drink**

Cyprus is also famed for its many high quality grape varieties. Most vineyards in this area are family-run and welcome walk-ins. If you are friendly too, you may just get offered a glass of wine on the house, at [Zambartas](#) or [Vouni Panayi](#).



### **How to get there**

Return flights to Paphos from London for travel this October 2015 currently start from around just £126 searching on travel site [momondo](#).

<http://vivalifestyle.co.uk/the-akamas-region-best-kept-secret-in-cyprus/>