

MEDITERRANEAN

Active Turkey- Kayak & Walk Expedition



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13 day trip Seven day kayak expedition & four day walk

Turkey is a country where east meets west. Northwest Turkey, (north of the Bosphorus at Istanbul), is geographically part of Europe, while the major area of Turkey is part of Asia. Turkey has over 7000 kilometres of coastline—perfect for a paddle adventure!

Our trip begins in Köycegiz, where we pick up our paddles for our seven-day self-contained 120 kilometre kayak journey to Göcek. Designed for people with paddling experience, our exact itinerary will vary depending on weather conditions and opportunities along the way. Camping on remote beaches, paddling beneath Lycian tombs carved into sheer rock faces, visiting hot springs and exploring ancient ruins, we experience a wild and natural area of Turkey.

Swapping kayaks for walking shoes, we begin the next part of our adventure along a section of the Lycian Way. Our walk along this section of the Mediterranean coast offers a variety of historical and cultural experiences. The ancient Lycian civilisation was very sophisticated and often used as a model by both the Greeks and Romans. The complete Lycian Way stretches more than 500 km through Lycia, which is now part of modern Turkey. We experience rugged mountain scenery with stunning coastal views as we hike through small villages and explore ruins well off the main tourist path. We stay in small hotels and pensions along the walking route. Our luggage is transported between our accommodation allowing us to walk with a daypack only.

A Quick Itinerary

B - Breakfast / L - Lunch / D - Dinner

Day 1: Group pick up at Dalaman airport, transfer to Köycegiz.

Days 2–7: Self contained sea kayak trip from Köycegiz Lake to Göcek Bay. **BLD**

Day 8: Finish kayaking in Göcek, transfer to Kayaköy. **BLD**

Days 9–12: Trekking the Lycian way. Last night of trip spent at Göcek. **BLD**

Day 13: Trip concludes after breakfast. Group transfer to Dalaman airport. **B**

Meeting Place and Time

As people arrive directly from overseas as well as from various points within Turkey, we have several meeting options on Day 1 of the trip. **Please make sure we know of your preferred arrangement and check with us before finalising your air travel.**

1. Dalaman airport—we will do one airport pick up, depending on when most participants arrive.
2. Köycegiz bus station—please advise your arrival details to arrange pick up.
3. Make your own way to the hotel in Köycegiz. Details will be supplied closer to departure date.

How to Get There and Back

The closest airport to the start point of Köycegiz and our end point at Göcek is Dalaman airport. Turkish Airlines and Pegasus Airlines have daily flights from Istanbul to Dalaman and vv. Flights can be booked via the airlines' website or through your travel agent.

There are several bus companies in Turkey with extensive networks around the country if you plan to do a bit of touring. A good website with lots of information on travel in Turkey including the bus system is:

www.turkeytravelplanner.com

Paddling & Hiking Experience

As with most activities, the fitter you are, the more you will enjoy the trip. It's a good idea to take some regular exercise like paddling, walking, jogging, cycling, gym classes or swimming ahead of the trip.

This trip is designed for people with previous paddling experience and an interest in walking. You do not have to be an expert paddler or know how to roll. However, you should have practiced a wet exit and assisted re-entry before the trip. This can be practiced in waist deep water at home, with a friend's help or under tuition. We are always happy to discuss your experience and can often suggest how beginner paddlers may gain the necessary experience at home to prepare for the trip.

We require all participants to complete and return our kayak experience form on booking.

The degree of difficulty of the trip will depend on the weather we encounter. The wind normally picks up along the coast in the afternoon and causes small waves. It is important to realise that the group will kayak at the speed of the slowest members. All participants should feel confident in swimming.

We predominantly use single kayaks on this trip, but one or two doubles may be available. Please let us know if you are a right handed or a left handed paddler as the paddles provided are one piece, that is, not composites.

The kayaks we use are stable, easy to paddle and control. They are designed as expedition boats and it is important to keep gear to a minimum as we carry on board all our food and equipment. You will be given a thorough briefing on sea kayaking techniques by our qualified and highly experienced guide/s, with ample time to practice and familiarise yourself with your kayak. Our first two paddling days are on a large lake and river system before we head out to the more exposed Mediterranean. We paddle for up to five to six hours per day.

On the trekking segment of the trip we will carry daypacks and have our luggage transported each day. You should be comfortable walking 13–15 km each day.

Proposed Itinerary

The following itinerary should be seen as an approximate guide only. Our aim is to have a real Turkish adventure and a great time, rather than being governed by a rigid schedule. Our program may change to take advantage of opportunities as they arise, to suit local conditions and according to the preferences of the group. Please note that weather conditions, breakdowns and other factors can cause alterations and delays to our itinerary.

Day 1: Transfer to the group hotel in Köyceğiz. The trip briefing is held this evening. Your guide will give out drybags that you will pack for the kayaking. Extra luggage not required while kayaking will be brought to Göcek at the end of the kayak section. Dinner is not included tonight but your guide can arrange a group booking at a local restaurant.
No meals included/Guesthouse accommodation

Day 2: After settling into our kayaks, we set off along the shores of Köyceğiz Lake, which is a protected nature reserve. We take a break at the delta of the Yuvarak River, where there is the possibility of spotting local wildlife. We finish the day at a small bay where there are hot sulphur springs and thermal baths. Our overnight camp will be on a small beach or in the forest nearby.
BLD / Camping

Day 3: This morning we'll paddle along the channels of the Dalyan delta to the town of Dalyan. We'll explore the town before hopping back in our kayaks to paddle through a labyrinth of reeds, passing beneath impressive Lycian rock tombs built into a sheer cliff face. After a home cooked Turkish lunch and the

option to visit the ruined city of Caunos, we carry on to Iztuzu beach, keeping eyes peeled for giant sea turtles. Where fresh water meets the sea, this famous 6km long stretch of sand is also known as 'Turtle Beach', and is the nesting ground of endangered Caretta Caretta turtles.

BLD / Camping

Day 4: Today is our first day on the open Mediterranean Sea. We turn east to follow the coastline along the length of Iztuzu beach, playing with the waves and past many beautiful coves. We have lunch on a small beach with great snorkelling. After lunch we paddle around Disibilmez Cape to our campsite at the small bay of Ası Koy.

BLD / Camping

Day 5: This is our longest day, so we start early. We explore a beautiful cave and paddle past Baba Island. We continue along the long beach between Sarigerme and Dalaman. Tonight we camp in a small bay.

BLD / Camping

Day 6: Depending on the weather, we'll aim for a short paddle today and make time for some snorkelling and a hike up to ruins on the Kapidagi Yarimadası peninsula for some great views of the surrounding rugged limestone coastline. Alternatively, we may do a longer paddle and have a rest and hike on the following day.

BLD / Camping

Day 7: Today we tackle Cape Kurtoglu with its rugged and spectacular coastline. After rounding the last part of the headland, we pass between the mainland and several islands into the sheltered waters of Göcek Bay. Tonight we camp in a lovely site in a pine forest.

BLD / Camping

Day 8: After a wake-up call from mountain goats, followed by breakfast, we paddle between small islands before arriving at Göcek port and marina. Here we farewell our kayaks and drive to Kayaköy. Guesthouse accommodation for two nights.

BLD / Guesthouse

Day 9: Day walk through the Ghost Village to the famous Olü Deniz beach (approximately three hours of walking). Picnic lunch. Transfer up the hill and walk a further two to three hours back to the guesthouse in Kayaköy for dinner and overnight accommodation.

BLD / Guesthouse

Day 10: Trekking on the Lycian Way. We transfer from the hotel to start of the 'Way' at Ovacik (10 minutes) and walk to Faralya. We'll enjoy views of Olü Deniz lagoon and Baba Mountain with spectacular cliff and sea vistas. Approximately 13 km walk/five hours, uphill in the morning, then downhill in the afternoon.

BLD / Guesthouse

Day 11: Trekking on Lycian Way from Faralya to Alınca. Mixed uphill and downhill walk to the village of Kabak. The path then continues uphill to Alınca. This section has spectacular cliffs and coastal scenery. Approximately 15 km/six hour walk today.

BLD / Guesthouse



Day 12: Trekking on Lycian Way. Alınca to Bogazici village and then to Sidyma. We enjoy some spectacular cliff walking with wonderful views. At the end of the walk, we'll meet our vehicle and transfer from Sidyma to Göcek, a two hour ride. Walking today is approximately 10 km/four hours.

BLD / Guesthouse

Day 13: After breakfast, we provide one group transfer to Dalaman Airport or the local bus station where we say our farewells. End of trip arrangements. B.

End of Trip

The trip finishes in Göcek after breakfast. We will do one group transfer to Dalaman airport (1 hr transfer time) and/or the local bus station. Please allow enough time on this day if you are booking onward flights.

Climate

Summers in southwest Turkey are hot and dry, especially in July and August. The months of April, May, June, September and October are a little cooler—still shorts and T-shirt weather at most times, with the possibility of occasional showers. The weather is generally settled and predictable.

Accommodation and Camping

We will have simple twin-share bed and breakfast accommodation at Köycegiz, Kayaköy, Faralya, Alınca and Gocek.

Camping: We highly recommend taking advantage of the stable Mediterranean weather and sleeping out under the stars whenever possible. We supply individual ground sheets and two-person tents and communal camping equipment. You can either bring your own sleeping mat and sleeping bag or rent them. Rental charge is 20 euros for a sleeping bag and 10 euros for a foam mat. **Please note that Thermarests are not available for hire. We would highly recommend you bring your own Thermarest** as the ground is quite firm. Rental sleeping bags are available but if you have a compact bag it's a good idea to bring it.

Trip Organisation

Camping Segment

Our paddling days will start early to make the most of each day. It's a good idea to pack your drybag before breakfast, prepare your personal items for the day and roll up your groundsheet or take down your tent so that loading for departure can be organised.

For most of the trip we camp wild on beaches, which means that there are no organised facilities. If you opt to sleep without a tent, it is easy to find a perfect sleeping spot overlooking the water. Alternatively the two-person tents with

integral nets are easy to erect and take down. On arrival in camp you will be expected to unload your own boats and you and your partner will be responsible for your own tent or sleeping site. The guides will also appreciate your assistance in other camp duties. We find that people joining our trips alone soon make friends.

Walking Segment

Our walking days will start after breakfast. We spend the first two nights at the same guesthouse and then walk between each nights accommodation. Our bags will be transferred each day to our next stop. You should carry a daypack while walking with all the items you may need during the day, including a rain jacket and warm sweater or pile jacket. Your guide will organise lunches each morning and generally dinners will be in the guesthouse.

Meals

On the kayaking trip, the food is freshly prepared by the guide/s who are great camp cooks! The menu is based around a wide variety of natural local foods, including fresh fruit and vegetables, a selection of cheeses, free-range eggs, extra virgin olive oil, butter and tahini.

Breakfasts consist of cheese, tomatoes, cucumber, olives, omelette, fried spicy Turkish sausage ('sucuk') and different types of bread. Lunch is picnic style with cheeses, nuts, fresh salad, fresh and dried fruit, bread and biscuits or chocolate.

We aim to cook a fresh meal every evening - such as vegetable stew, spaghetti bolognaise, fresh fish if local fishermen oblige and lentil-based dishes. Dinner is accompanied by side dishes such as rice or bulgur, cacik (yogurt with mint and cucumber), lentil soup and potato salad. Before the main meal we offer an open buffet selection of aperitifs such as nuts, dried fruit, biscuits, chocolate, crudities and specially prepared dips.

We are happy to cater for vegetarians and other special dietary requirements with prior notice. However, specialist food products such as gluten-free foods and milk other than cow's milk are not readily available. If your diet requires such products we recommend you bring along a supply for your own consumption.

On our trips we use bottled or filtered water. Tap water in the towns in south-west Turkey is chlorinated; however due to the taste we recommend that you drink bottled water or filtered tap water if possible. It is recommended to wash any fruit before consumption.

While on the walking section, breakfast and dinner is usually provided by the guesthouse and we enjoy picnic lunches each day.

Expedition Staff

Your guide will accompany you on both the kayak and walk sections. Should you have any inquiries during the trip, feel free to ask your guide.



Conservation

It has always been our motto that “we take only photographs and leave only footprints”. We are keenly aware of the ecology of the areas we visit and try to limit our impact on them. We ask that each person takes out everything they bring in including sweet wrappers, batteries, etc.

Photography

We are paddling mainly in a salt-water environment and the delicate electronics in digital cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries for a digital camera, as there is no opportunity to purchase batteries or access electricity during the kayak trip. One variable lens will reduce your load and the amount of your equipment that can be damaged. If you are buying a new camera, consider a waterproof one and get it well before departure so you can practice with it.

Money Matters

Your tour cost includes:

- Bed and breakfast accommodation in all guesthouses on a twin share basis.
- Equipment transfer between guesthouses / hotels on walking section.
- Expedition kayaks, paddles, life jackets and safety equipment.
- Groundsheets and / or two-person tents.
- Watertight dry-bags for your personal gear while kayaking.
- Professional guides.
- All meals except dinner on the first night in Köycegiz.
- Group airport transfers.

Your tour cost does not include:

- Any flights.
- Sleeping bags and mats for camping (these can be hired at an extra charge).
- Transfers if not utilising the group pick up/drop off.
- Entry fees into historic sites.
- Single room supplement.

- Items of a personal nature such as WIFI charges and laundry.
- Alcoholic beverages.
- Airport taxes.
- Travel insurance.
- Tips.
- Thermarests (recommended to bring your own).

Money to Bring With You

There are ATM machines in the main centres and this is the most efficient way to obtain Turkish lira. Turkish lira is worthless outside Turkey so it's best not to exchange large amounts. Credit cards are accepted in larger stores or hotels but don't rely on being able to use one everywhere. Euros, GBP and US dollars are far easier to exchange than other currencies within Turkey. If you're traveling to Europe before or after it is better to have Euros.

You should bring Turkish currency for dinner on Day 1 at Koycegiz, extra bottled water, soft drinks and alcohol, entry fees to a few historical sites and any shopping you intend to do. Entry fees are generally the equivalent of around US\$5-\$15.

Tipping

We recommend you put aside a little money for general tips for restaurant staff and porters. Our guides do not expect tips.

Travel Insurance

It is necessary to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation and in the unlikely event that you need emergency evacuation by plane or helicopter due to illness or accident. Ensure you have read the policy thoroughly and are familiar with the claim process, in case it becomes necessary to make an emergency claim. We strongly recommend you take out insurance at the time of booking. Please supply us with the policy details (insurance company name, policy number and emergency assist phone number) before the trip.

Medical Matters

All participants are required to provide us with a medical questionnaire filled out completely and accurately.

Please check with your doctor or medical centre whether you require any vaccinations or boosters. An expedition first aid kit is carried on the trip, however, we strongly recommend that you bring with you any required medicines and a small first aid kit for your own personal use. Due to the remoteness of the trip it is advisable to have a dental checkup before departure.

Passport

Make sure that you have a signed passport and that its validity will extend to six months after the date of your return. If you are not a citizen of your country make certain that you have the necessary re-entry permit.

Visas

As of April 2013, Australian, USA and Canadian citizens are required to obtain an e-Visa electronically before travelling to Turkey. This is a simple process and the information is available on the following website: <https://www.evisa.gov.tr/en/> The tourist visa is valid for the duration stipulated and photographs are not required.

Currently, UK passport holders and New Zealand citizens do not require a visa. If you are a different nationality, please check with the nearest Turkish embassy for current advice.

Excess Luggage

Any excess luggage that you do not take kayaking can be transferred to Göcek, at the end of the kayak section of the trip. During the walking section your luggage will be transported to the next hotel. We recommend you bring soft luggage rather than suitcases, as this is easier to transfer each day on the walking section.

Security

Before leaving home, photocopy your passport, ticket details and make a note of your credit card and ATM card numbers in case you lose or misplace them. All passports, airline tickets, valuables, excess cash and travellers cheques can be stored with your main luggage and brought to you at the end of the kayak section. Theft is a consideration in Turkey (like at home) so it is always a good idea not to leave things unattended. Do not carry large amounts of cash with you and always be aware of what you are carrying, especially personal valuables like cameras, jewellery and watches. Do not display valuable items or leave them lying around in such a way that might tempt a thief. It is a good idea to use a money belt or neck wallet.

Clothing & Equipment

Carefully check through all essential items and please contact the office if you have any questions. The dress code overall in Istanbul and Turkey is modest, but it's more relaxed on the Mediterranean coast. If visiting mosques women are advised to wear a headscarf and cover shoulders and legs. Men should wear long pants.

Essential Items:

- A wide brimmed hat for protection from the sun is essential. Visors are inadequate. A hat with a stiff brim that will hold rigid in a breeze, e.g. straw hat with a strap to put under your chin is good. A scarf made from a light material like silk to protect your neck can be useful too.
- Sun-glasses with a cord to prevent them from falling into the water.
- Light weight rain jacket or spray jacket.
- Two long sleeve lightweight shirts. A synthetic shirt is highly recommended for sun protection while paddling and a separate camp shirt for mosquito protection in the evening.
- Two or three t-shirts.
- A lycra sun top is useful for swimming/snorkelling.
- One pair of light-weight full length trousers to wear in camp.
- Two pairs of shorts and swimwear.
- Light-weight fleece jacket (not a heavy jacket), i.e. Polartec 100 is sufficient, or a sweatshirt.
- Light-weight and compact sleeping bag and inner sheet (bags can be hired).
- Foam mat or Thermarest (foam mat can be hired).
- Reef shoes or a good fitting pair of sandals/shoes that attach solidly for paddling.
- One pair of comfortable (well worn) hiking boots and socks.
- Small towel (a chamois towel is ideal, or a medium sized hand towel).
- Minimal toiletries—a bio-degradable soap that will lather in salt water is very useful and remember to pack sunscreen (SPF30+) and lip balm.
- Insect repellent (containing RID). There may be mosquitos around the lake.
- A headlamp or small torch and batteries.
- A wetsuit vest may be useful if you feel the cold while swimming.
- One or two 1-litre water bottles—the type used by cyclists are fine and inexpensive.
- A small backpack for walking to carry a water bottle, rain jacket etc.
- A small dry bag is useful while paddling for items you need to access while on the water.
- Lightweight cycling gloves can ease blistering if you are not used to paddling.
- Pillow case or very small pillow (e.g. airline pillow).

Optional Items:

- Camera with waterproof container (if not waterproof).
- Reading material, cards and/or games.
- Lightweight clothesline.
- Binoculars (the bird watching on Lake Köycegiz is good).
- Snorkelling gear: mask and snorkel only to save space or just swimming goggles.

Pre and Post Trip Accommodation

Our office can book pre or post trip accommodation at our group hotels in Köycegiz and Göcek, Contact our office to arrange a booking.

Delays or Problems

In case of last minute delays or problems, contact Southern Sea Ventures in Australia on +61 2 8901 3287. Your guide's contact numbers in Turkey will be noted on your final itinerary.

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