

This trail is about 3km long and takes 1-2 hours to walk. It starts at a point on the Kryos Potamos river near the summer Presidential Residence at Troodos, altitude 1,600m. It follows the banks of the river, with numerous crossings, passes from the beautiful Kaledonia falls and ends up at "Pylon Dentron" near the village of Platres, at an altitude of 1200m.

Kryos Potamos, one of the few streams in Cyprus that has water all year round, is also used for the Troodos water supply. The nature trail runs along this scenic and cool ravine. The gurgling waters, the warbling birds, the variety of vegetation, the splashing of water at the Kaledonia falls and elsewhere, the trout in small pools, and the thick shade of trees enchant the visitor.



*Platanus orientalis*

#### Explanations about the numbered points of the trail:

1. **WILD PLUM TREE** *Prunus domestica*.
2. **DOG ROSE** *Rosa canina*.
3. **TRAVELLERS JOY** *Clematis vitalba* (a relatively rare plant for Cyprus).
4. **ROSE BAY WILLOWHERB** *Epilobium angustifolium*.
5. **WILD MADDER** *Rubia tenuifolia*.
6. **VIOLET** *Viola sieheana*, abundant throughout the trail.
7. **HORSE CHESTNUT** *Aesculus hippocastanum*, an exotic species. Its chestnuts are bitter and inedible. In some countries they are boiled and given to animals as food.
8. **BARBERRY** *Berberis cretica* appears in interdependence with black pine *Pinus nigra ssp. pallasiana*.
9. **BLACK POPLAR** *Populus nigra var. afghanica*.
10. **ALDER** *Alnus orientalis*. A tree usually found along streambeds, in Cyprus.
11. **CHERRY TREE** *Prunus avium*.



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12. **WILD COTONEASTER** *Cotonaster racemiflorus var. nummularius*.
13. **SWEET CHESTNUT** *Castanea sativa*.
14. **OLD METHOD** of producing resin.
15. **TROODOS SAGE** *Salvia willeana*, endemic. The tea produced from its leaves is not as tasty as that from the sage on the plains or middle altitude areas (*Salvia fruticosa*) which you may see later on the walk.
16. **FERN** *Pteridium aquilinum*. Ferns are among the most ancient plants on earth and existed at least 365 million years ago.
17. **ORIENTAL PLANE** *Platanus orientalis*.
18. **MOSESSES** *Bryophyta*.
19. **FOETID JUNIPER** *Juniperus foetidissima*.

20. **CYPRUS ROCK-CRESS** *Arabis pupurea*, endemic.
21. **OLIVINIC** or pyroxenitic gabbro. An impressive rocky exposure on the left hand side of the trail.
22. **TROODOS DWARF GORSE** *Genista sphacelata ssp. crudelis*, endemic.
23. **CYPRUS MINT** *Mentha longifolia ssp. cyprica*, endemic.
24. **APHRODITE SPURGE** *Euphorbia veneris*, endemic.



*Arabis pupurea*



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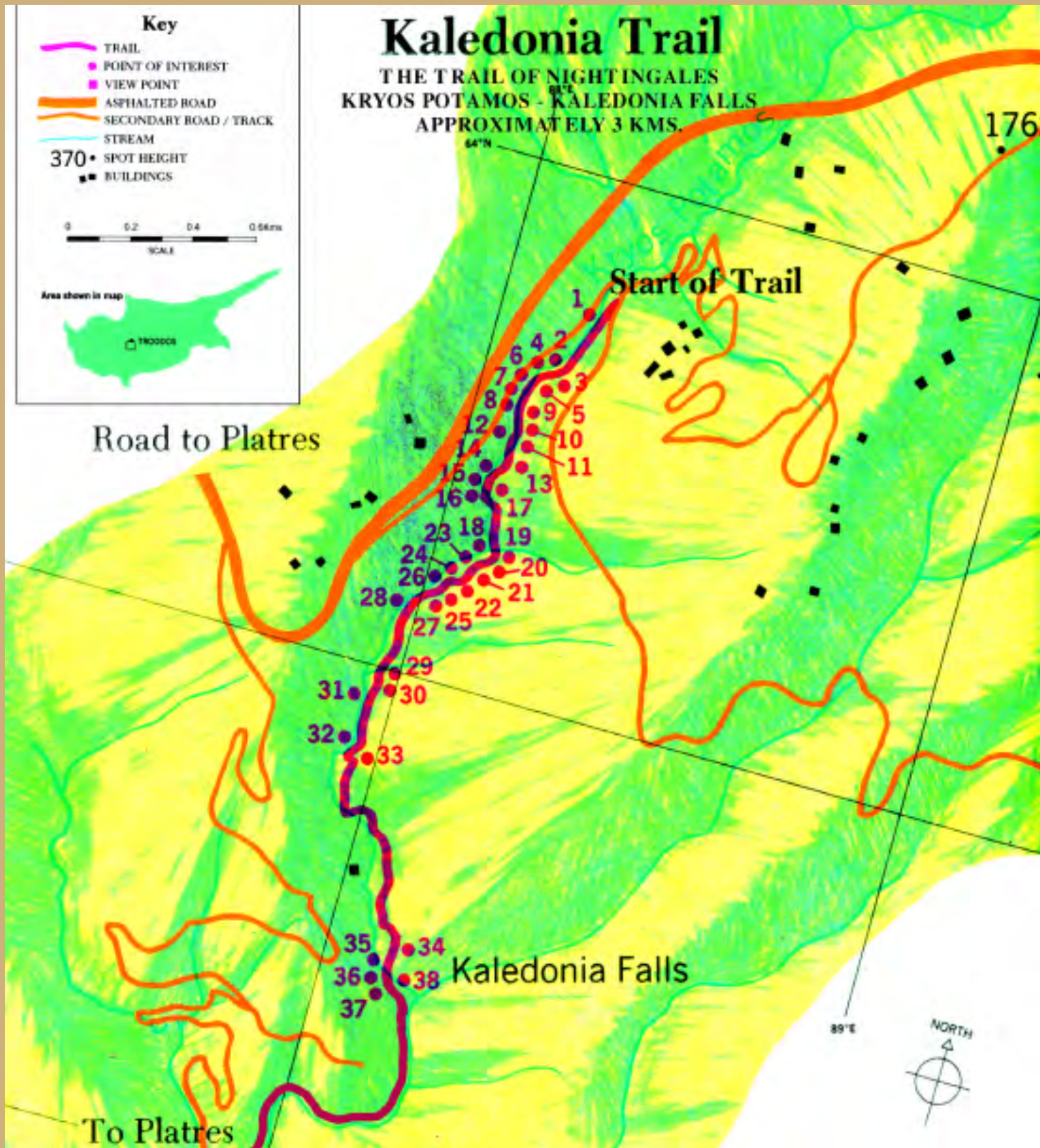
25. **GOLDEN OAK** *Quercus alnifolia*, endemic. (The national tree of Cyprus). Just opposite you will see a pure stand of golden oak of about one hectare.
26. **RED HAWTHORN** *Crataegus monogyna*.
27. **WHITE BEAM** *Sorbus aria ssp. cretica*. In wintertime it has beautiful red berries.
28. **IVY** *Hedera helix*. This plant in antiquity was devoted to the God Dionysus.
29. **POICILITIC WEHLRITE** which forms a trapezoidal rock exposure on the right hand side of the trail.
30. **STRAWBERRY TREE** *Arbutus andrachne*. A common shrub in middle altitudes in Cyprus. Its berries are valuable food for birds.
31. **ROCK ROSE** *Cistus creticus var. creticus*. Until the 18th century, an aromatic and medicinal ladanum was extracted from its leaves and exported.
32. **TEREBINTH** *Pistacia terebinthus*.
33. **BLACK PINE** *Pinus nigra ssp. pallasiana*. Here we are in the transitional zone between the black pine and the calabrian pine. Black pine thrives in this area of Troodos (altitude above 1,200m).
34. **SUMACH** *Rhus coriaria* used in tanning. The inhabitants of villages in Troodos collected its leaves for this purpose, in the past.
35. **BLACKBERRY BRAMBLE** *Rubus sanctus*.
36. **MYRTLE** *Myrtus communis*.
37. **HONEYSUCKLE** *Lonicera etrusca*.
38. **KALEDONIA FALL** Massive gabbro rock forming a steep precipice of about 15m.

#### Please keep in mind the following:

- ⇒ Lighting of fire in, or near, the forest is strictly prohibited.
- ⇒ Avoid smoking or eating during your walk.
- ⇒ Do not use bicycles or motorbikes on the trail.
- ⇒ Do not cut plants and do not disturb wildlife in any way.
- ⇒ Keep on the trail.

If you have any remarks, suggestions or questions you are welcome to contact the Forest Station at Platania, tel. 22924219, or the headquarters of the Forestry Department, tel. 22805529 at Lefkosia. In case of a forest fire or emergency only, call at once 1407 (24 hours).





REFERENCE	NATURE TRAILS
— MAIN ROAD	1. ARTHROS (7 Km) - KARDIOCHROMOTRA
— COARSE SURFACE ROAD	2. KALOPANAGIOTIS GERAKIES LAKE
— DASHED LINE	3. PANTHOS (8 Km) - TROODOS MAKRIA KONFARAKA
— DOTTED LINE	4. KALOPANAGIOTIS LAKE
▲ CAMPING SITE	5. KRYOS POTAMOS-KALEDONIA WATERFALL-PALEO DASTRO
⛶ PICNIC SITE	6. KARDIOS TOU LITHAROU (5 Km) - ZEBELARI
● VISITOR CENTRE	7. PSILOMINTRO-VYSES-KARVOUNIA-PYDOKMA-PSILOMINTRO (11 Km)
P PARKING PLACE	8. MYLLOMERIS WATERFALL (1.2 Km)
● STARTING POINT	9. KALOPANAGIOTIS GERAKIES (1.5 Km)
⛶ FOREST STATION	10. KAMPOS TROODOS-KALOPANAGIOTIS GERAKIES (1.5 Km)
■ 1000-1200 m	11. GERAKIES-KAVALLIOS (5 Km) - GERAKIES LAKE
■ 1200-1400 m	12. LITHAROU TROODOS (12 Km)
■ 1400-1600 m	13. KAMPOS TROODOS-KALOPANAGIOTIS GERAKIES (1.5 Km)
■ 1600-1800 m	14. TROODOS TRAIL "M"



MINISTRY OF AGRICULTURE,  
NATURAL RESOURCES AND ENVIRONMENT  
FORESTRY DEPARTMENT  
[www.moa.gov.cy/forest](http://www.moa.gov.cy/forest)

# Kaledonia Trail

THE TRAIL OF NIGHTINGALES  
KRYOS POTAMOS - KALEDONIA FALLS -  
PLATRES



P.I.O. 65/2010—20.000  
Published by the Press and Information Office

Printed: Konos Ltd



Printed on recycled paper