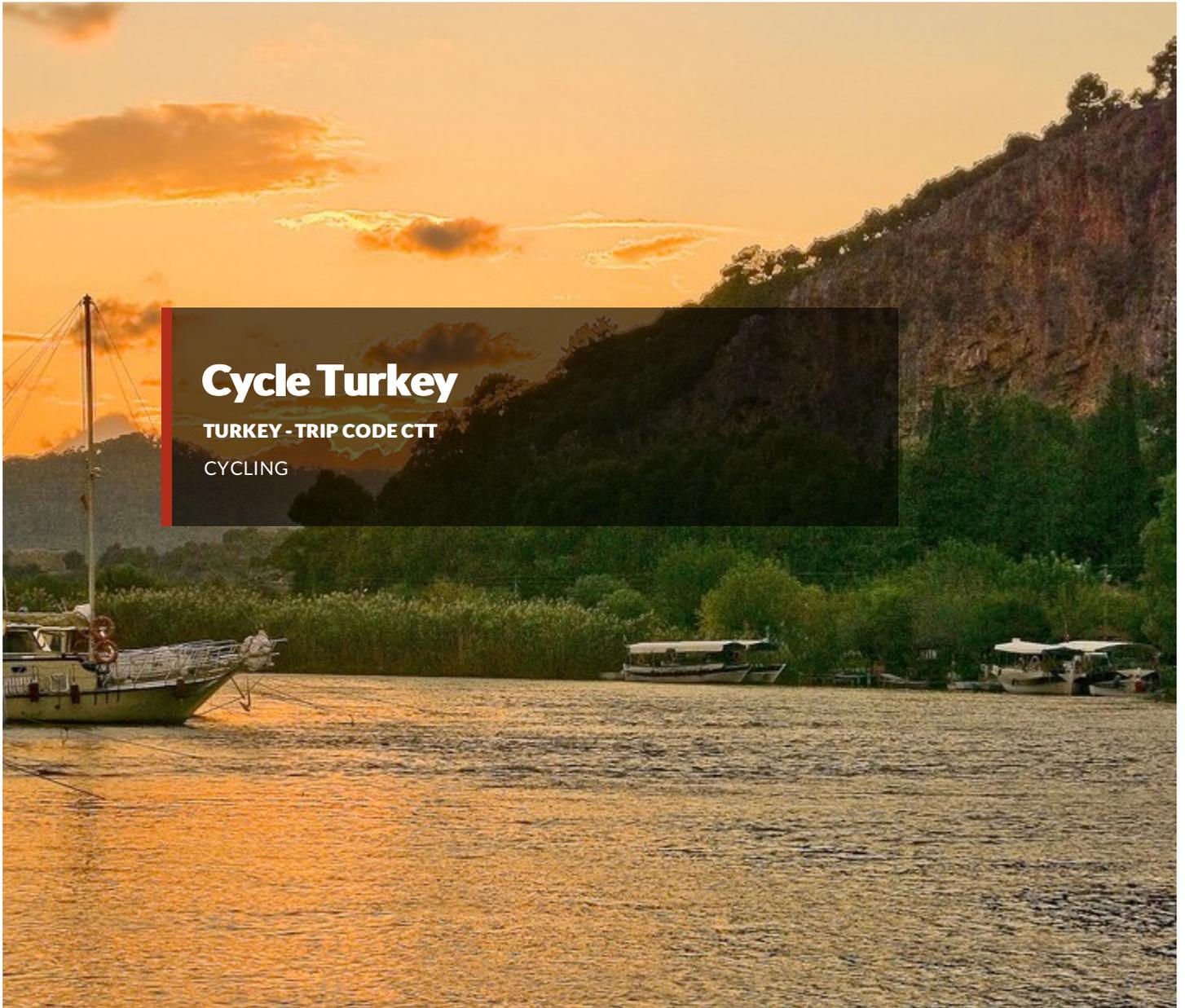


EXPLORE!



Cycle Turkey

TURKEY - TRIP CODE CTT

CYCLING

Why book this trip?

Cycle through farmland, hills and forests and discover ancient Lycia as we travel along Turkey's beautiful Turquoise Coast. We cycle along the shores of Lake Koycegiz, visit traditional villages and relax on the golden sands of Patara Beach.

- **Ancient Lycia** - visit ruins at Xanthos and Patara
- **Overnight hill village** - Experience local culture with a night in a village house
-



INCLUDED MEALS
 Breakfast: 7
 Lunch: 3
 Dinner: 1



TRIP STAFF
 Explore Tour
 Leader / Cycle
 guide



TRANSPORT
 Bus
 Bicycle
 Boat
 Ferry



ACCOMMODATION
 5 nights
 comfortable hotel
 1 nights simple
 hotel
 1 nights simple
 village house



CYCLING GRADE:
 Moderate



GROUP SIZE:
 10 - 15

Itinerary

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

DAY 1 - Join tour Dalyan

The tour starts in the riverside town of Dalyan. Chance to meet your fellow travellers and tour leader and sample some of the excellent local food.

Protected by the huge mountains to the north and with a rugged coastline on all other sides of the Lycian Peninsula, the Lycian civilisation flourished in this beautiful land from about 2000BC, developing a language, alphabet, arts and architecture style particular to themselves. The Lycians burst onto the stage of history during the Trojan war when they helped to defend the Trojans, but later conquered by the Persians in 545BC, and then Alexander in 334BC, after which the area was Hellenised and the Lycian alphabet fell into disuse. Lycia flourished during the Roman empire, a golden age that ended in Byzantine times when a series of earthquakes, plagues, and finally the Arab raids ended the trading importance of the region, becoming a quiet backwater during Selcuk and Ottoman times.



ACCOMMODATION:
 Caria Royal Hotel, Dalyan (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Cycle along the shore of Lake Koycegiz

Starting out from Dalyan we cycle to the river, cross by river taxi and then ride to the hot springs of Sultaniye where we make a stop. Entrance to this ancient source of wellness, used since Roman times, is included. We continue to ride along the shores of the lake before arriving through orange groves to the peaceful lakeside town of Koycegiz, with time for some refreshments before taking our bus back to Dalyan. For a relaxing end to the day you could head to the wonderful beach at Iztuzu for a dip and visit the Turtle sanctuary, or visit the stunning location of the ancient Lycian port of Caunos. Today's undulating ride is along the pine forested banks of the lake, with one significant ascent of 160m, before a descent to the flat alluvial plains full of pomegranate and orange orchards.

Our total cycling distance today is approximately 35 kilometres (Total 300 metres accumulated ascent)



ACCOMMODATION:

Caria Royal Hotel, Dalyan (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

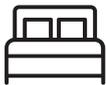


MEALS PROVIDED: BREAKFAST & LUNCH

DAY 3 - Pedal to Gocek bay. Boat crossing to Fethiye

Leaving Dalyan we cycle along country roads following the flood plain around Dalyan and Sulungur Lake, we climb over the Gokbel pass (140m) and descend to the fertile plain of Dalaman. Once the Sultan's hunting lands, after the declaration of the Republic in 1923, this fertile delta was cleared to provide farmland for freed Ottoman slaves and there is still an unusual ethnic mix here. Where we join the boat depends on sea conditions, but there will be a thrilling descent to the stunning Gocek Bay where we will board our private boat. We take a 2 hour boat journey across the bay to Fethiye town where we spend the night. There will be a chance to swim during the boat trip.

Our total cycling distance today is approximately 40 kilometres (Total 350 metres accumulated ascent)



ACCOMMODATION:
Mara Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 4 - Visit Telmessos on foot, drive to Gokben and then to Saklikent. Lunch in a village house in Minare

Today after a relaxing rooftop breakfast, we walk round the town of Fethiye, looking at the remains of Telmessos and the Amyntas tomb carved in the rocks above the town. Telmessos: Situated in a perfect natural harbour, Telmessos has both Lycian and Carian influences, as displayed in the collection of monmangel tombs impressively cut into the cliffs. Equally cursed and blessed, this harbor town has great supplies of water and productive farmland, however frequent and powerful earthquakes periodically destroy man's work; the last major earthquake was in 1953. We then drive to the village of Gokben where we get on our bikes. Starting with a descent through charming terraced lands, the road starts to undulate with no major climbs, towards the village of Minare where we have lunch. The road descends to cross the Xanthos river. From here we can have an optional visit to the ancient city of Pinara. Seemingly picked for its beautiful position nestled in the hills, with views of the snowy peaks of the Taurus mountains, Pinara is famous for the many hundreds of rock tombs of various levels of decoration in the high cliffs behind the city, and a charmingly preserved theatre. We continue by bike, crossing the Xanthos Valley, on to our hotel near Saklikent. There is the opportunity for an optional visit to Saklikent Gorge.

Our total cycling distance today is approximately 33 kilometres (Total 380 metres accumulated ascent)



ACCOMMODATION:
Gorge Club (or similar)



Grade: Simple Hotel

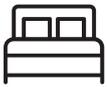


MEALS PROVIDED: BREAKFAST & LUNCH

DAY 5 - Ride through the hills to Sutlegen

This morning we drive 20 minutes with the bikes to the ancient site of Tlos. Set on a rocky promontory these largely unexcavated ruins have great views over the Xanthos Valley. The commanding location of this city above the fertile Xanthos valley below, make Tlos a natural location for an important city. The elevation and cool water that gushes down from the mountain behind, made this an ideal summer retreat for the wealthy, as evidenced by the fine bath houses, public squares and grand stadium built here. The most famous resident of Tlos was Bellerophon, who tamed the mythical Pegasus and slayed the Chimera, a fire breathing monster. We have the opportunity to explore the site (optional) before starting our spectacular alpine cycle ride at Arsakoy, climbing up through the slopes of Akdag, the White Mountain. Starting high up at Arsakoy, we follow the twisty alpine road, where we will be thankful of the low gears of the bikes, passing apple orchards, snow melt ravines, cedar forests, and quiet villages, before arriving at the market village of Sutlegen, a mountain village set on the shoulder of Mount Akdag, where we spend the night in a village house. There are five rooms the group will be split among, all with beds and full bedding provided. There are two bathrooms with toilets and showers. We should have time to visit the local blacksmith and mosque before dinner.

Our total cycling distance today is approximately 29 kilometres (Total 1000 metres accumulated ascent)



ACCOMMODATION:
Village House - Sutlegen (or similar)

Grade: Simple Village House



MEALS PROVIDED: BREAKFAST & DINNER

DAY 6 - Cycle to Patara. Visit ancient site of Xanthos en route

Leaving Sutlegen behind a cool descent through the Cedar forests starts the day, before those who feel strong can tackle the 230m pass of Belmuar (those who prefer can jump on the bus and enjoy a tea at the scenic pass instead) before generally descending to the lush valley of Islamlar, where we can stop for a good lunch at one of the trout farms (Other dishes apart from fish are available). After lunch we continue downhill to the UNESCO World Heritage Site of Xanthos. This once proud capital of Lycia stood up to both the Persian and Roman armies; tragically defeated both times, the survivors chose to kill themselves rather than be enslaved, however Xanthos actually flourished both under the Persians and the Romans, the exquisite artwork of the Lycians is displayed both here in situ, and also forms one of the formemost exhibits of the British Museum. We will visit the site before driving to our hotel in Patara, from where we can explore the Roman ruins (birthplace of Saint Nicholas) and have some time to relax on the beautiful golden beach (optional).

Our total cycling distance today is approximately 45 kilometres (Total 410 metres accumulated ascent)



ACCOMMODATION:
Patara Delfin Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

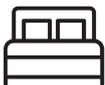


MEALS PROVIDED: BREAKFAST

DAY 7 - Ride along the Turquoise Coast to Kas

We have a gentle start to the day across the low lands of Patara. Then we climb 250m to the pass above Kalkan before we descend to the rugged coast. We ride through a productive agricultural area with many greenhouses before passing the attractive harbour town of Kalkan and completing our journey with a fantastic coastal ride into Kas. The road to Kas follows the coast all the way from here, and is one of the most spectacular coastal rides anywhere, crossing high canyons and following the jagged coastline. We should arrive in Kas in time for lunch on the harbour. There will be a chance to swim during the ride. On arrival in Kas we have the option to relax with a massage in a local hammam.

Our total cycling distance today is approximately 42 kilometres (Total 715 metres accumulated ascent)



ACCOMMODATION:
Club Phellos Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Tour ends Kas

After breakfast the tour ends in Kas.

Kas is one of the most beautiful ports on the Turkish Riviera, with a dramatic backdrop of limestone cliffs. Kas is a great place to relax, with cafes and restaurants spilling out onto cobbled streets and a network of tiny back-alleys to explore. You may like to extend your stay and book additional nights accommodation and an airport transfer if you wish.



MEALS PROVIDED: BREAKFAST

Trip information

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

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.

Dalyan: Iztuzu beach - approx. £5 transport cost, Caunos ancient Lycian site - approx. £5 transport and entrance fee.

Amyntas Tomb: Entrance fee to site approx. £1.00

Tlos: Entrance to site approx. £3.50

Patara: Entrance to site approx. £3.50

Kas: Hammam (Turkish Bath) approx. £16 - £18

Clothing

We recommend you bring padded cycle shorts, cycle gloves and quick drying cycle shirts. It is essential to bring some warm clothing including a wind and waterproof outer layer as it may be possible for rain in the Spring and Autumn. A sunhat is essential and don't forget your swimsuit. Overnight temperatures can be cold any time of the year, and very cold in the early and late season so please pack accordingly.

Footwear

Comfortable trainers or cycling shoes, plus sandals / shoes for walking and general use.

Luggage

20kg

Equipment

A puncture repair kit and lock are provided - we recommend you bring your own helmet. We strongly advise that helmets are always worn whilst cycling. Bring a water-bottle that clips on to the bike. Wraparound sunglasses help protect your eyes. For added comfort you may like to bring a gel seat cover. A torch is useful in case of powercuts/ emergencies. Pack a travel towel to use at at Sutlegen village house.

Please consider carrying all or some of your cycling equipment, e.g. helmet, as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized 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. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly you should allow £15 for tipping.

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.

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle, Boat, Ferry

Essential Information

FCO 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 are required by UK citizens. Passengers will have to apply for an online E-VISA prior to their travel using the website www.evisa.gov.tr Payment is taken online and the VISA will be issued in within 2-3 minutes. The Visa will cost US\$20 and you will need a blank page in your passport for the stamp. Please carry a photocopy of your Visa with you as some Airlines will require this at boarding.

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 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 now 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.

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.

Cycling information



General cycling information

On this tour we cycle 224 km over six days (an average of 37km per day). When not on the plains, the terrain is generally undulating, with some significant ascents and descents, reflecting the spectacular nature of the country. Day 5 is mainly ascent - over the course of the day we climb 1000m. Bear in mind that there is vehicle support at all times, should you need a lift uphill! We have graded the route as moderate.

Bike included

24 gear Sedona mountain bike

Bike information

Your included bike is a 24 gear Sedona mountain bike with front suspension and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

Moderate

Additional Information



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

Reviews

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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