

Newsletter 39

| September 2017 |

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Welcome note

Welcome to the 39th issue of our Newsletter, which is full of rich and interesting scientific articles and news from Remedica. The main article is dedicated to the passage of one year since Remedica's acquisition by Ascendis Health and there is also a special article on Mr Dinos Economides, Area Sales Manager.

Furthermore, in the section on Environmental Issues, we focus on the serious matter of mercury pollution, while in the Health Issues section, we give particular attention to the control of tobacco consumption on the occasion of the World No Tobacco Day. We also present our new product Nevalan® (Esomeprazole).

In the News section, we provide you with information about two very important awards: that of the Senior Managing Director of Coast2Coast Capital and the awarding of Remedica's CEO from the magazine Finance Monthly.

In the section on Corporate Social Responsibility, we are pleased to share with you Remedica's recent award for its long-term contribution to society and update you on its recent activities which include the organisation of Remedica's annual blood donation camp, its participation in the 3on3 basketball tournament and the RUN4ALL relay race, its support for the creation of a state-of-the-art Infopoint system at the Molos Sculpture Park in Limassol, and much more.

Finally, we take a look at the natural wonders of Cyprus and hope that you enjoy this issue of our Newsletter! ■

Charalambos Pattihis
 Group CEO

Special Feature: Remedica one year after its acquisition by Ascendis Health



Collaboration between Remedica and Ascendis Health

Remedica has enjoyed and continues to enjoy a fruitful collaboration with Ascendis Health one year after its acquisition by the South African group, and together they explore new ways for the further development of the company and the group in general. The collaboration between Remedica and Ascendis Health is best described by the opening words of Mr Karsten Wellner, Chief Executive Officer of Ascendis Health in a recent interview for a publication:

"From the first time I met with Mr Charalambos Pattihis, Remedica CEO and his leadership team I felt welcomed. Welcomed in a country and a company I had never visited before and welcomed by people I had never met before. (...) As an executive, I was very happy to see the incredibly high standards of Remedica's plant and as a human being, I was humbled by the incredible hospitality of the management team as well as the entire Remedica staff. I enjoyed working with all the team members and especially Mr Pattihis who is not only a great leader but also a good friend."

What is the current situation at Remedica a year after its acquisition by Ascendis Health?

The current situation is identical to the expectations Remedica had when the decision was taken to find a strategic investor. That is, an investor who would help Remedica grow even more and broaden its international business. A year later, Remedica is a part of an international group comprising several companies and many products. Synergies have been identified, which will further expand and strengthen the company, offering more products and access to new markets. We believe that this acquisition was a valuable opportunity, because, in addition to the very productive collaboration that exists between Remedica and Ascendis Health,

there is also a mutual inclination in ideas that aim to further develop Remedica and the group in general. We are delighted that we have joined forces with collaborators who are committed to investing in their workforce, customer relationships and brand names, thus increasing the value of the group.

Have you identified common projects (synergies, bolt on savings etc.), and ongoing development?

Integration projects (HR, IT, SOP's etc.) have been successfully implemented at Remedica and are running smoothly. However, in the area of synergies with other Ascendis Health businesses there is still great potential for development and together with Ascendis Health, Remedica will take steps towards this direction.

What have been the changes in the organisational culture and job security?

In situations of mergers and acquisitions, there is always uncertainty within the workplace. The purchase of businesses by bigger companies often incites a negative reaction from the acquired company's staff. But this is not the case – the staff and management team of Remedica embraced this collaboration and enjoy working with Ascendis Health. This is because Ascendis Health has a different approach. They are in it for the long run and want to **build** something even bigger, stronger and more sustainable with Remedica.

What are the opportunities for the company?

Ascendis Health currently employs close to 4000 people in almost 20 countries, manufactures products in 9 plants in 4 countries, exports to more than 100 countries and carries out the majority of its business outside of South Africa. It is a truly global company offering global opportunities. *"I encourage all the staff to think globally - to think big (...). Let's never stop learning, let's encourage collaboration and let's benefit from opportunities offered by global companies. When I talked to the staff of Remedica in a reception hall in Limassol, Cyprus, a few months ago I saw a lot of passion and dedication in the room - keep that going - this journey has just started!"*

How important are Remedica's exports?

The company exports more than 90% of its production to more than 100 countries. Over the past ten years there has been a steady growth, which we are trying to maintain and strengthen even further through sensible, intelligent and collective decisions. We believe that with our new family, this can be achieved more easily.

What are the next plans for the company?

Remedica's strategy now focuses on developing new generic products, penetrating new markets and developing synergies. It is designed to adapt to the changing environment and to overcome the challenges that may occur at any given time. Its commercial strategy focuses on developing new generic products, penetrating new markets and developing synergies between the Ascendis Health Group companies. Organic growth is further reinforced through the implementation of various cost-effective measures that have been planned for the next five years, which mainly focus on saving energy and on the collaboration with other suppliers.

Finally, great emphasis is placed on creating a positive and empowering workspace, a place that attracts talented individuals which can be further developed through appropriate management with innovation in mind, and which will give the company a competitive advantage. Remedica's vision for a healthier world can be achieved through accomplishments that will enable it to continue to grow, to create value and new opportunities. ■

Health Matters: Let's make every day 'No Tobacco Day'

According to the World Health Organisation (WHO) tobacco smoking kills people prematurely and, on average, tobacco users lose 15 years of their life with up to half of them dying of tobacco related causes. Annual global health care costs associated with smoking are estimated to be \$ 422 billion in the US alone. This amount represents 5.7% of total health expenditure worldwide.



Tobacco also has other costly consequences, such as the decrease in productivity due to the negative impact of smoking on the health of smokers which, as well as often leading to their premature death, is estimated to amount to a worldwide loss equivalent to \$ 1000 billion a year (WHO, 2017).



Tobacco control helps health and development

WHO is encouraging countries at a global level to prioritise and strengthen tobacco control efforts as defined in the 2030 Agenda for Sustainable Development.

All countries can profit from putting a stop to the tobacco epidemic, particularly through preventing the harmful effects of tobacco use and decreasing its financial burden on national economies. The purpose of the 2030 Agenda for Sustainable Development, and its 17 goals, is to make sure that "no one is left behind".

The inclusion of the control of tobacco in the 2030 Agenda for Sustainable Development is perceived as one of the best ways to reach the sustainable development goal (SDG) target 3.4, of reducing untimely deaths from non-communicable illnesses (NCDs) to one-third before 2030. This includes conditions such as cardiovascular disorders, cancers and chronic obstructive pulmonary diseases. Strengthening the implementation of the WHO Framework Convention on tobacco in all countries is an additional goal that needs to be met through the efforts of governments in order to achieve sustainable development.

Controlling tobacco helps to reach the different Sustainable Development Goals

Further to saving lives and decreasing health inequalities, tobacco control reduces the harmful effects that tobacco cultivation, production, trade and consumption have on the environment.

Tobacco control can also help to reduce poverty and starvation, encourage sustainable agriculture and financial development and form part of the fight against climate change. Any funds that arise from an augmentation in tobacco product taxes can be used to finance universal health coverage and other government programs.

It is not just governments that can reinforce tobacco control efforts: everyone can contribute to creating a sustainable, tobacco-free world. Individuals can discontinue using tobacco products. Smokers can choose to cure their addiction or look for professional help for the sake of their health and that of individuals exposed to 2nd hand smoking, such as children, family members and friends. As a bonus, funds which will no longer be allocated to tobacco-related causes may be diverted to important uses, such as the provision of meals, healthcare and schooling for those in need. ■



Remedica News

1) Remedica paves the way: receipt of the "CEO Award" by the magazine Finance Monthly (photo 1, 2)

We are proud to share with you that Mr Charalambos Pattihis, Remedica's CEO, was granted the 'CEO Award' by the magazine Finance Monthly. Each year, the magazine identifies and honours the most respected companies and their top level executives. Finance Monthly's research team assesses thousands of stakeholders including investors, analysts, executives, employees and media professionals worldwide. The survey results are then used to help researchers study and distribute publications on best management practises and critical success factors.

Researchers at Finance Monthly determine the eligibility of the CEO/Executive based on his or her achievements which can include growth in revenues and/or profits, successful turnaround, performing well in difficult economic or business times, expansion into new markets, leading market share, successful mergers and acquisitions integration, new products/services, new business models, and strategy.

More information: <https://goo.gl/b8edrx>

2) Coast2Coast Capital awarded at the Cyprus Investment Promotion Agency (CIPA) International Investment Awards 2017 (photo 3)

Coast2Coast Capital was given an award in recognition of its contribution to the economy of Cyprus, at the CIPA International Investment Awards 2017, held on the 26th of June at the Presidential Palace under the auspices of the President of the Republic of Cyprus, His Excellency Mr Nikos Anastasiadis. Over the years Coast2Coast Capital has invested in leading brands and companies, including setting up Ascendis Health, which recently acquired the Cypriot pharmaceutical company, Remedica.

This year, companies that contributed to the improvement of the Cypriot economy as well as personalities who actively participated in the development of the island as an international business centre through the creation of a quality business framework were presented with awards. Among the guests at this year's award ceremony were politicians, entrepreneurs, foreign investors and service professionals. The first Vice President of the European Bank of Reconstruction and Development (EBRD), Mr Philip Bennett, and Microsoft Devices Vice President, Mr Panos Panay gave opening addresses during the inaugurating ceremony of this event.

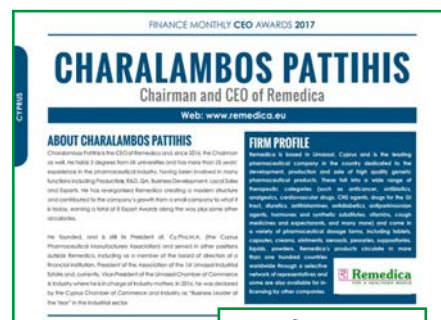
Mr Greg Von Holdt, Senior Managing Director of Coast2Coast Capital received the award on behalf of the company. Coast2Coast Capital is a holding and investment company, which was established in South Africa and is based in Malta. Its strategy focuses on acquiring at least 80% of companies with which it becomes involved. To date, it has invested in more than 50 companies worldwide and employs more than 8,000 employees. Coast2Coast Capital invests in leading brands and companies, including Ascendis Health, which over the past 10 years has grown to become South Africa's second-largest pharmaceutical company.

More information: <https://goo.gl/P4eZ8K>

3) Financial Analysts visited Remedica

After financial analysts visited Remedica in Cyprus, they were pleasantly surprised and, to put it in their own words, consider Remedica "to be the crown-jewel of Ascendis' Health portfolio". This stems from the fact that Remedica manufactures pharmaceuticals that it sells to, among others, donor organisations such as the Red Cross and Doctors without Borders at a very good margin. Therefore, they consider that "the recent restructuring has been a major success and the group is now well placed to extract savings and deliver organic earnings growth going forward."

Ascendis has invested around R9.2 billion on acquisitions since November 2013. It is imperative that these acquisitions be bedded down in each segment to ensure the growth of sustainable earnings -the group has made some progress in this regard during the second half of 2017, and the building blocks are now firmly in place to take the business to the next level. ■



Our Products

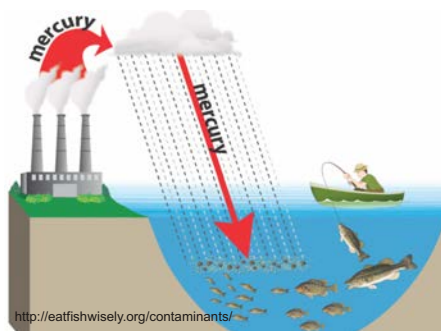
Nevalan® (Esomeprazole)

Recently, the medicinal product Nevalan® has been approved by the Pharmaceutical Services Department of the Ministry of Health of Cyprus. Nevalan® contains the active substance Esomeprazole which is indicated for:

- Gastroesophageal reflux disease (GERD).
- Ulcers in the stomach or upper part of the intestine that are infected with Helicobacter pylori.
- Stomach ulcers caused by Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).
- Zollinger-Ellison syndrome.
- Prolonged treatment after the prevention of re-bleeding of ulcers with intravenous esomeprazole.

Nevalan® is available in the strengths of 20mg and 40mg gastro-resistant tablets. ■





<http://eatfishwisely.org/contaminants/>



<http://news.nationalgeographic.com/content/dam/news/2015/06/29/coalplant/01mercurycoalplant.jpg>

Environmental Issues:

Mercury pollution

Mercury is a chemical element that can be found in the rocks of the earth's crust including coal deposits. However, mercury and its compounds are highly toxic to humans, ecosystems and wildlife. As the EU Commission suggests, exposure to high doses of mercury can be fatal in humans, and even in low doses, it could cause serious adverse effects to the central nervous system and to a lesser extent to the cardiovascular, immune and reproductive systems. Likewise, as the US National Wildlife Federation has suggested, mercury poses a greater hazard for unborn and breast-feeding babies, as well as young children, since it is most harmful in the early stages of human development.

According to the US Geological Survey, mercury poses a toxicological risk since it does not dissolve easily in the environment and it undergoes bioaccumulation once absorbed by living organisms. In other words, the level of mercury in an animal's body could potentially become greater than the amount that it can eliminate. If this occurs, mercury accumulates in the body and could eventually reach toxic concentrations. It should be noted that up to 70 days are required for the human body to eliminate half of any absorbed mercury. Furthermore, the bioaccumulation effect is generally compounded the longer an organism lives, and therefore larger predatory fish are most likely to contain higher mercury levels, since they accumulate mercury through their food source of smaller aquatic organisms.

As the EU Commission suggests, the main risk of human exposure to mercury occurs via the ingestion route, since mercury also accumulates in fish and seafood, with, as has been stated, larger predatory fish representing the greatest source of danger. Other significant exposure risks result from human activities, including artisanal and small-scale gold mining, mercury mining, and the use and handling of mercury in products and industrial processes.

Since mercury occurs naturally in coal and other fossil fuels, one of the main sources of mercury pollution is the burning of coal and lignite for electricity and heat production. According to the US Environmental Protection Agency, coal burning power plants are responsible for about half of the man-made mercury emissions in the US. Similar sources of mercury pollution include the burning of oil, wood and iron ore that contain mercury. As a result of these emissions, airborne mercury deposits in the ground, fresh water and oceans, via raindrops, dust or gravity.

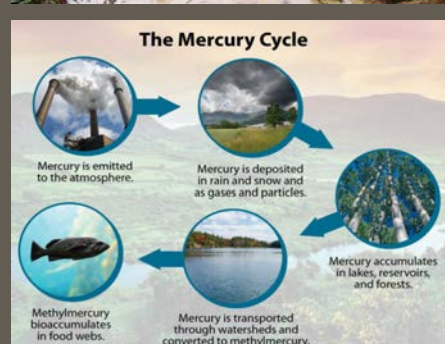
The United Nations Environment Programme (UNEP) estimated that in 2010 the annual global anthropogenic emissions of mercury were 1960 tonnes. Artisanal and small-scale gold mining were responsible for 727 tonnes (37%) of mercury emissions, followed by coal burning which were responsible for the emission of 474 tonnes (24%), and the primary production of non-ferrous metals (e.g. aluminium, copper, lead and zinc) resulting in the emission of 193 tonnes (10%).

In addition, UNEP's estimations concluded that the region with the highest mercury emissions in 2010 were East and Southeast Asia emitting 777 tonnes (39.7%) of mercury followed by Sub-Saharan Africa which produced up to 316 tonnes (16.1%). During this reference period, the total amount of mercury emitted by the EU-27 reached 87.5 tonnes (4.5%) while North America emitted 60.7 tonnes (3.1%).

Despite the fact that the EU adopted a Community Strategy concerning mercury in 2005, which focuses mainly on reducing its airborne emissions, further decisive and drastic actions are required to deal with the elimination of mercury pollution at a global scale. ■



<https://www.ecowatch.com/mercury-contamination-autism-2010239517.html>



<https://www.pca.state.mn.us/featured/power-companies-take-aggressive-steps-slash-mercury-pollution>

Corporate Social Responsibility: Remedica Cares

1) Remedica organised a Blood donation camp for yet another year (photo 1)

Remedica has for many years organised blood donations in which it has encouraged all its employees to participate.

This activity was repeated yet again this year with the aim of boosting the blood bank supplies of the Limassol General Hospital.

The blood camp was a great success with more than 70 employees donating their blood to help those in need.



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2) Remedica, a role model for its social contribution, awarded at IMH's 10th Corporate Social Responsibility (CSR) Conference (photo 2)

All major stakeholders in the field of business in Cyprus came together at the 10th Corporate Social Responsibility (CSR) Conference, held on the 7th of July 2017, at the Hilton Park, Nicosia, during which Remedica received an award for its ongoing social contribution.

The CSR program implemented by Remedica is founded on the pillars of Environment, Human Resources, Health and Society and is based on transparent and ethical practises. In particular, some of the activities of Remedica include the co-founding of Corporate Social Responsibility (CSR) Cyprus, granting scholarships and awards to students, sponsoring academic publications, supporting charities, and promoting gender equality, human rights and equal opportunities. Remedica is always close to society, strengthening its social contribution every year, while encouraging more companies and active citizens to act in a responsible way.

This year's conference was dedicated to the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda. The theme of the conference was: "Targeting Sustainable Development:



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Business Contribution". The outcome of the conference was very positive with market leaders proposing tools and techniques that will help businesses achieve better financial and quality results while achieving the 17 goals.

More information is available on: <https://goo.gl/ZAt5oc>

3) Remedica's participation in the 3on3 corporate basketball tournament (photo 3)

Remedica entered two teams in the 3on3 corporate basketball tournament held in Limassol between the 9th and the 11th of June 2017. One of them managed to qualify in the top 16 teams in the tournament.

The proceeds of this tournament were donated to the Cypriot wheelchair basketball teams and to the Social Grocery of the Limassol Municipality.

4) KES College graduate with the highest grade receives an Award from Remedica (photo 4)

As part of Remedica's social contribution and its efforts to promote health and education in Cyprus, the company's Medical Representative, Mr Anestis Georgiades, presented Antonis Christodoulou, the graduate with the highest grade on the Medical Representatives course of KES College, with a monetary prize.



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5) Remedica supports the creation of an Infopoint system (photo 5)

An Infopoint system has been installed by the Municipality of Limassol at the Molos Sculpture Park, in Limassol's water-front in co-operation with the Cypriot company Blupath Ltd. Remedica sponsored the project, along with other companies.

The information system combines signs with descriptions of the exhibits in both Greek and English, as well as a digital guided tour using barcodes. The system consists of 10 signs, sited around the Sculpture Park so that in combination with an innovative "smart communication" system, visitors can enjoy the unique experience of an interactive tour around one of the most important cultural infrastructure projects of the city.



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By this means, the public has the opportunity to gain a better understanding of the sculpture park's exhibits, which were collected in the course of three Sculpture Symposia, held in 1999, 2000 and 2001 respectively. It comprises 17 works by artists from the international scene, including Greece and Cyprus, made of materials such as stone, metal, stainless steel, reinforced concrete, neon-lights and marble. The Infopoints combine a series of embedded connectivity technologies (RFID, e-bar codes, dynamic URLs and Bluetooth Eddystone) that allow the visitors to download information directly to their mobile phones.

More information is available at: <https://goo.gl/kkZnZc>

Photographs: Kypseli Digital Repository, Cyprus Open University



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6) Support of the Multiple Sclerosis Awareness Week (photo 6, 7)

On the occasion of the World Multiple Sclerosis Day, a press conference was held at the Journalist House in Nicosia, on the 31st of May 2017. This year's theme, as selected by the Multiple Sclerosis International Federation (MSIF), was "Life with Multiple Sclerosis". Mr Andreas Hadjipanayis, Marketing and National Sales Manager was present at the press conference, representing Remedica.

The meeting was attended by Mrs Eleni Gereoudaki, representing the Ministry of Transport, Communications and Works, Mrs Christina Flourentzou on behalf of the Ministry of Labour, Welfare and Social Insurance, and Dr Maro Cleridou on behalf of the Ministry of Health.

In his speech, the President of the Cyprus Multiple Sclerosis Association, Mr Savvas Christodoulou, referring to the life of those with Multiple Sclerosis, emphasised that in order to live with such a condition, those affected need to think positively, share their concerns with their families, follow the guidance of their doctors and, above all, continue to live their life to the fullest.

Finally, the President of the Association thanked Remedica, a long-time sponsor of this cause.



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7) Participation in the relay charity 4X4km race entitled RUN4ALL (photo 8, 9)

Remedica successfully participated in the 1st relay charity 4X4km race entitled RUN4ALL organised by the Cyprus University of Technology and the Ev Zin Runners' Club on the 28th of May 2017, with the support of the Municipality of Limassol.

The event was aimed at promoting running as a means of keeping active, maintaining a healthy lifestyle, relaxing and encouraging corporate social responsibility. All proceeds were given to charitable organisations chosen by the 10 winners.

Remedica was ranked 5th among the participating companies and 9th in the overall list of participants (companies, organised stakeholders, athletes and sporting associations). Our company nominated the "Funraising" charity to receive a donation. Its primary aim is to support children up to 18 years old and their families, who for various reasons are experiencing financial difficulties.



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8) Remedica sponsors the establishment of a Checkpoint for the Support Centre for AIDS Bearers (KYFA) (photo 10)

Remedica was among the main sponsors of the creation of a CheckPoint, an initiative of the Support Centre for AIDS Bearers (KYFA), providing fast, anonymous, free, reliable and

painless screening as well as information on HIV. This initiative was implemented under the supervision of the Cyprus Ministry of Health with the scientific assistance of the Athens Hellenic Center for Disease Control & Prevention (KEELPNO).

From the 1st of July, the examinations are offered in KYFA's specially designed area at the Old Hospital of Limassol. The examinations can be booked only by appointment, and the centre's working hours are from Monday to Thursday (16:30-19:30).

For more information you may contact the KYFA CheckPoint (+357 25 340305).

9) World Environment Day (photo 11, 12, 13)

It was in the early 70's that the international community first began to comprehend the excessive impact that its activities had on the environment and its implications for the human health and wellbeing. For example, the testing of nuclear weapons on land and over oceans, the depletion of the ozone layer, the disposal of toxic waste and wastewater, the depletion of natural resources and the extensive deforestation and wildlife poaching were only some of the concerns which demanded immediate global action. In order to tackle these environmental challenges, the United Nations organised the United Nations Conference for the Environment which was held in Stockholm between the 5th and the 16th of June 1972. This conference produced 26 principles upon which global action was to be based.

These included the recognition of the fundamental human right to live in an environment that allows individuals to have a good quality of life, to live with dignity and maintain their well-being, the responsibility to protect the environment for present and future generations, the



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development of national environmental policies, the necessity of rehabilitating victims of pollution, the elimination of nuclear weapons, the promotion of international collaborations and the investment in environmental science and research. Another achievement of the Stockholm Conference was that it officially recognised the interaction of the natural environment and human society, which according to the UNEP, was not existent up to that moment.

Furthermore, the UN General Assembly designated the 5th of June as World Environment Day, to honour the first day of the Stockholm Conference. On the same day, another resolution was adopted initiating the establishment of the UNEP, which came to be the leading agency responsible for the development of the global environmental agenda. UNEP claims, that over the years the World Environment Day has evolved into a widespread international platform that is celebrated by stakeholders in over 100 countries.

Despite the fact that environmental protection and sustainable development are deeply rooted within Remedica's philosophy, as reflected by its day-to-day operations, the World Environment Day concept is utilised as an additional means for further raising environmental awareness among its personnel, contractors and visitors.

During the World Environment Day, Remedica's personnel, contractors and visitors were given the opportunity to watch audio-visual material of the campaign through the screening of videos and presentations. In addition, printed material was posted on notice boards, forwarded to employees and updated every day. An electronic message was also forwarded to all internal email accounts on the World Environment Day in order to further raise environmental awareness. On-the-job discussions were encouraged and training sessions also took place with the aim of encouraging the active participation of personnel in tackling local and global environmental issues.

Since the establishment of the World Environment Day back in 1972, a remarkable shift has been observed towards the promotion of environmental protection and awareness. Nevertheless, tackling global environmental challenges, such as climate change, pollution of the oceans, deforestation and wildlife protection requires even greater international commitment and collaboration by institutions and society in general. ■



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Παγκόσμια μέρα Περιβάλλοντος

05.06.2017

Remedica
FOR A HEALTHIER WORLD

I'm With Nature



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Remedica People

Mr Dinos Economides, Area Sales Manager



Mr Dinos Economides, after completing his BSc and MBA degrees in Finance from the Deree College, Greece and the City of London Polytechnic, UK respectively, he decided to move to Johannesburg where he started working as a Floor Manager for the chain of Spar retail shops. Upon his return to Cyprus, he took on the role of Director of Firepro whilst at the same time becoming the CEO of Lead Capital, which deals with stock exchange trading, venture capital IPOs and private placements. Both groups were globally diversified through worldwide networks. He was then assigned the task of establishing Firepro Hellas in Greece which he successfully carried out achieving in making Firepro products available in that country.

Mr Economides joined Remedica in 2008 where he has remained ever since, and which became his second home and family. He serves as the Area Manager for several countries such as the Caribbean region (including Panama & Ecuador), Hong Kong, Sri Lanka, Suriname, Albania, Armenia, Azerbaijan, Georgia, Germany and Romania.

In his spare time, he likes to swim and occasionally plays basketball. Mr Economides is married to Mrs Maria Roussou, Remedica's Quality Control (QC) Manager and has two daughters, Eleonora and Romina.

We wish him all the best and hope he continues to work with the same pace and zeal. ■

A glimpse of Cyprus: Natural wonders of Cyprus

Cyprus, a small Mediterranean island located at the crossroads of Europe, Asia and Africa, has been an attractive destination for nature lovers for many years. Going on vacation in Cyprus, an island endowed with an abundance of natural wonders, monuments, archaeological sites, and diverse beautiful landscapes, is certain to satisfy all tastes. Because of its temperate climate, visits can be made to the island at any time of the year with the additional benefit that its many attractions are always accessible. Brief descriptions of just some of the attractions are given in the following sections.

Avakas Gorge, Paphos

The stunning Avakas Gorge, is carved mainly out of limestone rocks and rises by 30 metres over its 3 km length but becomes so narrow that it must be crossed with care. This gorge is a masterpiece of nature and an explorer's paradise, offering an enchanting view of the local flora and fauna, the former of which includes the endangered species *centaurea akamantis* - a flowering plant in the Asteraceae family that is endemic to Cyprus where it is found only in this gorge. The rich flora includes ferns, oaks, pines, junipers, cypresses and wild figs as well as a plethora of wild flowers. The gorge is also home to a variety of animal life such as hares, falcons, foxes, crows, night owls and an amazing number of reptiles and butterflies.

Troodos Mountains

The impressive and stunning Troodos mountain range, which is truly a natural wonder, can be seen stretching across most of the western parts of Cyprus, offering a cool sanctuary and pleasant hours of long walks along its scented pine forests both in the winter and the summer. Here you can find many Byzantine churches and monasteries, famous resorts on mountain peaks and a number of villages hidden in the valleys nestling in the picturesque hills and mountains.

Aphrodite's Rock (Petra tou Romiou), Paphos

Known as the birthplace of Aphrodite, the Greek goddess of beauty and love, local legend states that from time to time, and together with a little imagination, her silhouette can be seen when the waves crash upon this rock. It is situated near the road joining Paphos to Limassol which runs alongside a narrow but long pebble beach. The site is also famous for its crystal-clear waters and the combination of the stunning natural scenery with the mythological context makes the site a must-see for visitors.

Cape Greco National Park, Ayia Napa

Cape Greco is a stunning national park renowned for its numerous sea caves and picturesque rock formations. It is located between Ayia Napa and Protaras. The Cape Greco National Park is very popular amongst divers because of its warm sea temperatures that range from 16°C during winter, to 28°C during summer and also because visibility extends to 30 - 40 metres. These crystal clear waters are home to a multitude of fascinating sea creatures. Aside from diving, since the island's weather is perfect for cycling, bicycle paths are also available. As an alternative, visitors can enjoy a more sedate boat trip along Cape Greco's coast passing through caves where they will have the chance to see beautiful cliffs that are ten meters in height. Alternatively, the site can be accessed by car.

Millomeri Waterfalls, Piatres

The Millomeri Waterfalls are the largest waterfalls in Cyprus, with an astonishing water drop of 15 metres. They are easily accessible through the magical Troodos Mountains, and are an impressive site for nature-loving travellers; the curves formed by the water on the rocks are truly astounding.

White Rocks, Limassol

To the east of Limassol where they run for 8 kilometres along the coastline, the White Rocks have an appearance which is reminiscent of giant meringues. The architecture of the rocks has been produced by

erosion resulting from the movements of the ocean which has produced a stunning complex of cliffs and caves, ideal for geology enthusiasts and explorers alike.

Salt Lakes of Limassol and Larnaca

A popular local legend claims that the two lakes of Limassol and Larnaca, were formed when St Lazarus' requests for food and drink were turned down by a local woman; her actions made Saint Lazarus so angry that he supposedly turned the woman's vineyards into salt lakes. During winter the lakes retain water, and become host to an abundance of spectacular flamingos that stop by during their migratory journey across Europe. However, during the summer season, the water dries up leaving behind a dry and barren looking environment primarily composed of salt crystals. Nearby is an interesting site, the famous Hala Sultan Tekke mosque, a spectacle that is ideal for those seeking to capture a photographic moment against a backdrop of flamingos.

Adonis Baths, Paphos

The deep and cool waters of the large transparent pool with its turquoise waterfall make the Adonis Baths the perfect spot for swimmers. Visitors can swing over the waters from the overhanging trees idyllically located on the waterfalls edge. The falls are rumoured to be the birthplace of many of the children of Aphrodite and Adonis. There is also a traditional museum located on-site offering visitors a plethora of information about the area's rich history. ■

Sources:

<http://naturalwondersofcyprus.com/natural-wonders-of-cyprus/>
<http://naturalwondersofasia.com/cyprus/>
<http://www.heartofcyprus.com/en/cyprus/guide/25-things-not-to-miss-in-cyprus.aspx>
<https://theculturetrip.com/europe/cyprus/articles/the-top-10-natural-wonders-of-cyprus/>
<http://www.chooseyourcyprus.com/discover-cyprus/cape-greco-national-forest-park.html>
<https://apotiopomata.wordpress.com/2013/03/15/καταράκτες/>
Cyprus Tourism Organisation



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Remedica
FOR A HEALTHIER WORLD

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