

# EXPLORE!

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## 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. Spend seven nights in the traditional harbour town of Kas, sampling excellent Turkish food and taking evening strolls along the Emerald Coast.

- **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



**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 Kas

Arrive in Kas, our base for a week of active adventures. Located around three hours from Dalaman, Kas is a beautiful port town on the Turkish Riviera, with whitewashed buildings and a backdrop of steep hills meeting the turquoise waters of the Mediterranean Sea.

There are no planned activities today so you are free to arrive at any time. Due to the number of evening flights arriving into Dalaman Airport, the Leader will meet you on day two for the welcome meeting and will leave a message at reception for you with details on timing and everything else that you will need for the day.

If you would like to receive a complimentary airport transfer today, you'll need to arrive at Dalaman International Airport (airport code DLM), which is around 3 hours from our hotel.

If your flight arrives earlier in the day, you may choose to take a stroll around the town or enjoy a meal at one of the harbour-side restaurants or cafes.



**ACCOMMODATION:**  
Club Phellos Hotel (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## **DAY 2 - Hike in the foothills of the Taurus Mountains**

We start today by taking a short drive inland to the starting point of our trek. Beginning in Kuruouva we'll pass through scattered villages and farmsteads, stopping at a local teahouse for a drink along the way. From there, we start to gain altitude and 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 and stop for a picnic lunch before reaching the summit of Mount Bozkaya (Grey Rock). At 2,050m the summit has commanding views over the surrounding peaks and valleys. After a well-deserved rest, the descent takes us through high pastures, perhaps meeting some nomadic shepherd families as we walk. The walk today is around 12 kilometres and will take approximately four to six hours to complete with frequent stops along the way. The terrain is mainly smooth tracks but it might stony in places.

A short drive brings us back to Kas where there is time to try out a traditional Turkish steam bath to relax.

Please note that depending on the weather conditions, the leader may adjust our route on the day.



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 - Visit ancient Xanthos; canoe down Xanthos River to Patara Beach**

This morning starts with a visit to Xanthos, a UNESCO World Heritage Site which was the capital of

ancient Lycia. We'll explore the city, which is filled with influences from the Persians and Roman's, before taking to the water for a four hour canoeing trip down the Xanthos River to Patara beach. The kayaking is suitable for beginners and no previous experience is needed.

Passing through the tranquil and unspoilt rural backwaters, those with keen eyes can spot colourful kingfishers, egrets, grey and squacco herons and terrapins on the riverbanks. We'll find a spot on the river bank for a barbeque lunch before continuing on to the beach at Patara, where 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.



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 - Free day with the chance to visit the Greek island of Meis**

Today is left free to explore at your own pace. 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 something more active there are options to try horse riding, or take to the water as the sea around Kas is home to excellent diving locations that cater to all levels of experience.

Alternatively, 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 5 - Sea kayaking in Kekova Bay and visit Simena Castle

We have an early start today to enjoy a day of sea kayaking in the tranquil and protected bay of Kekova. It's one of the most scenic areas in Lycia; a set of picturesque islands, bays and small ancient cities. The early wakeup call will be forgotten as we kayak out on to the calm water. As we move through the calm waters we'll pass over the sunken city of Kekova. Shifting land caused by earthquakes 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.

The pace is relaxed and no previous experience is necessary, we can just enjoy the scenery as 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. We leave our kayaks for a short walk up to the castle where there's a tiny ancient theatre 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.

We'll spend around three hours kayaking and will cover approximately eight kilometres



ACCOMMODATION:  
Club Phellos Hotel (or similar)

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## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

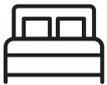
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### **DAY 6 - Cycling in the foothills of the Taurus Mountains**

After working our arms yesterday, today we give our legs a stretch with a mountain bike ride in the foothills of the Taurus Mountains.

A short drive takes us to Mt Asas where we take to our bikes. We follow a mix of on and off-road trails through cedar forests and sleepy villages that dot the region which has changed little over the centuries. The pace is relaxed and we'll stop along the way at tiny local coffee shops, and also for a picnic lunch to refuel! To make the most of the ride you need to be confident on a bike, the route is primarily downhill, but there are a few hills to test the legs. . The distance covered is around 30 kilometres, which takes around three hours including stops.

On the drive back to Kas, we'll stop for a swim at the famous cliff lined Kaputas Beach, a perfect way to cool off after a great bike ride.



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, we'll stop to swim and snorkel in the clear, warm waters of the pleasant bays and rocky coves. While snorkelling look out for ancient amphora (vases) lying on the seabed as well as marine life. In the early afternoon the crew cook up a delicious barbecue lunch before we cruise back to Kas.

Upon docking back in Kas, we'll have some free time before sharing a last meal together in one of the local restaurants.



ACCOMMODATION:  
Club Phellos Hotel (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 8 - Trip ends in Kas**

Our trip ends after breakfast at the hotel.

There are no activities planned today, so you are free to depart from Kas 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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### **Climate and country information**

Turkey

## Climate

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. During the shoulder seasons (loosely speaking, before mid-May and after early October), temperatures and rainfall can be erratic, with some temperatures dropping to 8-12 degrees, and other days being bright and sunny up to 25 degrees. Mountain locations will be cooler than on the coast, of course. In the winter, temperatures usually hover between 0 and 10 degrees, but are usually wet, particularly around the coast. 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any

time.

### **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: British nationals travelling to Turkey for tourism or business purposes do not require a visa for visits of up to 90 days. Other nationalities should check with your local embassy or online at <https://www.evisa.gov.tr> for up to date information.

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:

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.

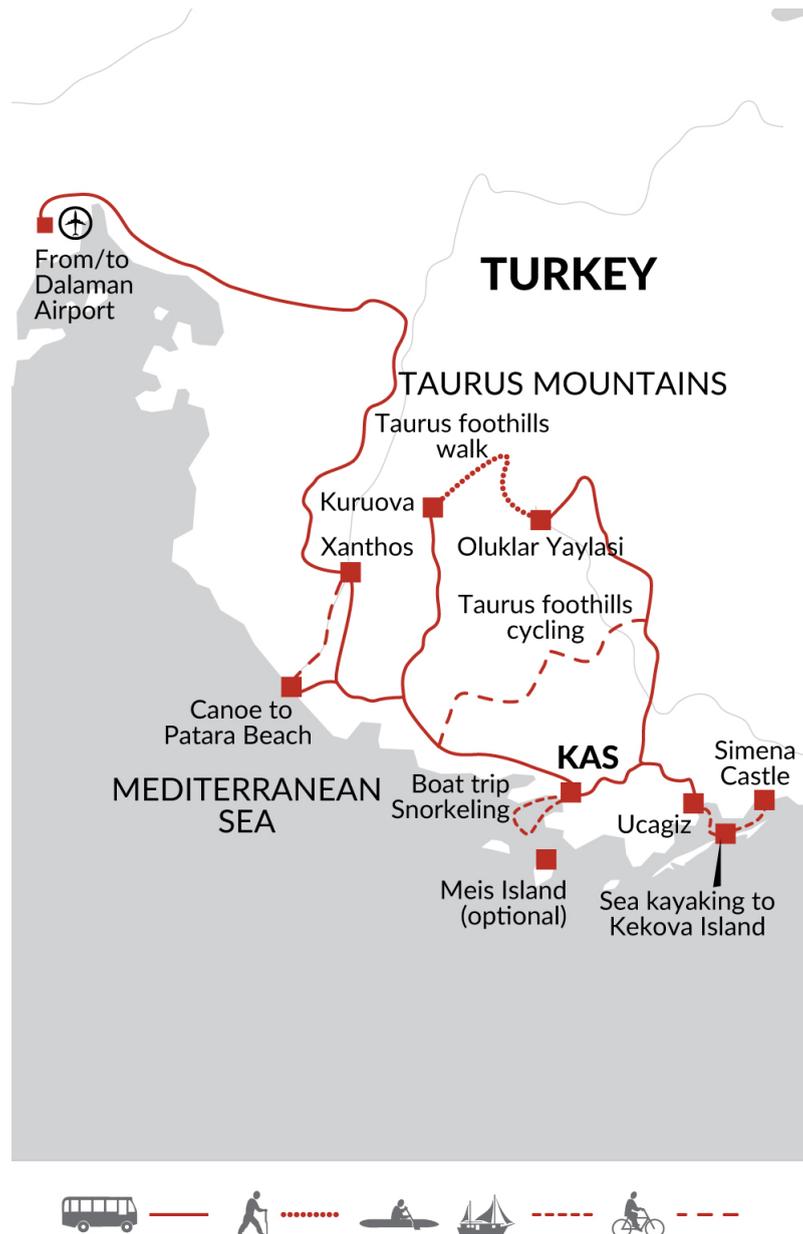
## Turkey

## 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 2022, Ramadan runs from 02 April to 02 May. Read more about [travelling during Ramadan](#).

The following 2022 departures of Active Turkey will coincide with Ramadan:  
18 April 2022

## Why book this trip

This centre based 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