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**OLDWAYS**

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**Cyprus Culinaria**  
**November 10-17, 2019**



**Sunday, November 10, 2019**

All Day:

After arriving at the Larnaca Airport (LCA), check-in at the Centrum Hotel in the center of Nicosia, close to churches, museums, art galleries, shops, and restaurants.

Evening:

We'll meet in the lobby at 7:00 pm and walk to a classic taverna for our Welcome Session and Opening Dinner in Old Nicosia.

**Monday, November 11, 2019**

Morning: To get an introduction to all of Nicosia, we'll first visit the Cathedral of St. John and then cross the buffer zone between the Occupied Territory and the Republic of Cyprus and visit the market in Nicosia. After a presentation from Nicosia native and historian Anna Marangou, we'll visit cultural sites and have time for shopping and coffee in the market.

Lunch:

We'll have lunch where the locals go, at Siantris, a traditional restaurant open only for lunch. You'll enjoy a wonderfully wide selection of meze and salads, plus grain, meat, and vegetable dishes.

Afternoon and Evening:

After lunch, you'll have the option of free time (napping, shopping, wandering on your own) or continuing with our guide, Dena, in Nicosia.

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Dinner: Since we'll have a fairly large and late lunch, we thought it best for you to be on your own for dinner on the town.

## **Tuesday, November 12, 2019**

Morning:

We'll start our morning at the Cyprus Museum in Nicosia, which includes treasures from the Stone Age and Bronze Age civilizations through the late Roman Empire.

Next, we'll visit the home of Marilena Joannides, a well-known Cypriot cookbook author and TV food presenter. Since Cypriot cooks are known for their pies—savory and sweet—Marilena will demonstrate and then we'll have the pleasure of a light lunch of her pies.

Afternoon and Evening:

Once again, you'll have the option of free time, or a guided historical experience with our guide, Dena.

Dinner:

We'll enjoy dinner as a group in Old Nicosia.

## **Wednesday, November 13, 2018**

Morning:

We'll check out of the Centrum Hotel in Nicosia and head for our two boutique hotels in Limassol (around the corner from one another!) Limassol is both historic and newly revived, with developments being built along the waterfront and in the historic Carob Mill— both bustling with restaurants and bars.

Late Morning and Lunch:

After check-in, we'll meet for a get-to-know-you walking tour of Limassol.

We'll introduce you to the hot spots for lunch, and then arrange a meeting time for a group visit to the Limassol Castle and museum.

Afternoon and Evening:

We'll meet at the Sir Paul Hotel for our first cooking demonstration by Chef Ana Sortun of Oleana. We'll then enjoy a dinner of the same dishes. You'll learn how to bring home the food heritage of Cyprus for a future dinner party or special meal.

## **Thursday, November 14, 2019**

Morning:

We'll leave Limassol and head up into the mountains for a day of pottery, wine, and an extraordinary lunch experience. Watch a traditional Cypriot potter work firsthand, and then, have the chance to shop.

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Next, we'll visit the family-owned Zampartas winery in the heart of the Krasochoria wine region north of Limassol. We'll divide into two groups – one touring the winery, and the other tasting five wines and some small meze. Then, the groups will switch.

Early Afternoon:

We'll go to the village of Lofou and visit Apokryfo, a hotel and restaurant, to experience a spectacular Cypriot lunch. Trust us, it will be one of those unforgettable, "pinch-me" experiences!

Late Afternoon and Evening: You're free to stay in, go out, or wander and explore in Limassol.

## **Friday, November 15, 2019**

Morning:

We'll start the day with a visit to the world-class archaeological site Kourion. Next, we'll venture into the mountains for food and wine exploration. We'll visit a family who turns the carob pod into products – carob syrup, carob candy, and more. You'll have a chance to learn how it's all produced, taste it, and meet the family.

Next we'll meet a family who produces raw milk halloumi cheese, goat cheese, and sheep's milk yogurt. See how halloumi is produced, meet the family, and see the goats and sheep whose milk is responsible for all these glorious products. We'll have a small tasting to keep you going.

Lunch

On the way back to Limassol, we'll stop at the beach and enjoy a seafood lunch.

Cooking Demo and Dinner

We'll conclude the day with a cooking demonstration and dinner. Chef Cassie Piuma of Sarma Restaurant will demonstrate several dishes that we hope you'll also make when you get home.

## **Saturday, November 16, 2019**

Morning:

We'll journey to Pafos to see the western end of the island and visit the the spectacular UNESCO Heritage archaeological site. Our guide Dena will provide a tour, and then you'll have time to have a coffee or shop on your own before lunch.

Lunch:

Before we make our way to the perennial favorite restaurant Seven St. Georges, we'll make a short stop at Agia Paraskevi, the Byzantine church with multiple domes and frescoes.



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Afternoon:

After returning to Limassol, you'll have time for last-minute purchases, resting, or packing.

Evening:

We'll walk to the new restaurant area by the marina to have our final, farewell dinner at Kipriakon, featuring a modern twist on traditional Cypriot cuisine.

**Sunday, November 17, 2019**

Departures or additional touring!