

Trip Dossier for Turkey – Active Turkey

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Whether you are walking the Lycian Way, exploring Cirali and seeing the eternal flame of Chimaera or shooting rapids on the rivers and swimming and snorkelling in the bays around Mt Olympos, you'll fall in love with the beautiful beaches and rugged scenery dotted with oleander blossoms and wild grapes. Learn about the ancient civilisations of Turkey as you pick your way through the ruins and fragments. Walk up Mt Chimaera to see the 2,000-year-old flame, watch the sun set over Olympos Bay and return by torchlight – a magical evening that your children will remember always.

Day 1 Fly to Antalya

You will take an afternoon flight direct to Antalya, and you will be met at the airport and driven to your first nights stop, approximately 45 minutes from the hotel. Tervik's Place is situated amidst a magical forest, with ten Turkish wooden cabins. Each cabin has a veranda facing the Koprulu River and the impressive cliffs surrounding it. Breakfast and dinner are served in accordance with Turkish tradition on a panoramic terrace. There is also a warm spacious hut with comfortable sitting areas, hot Turkish tea, water-pipes and backgammon. **Hotel (dinner and breakfast)**

Day 2 Full day rafting; drive to Adrasan

Turkey has some excellent rivers for rafting and it is a completely different way of seeing and appreciating the country off the beaten track. After a safety briefing you'll transfer to the start point and launch yourselves into the river. No previous experience is required, but you can expect to get wet! After the thrill of the rapids you'll enjoy the beauty of the mountains and canyons all the more once you reach the calmer stretches of water. The trip lasts about four hours including a break for lunch. Following the rafting, you will be driven along the dramatic Lycian coast to Adrasan to check into your hotel. This transfer is approximately 3 hours including stops en route. Your tour leader will brief you on the programme for the following days and there is an optional Welcome Dinner of traditional Turkish cuisine including mezes and a buffet.

Hotel with swimming pool (breakfast & lunch)

Day 3 Optional pony trekking

Today is free to enjoy the hotel which is situated in the middle of a valley just a few couple of minutes easy stroll from a 2km long beach, which is so unspoilt that it is still used for nesting by loggerhead turtles. Apart from local water sports and walking you may like to take an optional trip to go pony trekking in Camyuva, about one hour away. After you arrive there will be a safety briefing and time to get to know your horse in the ménage before heading out on the trail. Depending on numbers and experience you may be organised into two groups and more experienced riders may wish to opt for a full day of riding in the forest (5 hours). The routes follow part of the Lycian Way overlooked by the majestic peak of Mt. Olympos. You'll visit a Byzantine church and a delightful waterfall which is a favourite swimming stop.

Hotel with swimming pool (breakfast)

Day 4 Full day boat tour to Olympos – swimming and snorkelling

The best way to see the coast is from the sea as many of the delightful bays are inaccessible any other way. Leave the hotel after breakfast to board your boat for a full day trip to Olympos visiting a number of these isolated coves en route. There are plenty of stops for swimming and snorkelling and a delicious lunch will be served on board.

Hotel (breakfast & lunch)

Day 5 Optional activities

Today you have a menu of optional activities from which to choose. **Hotel with pool (breakfast)**

Olympos options include:

Rock climbing – an introductory course when you will learn basic climbing safety, tying-in and basic climbing techniques.

Alternatively if you already have proficiency, you can do a full day course and visit spectacular climbing areas along the beach climbing 'slab routes' and 'cracks' in Cirali. Full instruction given.

Deep Water Soloing – ascending a rock face overlooking the deep sea and leaping off the rock back into the sea!



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Canyoning in Goynuk Canyon – where you walk into the canyon and explore its full length, climbing over rocks and boulders and jumping into deep waterfall pools.

Sea-kayaking – from the middle of the ancient city of Olympos, the river leads into the open sea and you can explore the coastline and isolated coves and caves.

Adrasan options include:

Scuba Diving – an ideal introduction to a whole new world underwater. After a safety briefing you'll take a short dive from Adrasan beach accompanied by a dive instructor. Experienced divers can join one of the twice-daily dives or do an early morning or night dive.

Turkish Bath – the Hammam offers a range of services, including sauna, steam room and massage.

Day 6 Explore Lycian city ruins, Cirali village; swim at Olympos beach; walk up Mt Chimaera

This is a day full of fun, culture and novelty. After a leisurely breakfast drive past some Roman forts, outer defences for Olympos, en route to visit the ruins of the ancient Lycian city of Olympos which was the second most important port in Lycia. A combination of archaeological site, nature trail and Indiana Jones film set, here you'll learn about the history and culture of one of the most influential ancient civilizations and gain an understanding of Lycian, Roman and early Christian influences on this fascinating region. The tour ends on Olympos beach and after a refreshing swim and some lunch (not included) there is a chance to explore the village of Cirali. In the late afternoon you will be collected from Cirali beach and taken to the base of Chimaera, a mountain with natural gas flames which have been burning for over 2000 years. You'll learn about the legend of Bellepheron, who slayed a mighty fire breathing beast – the Chimaera - and buried it under the mountain. It is about a 45-minute walk up the mountain and well worth it to see the flames and watch the sun setting over Olympos Bay and the eternal flames. After dark you'll descend by torchlight back to Cirali and drive back to your hotel in Adrasan. **Hotel with pool (breakfast)**

Day 7 Free Day

On your last full day you can choose to relax around the pool at the hotel or on the beach or take another optional trip. In addition to rock climbing, sea kayaking, canyoning, a visit to the Dolphin Park once more, you may like to consider a visit to Phaselis, another Lycian City with a good swimming beach and picnic area. You will have time to explore the ruins and then swim or relax on the beach. Later in mid-afternoon you'll head off to the base station of the second longest cable car in the world from where you can ride to the top of Mt Olympos, 2365m above sea level. It's a perfect vantage point for taking some breathtaking photos with the coastline and the Toros mountains behind. **Hotel with pool (breakfast)**

Day 8 Evening transfer to Antalya Airport for flight to London

Today you are free to enjoy your last day at Adrasan before being driven back to the airport at Antalya for your return evening flight to London. Transfer 3 hours to airport.

Day 9 Arrive London

You'll arrive in London in the early hours.

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start or end of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets.

Each itinerary is planned many months in advance and although it is our intention to operate the itinerary as printed in the brochure and detailed here, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure or other operational factors which are beyond our control. As a consequence, the order or location of overnight stops may vary from those outlined but we will always endeavour to keep you informed of any such changes. Included meals are indicated in the daily itinerary.

Optional Activities All prices are per person and are approximate

Turkish bath & massage	From £30.00
Scuba diving course	From £20.00 – price dependent on length of course and experience
Transfer to Olympos	£7.50
Rock climbing	£15.00



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Deep water soloing (based on 4 people)	£40.00
Canyoning in Goynuk Canyon	£26.00
Sea Kayaking in Olympos	£20.00
Trip to Phaselis (based on 4 people, including cable car)	£35.00

Accommodation The cabins at Tevfik's private farm have a spacious double bed with an additional single bed and each cabin is equipped with a private bathroom and shower with hot water. Rooms at Adrasan are based on twin-share with en suite facilities. There are indoor and outdoor restaurants, swimming pool and children's pool set in lush green gardens. The indication of a swimming pool at a hotel should not be taken as a guarantee but rather an indication. You should also be aware that swimming pools at the hotels are often unheated and so can be cold in the winter months or even closed.

Climate The Mediterranean coast of Turkey enjoys a typical Mediterranean climate with very hot and dry summers and mild wet winters. Spring and autumn are pleasantly warm.

Average monthly temperatures are given below for Antalya.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	15	15	18	21	25	30	34	34	31	26	21	17
Min °C	6	6	8	11	15	19	22	22	20	26	21	17
Rainfall (mm)	290	170	140	80	80	40	0	0	30	90	120	260

Is this right for your family? Apart from the first night you are based in Adrasan on the Lycian Way. Minutes from the beach the hotel offers a swimming pool, great food, congenial hosts and stunning scenery. With its combination of mountains, rivers and sea, there are activities for everyone. The activities and transfers are not exclusively for Families Worldwide clients, so there may be other hotel guests taking part as well.

Lone Parents Single parents or other adults travelling alone with children should be aware that some countries, including the UK, require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth Website under the appropriate country www.fco.gov.uk/travel

Currency The unit of currency is the Turkey New Lira (TRY). At the time of writing UK£1 = 2.47 TRY and Euro € = 2.11 TRY (Aug 2009). We recommend that you change money at the airport. Credit cards are widely accepted in hotels restaurants and shops and ATM's (bank cash dispenser) can be found in town centres but there may be a bank fee for using this service.

Local Costs

A small bottle of mineral water (500ml)	£1.00
A large bottle of mineral water (1 litre)	£1.50
A can of coke (soft drinks)	£1.00
A carton or bottle of fruit juice	£1.50
A bottle of beer	£3.00
A light lunch time snack – sandwich for example	£4.00
A two course meal* - excluding drinks	£7.50
A three course meal* - excluding drinks	£10.00

**Based on a mid-range tourist restaurant.*

Tippling A 10% service charge may be added to better quality restaurant and hotel bills, elsewhere it will be appreciated if you round up the bill and a modest tip may be offered for personal service. Please remember that all tips should be a way for individuals to thank staff for good service.

Language The official language in Turkey is Turkish. In tourist areas most hotel and restaurant staff can speak some English, however elsewhere very little is spoken.

Security Whilst the vast majority of travellers never experience anything untoward it is worth taking precautions particularly in urban areas. You should take sensible precautions in crowded areas such as street markets and airports, where pick-pocketing is common, and keep clear of any street disturbances. Don't wear jewellery, never leave your bags unattended, keep large amounts of money, cameras and mobile phones out of sight when



walking in town centres, and avoid walking in city centres after dark. Keep copies of important documents, including passports, in a separate place to the documents themselves, together with details of credit cards. Leave copies at home with a friend too. Safeguard valuables, important documents and cash and deposit them in hotel safes, where practicable.

Time Turkey is GMT + 2 hours or GMT +3 hours (March-October)

Ramadan 2010 11th August – 8th September 2010 (dates not fixed but dependent on the lunar calendar): Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day in most countries. Please be aware of the local sensitivities during the day and bear in mind that the evening breaking of the fast is usually an exciting and celebratory period! (1st August to 29th August 2011)

Packing List Please refer to our separate “packing list”

Clothing & Equipment List for Turkey – Active Turkey

The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend.

CLOTHING	PER PERSON	Check	ITEM	Check
Walking Shoes	1 pair (optional)		Soft-sided bag 50 litres	
Trainers or sandals	1 pair		Daypack 20 - 25 litres	
Waterproof jacket	1 – lightweight		Sunglasses	
T-Shirts/ Polo shirts	3			
Long trousers	2		Personal First Aid Kit	
Shorts	1		Torch and batteries	
Fleece or sweatshirt			Camera, memory cards	
Hat / Baseball Cap	1 - recommended for sun protection		Washing Kit – wet wipes, dry anti-bacterial handwash are very useful	
Casual wear	For evenings		Sunscreen	
Swimwear	1		Insect repellent	

ITEM	Check	ITEM	Check
Passport		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Sweets & snacks for the journey	
Credit Card / Cash		Notebook/Diary/Pen	
Insurance Documents		Guide Book & Map	
Trip Information and Itinerary		Binoculars (optional)	

For details regarding **hand luggage restrictions** please visit www.baa.com