

## SPORTS + LEISURE

Guaranteed sunshine almost every day of the year is just one of the reasons why you would choose Cyprus to indulge in your favourite sport.

Whether you just want to play for fun while relaxing in beautiful surroundings, or are professional athletes looking for winter training, there are facilities for everyone, from football and golf to water sports and hiking.

Take up a new sport or improve your skills. Practice your serve, learn how to tack or just go for a thrill. Experience the closest thing to being a Formula 1 driver by zooming round a Karting track. Or try the Waterpark for thrills and parasailing for a new sensation.

### Water Sports + Diving

A wide range of water sports are available directly from Le Meridien Limassol Spa & Resort. Such as water ski, paragliding, wind surfing, sailing, Jet Ski, Padi Dive courses and shipwreck dives, etc.

Clear seas and warm waters make Cyprus ideal for diving. Sea temperatures around the island range from 27 to 16 °C, resulting in one of the longest diving seasons in the Mediterranean, while the absence of plankton makes for great visibility.

The underwater coastal reefs teem with a wide variety of colourful fish, sponges, coral, sea anemones, octopus, mussels and the ubiquitous sea urchin providing a spectacular picture. Sea turtles can be spotted regularly, thanks to a turtle conservation project that has increased their numbers around the island considerably.

Spectacular underwater caves and tunnels and a number of interesting are just waiting to be explored, while the remains of ancient amphora and stone anchors make it a veritable adventure.

### Leisure Land

Our very own Leisure Land is welcoming those with energy to spare or teenagers to amuse, a huge range of sporting facilities are available. The resort boasts floodlit areas for tennis, basketball and mini football pitch (FIFA approved AstroTurf). Play volleyball, mini golf, and badminton or try your hand at archery, pool or table tennis –then quench your thirst at the Sports Bar. The incredible four-lane Atlantis Bowling Centre makes Le Méridien Limassol Spa & Resort really special – and rounds off a unique combination of leisure and sporting activities.

### Cycling

Experience the island's culture, history and wonderful landscape from the saddle of a bike. A cycle tour enables you to come across things which you would probably miss from inside a car. Follow one of the many cycling routes or even create your own. Set the pace you desire whether training or leisure and feel your lungs with fresh air while making your bit to fight global warming and protect the environment.

## **Hiking**

If you love the great outdoors or want to improve your fitness, hiking is ideal. Leave your car and experience the culture and nature of the island in the best possible way. Cyprus has numerous sign posted paths or nature trails, some more challenging than others, but all are a feast for the senses, especially in the springtime when you can experience the sights, sounds and smells of nature at first hand.

## **Cyprus Rally**

From 2000 the Cyprus Rally is part of the FIA's World Rally Championship. It is a three-day event that takes place in the spring on the streets of Limassol and dangerous mountain roads of Troodos.

## **Santa Marina Retreat**

The Santa Marina Retreat is situated in rolling countryside on the edge of the village of Parekklisia - just five kilometres north of Le Méridien Limassol Spa & Resort. The Retreat is unique as it the only combined sporting and leisure facility of its kind on the island offering archery, horse riding, mountain biking, quad biking, shooting, adventure courses, buggy nature trails, golf driving range and putting greens, wall climbing and more.