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Head for holiday heaven in the sun-kissed Mediterranean



Mix the essential holiday ingredients of sunny beaches, a measure of culture, lashings of family fun and a splash of Peter Andre and what have you got? Cyprus, of course – the Mediterranean island that's steeped in history but bang up to date in terms of holiday activities. Just a four-hour flight from the UK and with an average of 300 days of sunshine a year, it's easy to see why thousands of UK holiday-makers are such big Cyprus fans.

WHERE CAN I STAY?

We stayed at the Almyra in Paphos, an ultra-chic seaside bolthole that appeals to both weary urbanites and families. The whitewashed five-star hotel – with 189 rooms, including 36 family friendly suites – is spread across eight acres of lush gardens. The luxury hotel has recently undergone a makeover and guests can expect a cool design using a muted palette of white, grey and oatmeal. The Almyra is perfect for families. There is a toddlers' pool, kids' clubs for all ages and tennis courts and outdoor table tennis for teenagers. Meanwhile, adults can enjoy a spa, with a beautiful infinity pool, yoga pavilion and Eauzone café, all overlooking the sea and small private shingle beach.



Main: A beautiful beach in Cyprus
Right, from top: Paphos harbour, a delicious meze, one of the pools at the Almyra
Below: Alesha Dixon, who filmed a video in Paphos

WHICH STARS WILL I SEE?

Alesha Dixon shot the video for *The Way We Are* in Paphos. Coleen Rooney and Kym Marsh have both recently been on family holidays to the island. And newlywed Peter Andre has a villa, named Sunkissed, in Larnaca, which he pops to regularly.

WHAT SHOULD I DO?

Paphos is famed for its UNESCO heritage-listed archaeological ruins, ancient harbour castle and the cobbled streets of the Old Town. It's worth taking the Hop On, Hop Off tourist bus around Paphos at the beginning of your stay to get your bearings. It will even take you to Kings Avenue, a sprawling shopping mall where you will find all the high street favourites. Try Paphos Aphrodite Waterpark for a brilliant day out. With names such as Super Volcano and Twister, some rides are not for the faint hearted, but the Lazy River and Pirate Ship will appeal to little ones. Another thrilling adventure is to sign up for a 4x4 Jeep safari and explore the rugged scenery – craggy pine hills, gorges and waterfalls – of the Troodos Mountains. On the way back, stop off and bathe in the fresh water pools at Aphrodite's Rock. And don't miss the magnificent cliff-top amphitheatre at

Kourion and the fascinating network of underground caves and stone burial chambers at the Tombs Of The Kings.

WHERE CAN I EAT?

The hotel's all-day Mosaics restaurant offers hearty breakfasts and casual lunches on the terrace, before it transforms into a glamorous affair in the evening, with an Asian fusion menu. It's only a 15-minute walk to Paphos and there are plenty of quayside eateries to choose from – our favourite was Theo's, with its wonderful seafood and harbour setting in the shadow of the castle. For a more authentic, off-the-beaten-track experience, try the family run 7 St Georges Tavern. The stone-walled taverna doesn't have a menu, just a seemingly endless selection of local meze such as stuffed vine leaves, hummus and tahini.

HOW DO I GET THERE?

A seven-night stay at the Almyra with babyfriendlyboltholes.co.uk costs from £565 per week, based on two adults and a child sharing. The price includes a free upgrade to half board until October 31, 2016. Flights and transfers not included. Airlines that fly to Paphos from the UK include EasyJet, Ryanair and Thomas Cook.

PHOTOS: ALAMY, GETTY IMAGES
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