



BEST SELLER

## Active Turkey!

TURKEY - TRIP CODE MAT

MULTI-ACTIVITY

### Why book this trip?

This active trip to Turkey is a wonderful way to explore the Mediterranean coastline, charming villages and impressive mountains of the Lycian coast. The first and last nights will be spent at a family-run hotel in Kayakoy and the rest of the trip in the traditional harbour town of Kas.

- **Kekova Bay** - Sea kayak to the sunken city of Kekova and the village of Simena overlooked by a medieval castle
- **Xanthos** - Discover these ruins of ancient Lycia and canoe down the river to Patara Beach
- **Taurus Mountains** - Cycle and walk among the tree covered foothills of these majestic mountains

**INCLUDED MEALS**

Breakfast: 7  
Lunch: 4  
Dinner: 2

**TRIP STAFF**

Explore Tour  
Leader  
Activity Guide(s)  
Boat Crew  
Driver(s)

**TRANSPORT**

Bus  
Boat

**ACCOMMODATION**

7 nights  
comfortable hotel

**TRIP PACE:**

Moderate

**GROUP SIZE:**

10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Kayakoy

Arrive in Kayakoy; a peaceful farming community close to Fethiye and around one hours' drive from Dalaman Airport. Tonight's hotel is set a quiet rural area.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting. There are no other activities planned today, so you are free to arrive in Kayakoy at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Dalaman Airport (DLM).

After the welcome meeting we have dinner included at our hotel where you can sample hearty Turkish food such as slow cooked lamb, a barbecued meat selection or pide - it's similar to a pizza. Should you miss the meeting, your leader will leave you information giving the meeting time for the next day in the hotel reception and will inform you of any essential information as soon as you catch up.

Please note that a full dinner is served up until 10pm; if you are arriving later than this a simpler supper of soup and meze is served up until midnight. After midnight it isn't possible for dinner to be provided.

If your flight arrives earlier in the day, perhaps you might choose to relax beside our hotel's outdoor swimming pool, have a drink in the terrace bar or to take a stroll in the garden. Alternatively you might like to take a walk around the nearby deserted Greek village of Kayakoy.

**ACCOMMODATION:**

Muzzy's Place (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: DINNER

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## DAY 2 - Visit ancient Xanthos; canoe down Xanthos River to Patara Beach

We leave Kayakoy this morning and drive to Xanthos, which was the capital of ancient Lycia and at one time the largest centre of commerce and religion in the region. It has had a turbulent past, falling to the Persians and then the Romans and on both occasions this sadly resulted in the mass suicide of the entire town's population. In Byzantine times, the city walls were renovated and a monastery was added, but the city was finally deserted after Arab raids in the 8th century. Today it is a UNESCO World Heritage Site.

After exploring Xanthos, we take to the water for a four hour canoeing trip down the Xanthos River to Patara Beach with a stop made for a riverside barbecue lunch along the way. Passing through the tranquil and unspoilt rural backwaters those with keen eyes can spot colourful kingfishers, egrets, grey and squacco herons and also terrapins on the riverbanks. Emerging at Patara Beach there is time to relax and swim. The 18 kilometres of golden sand is one of the longest beaches in Turkey and is a protected nesting area for giant loggerhead turtles. At its eastern edge there's also the ancient city of Patara. Once the principal port of ancient Lycia, and birthplace of the 4th century bishop of Myra, Saint Nicholas - better known as Father Christmas.

Arriving in Kas this evening, we check-in to the centrally located hotel which is our base for the next five nights. Conveniently situated just a few minutes' walk uphill from the centre of Kas, the hotel affords views down towards the harbour. It's equipped with an outdoor swimming pool with sun loungers, bar and restaurant, and Wi-Fi is available.

Kas is one of the most beautiful ports on the Turkish Riviera with a dramatic backdrop of steep limestone cliffs. It's a great place to relax, with cafes and restaurants spilling out onto cobbled streets and a network of tiny back-alleys to explore.



ACCOMMODATION:  
Club Phellos Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 3 - Hike in the beautiful west Taurus Mountains

We start today by driving inland for around one hour to the start point of the moderate graded hike in the spectacular west Taurus Mountains. Starting in Kuruouva, we pass through scattered villages and farmsteads. We pay a visit to a local tea house en route, before climbing even higher where we can see the trees change from pine to oak, and finally ancient juniper and cedar forests. From these forest tracks, we rise above the tree line to enjoy a picnic lunch. Continuing on to the summit of Mount Bozkaya (Grey Rock) which at 2,050m high has commanding views over the surrounding peaks and valleys. After a well-deserved rest at the summit, the descent is via high pastures, perhaps meeting some nomadic shepherd families, before boarding the bus back to Kas.

Once back in Kas perhaps try out a hamam for a traditional Turkish steam bath to relax after our walk.

The walk today is around 12 kilometres and will take approximately four to six hours to complete with frequent stops along the way.

Please note that on our April departure, depending on the weather conditions, we may need do an alternative hike at a lower altitude. This walk will be of a similar distance and difficulty to that shown above.



ACCOMMODATION:  
Club Phellos Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH



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## DAY 4 - Sea kayaking in Kekova Bay and visit to Simena Castle

We make an early start today to enjoy a day of sea kayaking in the tranquil and protected bay of Kekova. We leave early so that we can be at the bay before any other boats or kayakers take to the water. It's one of the most scenic areas in Lycia; a set of picturesque islands, bays and small ancient cities. It's also home to the so-called sunken city of Kekova, which is the result of various earthquakes that have partly submerged the streets and buildings, which are now visible in the crystal clear waters and there are even steps leading down into the depths of the bay.

We kayak to the picture-postcard village of Simena, whose harbour is dotted with ancient sarcophagi (tombs) and Roman baths and houses that cling to a hillside beneath a medieval castle. Hiking up to the castle, there's a tiny ancient theatre (the smallest in Lycia, with a seating capacity for about 300 people) within its walls. Carved from the solid rock, it is a wonderful place to sit and soak up the serene surroundings.

There's the opportunity to have a tasty lunch of meze and grills at a waterside restaurant, before taking to the waters again, paddling through a labyrinth of rocks, passing the shoreline necropolis of Teimiusa to reach Ucgiz. From here we drive back to Kas where the rest of the afternoon is free to relax and discover the town and its pebble beaches.

The time spent kayaking today will be around three hours and we will paddle about eight kilometres across the whole day.



ACCOMMODATION:  
Club Phellos Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 5 - Free day with the chance to visit the Greek island of Meis

Today is left free for independent exploration. For those with a hankering for culture, Kas is built around the remains of ancient Antiphellos and there are ruins of a Hellenistic theatre, the monumental Lion Tomb and some hillside rock tombs scattered in and around the town.

For the adrenaline junkies there are a number of more active pursuits available including horse riding

and also the sea around Kas is home to excellent diving locations that cater to all levels of expertise.

Alternatively, perhaps take the opportunity to join an excursion to the Greek island of Meis. The island is just 2.5 kilometres from the Turkish coast and yet more than 100 kilometres from Rhodes, its nearest Greek neighbour. Kastellorizo is an idyllic seafront town with colourful buildings lining the harbour where yachts and fishing boats dock. The surrounding hills are home to typical Greek whitewashed building with terracotta coloured roofs.



ACCOMMODATION:  
Club Phellos Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 6 - Cycling in the foothills of the Taurus Mountains**

Our activity for today is cycling in the foothills of the Taurus Mountains. Our morning starts by driving for about 30 minutes to the starting point for the bike ride where we board mountain bikes to explore this picturesque region, both on and off-road.

We cycle through cedar forests and the sleepy villages that line the route through an area that has changed little for centuries. There's the opportunity to rest at a local coffee shop and enjoy a picnic in the forest. The route is primarily downhill, but there are some steep climbs to try. This cycling activity is graded as moderate and is vehicle-supported, so riders can decide on their own level of exertion, but the aim is to cycle 30 kilometres, which takes around three hours.

On the drive back to Kas, a stop is made en route for a swim at the famous cliff lined Kaputas Beach.



ACCOMMODATION:  
Club Phellos Hotel (or similar)



**Grade: Comfortable Hotel**





SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 7 - Relaxing gulet boat trip of the bays around Kas

After a leisurely start this morning, we walk down to the harbour to board a private wooden gulet boat for a ride along Turkey's Turquoise Coast and a day of pure relaxation.

The gulet is hand built in teak and pine, with a spacious and partly shaded foredeck and comfortable indoor and outdoor lounge areas. Cruising through the calm bays around Kas regular stops will be made for swimming and snorkelling in the clear and warm waters of the pleasant bays and rocky coves. While snorkelling, as well as seeing sea life, it may be possible to spot an ancient amphora (vase) lying on the seabed. In the early afternoon the crew cook up a delicious barbecue lunch.

Upon docking back in Kas, we board our bus for the journey back to Kayakoy where we spend our final night.

This evening there will be the option to take a walk around the deserted Greek village of Kayakoy. Dominating the mountainside that overlooks the village, Kayakoy has fallen into ruin since the exodus of the Greeks in 1923. Today its ghostly buildings cast a strange profile against the sky.

Over the final dinner at the hotel there's the chance to recount all the fun had on this adventure packed week.



ACCOMMODATION:  
Muzzy's Place (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



## DAY 8 - Trip ends in Kayakoy

The trip ends after breakfast at our hotel in Kayakoy.

There are no activities planned today, so you are free to depart from Kayakoy at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Dalaman Airport (DLM).



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Turkey

##### Climate

Evenings and early mornings can be cool in the early and late season (before mid May and after early October). During the winter, temperatures usually hover between 0 and 10 degrees, but are usually wet, particularly around the coast. Summers are hot and dry with refreshing sea breezes and clear waters, great for boat trips. It is often cooler on higher ground and in the mountains and can be cold at night, even in the summer. The best time for walking in Turkey is Mid May, June and September, with pleasant temperatures and clear blue skies.

Time difference to GMT	Plugs	Religion	Language
+3	2 Pin Round	Islam, Christian	Turkish

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your holiday. Whilst the trip



price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. On day five there are several options to choose from and it is not possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for you.

Kas - options available on day four:

PADI Discover Scuba Dive for beginners - half day (around four hours), starting at 9.30am, €29 per person including full equipment hire.

Single Scuba Dive for certified divers €26 per person including full equipment hire.

Full day course is €75 per person including full equipment hire.

With reliable visibility and approximately 30 sites nearby, Kas has the reputation of being one of the best places to dive in Turkey. Dives can be taken in the morning or afternoon. A variety of fish may be seen including grouper, barracuda and amberjack and maybe even the odd submerged ancient ruin.

Full day trip to Kastellorizo on the island of Meis, starting at 10am, £23 per person.

Morning or afternoon half day horse riding trips are available, £35 per person.

Please note that all optional excursions listed above are subject to change and availability and they may not all be possible to offer on every departure date.

## **Clothing**

The long Turkish summer can be hot, though much of the Mediterranean coastline is freshened by sea breezes. In the spring and autumn, a warmer sweater or fleece is recommended for the evenings, as is lightweight rainwear and long trousers.

When visiting mosques, women should cover their head, shoulders and knees, so it's handy to pack a scarf or sarong. Men should also ensure their knees are covered.

## **Footwear**

Well broken in walking boots with good grip and ankle support, plus sandals or trainers for relaxing. A pair of shoes that can get wet but will stay on, are required for sea kayaking and canoeing e.g. trekking sandals. Plastic sandals are useful for protecting your feet against sea urchins on the rocks when swimming.

## **Luggage**

20kg

## **Luggage: On tour**

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

## Equipment

Bring a water bottle, torch, strong sunscreen, sunhat, sunglasses and insect repellent.

For all water based activities bring along appropriate swimwear as well as a towel. It is also recommended to wear light waterproof shoes for getting in and out of boats.

Sea kayaking and canoeing:

Kayak/canoe, paddle and life jacket will be provided.

For canoeing and sea kayaking the use of a life jacket is mandatory. Lifejackets will also be available on the gulet for anyone requiring one.

Walking/trekking:

Comfortable walking shoes will be required. Bring a small backpack to carry any essentials including a water bottle and snacks. A walking pole may also be handy as some terrain can be rocky and uneven underfoot.

Cycling:

Mountain bike, helmet, gloves and water bottle will be provided. For cycling the use of a helmet is mandatory. You may wish to bring cycling shorts. We strongly recommend that you bring your own helmet with you to ensure a perfect fit.

Snorkelling:

Snorkel, mask and fins will be provided during the boat cruise, but you may wish to bring your own.

Scuba diving:

In order to take part in this optional activity you will need to bring your official diving certificate and dive logbook. Equipment is available to hire locally.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

### Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £15 of local currency for tipping.

In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is

the case, they will account for it throughout the trip.

## Turkey

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£7	£13	£2.7	£1

### Foreign Exchange

#### Local currency

Turkish Lira.

#### Recommended Currency For Exchange

Major foreign currencies such as US Dollars, £Sterling and Euros can easily be changed. We advise against travelling with Travellers Cheques as commission rates are high. Other currencies can be exchanged in larger cities. We advise you to change money in Turkey as rates tend to be better.

#### Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

#### ATM Availability

ATMs are widely available throughout Turkey. To avoid large queues at the airport exchanges, you may wish to xchange some lira before arriving.

#### Credit Card Acceptance

In major restaurants.

#### Travellers Cheques

Not recommended.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Boat

### Accommodation notes

Our base for the week is the Club Phellos Hotel, conveniently situated just a few minutes' walk uphill from the centre of Kas. It has an outdoor swimming pool with sun loungers, a bar and restaurant, and Wi-Fi is available. Bedrooms have either a hillside or sea view and are allocated on a run of house basis.

All the rooms have traditional decor and are air-conditioned with a TV and telephone and en suite

bathroom with a toilet, shower and hairdryer.

Please note that our 26-Jul-21 and 23-Aug-21 departures will be staying at the Ekici Hotel in Kas. The facilities are the same as Club Phellos Hotel and they are on the same street.

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## Essential Information

### Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Turkey Visas: From 2 March 2020, British nationals travelling for tourism or business purposes will no longer need a visa to enter Turkey for visits of up to 90 days within a 180-day period.

\cbpat4 If you're travelling before 2 March you will still need a visa, except for some cruise ship passengers arriving at sea ports for visits of up to 72 hours. It is recommended that you get an e-Visa online through the official Republic of Turkey e-Visa website: <https://www.evisa.gov.tr>. An e-Visa costs \$35 (plus \$1.05 service fee) and you can pay by credit or debit card. If you use this option, you should apply at least 48 hours before travel and can do so up to 3 months in advance. In case of technical problems at the Turkish port of entry, carry a printed copy of your e-Visa or keep an electronic copy on a smartphone or other device to show at immigration.

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa

application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an

additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Included activities

Kas is the ideal location to make the most out of exploring the town, relaxing at the hotel and participating in the wide variety of activities. It's important to bear in mind that in October and November, the order of the activities may be tweaked to make the most of the weather conditions on that particular day. The beauty of staying in one location throughout is that we can be very flexible in this regard, and the Tour Leader will of course keep you updated on any tweaks. We may also move the hike to one of a lower altitude in case of early snow in the mountains.

### Canoeing:

Canoeing down the Xanthos River is thoroughly enjoyable. After a safety briefing climb into the two-man canoes and begin the journey downstream to Patara Beach accompanied by the Explore Leader and a local canoe guide. The river winds gently towards the sea through lovely rural countryside. En route there's the opportunity to stop at a local mud bath. There's also a stop made on the riverbank for a barbecue lunch. The journey finishes just as the river widens and joins the sea at Patara Beach, where there is the opportunity to go swimming. This activity is suitable for beginners, but an ability to swim is nonetheless essential.

### Walking/trekking:

Walk through the stunning Taurus Mountain scenery and experience Turkish rural life. Travelling by minibus the ride up into the hills passes by pine and cedar forests, shaded woods, cool mountain streams and small local villages. Getting totally off the beaten track, the walk takes between four and six hours through this beautiful landscape. The walking route may vary slightly depending on the time of year, weather and make up of the group. En route a stop is made for a picnic lunch. There may also be the opportunity to stop for a glass of traditional Turkish tea. The trek is graded as Moderate and covers around 12 kilometres. This mountain walk ascends and descends from 1,500m to 2,050m. The terrain is mostly along a smooth track but it can be rocky and uneven in places.



### Sea kayaking:

Sea kayaking around the bay of Kekova is exhilarating and fun. The scenery is stunning and the water is the turquoise colour that gives the Turquoise Coast its name. After a safety briefing the double and single kayaks are launched for a practice, before paddling towards the rocky island of Kekova accompanied by our Explore Leader and a local kayak guide. Kayak beside the famous ruins of the sunken city of Kekova, to the small village of Simena overlooked by a medieval castle and on to Ucagiz, the pretty seaside village where the journey started from. In total the time spent kayaking for approximately three hours, but there's also a stop made with time for a swim, lunch in a local restaurant and a climb up to the castle. The activity is accompanied by a safety boat. Departure from the hotel is at around 6am, as it's best to get into the waters early so it's not crowded with other bigger vessels. A packed breakfast and coffee to go will be provided by the hotel. This activity is suitable for beginners, but an ability to swim is nonetheless essential.

### Cycling:

This is another day, spent almost completely off the beaten track. Taking a minibus and trailer with the bicycles on up into the foothills of the Taurus Mountains through the forested hillsides and rural villages. After a safety briefing and being acquainting with the mountain bikes that have front suspension, the cycling begins along small roads and some unmade tracks between small villages. The cycling is mainly downhill although there is the occasional steep uphill section. The aim is to cycle 30 kilometres, which takes about three hours. The route may vary slightly depending on the time of year, weather and make up of the group. A stop for a picnic lunch will be made and when the opportunity arises, a glass of Turkish tea in a tea house. A support vehicle travels with the group for the majority of the route. There are some sections of rough forest tracks, but difficult sections can be walked. This cycling activity is graded as Moderate and it's essential that you are able to ride a bike in order to participate.

Our local supplier reserves the right to adapt any activity to a safe level or length to suit the group dynamics.

## Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

## Turkey

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at

<http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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## Ramadan



In 2021, Ramadan runs from 12 April - 12 May. Read more about [travelling during Ramadan](#).

The following 2021 departures of Active Turkey will coincide with Ramadan:

05 April 2021

03 May 2021

## Why book this trip

This twin centre trip is designed to give a taster of all the great activities that are possible along the sun drenched Turquoise Coast. This area of Turkey is famed for its relaxed seafront harbour towns, delicious food and wine, and rugged mountain peaks and sweeping sandy beaches where it's possible to spot a variety of birdlife and also turtles swimming out at sea.

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# Reviews

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AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS