

# EXPLORE!

## Family Legends of Lycia

8 days

Turkey - Trip code FLL

## Family Legends of Lycia

On this active family holiday to Turkey we uncover the rich history and beautiful landscape of ancient Lycia. We canoe from the historic city of Xanthos to the beach at Patara, kayak over the sunken ruins of Kekova and explore the foothills of the Taurus Mountains. Based in the beautiful harbour town of Kas, our hotel is conveniently located in the heart of the town easy walking distance to the market and laid back town square where we spend our evenings exploring the cobbled streets and enjoying local Turkish cuisine.

## Trip highlights

- ★ **Canoeing** - Down the Xanthos River to the beach at Patara
- ★ **Sea kayaking** - Over the ruins in Kekova Bay, and visiting a medieval castle there
- ★ **Snorkelling and swimming** - Opportunity to swim everyday
- ★ **Kas** - Stay in a family run hotel in the center of Kas
- ★ **Lunch in a village house** - Walk to a village in the foothills of the Taurus Mountains for lunch

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

**TRIP PACE:****Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:****10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

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

### DAY 1 - Join trip in Kas

Arriving in Dalaman Airport, we transfer to Kas and check into our hotel. Kas is one of the most beautiful ports on the Turkish riviera and our hotel, the Club Phellos, is conveniently based right in the centre which allows you to enjoy the atmosphere of this vibrant town, both on land and at sea.

Please note that the journey time from Dalaman Airport to Kas is around two and a half hours. Where flights arrive around the same time we will group transfers together.



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



Standard Hotel



Swimming pool available



Meals Provided: None

### DAY 2 - Full day boat trip from Kas

Our first day here is spent on the sea, as we take a boat trip from Kas across the surrounding calm and clear waters. From the sea we can appreciate fully this dramatic and beautiful coastline. There will be ample opportunity for swimming and snorkeling from our boat, and we plan to enjoy a barbecue lunch before returning to Kas later in the afternoon. Kas is a great place to relax, with cafes and restaurants spilling out onto cobbled streets and a network of tiny backalleys to explore.



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



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

## DAY 3 - Walks in the Taurus Mountains

Today we head for the hills to explore where we find cedar forests, streams, shady glades and tiny charming villages where the pattern of life has remained almost untouched for centuries. We plan to walk between these mountain villages and take lunch with a local family in a typical village house, before returning to Kas via the silver sand beach of Kapitas. Located just west of Kas, Kapitas is an idyllic spot for a swim at the end of our day in the mountains. Finally we make our way back to Kas.



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



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

## DAY 4 - Free day; optional trip to Meis in Greece

Today is left free for you to do some exploring of your own. For those with a hankering for culture, Kas is built around the remains of a number of ancient sites including; Kas Theatre which was built during the third century BC and is now used for theatrical performances and music concerts, the monumental Lion Tomb and a number of hillside rock tombs. Alternatively you may like to visit the isolated and ruggedly beautiful Greek island of Meis (optional), to give its Turkish name, Kastellorizo. The island is just one mile from the Turkish coast and yet more than 100km from Rhodes, its nearest Greek neighbour.



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



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 5 - Visit Xanthos; canoe trip down Xanthos River to Patara

We visit Xanthos this morning which was the capital of ancient Lycia and at one time was the largest centre of commerce and religion in the region. The town has had a turbulent past, falling to both the Persians and the Romans and on both occasions, this resulted in the mass suicides of the entire population!. During the Roman civil wars of the 1st century BC, the Lycians sided with Caesar against Pompeius but after Caesar's assassination in Rome, Brutus attacked Xanthos and demolished the acropolis. Marc Antony rebuilt their city and today it is a UNESCO World Heritage Site. We travel by canoe in the afternoon as we travel down the Xanthos River to Patara. Passing through tranquil and unspoilt rural backwaters along the way, we stop for a picnic lunch before eventually emerging at Patara Beach which is a protected nesting area for giant loggerhead turtles. We have the opportunity to swim on the return to Kas.



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



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

## DAY 6 - In Kas; optional trip to Myra, the home of Father Christmas

There is an opportunity this morning to visit the Church of St Nicholas at Demre (Myra) which is where the 4th century Bishop Nicholas is said to have anonymously given money to the poor thus spawning the legend of Father Christmas! Saint Nicholas is the patron saint of two countries; Greece and Russia, and is also the protector of children, merchants, scholars and sailors - a busy man! The origin of Saint Nicholas's gift giving is believed to have arisen from a legend in which a shopkeeper was too poor to supply his daughters with dowries. When Saint Nicholas heard of their plight, he threw three bags of coins into the shopkeeper's yard, saving the daughters from a life of hardship. The Church of Saint Nicholas was built after his death and Noel Baba's remains were placed in a rock sarcophagus. A modern statue of Saint Nicholas, complete with beard, bag of toys, and children has been placed outside the church. But Myra isn't just the home of Santa. A mile north of the church is the impressive ruins of the ancient town, where dozens of Lycian tombs are carved out of the cliff above a Roman amphitheatre. We plan to make an early start today (to beat the crowds and heat) but on returning to Kas there is a free afternoon either to relax or perhaps try snorkelling.



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



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 7 - Sea-kayaking to Kekova Island

We depart in the early morning to try our hand at sea kayaking in the calm, protected waters of the bay of Kekova. We'll enjoy a packed sandwich breakfast with coffee en route and enjoy paddling in the tranquil waters before any other boats or kayakers take to the water. It's one of the most scenic areas in Lycia with picturesque islands, bays and small ancient cities surrounding the famous sunken city of Kekova. The results of various earthquakes, there are partly submerged streets and buildings visible in the crystal clear waters and even steps leading down into the depths of the bay. Later we paddle to the picturesque whitewashed village of Simena, whose harbour is dotted with ancient sarcophagi (tombs), Roman baths, houses that cling to a hillside and a castle where we find an ancient theatre. Carved from the solid rock, it is a wonderful place to sit and soak up the beautiful surroundings. Taking to the waters again, we head back to Ucaciz from where we transfer back to Kas.



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



Standard Hotel



Swimming pool available

## DAY 8 - Trip ends in Kas

The trip ends after breakfast in Kas.

Please note that the journey time from Kas to Dalaman Airport is around two and a half hours. Where flights depart around the same time we will group transfers together.

## Family information



**Triple Rooms:** This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

**Average Age:** As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 13 years old, this trip is suitable for children of all ages.

**Minimum age**  
7

## Why book this trip

This holiday allows you the opportunity to explore the region with visits to local villages as well as enjoying a number of arranged activities including; sea kayaking, canoeing and a boat trip. With a great price, you can take your family on an active adventure to an interesting country which also offers time on the beach to relax.

# What's included?



## Included meals

Breakfast: 7  
Lunch: 3



## Transport

Bus  
Boat



## Trip staff

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



## Accommodation

7 nights standard hotel

# 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

+3

#### Plugs

2 Pin Round

#### Religion

Islam, Christian

#### Language

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.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour 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. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Kas:

Day 4 or 6: Full day boat trip to Meis island (also known as Kastellorizo Island) £24 per person

Day 4 or 6: Horse riding £38 per person including return transport to the stables.

Day 4 or 6: DEMRE Visit to the Church of St Nicholas and City of Myra. £16 per person

Day 4 or 6: Scuba diving from £30 to £60 depending on number of dives; experienced divers should bring certification and log book; intro dives are available for those without previous experience.

## Clothing

The long Turkish summer can be hot, though much of the Mediterranean coastline is freshened by sea breezes. A warmer sweater is recommended for the evenings in early or late season. On the canoeing and sea-kayaking excursions in particular there is no shelter from the sun, so a sunhat is essential.

March / April and late September / October / November tend to be cooler so bring layers and some warmer clothes. A light rainjacket may also be useful.

## Footwear

Trainers or walking boots for walks, plus sandals to wear in the canoes and sea kayaks which will stay on when wet.

## 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

We recommend a water bottle, torch, insect repellent, sunglasses, daysac and plenty of high factor suncream. All equipment is provided on the sea-kayaking and canoeing trips. Keen snorkellers should take their own equipment as sizes (especially children's) are limited. Note: Qualified scuba divers wishing to dive should bring their diving certificate and log book.

## 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

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest £10 per family member.

For all non-included services and meals on your trip please tip independently at your discretion.

## Country Information

### 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

£7

**Dinner price**

£13

**Beer price**

£2.7

**Water price**

£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, Boat

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The hotel is situated in the centre of Kas and is a short walk from the sea. The en suite rooms are tastefully decorated and include a sea or hill-side view, air-conditioning, satellite TV, minibar and hairdryer. The hotel facilities include a restaurant with a good selection of both local and western cuisine, outdoor swimming pools plus a children's pool and a 40 metre water slide. Furthermore, the hotel has three bars, basketball court, safe boxes, laundry service and fitness centre. Wi-Fi is available in the spacious lobby.

### Family swimming

There is a pool at the hotel with regular opportunities to swim in the sea

## 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. We recommend that you obtain your visa online, prior to arrival at <https://www.evisa.gov.tr/en/>

This will cost US\$20 and you will need a blank page in your passport for the stamp.

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying 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 now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

**Non refundable permits****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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