

Join new hiking club Cyprus Strollers

By Athena Karsera

The Cyprus Strollers, a new Nicosia-based hiking club, is starting up this Saturday.

According to founder Xenophon Hasapis: "The Cyprus Strollers is for everyone who loves life outdoors and wants to get some exercise at the weekend, explore the paths of Nicosia and the Cyprus countryside, and meet people and make new friends."

He said there would be an activity planned almost every weekend between October and May, alternating between Saturdays and Sundays.

"The Cyprus Strollers welcome

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families, with children and or pets living in Cyprus, irrespective of nationality, as well as visitors or tourists, who love nature and search for hiking opportunities during their stay," Hasapis said.

Some walks will last two to three hours and follow fairly easy routes or routes of medium difficulty. Other walks may be shorter or longer, he said, adding: "Each walk announcement includes reference to the degree of difficulty. The majority of walks are suitable for people with a good health, a good heart

and a good physical fitness."

Hasapis said: "Some others last over three hours and involve more strenuous exercise which includes uphill climbing.

These are given a degree of difficulty 3 rating and are addressed to hikers who have tested their ability in similar circumstances before and have a very good health and fitness."

Most walks will start in the morning and be followed by an optional lunch at a taverna, or a picnic. Others start in the early afternoon and are followed by a drink and a snack.

"There is no membership fee to join the Cyprus Strollers and no charge is made for the walks. Your only cost is what you pay for your meal," Hasapis said.

On October 4, the walk will be on the banks of Pedieos, in Nicosia, starting near the Ministry of Health at 11am.

For a full description of instructions visit <http://cyprus-strollers.org/activities-description/pedieos-river-banks-walk-saturday-4-october-2014/> and to find out about the schedule of walks for this season, visit <http://cyprus-strollers.org/activities-schedule/>.

To get a detailed description for each walk, with clear directions to the walk start, and a map, where possible, visit <http://cyprus-strollers.org/activities-description/>.

The Cyprus Strollers is modelled on the successful Ath-



ens Strollers hiking club (www.athens-strollers.gr), which was launched by Hasapis in Athens, Greece in 2009. Hasapis is a pas-

sionate hiker and nature lover, who returned to his native Cyprus in 2013, after working abroad for over 30 years.