

# EDEN

DESTINATIONS

European Destinations of Excellence  
Health and Well-Being Tourism



Miliou  
CYPRUS



European Destinations of Excellence





# Contents

The EDEN project	4
Cyprus	6
Miliou: The village of the orange groves	10
Let's get to know each other better...	12
A green landscape	16
«Green Community»	18
The Orange Festival	20
Unforgettable and unique experiences	22
An oasis of tranquility	24
Moments of relaxation and revitalization	26

# THE EDEN

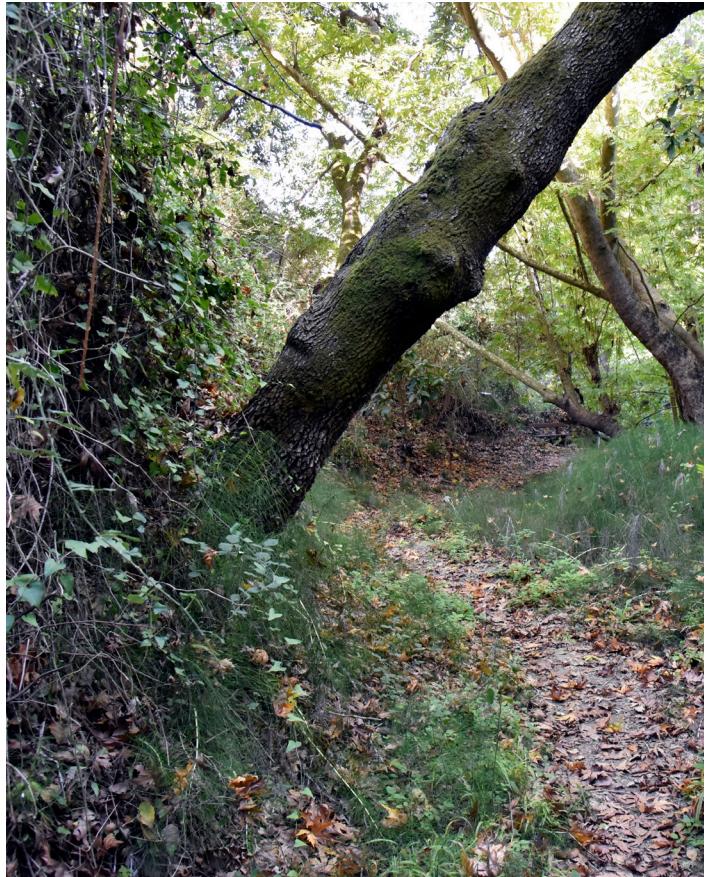
## Project

---

This project is a continuation of the European Destinations of Excellence – EDEN initiative, which has been promoted since 2006 on the initiative of the Tourism Unit of the European Commission. Since 2014 the project has continued to be implemented within the framework of COSME programme. The management of the project in Cyprus is carried out by the Deputy Ministry of Tourism.

The general aim of the project is ‘to draw attention to the values, diversity and common features of European tourist destinations and to promote those destinations whose economic growth is sought, in such a way so that the social, cultural and environmental sustainability of tourism is ensured.





The theme of this year's competition is 'Health and Well-Being Tourism'.

The destinations selected through the respective national competitions shall be highlighted by the European Commission and the participating countries, thus promoting the variety, uniqueness and quality of European tourist destinations.

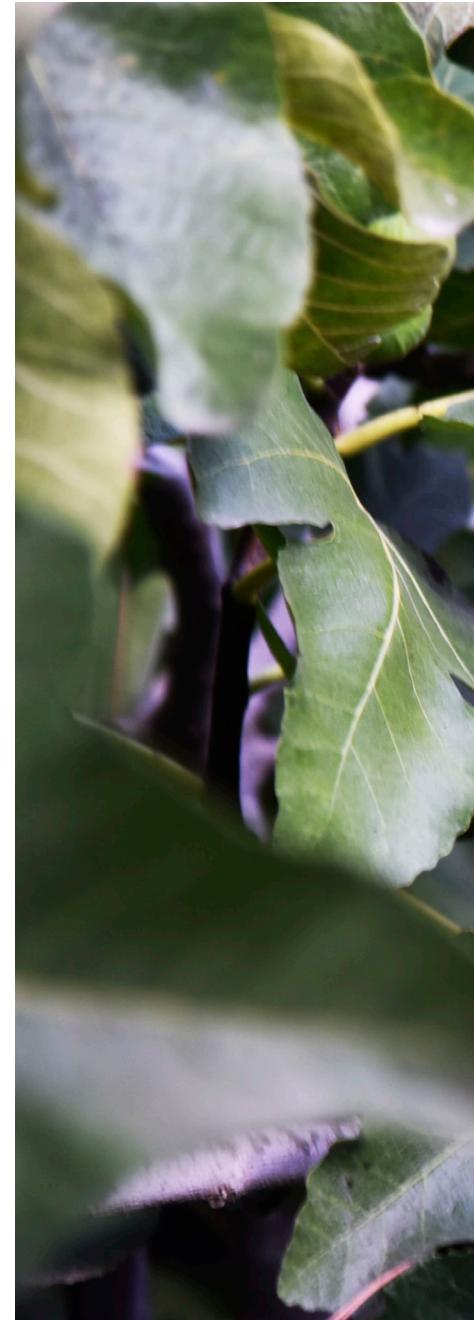
# CYPRUS

---

Cyprus, the third largest Mediterranean island but also the most south-eastern part of the European Union, is situated in a cultural, lingual and historic cross-roads between Europe, Asia and Africa. It is an island rich in history and tradition, whose name has been established since the time of Homer, as it is mentioned in both the Iliad and the Odyssey.

Cyprus is known as the Island of Aphrodite since, according to Greek Mythology, the goddess Aphrodite (which means 'born of the foam') was born on the island, near Petra tou Romiou on the coast of Pafos and, for this reason, the goddess is also referred to as Kypris. The history of Cyprus begins with the first appearance of humans on the island at around the 10th millenium B.C. while the first Achaeans settled Cypriot ports in 1400 B.C.. The geographical position of Cyprus has played a significant role in its turbulent history, forming a point of reference for many civilisations: Phoenicians, Assyrians, Persians, Egyptians, Romans, Byzantines, Crusaders, Franks, Venetians, Ottomans and British, all of them leaving behind traces which can be seen all over the island. The island by itself is an open museum: Neolithic settlements, ancient Hellenistic and Roman theatres, mosaics, monuments, Byzantine and Latin churches and monasteries, Venetian walls, Byzantine castles, Ottoman mosques and colonial-style buildings.

Cyprus is made up of fertile plains, vineyards, orange groves, endless seashores and high mountains, with the Troodos mountain range being the largest mountain range of the island. The fragrant pine forests and the snow-covered peaks co-exist with the azure waters of the Mediterranean. The climate is Mediterranean, with extended warm summers and mild sunny winters with little rainfall, all of which favour touring the island.





The capital city of Cyprus is Nicosia (Lefkosia) and following in population size are Limassol (Lemesos), Larnaka, Pafos and the coastal areas, of which the main ones are Agia Napa, Paralimni and Polis Chrysochous. Many areas of Cyprus maintain up to today their traditional life-style, thus keeping alive their customs and traditions. Cypriot folk arts (weaving, embroidery, wood-carving and silversmithing), Cypriot wines and cuisine are known for their excellence all over the world.

Cypriots are famous for their hospitality and friendliness which they generously offer to all visitors. The people, plain, genuine and courteous, inspire a feeling of welcomeness to their visitors. A significant factor to communication is that English is widely spoken among the island's residents.

Cyprus is an ideal destination since it provides all kinds of tourism, satisfying the requirements of even the most demanding visitor. Culture, gastronomy, thermalism, a wonderful climate and four complete seasons in their proper order, provide a wide range of choices of both sights to see and activities to do.





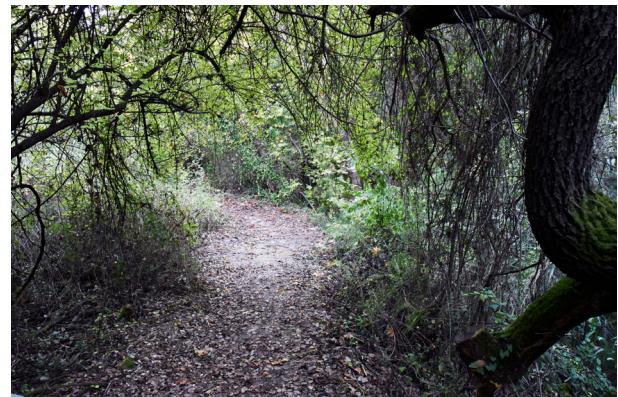
CYPRUS

# MILIOU

## The village of the orange groves

### Welcome to Miliou!

Miliou is in the Pafos District, just 24 km from Pafos and 10 km from Polis Chrysochous. It is a small, quiet and beautiful village hidden amongst the orange groves. There are many versions of how the village got the name 'Miliou'. One of them is that the name came about because of the apricots in the area ('chrysomila' in Greek, meaning 'golden apples'), whereas another version says that the name was given to the village because of the apple trees cultivated by the residents along the river Nerades ('milo' means 'apple' in Greek). Yet another version says that the name refers to the many water mills (in Greek a mill is 'milos') which existed along the bank of the river and which served the daily needs of the residents of the area. The only certain thing however, is that the village of Miliou is a small earthly paradise and it is worth a visit!





## Let's get to know each other better...

The community of Miliou doesn't have many residents (around 70) however, during the summer months, the number increases to 500. All the buildings in the Community, both public and private, preserve the local architectural style making it an ideal destination for those who wish to combine the healing properties of the mineral waters with the physical and mental well-being that the contact with nature offers.



Since very old times, the community became known for its therapeutic mineral water which is found in the area. From the hills of Cyprus, a mineral water spring brings therapeutic mineral waters known for generations for their healing properties. In the 17th century two brothers, Cosmas and Damianos, healers of the sick, discovered the therapeutic properties of the water which flowed abundantly in the region.



Analyses of the therapeutic mineral waters, carried out by the State General Laboratory show a high level of sulphur content as well as other minerals which help cure various skin diseases, rheumatism, arthritis and are generally beneficial to health.



What can be better than choosing to enjoy the health services provided in the area allowing you to feel physically and spiritually refreshed in a calm and idyllic environment?



Let's get to know each other better...

In the central square of the village, you will find the traditional coffee shop and the local picturesque tavern, which is housed in a restored building dating back to 1847. There you may sample delicious local Cypriot dishes.





# A green landscape

In exploring the area, you will find that you are in an enchanting green landscape with abundant flora: centennial olive and oak trees, almond trees, terebinth trees, carob trees and a wide variety of bushes. In spring, the blossoming lemon trees spread their fragrance throughout the village...

The fauna of the area is also abundant. Mammals, reptiles, insects and many birds such as swallows and nightingales find sanctuary in the Anerades valley. The small river Kolokouri and the streams provide hiding places for crabs and other aquatic organisms. The only thing left is for you to discover them!





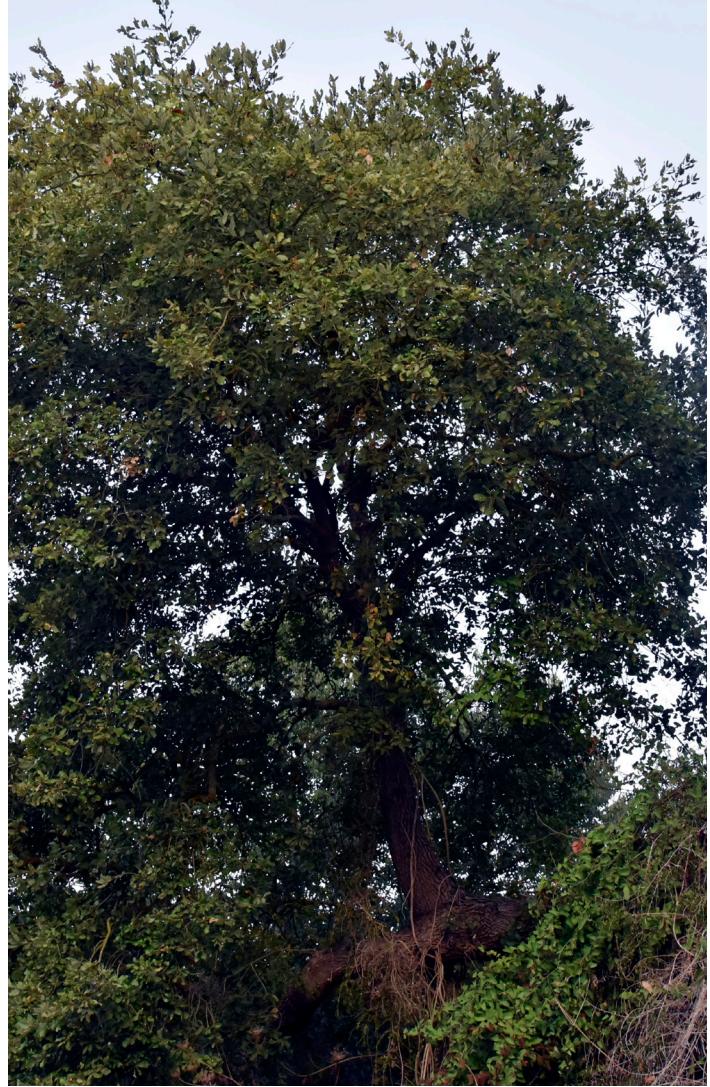
# “Green Community”

---

Miliou supports activities which involve the protection of the natural environment. Every year Miliou participates in campaigns for the cleaning of roads, public places and footpaths as well as planting trees.

It is worth mentioning that this small community has been given the award for ‘Green Community of Cyprus 2017’ by the Cyprus Center for Environmental Research and Education – CY.C.E.R.E. in the category ‘Sustainable Tourism’ for the project ‘Nature trails and Orange Festival’ and for which the nature trail ‘Anerades’, the sulphur springs and two scenic viewpoints were designed. In addition, in 2018 it was given the award for ‘Green Community of Cyprus 2018’ for the project ‘Renewable energy sources’ in the category ‘Sustainable Energy Consumption’.





The community has been awarded the Green Flag by the President of the Republic of Cyprus and has since joined the Network of Communities of Green Towns and Communities of Cyprus of CY.C.E.R.E.

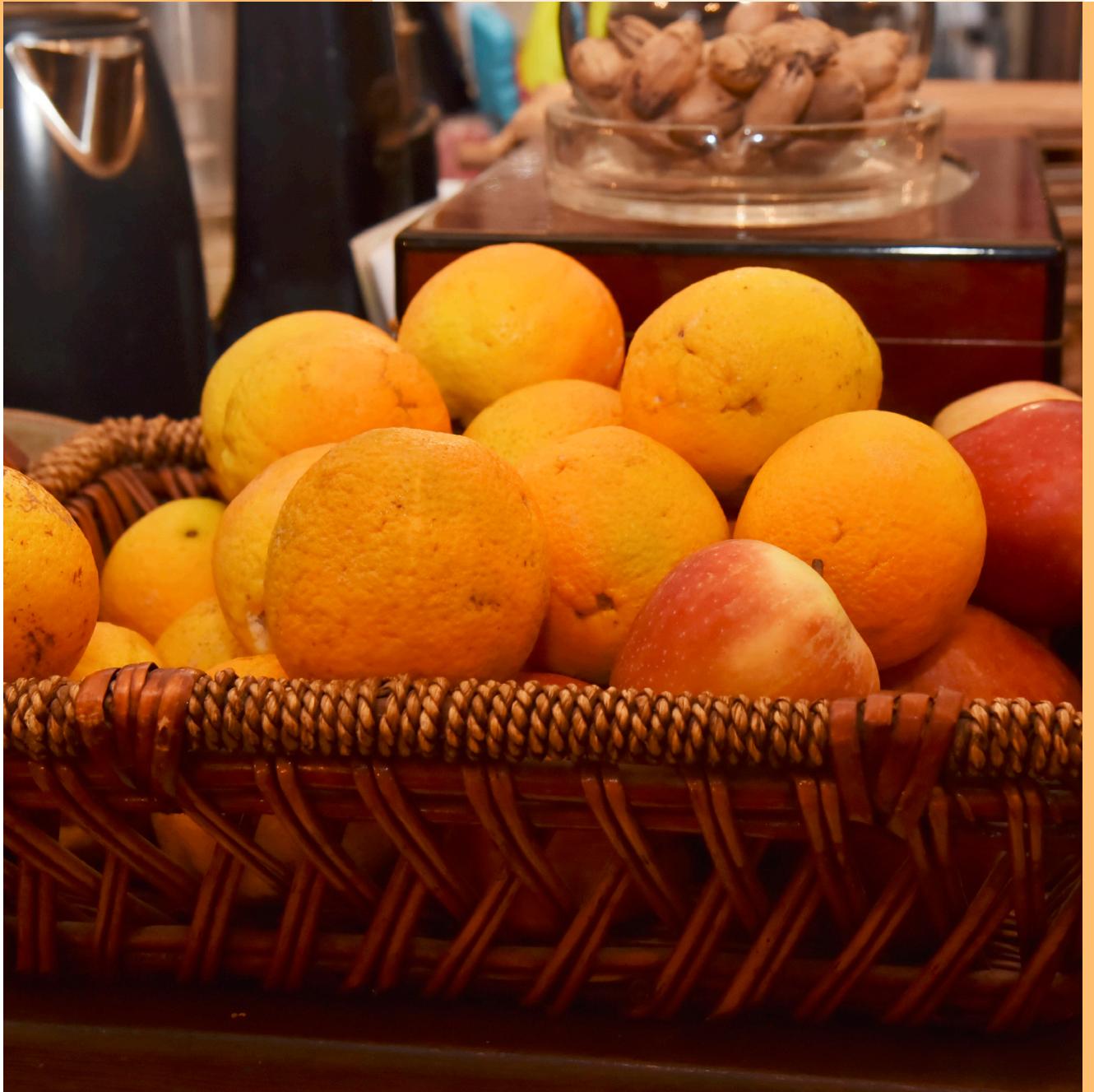
# THE ORANGE

## FESTIVAL

The Orange Festival has become an institution in the community of Miliou and takes place in the second half of September. At the festival, various orange products are presented such as orange spoon sweets, marmalade, fruit juices, orange ice cream, home-made orange-flavoured beer, orange blossom honey, pasteli (a sweet) made from orange juice, liqueur, sweets and many other traditional foods.

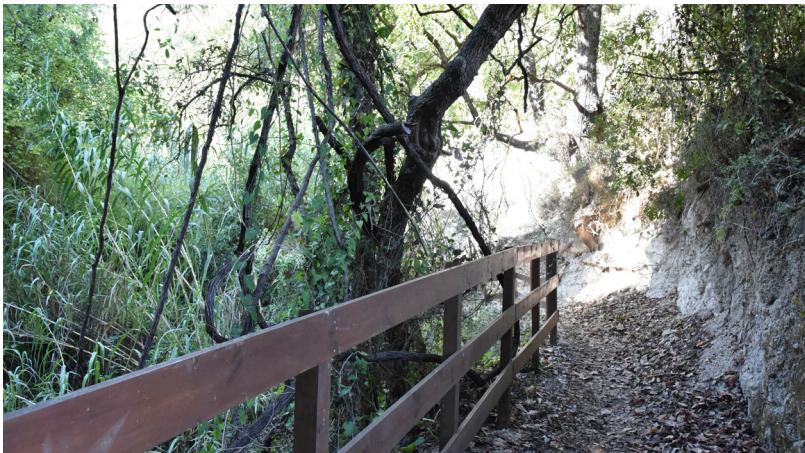
If you are in Cyprus during that time we recommend attending without second thought!





# Unforgettable and unique experiences

- Pampering, invigoration and relaxation while enjoying the healing properties of the therapeutic mineral waters.
- Relaxing yoga exercises outdoors in nature provided by various groups and also at the tourist resort in the area.
- Meditation in the forest.
- Hiking on the circular nature trail ANERADES (length 2 km.) which begins at the entrance to the village and ends at the same point. It has three routes, each with a different level of difficulty.
- Birdwatching.
- Hiking and gathering walnuts in autumn, various fruits such as bramble berries in summer and oranges in winter from the trees you will come across while walking.
- Visit to the 13th century chapel, dedicated to Agii Anagyri situated in the grounds of the tourist resort and the church of Agia Paraskevi in the village square of the same name.



- Tour of the chapels of Agios Fotios and Agios Georgios of which only their ruins remain.
- Walk among the ruins of the old water mill, the old olive mill and press, in Pano Limni and Kato Limni and in Laoumi (spring).
- Sampling of local dishes at the traditional tavern of the village.
- Wine tasting on the 'Laona-Akamas wine route' sampling the locally produced white Xynisteri wine and the red wine made from the ancient Maratheftiko variety of grape.
- Tour of the Spring of Vasa which has for decades refreshed visitors with its cool running water. From this point you can enjoy a panoramic view of the village and the beautiful natural landscape from the viewpoint.

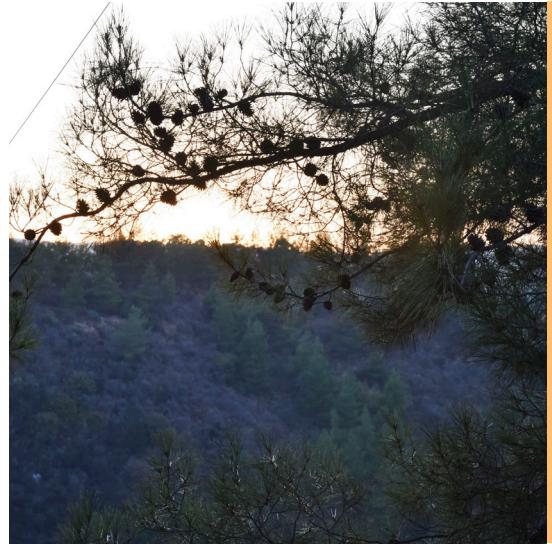


## An oasis of tranquillity

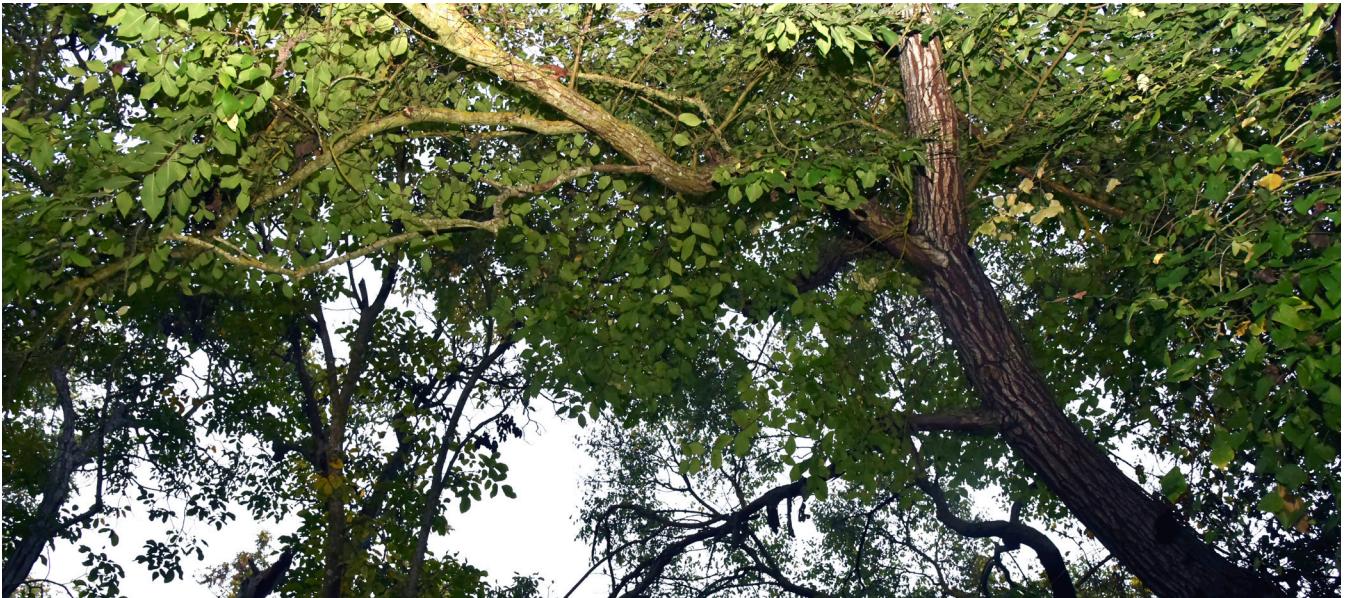
One of the most luxurious health and wellness centres operating in Cyprus is the one in Miliou. It is a unique tourist resort which provides a unique escape to a place of complete tranquillity and an opportunity for visitors to enjoy the healing mineral water baths through various beneficial health and wellness services.



History tells us that this place functioned as a rehabilitation centre from the 17th century, whereas in the 18th century, various visitors from all over Cyprus and Egypt, visited the region to reap the benefits of the therapeutic mineral waters. From 1920, a small hotel began operating in the area where visitors could enjoy the healing properties of the sulphurous mineral water in various treatments, such as mud treatment and hydrotherapy.



The resort was renovated in 2009, preserving the traditional architectural character of Cyprus. It is one of the few hotels built in such a way so that it is eco-friendly and, in its 2500 m2 wellness centre, uses therapeutic mineral waters from the spring, in a sustainable manner.



# Moments of relaxation and revitalization



The services offered are many and varied! With the aid of modern science, the provision of traditional treatments which guarantee the revival and revitalization of the senses, on a physical, mental and spiritual level, has been achieved. Some of the high-quality health and wellness services which you can enjoy include:

Hydrotherapy, mud treatments, flotation therapy for energy, invigoration and renewal, body and facial treatments (eg. peeling with sea salts, anti-ageing treatments), types of massage using plant products, reflexology, meditation, chromotherapy, aromatherapy, saunas well as nutrition and detoxification programmes.

In addition, you can choose to partake in some of the pioneering therapeutic treatments on offer for the elimination of tiredness, stress relief, improvement of sleep and increase in energy!

If you wish to escape from your daily routine and experience moments of complete relaxation, you have only to visit this oasis of tranquillity within the Community. The resort is a member of the Cyprus Spa Association and the Cyprus Health Services Promotion Board.







**Miliou awaits you!**

What is certain is that, if you visit it, you will have a unique experience in a fairy-tale setting!

***Come join us!***



# EDEN - European Destinations of Excellence in Cyprus

---

The EDEN project is managed in Cyprus by the Deputy Ministry of Tourism. Since 2007, Cyprus Tourism Organization (CTO) and now the Deputy Ministry of Tourism organizes the competition for the selection of the European Destination of Excellence according to the annual theme. The awarded destinations in Cyprus are:

## 2007 - Troodos

"Best Emerging Rural Destinations"

## 2008 - Agros

"Tourism and Local Intangible Heritage"

## 2009 - Vouni (Pano) Panagia

"Tourism and Protected Areas"

## 2010 - Kato Pyrgos

"Aquatic Tourism"

## 2011 - Kalopanagiotis

"Tourism and Regeneration of Physical Sites"

## 2012 - Polis Chrysochous

"Accessible Tourism"

## 2014 - Pitsilia

"Tourism and Local Gastronomy"

## 2016 - Orini Larnakas

"Cultural Tourism"

## TOURIST INFORMATION OFFICES IN CYPRUS

- **Agia Napa:**  
T. +357 23721796
- **Larnaka:**  
T. +357 24654322
- **Limassol:**  
T. +357 25362756
- **Laiki Geitonia (Old Town) Nicosia:**  
T. +357 22674264
- **Limassol Port:**  
T. +357 25819200
- **Paphos:**  
T. +357 26932841
- **Paralimni - Protaras:**  
T. +357 23832865
- **Platres:**  
T. +357 25421316
- **Polis:**  
T. +357 26322468

*For more useful information, please visit Deputy  
Ministry of Tourism website*

[www.visitcyprus.com](http://www.visitcyprus.com)

Emergency Number: 112  
If you notice a fire, contact: 1407

Production: **Deputy Ministry of Tourism**

Copywrite: **Deputy Ministry of Tourism**

Photographs: **Deputy Ministry of Tourism**

Design: **Dali Advertising Ltd**

Printing: **R.P.M. Lithographica Ltd**

English: **527.01.20**



## Deputy Ministry of Tourism

19, Lemesos Ave., 2112 Aglantzia  
T. +357 22691100, F. +357 22331644  
Email. [cytour@visitcyprus.com](mailto:cytour@visitcyprus.com)

This booklet is developed under  
the European Commission co-financed  
GRO/SME/18/C/065  
"EDEN" European Destinations of Excellence

Selection 2019 - CYEDENHEALTH

[www.cyprus-eden.com](http://www.cyprus-eden.com)

527.02.20

