



Terra Anatolia

Adventure Travel in Turkey

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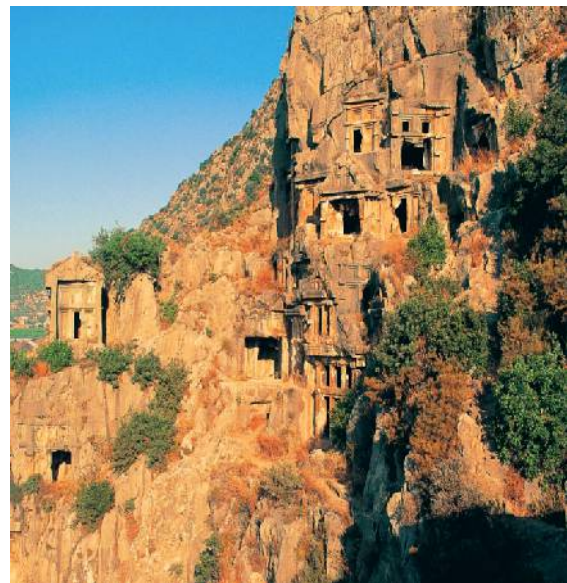
Lycian Coast *Self guided*

code : L01



Lycia is probably the most beautiful coastal region of the country. Luminous, 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.

For this self guided trek of 8 days hiker walks along the famous Lycian way on trails in balcony over the Mediterranean. Between walking and small hop, you discover the wealth of the famous Lycian coast: breathtaking scenery, ancient sites sometimes only accessible on foot, and although the sun of course! Hiking, relaxing, swimming and culture for this exclusive program will charm you.



Highlights :

- . The old town of Antalya, a jewel of Ottoman architecture.
- . The landscape between the mountains and the Mediterranean.
- . Ancient sites.
- . A comprehensive guidebook supported by a flexible and reachable team.

Grade : B

Scale Level:

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

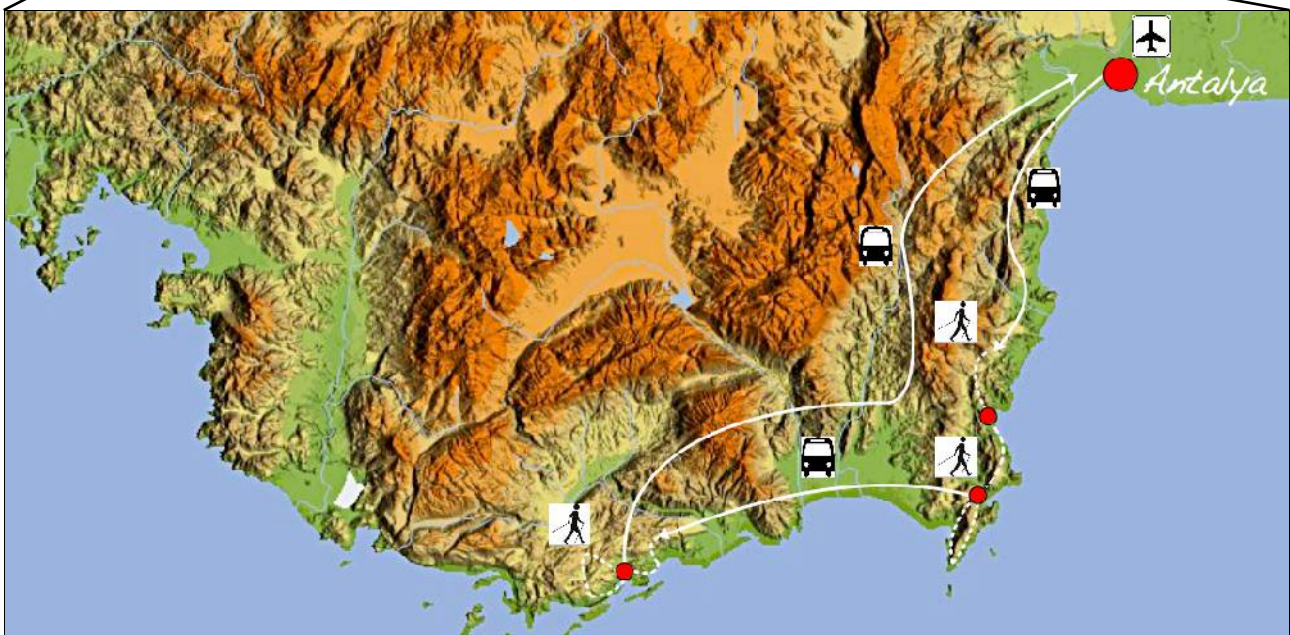
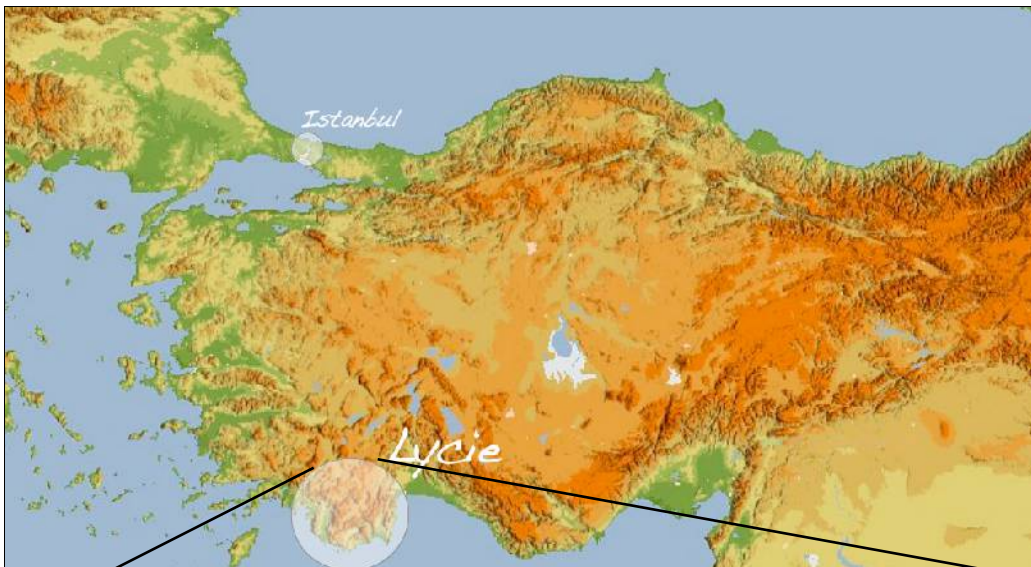
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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
Accomodation:	Hotel, pension
Framing:	Guidebook and our local team at your service
Meal :	Restaurant, picnic

Lycia :



Dates of departure :

All dates are possible . Be aware that from June 15 to September 15 it can be extremely hot in this part of Turkey, making walking too painful.

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, to the sea, 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 : The Mount of Olympus – The flames of Chimera – Cirali Beach

Transfer to the village of Ulupinar at the foot of Mont Tahtali (2400m), one of the Olympus in ancient Greece whose culture has radiated here in Lycia. Walking in a valley through the pines to the "flames of the Chimera." Here the flames come out of the ground for at least 3000 years (the site is already described by Homer) and this geological curiosity inspired the famous myth of the Chimera, the monster lion's head, goat's body and serpent's tail. Once past the site, you descend the hill on the beach of Cirali, one of the most beautiful of all Mediterranean Turkey. Night by the sea

Transfert: 1h15

Accommodation: pension

Meal : Morning, noon and evening

Hike : + 230m ; - 480m ; 7km

Day 3 : Olympus – Adrasan

Short transfer by a local car to the end of the beach where opens a small valley and 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.

From the ancient city, a path rises on the north side of "Musa Dagi" (Mount of Moses). In the afternoon, the descent of a very wild valley takes you to the small agricultural valley of Adrasan and its large sandy beach. Swimming and night in Adrasan.

Transfer : 5min

Accommodation: pension

Meal : Morning, noon and evening

Walk : + - 800m ; 13,5 km

Day 4 : Gelidonia Cape

Since Adrasan, hiking along a coastline increasingly wild and cut to Cape of Gelidonia.

The trail is very airy, always above the sea. In the culminating point, descent of the lighthouse of Gelidonia built in the late 19th century by the French. The site offers a fantastic view of the cape and the "Bech Adalar" off the small archipelago. You reach Karaöz from the cape where the hotel

keeper will wait for you to drive you to Adrasan.

Transfer :20 min

Accommodation: pension

Meal : Morning, noon and evening

Hike : + 750m; -860m ; 12km

Day 5 : The ancient city of Myra - Bay of Kekova

Transfer to the village of Kapakli. Your minibus borrow a superb road along the Lycian coast always between sea and mountains. En route, you will have the opportunity to visit the ancient city of 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. Then you begin what is perhaps the most beautiful walk of the journey towards the village of Ucagiz, arriving on the Bay of Kekova. You will visit the Byzantine fortress of Simena which dominates the entire bay. Unique and rare landscape in the Mediterranean.

Transfer : 1h

Accommodation: pension

Meal : Morning, noon and evening

Walk : - 300m ; + 200m ; 9km

Day 6 : Kilicli – Aperlea – Kekova

Short transfer to the village of Kilicli near which you will begin a beautiful descent amidst carob and olive trees to the ancient site of Aperlae whose beauty is as much the surrounding landscape to the fact that you will probably be the only person who contemplate it. Back to the village of Ucagiz by a beautiful coastal path or by boat.

Transfer : 10 min

Accommodation: pension

Meal : Morning, noon and evening

Hike : - 380m ; 5,5 km *add + et – 140m ; 7,3km if you return by foot*

Day 7 : Antalya

In the morning, return to Antalya by bus. With its shaded boulevards, its old town with narrow streets lined with wooden houses, its marina, mosques (including Yivli Minaret built in the thirteenth century by Sultan Aladdin Keykubat), Antalya is considered as the pearl of the Turkish Riviera. Its archaeological museum has collections of Palaeolithic and Roman era. You can also have a experience of a Turkish bath massage.

Transfer : 3h

Accommodation: hotel

Meal : Morning, noon

Walk:----

Day 8 : Return

In the morning, transfer to the airport of Antalya for your return flight.

Transfer : 30min

Accommodation:----

Meal: morning

Hike:----

Prices : 1 pax : 600€
2 pax and more: 430€

Guaranteed departure from one person.

The price includes:

- .-Land transfers required for an orderly program (except the return bus Uçagiz-Antalya).
- . Transfer of your luggage by vehicle.
- . The accommodation described, based on double occupancy in a hotel, pension.
- . Full board throughout the journey except meals in Antalya.
- . Mineral water for restaurant meals (indicative 1 bottle for 3 people).
- . Providing a comprehensive guidebook for guidance and logistics during your trip.
- . Assistance by our local team.

The price does not include:

- . Air transport.
- . Sites Entries.
- . The return bus Uçagiz-Antalya (everything is explained in the topo).
- . The optional return by boat on day 6.
- . Drinks and personal expenses.
- . The insurance cancellation- interruption living and support.
- . 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 following visits.
- . The return bus Uçagiz-Antalya
- . The optional return by boat on day 6.

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€

Self guided Hike: What is it ?

You walk without a guide or coach. We take care of all the logistics: booking of accommodation and eventually taxi, but also the transfer of your luggage at every stage. To allow you to go safely we have created ourselves a detailed guidebook in which you will find all the information you need on a daily basis. In bulk, a summary of the day ahead, the details of the ride, a little vocabulary, any transport You do not charge anything and when you reach the end of the day your pension, it is feet under the table!

Self guided hiking is also a triple advantage:

- the guarantee to go from two people, three or more (or even alone).
- more affordable rates for the people who do not support the fixed cost of a hiking guide.
- Finally, for those who enjoy a certain independence, it is the leisure to progress at your own pace.

Additional Informations:

On the spot

The team

- . a local team in our office in Antalya will advise you better if you have questions.
- . host of your pensions and hotels involved in the delivery of your luggage.

Movements

Usually by bus or with our partners by car or minibus depending on the size of the group.

Accommodation

In Antalya :comfortable hotels based on double room, three-star local standard.
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/>

<http://www.aybarshotel.com/>

<http://www.theimussa.eu/>

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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Le petit village d'Üçagiz et la baie de Kekova