



Terra Anatolia

Adventure Travel in Turkey

www.terra-anatolia.com

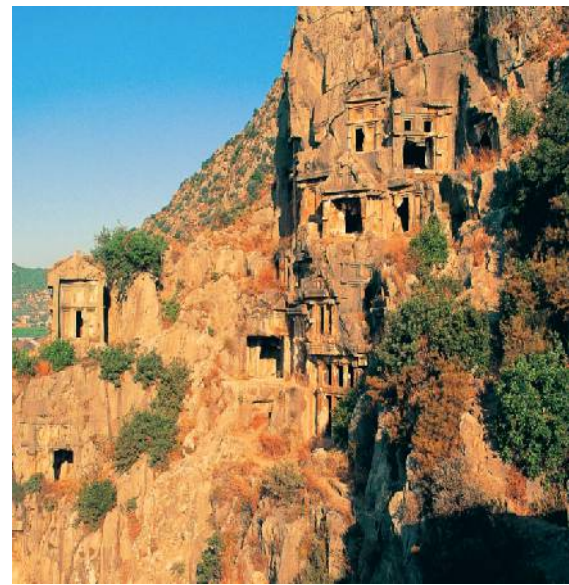
Lycian Coast, the mountain in the sea

code : L1



Lycia is probably the most beautiful coastal region of the country. Light, bathed by the Mediterranean, its strengths are many and varied: a landscape of creeks and steep mountains (from Fethiye to Antalya, the chain of Taurus plunges directly into the sea), ancient ruins scattered in the nature demonstrating the presence of multiple civilizations, Lycian and especially Greco-Roman and Seljuk Turkish but also Ottoman. Lycia is also the face of modern Turkey and is open to the world, welcoming and warm people whom you share the enthusiasm around a tea, a meal under a sunny weather or a small glass of raki.

The hiker will find first "mountain" altitudes in an environment where the proximity of the sea is truly astonishing. Subsequently, the days are cut out between rides through the vegetation to find the ancient sites of the coast on the Lycian coastline and breathtaking discovery of the Turkish "gullet", traditional boats in Aegean. Hiking,relaxing, swimming and culture for this exclusive program which should charm you.



Highlights:

- . The old town of Antalya, a jewel of Ottoman architecture.
- . The landscape between the mountains and the Mediterranean.
- . Ancient sites.
- . Coasting on a traditional boat in the Aegean

Stage : c

Level Scale:

A: Ride discovery, rare altitude changes on good trails.

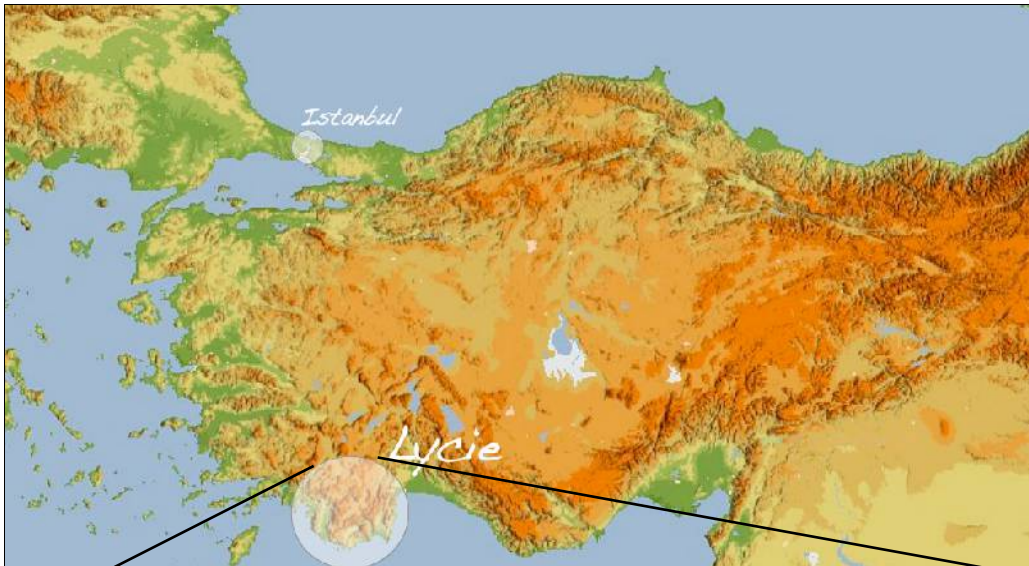
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

C: Hiking with important difference of altitude for most of them. This also applies to trips that take a B rated higher difficulty level (B to C) due to excessive heat, which may strain organisms.

D: Hike where all steps have with some important change of altitudes .

Duration :	8 days
Portage :	Only your daily items
Accommodation :	Hotel, pension, tent and in the inhabitant
Framing :	English speaking tour guide
Meal:	Restaurant, picnic, in the inhabitant

Lycia:



from 02/06/13 to 09/06/13
from 23/06/13 to 30/06/13

from 07/07/13 to 14/07/13

from 04/08/13 to 11/08/13
from 25/08/13 to 01/09/13

from 01/09/13 to 08/09/13
from 22/09/13 to 29/09/13

from 29/09/13 to 13/10/13
from 13/10/13 to 20/10/13

Program:

Day 1 : Antalya

Welcoming at the airport of Antalya and transfer to the hotel in Kaleici, the heart of the old town. Famous by a reputation of resort of choice, Antalya is also much more than that. This regional capital holds one of the most beautiful Ottoman cities possible. You can admire its konaks, old Turkish buildings that are here perfectly preserved. Add to this the fantastic site, on the seaside, close to the Taurus mountains that plunge into the Mediterranean, Antalya is one of the most appreciated cities of Turkey.

Transfer: 30 minutes

Accommodation : hotel

Meal:----

Walk :----

Day 2 : Gedelme – plateau of Cukur

In the morning transfer to the village of Gedelme at 700m altitude. Between mountains and coastal canyons, we sometimes climb on beautiful tracks sometimes on the trail of the Lycian way . As the landscape changed countenance, pines and cypresses give way to the cedars of Lebanon, but we still have a sea view. We finally arrive at the foot of Mount Olympus (Tahtali in Turkish) on the plateau of Cukur in a surprising mountain world.

Transfer: 1h15

Accommodation : tent

Meal : morning, noon and evening

Hike : + 1200m ; - 320m ; 15km

Day 3 : Mount of Olympus

On this day we will climb the Tahtali Mount, one of the world's Olympians Greek, Lycian Olympus, the world of Pegasus and Bellerophon. From its 2360m the view embraces a fantastic view of the mountains around the Mediterranean and the "Calanques" of the coast. Descent to the camp.

Transfer:----

Accommodation: tent

Meal: morning, noon and evening

Hike : + - 870m ; 10km

Day 4 : Üçoluk or the three fountains

We reach the hamlet Üçoluk "the three fountains" in Turkish, placed on an agricultural plain, is traditionally the place of shepherds summering on the coast. We cross one of the finest cedar forest of the East before arriving at the village where we will be staying homestay for the night.

Transfer :----

Accommodation : in the inhabitant

Meal: morning, noon and evening

Walk : + 360m; -500m ; 9km

Day 5 : Üçoluk – Cirali Beach

Down by a beautiful track in balcony where the view is still incredible. Arriving at the village of Beycik where our transfer will wait for us and will lead us in a few minutes on one of the most beautiful beaches in Turkey, the beach of Cirali. A small plain where they cultivate oranges, lemons, pomegranates and also live with a few tourists where no heavy construction is tolerated by the national park that encompasses Cirali beach and 3km dominated by Mount Olympus .

At twilight we will see the site of the Chimaera hidden in the hills nearby. Flames come out of the ground there for almost 3000 years. A geological curiosity that gives rise to the wildest legends, including those of the Chimera monster defeated by Bellerophon.

Transfer : 25minutes

Accommodation: pension

Meal : morning, noon and evening

Hike : - 570m ; +150m ; 6km

Day 6 : Olympus – Creek of Sazak and Porto Ceneviz

After walking along the beach of 3km, we find at the bottom of a green valley the ancient site of Olympus. The ruins are hidden in the vegetation and you will find the theater, the city gates, mosaics and tombs which are especially characteristic of the Lycian civilization. After going through the site, we board a gulet, a traditional boat to discover isolated coves and Sazak Porto Ceneviz, accessible only by sea. Dream landscape, swimming and relaxation. In the evening, return to our hotel on the beach.

Transfer :---

Accommodation : pension

Meal : morning, noon and evening

Walk : 3-4 km

Day 7 : Myra – Andriake – Kekova

Transfer to Myra, one of the most important cities of the Lycian federation where the monuments here are of an entirely different magnitude (a theater of 4,000 seats). Myra is also the place where Saint Nicolas lived in the Byzantine era. A church of this period still stands in the center of the Turkish city, it is an important place of pilgrimage for Orthodox believers today. After the site visit we go to Andriake, the ancient port of the site. A boat awaits us, this is the best means of transport to explore the bay of Kekova, nearby, Turkish coastal jewel. By late afternoon, we will start from the village of Ucagiz, the former Theimussa. Back on the beach of Cirali for a last evening by the sea.

Transfer : 3h

Accommodation : pension

Meal : morning, noon and evening

Hike :----

Day 8 : Antalya

In the morning, transfer to Antalya Airport for your return.

Transfer : 1h30

Accommodation:----

Meal: morning

Walk :----

Prices :

6-9 pax	9-14 pax
615,00 €	490,00 €

Departure guaranteed from 6 persons.

The price includes:

- . Land transfers necessary to the development of the program.
- . Shipping on a wooden boat piloted by its Captain.
- . The described accommodation, based on double room in a hotel, pension.
- . Full board throughout the journey except meals in Antalya.
- . Mineral water for restaurant meals (indicative 1 bottle for 3 people).
- . Accompaniment by a english speaking hiking guide.

The price does not include:

- . Air transports.
- . Sites entries .
- . Drinks and personal expenses.
- . The insurance cancellation - interruption for journey and assistance.
- . Anything that is not written in "the price includes".

To pay on the spot:

- . The lunch and dinner in Antalya between 8 and 15 € per meal.
- . Entries in the sites, monuments and museums: 3-12 € per person according the visits.

Tips:

They are part of the culture. It is a tradition to create a pool provided at the end of the trek team cooks, muleteers, drivers ... (as an indication, approximately 20 to 25 € per participant), and the guide (as an indication, approximately 15 to 20 € per participant). This gesture of thanks, in which everyone participates according to his satisfaction, is always appreciated.

Extend in Istanbul :

Enjoy being in Turkey and the exceptional location of our partner hotels in Istanbul to explore famous sites and monuments. Galata bridge by Atatürk, the Golden Horn and Galata Tower are superb visit. In the Sultanahmet district, the bustling, narrow streets and small gardens, are Topkapi Palace, Hagia Sophia, Blue Mosque, Grand Bazaar, Beyazit Tower, etc..

- . Local Guide in Istanbul: **125 € per day.**
- . Sup nights / person

room	single	double	triple
hotel 3*	70€	45€	40€
hotel 4*	100€	65€	55€

Additional Information: :

On the spot

The team

- . a hiking guide speaking english.
- . a driver for driving the bus.
- . a boat captain.
- . cook and his assistance in camp.

Movements :

Land transfers: the vehicles are private and reserved for the group. Minibus and / or 4x4 vehicles depending on the terrain.

Sea transfers: on the Lycian coast, boat suitable for cabotage along coast.

Accommodation

Antalya: comfortable hotels based on double occupancy, three local standard stars.

Outside cities ,pensions: very friendly small hotel, based on double occupancy.

Non-exhaustive list of hotels / pensions:

<http://www.lapalomapansion.com/turkce/index.html>

<http://www.emekpansiyon.com.tr/>

Note, however, according to the date of departure, we can use different accommodations of equivalent category.

Meals

In cities and villages: breakfast and dinner in the restaurant (sometimes homestay). There are also lunch in the restaurant (Myra. ..). During the marches: cold lunch as picnic.

Drinks: tea, coffee, raki (water aniseed spirits), wine, beer and drink yoghurt. With mineral water in every meal and arrival in the camps. For your use during the hike, plan to buy bottled water when possible, or take tablets or type Micropur Hydroclonazone to purify water.

Gastronomy : we strive to make you discover a great variety of dishes component Turkish cuisine, which is excellent varied appetizers (mezze): marinated anchovies, mashed beans, eggplant with tomato and garlic cucumber yogurt statement garlic, cheese from sheep or goat, stuffed vine leaves with rice. Different soups: bouillon raised lamb lemon soup with red lentils, meat: adana kebab (spicy minced meat), grilled chicken, lamb, beef, desserts.

Transport of the luggage :

Each participant moves with a small backpack for the day or half day (water bottle, camera, picnic lunch, protective clothing ...). The rest of the equipment is transported daily by pack animals or vehicles, according to the steps.

Currency :

The currency is the New Turkish Lira (TRY).

Exchange rates (indicative price): 1 € = 2.30 TRY We advise you to take euros in cash, you change on the spot. In large cities, the credit card is accepted in shops and there are important ATMs.

Plan before the departure

Administrative formalities

A valid passport or identity card valid for at least 90 days after return. In this case, at the entry into the country, the police Turkish air stamped paper presents a need to present the return.

Children are subject to the same obligations as adults, as described above. Note: Registration of minors to the parents' passports are now impossible, minors must possess an individual passport or personal identity card. If he is accompanied by a person holding parental authority, the child may leave home territory with his national identity card. In this case, the customs authorities may require proof that is accompanying the parent (family book or birth certificate for example). If he is traveling alone or with a third party, the minor shall submit, in addition to his identity card valid, a certificate of exit of home territory, issued at the request of the holder of parental authority by the Mayor the municipality of residence.

Health

No vaccine is mandatory.

The vagaries of travel

The adventure even prepared with the greatest care, custody fortunately its share of unforeseen events. They should not throw you off to the point of spoiling your enjoyment of travel. Circumstances beyond our control may change the course of your trip (weather, road cut, canceled flights, strikes, local festivals, etc ...). Our guides will make every effort to deal with these hazards, with their experience and professionalism, by modifying the program if necessary.

Safety is our main goal, regardless of the terrain traversed and the level of difficulty of your trip. In the case of an accident, your group, led by the guide, will face most often by their own means or by relying on local infrastructure. Be ready to accept remote and risks that may result from (lack of structure sometimes held back, little or no communication network), knowing that your guide, and the entire team of Terra Anatolia will propose solutions best suited to the situation. In case of serious mishaps, your help and participation they will need.

TERRA ANATOLIA

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