



WALKS WORLDWIDE

The Walking Holiday Specialists

Turkey

Along the Lycian Way

- Walking along the Turquoise Coast
- The Lycian icon of Cape Gelidonya Lighthouse
- Discovering 'lost' civilisations along the way



SELF-GUIDED Departures for a minimum of 2 persons travelling together

Tour Grade – B Tour Code - TLYC

For dates and prices visit: www.walksworldwide.com

Introduction

Here along the Turkish Mediterranean coast, the Taurus Mountains rise dramatically from the shimmering, clear sea to provide a rugged and dramatic backdrop to this walking holiday along the Lycian Peninsula. Following the rocky, pine forested coastline, with remote sandy beaches and picturesque inlets along the way, you will discover a region steeped in ancient history, with tiny traditional fishing villages and fascinating archaeological treasures. Each walking day ends at friendly and exceptionally hospitable Turkish guesthouses, serving delicious homemade food, lovingly prepared from fresh, local produce. In fact the friendliness of the local people that you will undoubtedly meet along the way make the journey worthwhile in its own right. Of course there is the sheer pleasure of walking in almost guaranteed sunshine following ancient Greek and Roman routes, forest trails and traditional paths used by the locals for hundreds of years that brings a whole new meaning to 'Turkish Delight'. Nowadays, the Lycian Way is an easy to follow, waymarked trail where traces of previous civilisations from Alexander the Great, Crusaders, Greeks, Romans, Arab and the Genoese are to be found. With its magnificent combination of deserted beaches, mountains, coast, ancient cities, culture and local hospitality it's no surprise this walking holiday along the Lycian Peninsula has become a firm favourite. It is little wonder that the Sunday Times and Country Walking Magazine listed the Lycian Way as one of the 'World's Greatest Walks'. Enjoy The Lycian way for yourself; we are sure you will agree. The sheer pleasure of walking in almost guaranteed sunshine brings a whole new meaning to 'Turkish Delight'. As you walk towards the spellbindingly beautiful Bay of Adrasan and Cape Gelidonia the call of the warm waters of the Mediterranean will surely prove irresistible. *This is our budget, itinerant Lycian Way holiday using simple Pension accommodation along the way. Please also see our "Best of the Lycian Way" holiday, which is centre-based at a boutique hotel in the Bay of Adrasan.*

The Holiday

Routine As this is a self-guided holiday you can of course dictate your own schedule. In general you'll usually walk from your overnight accommodation (your main baggage will be transferred to your next accommodation) for 2-3 hours in the morning and stop for a picnic lunch en route. After lunch you will usually carry on walking for 3-4 hours enjoying the sights along the way to reach your next overnight halt. Maps (due to military restrictions) are rudimentary, however the Lycian Way is waymarked. We recommend you obtain and take with you the book "The Lycian Way" by Kate Clow.

Walking conditions The walking is quite straightforward with good conditions underfoot. The walking is moderate and primarily over undulating terrain, following dirt tracks, trails and backroads, the odd beach and even stream crossings. The daily distances are reasonably challenging and most days involve both ascent and descent, although these sections are rarely sustained and should present no difficulty to a regular, strong hillwalker with a good level of fitness. You will only have to carry your daypack during the walking day, as your main luggage will be transported by vehicle between accommodations on walking days. Details of the walking distances, approximate walking times (excluding rest stops), ascent and

descent can be found by each walking day in the itinerary.

A full explanation of the trip grading can be found in our brochure or online at www.walksworldwide.com. You should ensure you are comfortable walking at this level of grading and are physically prepared for the trip.

Self-Guided Holiday

As the name suggests, self-guided holidays are for those that prefer to be independent. Within reason you are able to dictate your own schedule, as well as walk at your own pace with the aid of route notes and maps. All your accommodation has been reserved in advance and unless otherwise stated within this trip dossier, your main baggage is transferred between each accommodation along the way, so there's no need to worry about carrying heavy loads and having to back pack. This means you only need to walk each day and carry your usual lightweight daypack. However, it is important that you are entirely comfortable with being independent whilst on a walking holiday.

For detailed information as to what a self-guided holiday entails please read the self-guided walking holidays section at [Types of Trip](#) section on www.walksworldwide.com before booking your self-guided walking holiday.

Route Notes- Help keep them up to date

Things can and do change along the routes that self-guided walking holidays follow. A sign may have been changed, or even removed, a path may have been obstructed, even re-routed, a landmark the route notes refer to may simply no longer exist. It is clearly impossible to keep track of all the changes that may occur outside the local tour operators control and knowledge. It may be the route notes translation can be improved (they are translated into several languages by the local operator after all) too. Clearly a case of “last person to walk the route” has the most up to date information. In the spirit of camaraderie amongst walkers and in an effort to constantly keep route notes updated and improved upon, the local operator (contact details in your final joining instructions) will always welcome notification of any changes along the way/recommendations for improvement if you would care to forward any useful and specific information to them. Alternatively, send to

Walks Worldwide and we will forward accordingly.

What you need to provide Your personal equipment as detailed in the clothing and equipment list later in this trip dossier.

Itinerary

IMPORTANT- Before booking you should read our “Types of Trip” and “Essential and Useful information” sections on www.walksworldwide.com including our ‘Important Warning’.

Due to the specialist nature of our holidays, day to day itineraries should be taken as a guide only, and as statements of intent and not contractual obligations. We regularly update our trip dossiers to take into account changes to trekking routes, accommodation, local transport etc. Such changes are a factor of this type of holiday and when made are out of necessity. Other factors such as adverse weather, unforeseen circumstances and other matters entirely out of our control etc can also lead to enforced changes during the course of the holiday. It is not possible to guarantee that any of our holidays will operate exactly as per the anticipated itinerary. The most current trip dossier will be made available on our website. We will also send you the most up to date trip dossier with your “Final Joining Instructions” approx. 2 weeks before departure and you should carefully check this for any changes that may affect your plans

Outline Itinerary

Day		Overnight	Accn.	Meal plan
1	Arrive at Antalya Airport and transfer to Pension	Antalya	Pension	
2	Transfer to Ulupinar, trek to Chimera and onto Cirali	Cirali	Pension	BLD
3	Follow the coast to Moses Mountain and to the beaches of Adrasan	Adrasan	Pension	BLD
4	Walk to Cape Gelidonia	Adrasan	Pension	BLD
5	Visit ancient Myra, transfer to Kapakli and trek to Ucagiz	Ucagiz	Pension	BLD
6	Transfer to Kilinci and trek to ancient Aperlai	Ucagiz	Pension	BLD
7	Travel back to Antalya by public bus (3hrs)	Antalya	Pension	B
8	Transfer to Antalya Airport			B

B – Breakfast, L – Lunch, D – Dinner.

Day 1

Arrive at Antalya Airport where you will be to then transfer (approx. 30 mins) to your Pension in the "Kaleici", old part of the city. Antalya is a picturesque city surrounded by forests, mountains and of course the turquoise waters of the Mediterranean and is the gateway to the Turkish Riviera. (See *Joining Arrangements and Transfers* section later in this trip dossier)

Pension, Antalya

Day 2

In the morning you'll be transferred to the village of Ulupinar. It's a journey time of around 90mins. From here your walk along this part of the Lycian way begins. Your baggage will continue by vehicle to tonight's overnight accommodation, and so can you if you don't feel like walking just yet. From here you now head towards the coast and pay a visit to the Chimaera.



The eternal flame of Chimaera was so named after a mythical fire-breathing beast, part lion, part goat and part snake. This extraordinary natural phenomenon is a series of two dozen or so permanent fires emerging from the ground, caused by methane emissions and is located within the Olympos National Park towards the top of a 300m high hill. Cirali itself has a long sandy beach and it is one of the few protected beaches where Loggerhead Sea Turtles come to lay their eggs. If you feel like some further walking you can always head

towards the beautiful Akdere Creek and visit the ruins of the ancient city of Olympos.

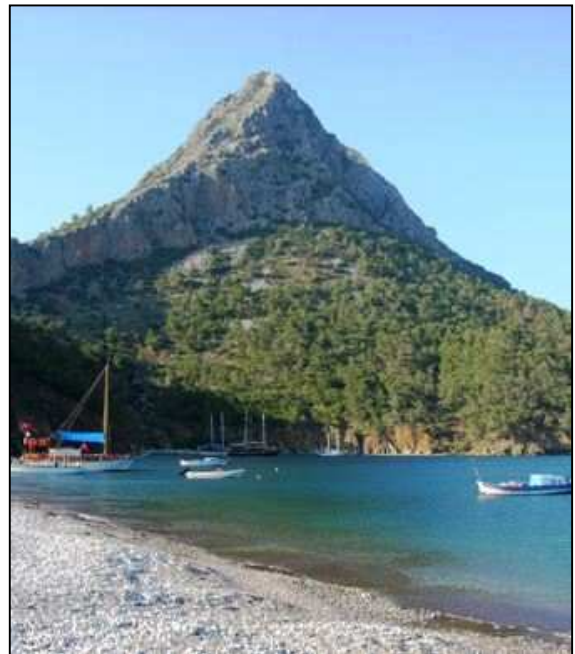
Walking distance 8km- walking time approx 3hrs-ascent 200m-descent 450m

Pension, Cirali

Day 3

Today's walk is all inland and more demanding. Following the Lycian Way you ascend through a canyon to a high grazing area where there is a small shepherds hut. Reaching a higher ridge you have great views to the magnificent peak of Mount Olympos. Continuing along the ridge line you now walk beneath the flanks of Musa Dag (Moses Mountain), where a boat shaped stone formation was discovered. Continuing through meadows the trail then descends through small pine trees and down through a limestone gorge to emerge at the spellbindingly beautiful Bay of Adrasan. Walking distance 16km-walking time approx 6-7hrs, approx. 750m of ascent and descent.

Pension, Adrasan



Day 4

A truly wonderful day of coastal walking lies ahead as you walk to the upper lighthouse at Cape Gelidonia. A short vehicle transfer takes you to the start of the trail which then twists and turns through pine woods and crags high above the coastline. The trail occasionally follows the cliff edge itself and affords dramatic views to hidden coves below, as well as across the sea to a series of tooth like uninhabited islands. Contouring the hills of this remote Gelidonia peninsula, the trail climbs to reach a crest and then descends to the upper lighthouse. This isolated, famous lighthouse



has no electricity or phone. Pausing to take in the breathtaking views out to sea and along the coastline of the peninsula, you'll then head down through pine forest to reach the shore line once more, which you will then follow to the village of Karaoz from where a vehicle transfer returns you to your Pension in Adrasan. Walking distance approx 15km-walking time approx. 7 hrs with approx 700m ascent and descent.

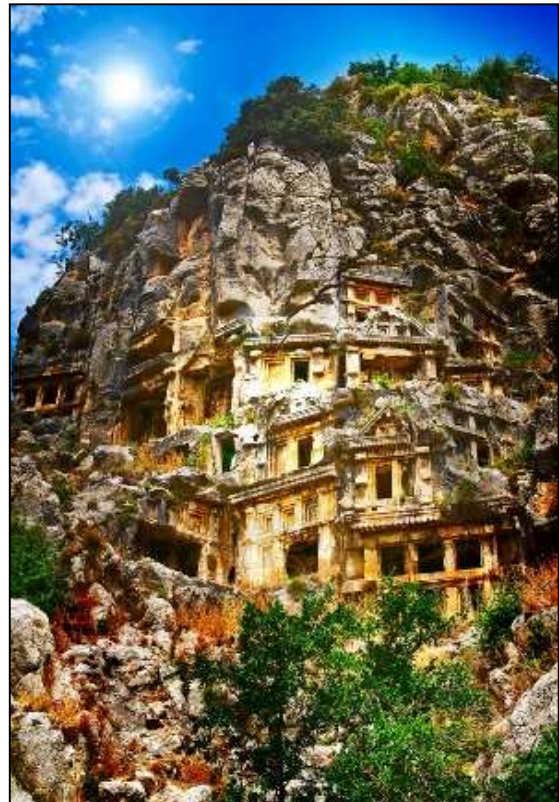
Pension, Adrasan



Day 5

Previously our version of this section of the Lycian Way went no further north. Now you'll firstly be transferred by private vehicle to visit the ancient city of Myra (transfer time approx 1hr). Myra in its day surpassed Xanthos in early Byzantine times and became the capital city of Lycia. After exploring Myra, you then travel for a further 30 mins by private vehicle to reach the village of Kapakli. Once again your baggage carries on by vehicle to your overnight accommodation. You'll then walk coast wards to the village of Simena, where there is a large necropolis and onwards to the small boat-building and very charming village of Uçagiz. Walking distance 12km-walking time approx 4-5hrs-150m of ascent and descent.

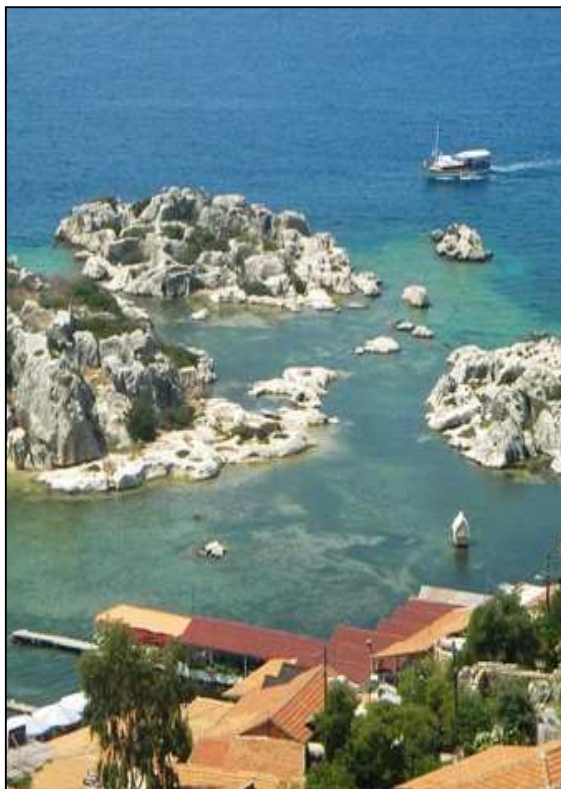
Pension, Uçagiz



Day 6

A short transfer (20 mins) takes you Kilinci from where you then walk to the ancient Lycian city of Aperlai. Be sure to take your swimming gear with you, as there's a rather attractive isthmus here, which will no doubt be inviting if it's a hot day. Aperlai itself dates back to the 5th Century and is one of the lesser-visited ancient Lycian sites, primarily because it isn't so easy to reach. You'll then return along a mostly coastal trail to Uçagiz. Walking distance approx 15km-walking time approx 6hrs-100m ascent and 400m descent.

Pension, Uçagiz



Day 7

After breakfast you then take the daily public bus back to Antalya (cost approx. €8 per person), then from Antalya bus station, a taxi (cost approx €12) back to your Pension in the old part of Antalya. The bus usually departs Ucagiz at around 0800hrs for the 3 hour journey back to Antalya. Here you'll have the rest of the day free to explore and go souvenir hunting.

Pension, Antalya



Day 8

Depart Antalya. A private transfer will be provided from the Pension Antalya to Antalya Airport to coincide with check-in time for your departing flight.

Extra nights along the way

Many of our clients like to add extra nights to the itinerary to rest and relax between walking days at the various locations along the way, or spend extra time in Antalya too.

If you would like to do the same the cost is £30 per person (room and breakfast only) sharing a twin room, or £50 (room and breakfast only) in a single for extra nights at any of the Pensions within this itinerary. *Please note that additional walking notes are not available, although there's nothing to stop you doing a bit of local exploration yourself if relaxing on a sunny beach doesn't appeal. Please note it is not possible to upgrade for the two nights in Adrasan to the boutique hotel used on our centre-based "Best of the Lycian Way" holiday.*

Practical Information

Joining Arrangements and Transfers

You will be met upon arrival at Antalya Airport (the joining point for this trip) on day 1 of the trip and transferred to your first night's accommodation in Antalya (approx. 30 mins). At the end of the trip on day 8 you will be transferred back to Antalya Airport from your Pension in Antalya. Transfers will be timed to coincide with your flight arrival/departure times.

International Travel

The nearest International Airport and joining point for this trip is Antalya.

For total flexibility and choice, the price of our holidays often excludes flights. However, as an ATOL bonded agent we are able to arrange competitively priced tickets with the majority of international airlines. Where low cost airlines offer a better option, we are also able to arrange these, subject to a small booking fee. Only by arranging your flights with us can we offer you the peace of mind and 100% financial protection that booking with a licensed tour operator brings.

Contact us to discuss your regional flight options for this holiday.

If you would prefer to make your own International travel arrangements you can book this holiday as Land Only. You will need

to book flights that enable you to arrive at Antalya Airport on Day 1 of the trip itinerary. Return flights should be booked to depart from Antalya Airport no sooner than Day 8 of the trip itinerary. *Please note if you are booking Land Only it is your sole responsibility to ensure you arrive at the joining point for the contracted arrangements in good time before these commence. No refunds will be provided in respect of any unused services contracted as a result. Similarly our contractual obligations cease at the end of your contracted arrangements.*

IMPORTANT- MAKE SURE YOUR CHOSEN HOLIDAY IS GUARANTEED TO RUN BEFORE YOU PURCHASE AIR TICKETS AND MAKING ANY OTHER TRAVEL ARRANGEMENTS.

Please contact the Walks Worldwide office to check the status of your chosen holiday **BEFORE** purchasing your International Air ticket. You should not book your International flight tickets or other travel arrangements until your chosen holiday is guaranteed to run. If you are purchasing your own air ticket, you should be aware that most of the cheaper airline tickets available for sale on the Internet or from low cost carriers are non-refundable in the case of cancellation. For this reason we strongly advise you check the rules of the ticket when you make a flight booking, and check the limitations of any cancellation insurance policy you have. We cannot be held liable, for losses incurred relating to any flight bookings or subsequent travel arrangements you have made yourself.

Baggage

Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. We request you limit your main luggage to one piece per person and recommend you to pack your clothes in plastic bags to ensure they remain dry. As your main baggage will be transported by vehicle a normal suitcase can be used for your main baggage. During the walking day you'll carry only your usual daypack.

Passports and Visas

British passport holders (and other EU passport holders) require a visa to visit Turkey for stays up to three months (please ensure your passport has at least 6 months validity). The easiest way to obtain your visa is upon arrival for a fee of £10 for British passport holders (at the time of writing). To obtain a visa

in advance from the Turkish Consulate costs £74. Further information and up to date costs can be found at:

www.turkishconsulate.org.uk/en/visa.htm#fees

Accommodation

Accommodation will be reserved for you on a twin share basis unless you have already requested a single room. The accommodation will be in small Pensions with typical Turkish hospitality. The Pensions provide simple yet comfortable accommodation and all rooms will have en suite facilities. *Please note it is not possible to upgrade for the two nights in Adrasan to the boutique hotel used on our centre-based "Best of the Lycian Way" holiday.*

Food

Turkish cuisine is a delight and the family run pensions take great pride in providing delicious Turkish meals prepared from fresh, local produce. You'll take breakfast and dinner at the Pensions, who will also provide you with a picnic lunch to carry with you on each walking day. Alcohol will usually be available at all the Pensions.

Climate

It is of course impossible to predict the precise weather conditions you will encounter during the course of your holiday. However, we do schedule our holidays to coincide with what should be the most suitable weather periods for walking. During the day it is often warm, sometimes hot and sunny 15°C-25°C+. **In July and August it is far too hot for walking and can remain so until towards the end of September. On no account should you travel during this period.** This region of Turkey enjoys one of the best climates in the Mediterranean with around 300 days of sunshine a year. However, given the proximity of the mountains to the sea, brief storms and heavy rain can happen.

You should always be prepared for inclement weather conditions. For climate statistics visit www.worldweather.org

Roughly speaking temperatures decrease by approx. 1°C for every 200 metre increase in altitude.

Altitude

The altitudes on this trip are very modest and you should not anticipate any problems.

Local transport

Airport, trail and baggage transfers are provided and will be by private vehicle. On day 7 you will travel by public bus, then taxi back to

Antalya (extra cost). The bus to Antalya usually leaves in the morning arriving at Antalya at approx 1100hrs.

Vaccinations and medical precautions

We always recommend visiting your doctor and dentist for a check up before travelling. Your doctor will also have access to the most up to date information on vaccinations and medical precautions for the country you are about to visit. In general, no vaccinations are necessary for Turkey. A useful travel health online resource is www.fitfortravel.scot.nhs.uk

Please make sure that you obtain form EHC either online www.dh.gov.uk or from your local post office – you will need to produce this if you have to see a doctor.

First Aid

You should always carry your own small, personal first aid kit. This should consist of the following: A general anti-biotic, throat lozenges, painkillers, plasters (band-aids), blister treatment, insect repellent (DEET), rehydration salts, antiseptic cream, diarrhoea treatment (e.g. Imodium).

Currency.

The Turkish currency is the New Turkish Lira. Please refer to www.xe.com for up to date rates. ATM machines are available in Antalya. During the trekking element it is unlikely you will have access to banks/ATM's.

Language

In Turkey the language is true 'standard' Turkish. As the Turquoise Coast is popular with tourists, English is quite widely spoken, although not by everyone. We recommend you take along a phrase book and also try to learn some simple Turkish phrases and greetings. The local people will of course especially appreciate any attempt to speak the Turkish language.

Tipping

Tipping is part of normal life in Turkey and is entirely at your discretion.

Travel Insurance

It is a condition of booking any of our holidays that you have comprehensive travel insurance. It is your responsibility to ensure you are covered for medical and personal accident risks for the part of the world you intend to travel and the activities involved. This cover should include repatriation costs, air ambulance and helicopter rescue. It is also advisable to take out cancellation insurance as

all deposits paid are non-refundable.

You may arrange either single-trip or annual multi-trip travel insurance through Walks Worldwide. Please call us on 0845 301 4737 or e-mail us- sales@walksworldwide.com for a quotation.

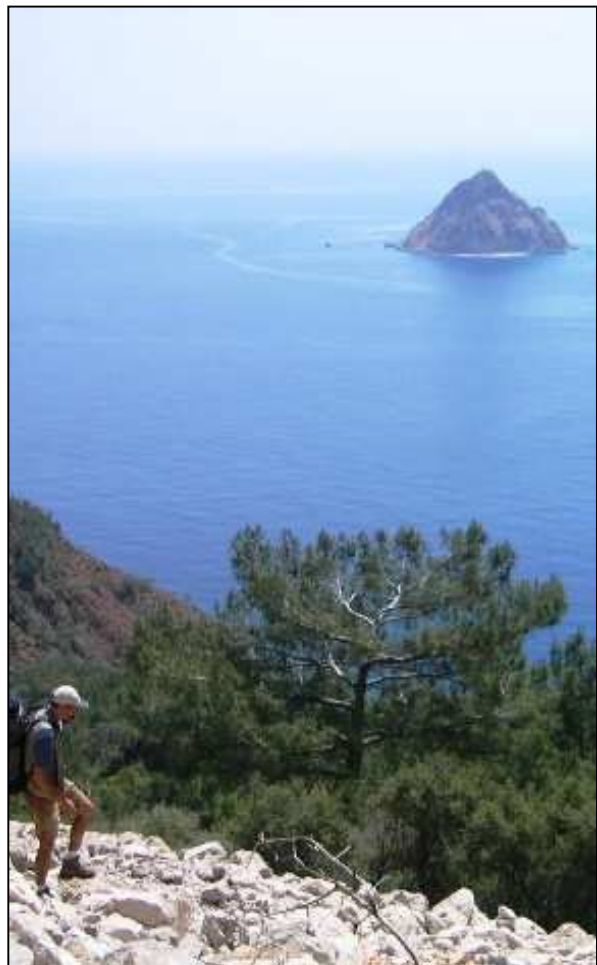
Inclusions and exclusions

Inclusions

- Airport, trail and baggage transfers as detailed above.
- Meals as indicated in the itinerary
- All accommodation
- Route notes and maps

Exclusions

- Drinks
- Souvenirs and personal items
- Insurance
- Meals not indicated above
- Public bus and taxi on day 7
- International Flights



Clothing and Equipment Lists

At least one set of casual / non-walking clothes will be useful for wearing in hotels on this holiday. Whilst walking you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because weather is so very variable, we recommend a number of thin layers rather than a few thick ones. The following list is our **suggested** guide to help you with your packing based upon our many years of travelling/walking. Using your own judgment for packing is of course important, especially with regard to casual clothing etc but please do not hesitate to contact us if you have any questions about packing for your holiday, or are uncertain as to the suitability of your clothing and equipment. Seasonal variations should also be taken into consideration when packing.

CLOTHING

- Walking boots and spare laces
- Trainers/approach shoes
- Socks – 3+ pairs (Walking and Casual)
- Underwear 3+
- T-shirts 3+
- Trekking Pants
- Short trousers 1+
- Light fleece 1-2
- Thick fleece 1
- Waterproof jacket with hood
- Waterproof trousers
- Sun Hat
- Swimwear

EQUIPMENT

- Daypack/rucksack (25-35 litre)
- 2 Large water bottles (1 litre each)
- Towel – *quick drying pack towel is recommended*
- Torch (and spare bulb and batteries)
- Camera & accessories
- Binoculars (optional)
- Sunglasses
- Trekking poles (highly recommended)
- Reading material (optional)
- Washing/Shaving kit
- Insect Repellent
- Small personal First Aid kit (see section above)
- Anti-Bacterial Handwash
- Water purifying tablets
- Sun Cream & lip salve
- Blister plasters – i.e. Compeed
- Tickets/E tickets*
- Passport*
- Money*

The following items should also be considered as being useful on a walking holiday

- Penknife/small scissors (DO NOT PACK IN HAND LUGGAGE)
- Moisturising cream
- Baby wipes
- Snacks/Energy bars
- Safety pins (DO NOT PACK IN HAND LUGGAGE)
- Padlock for your kitbag
- Small sewing/repair kit (DO NOT PACK IN HAND LUGGAGE)
- Small mirror
- Nail clippers (DO NOT PACK IN HAND LUGGAGE)
- Spare glasses/contact lenses
- Earplugs (against snorers)
- Cold water Travel Wash (preferably biodegradable)
- Travel adaptor

