

Turkey: Turquoise Coast

MEDITERRANEAN

Sea Kayak Adventure



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Eight day trip Seven day kayak expedition

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 paddling adventure!

The Turquoise Coast Sea Kayak Adventure is a seven day self-contained 120 kilometre journey from Köycegiz to Göcek, along Turkey's south-west Mediterranean coast. Designed for people with paddling experience our exact itinerary will vary depending on weather conditions and opportunities along the way. Join us as we camp on remote beaches, paddle beneath Lycian tombs, visit hot springs, explore ancient ruins and experience a wild and natural area of Turkey. Read on for more details of this excellent adventure!

A Quick Itinerary

B - Breakfast / L - Lunch / D - Dinner

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

Days 2–7: Self contained sea kayak trip through Köycegiz Lake, the Dalyan Delta and Mediterranean Turquoise Coast to Göcek Bay. B • L • D.

Day 8: Finish kayaking in Göcek, trip concludes at about 3pm. Group transfer to Dalaman airport is available. B • L

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 the departure date.

How to Get There

The closest airport to Köycegiz is Dalaman airport. Turkish Airlines and Pegasus Airlines have daily flights from Istanbul to Dalaman. Flights can be booked via the airline websites 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

Sea Kayaking

This trip is designed for people with previous paddling experience. 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 might 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..

We predominantly use single kayaks on this trip, but one or two doubles may be available.

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. We paddle for up to five to six hours per day and it is important to realise that the group will kayak at the speed of the slowest members. All participants should feel confident in swimming.

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.

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.

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 our hotel in Köycegiz. Trip briefing is held this evening. Your guide will give out dry bags that you will pack for the kayaking. Extra luggage not required while kayaking will be brought to Göcek at the end of the trip. Dinner is not included tonight but your guide can arrange a group booking at a local restaurant.

MEALS NOT INCLUDED/GUESTHOUSE ACCOMMODATION

Day 2: After settling into the kayaks, we set off along the shores of Köycegiz 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. We camp on a small beach or in the forest nearby.

B • L • D / CAMPING

Day 3: This morning we paddle along the channels of the Dalyan delta to the town of Dalyan. We'll explore the town before hopping back in the 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.

B • L • D / 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.

B • L • D / CAMPING

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

B • L • D / 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 can do a longer paddle and have a rest and hike on the following day.

B • L • D / 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 campsite in the pine forest.

B • L • D / CAMPING

Day 8: After a wake-up call from mountain goats followed by breakfast, we paddle between small islands in Göcek Bay. By mid afternoon we arrive at the port and marina of Göcek, where we clean up and have showers. A group transfer is available to Dalaman airport later in the afternoon. Alternatively, you may choose to overnight in Göcek or make other plans. There are a number of adventure activities that can be organised in the Göcek area.

B • L / ACCOMMODATION NOT INCLUDED

End of Trip

The trip finishes in Göcek after lunch. We will do one group transfer to Dalaman airport (1 hr) 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

Köycegiz: Our group hotel will be simple, providing twin-share bed and breakfast accommodation.

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

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.

Food and Water

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 bolognese, 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, crudites 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.

Expedition Staff

Your kayak guide is an experienced kayaker and wilderness leader. The guides' role is to co-ordinate the expedition and ensure the safety of the group. They will answer questions and inform you of the objectives and progress of the trip. They will decide on safety matters, administer the medical kit and liaise with locals on your behalf. 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, as there is little 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.

Money Matters

Your tour cost includes:

- Bed and breakfast accommodation in Köycegiz on a twin share basis for the first night.
- Expedition kayaks, paddles, life jackets and safety equipment.
- Groundsheets and / or two-person tents.
- Watertight dry-bags for your personal gear while kayaking.
- Professional guide.
- 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).
- Entry fees into historic sites.
- 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

Any passenger undertaking this trip is required to provide us with a medical questionnaire filled out completely and accurately. Please advise us of any side effects of any medication you take and of any dietary requirements related to the medication. Be sure to let your guide know of any drugs to which you are allergic as well as noting this on your medical form. You will be isolated from modern medical facilities, so attention to medical matters is vital.

Hygiene

Be conscious of hygiene. Regularly wash your hands, be wary of uncooked food and wash fruit or preferably peel it (with clean hands!).

Vaccinations

For entry into Turkey there are no statutory vaccinations at the time of writing. However, you should check with your doctor or medical centre for current information.

Medical Supplies

On our trips into more isolated areas we carry a comprehensive medical kit. However, it is your responsibility to bring sufficient quantities of any specific medications you require. In addition, we suggest that each passenger bring:

- Sun screen (water resistant variety at least SP30).
- Lip protectant.
- Band-aid strips.
- Insect repellent (recommended RID). There may be mosquitos around the lake.
- A mild anti-nausea drug if you are concerned about sea sickness.
- A mild antiseptic soap/liquid hand wash.

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 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, including passports and valuables, can be stored and transferred from Köycegiz to Gocek.

Clothing & Equipment

To minimise our impact on the villages and the environment through which we pass, we travel self sufficiently. That means that we carry everything with us, so it's important to keep personal gear to a minimum. In your kayak, all equipment is packed in water proof containers. We recommend you bring your own small 5–10 litre dry bag for items you may need during the day while kayaking.

Carefully check through all essential items. 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 cover their shoulders, legs and wear a headscarf, while 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, quick drying, 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).
- One pair of trainers/running shoes.
- Reef shoes or a good fitting pair of sandals/shoes that attach solidly for paddling.
- Lightweight socks to wear with your running shoes in the evening for mosquito deterrent.
- 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).
- A headlamp or small torch and batteries.
- A wetsuit vest may be useful if you feel the cold.
- One or two 1-litre water bottles—the type used by cyclists are fine and inexpensive.
- A small dry bag is good for holding things like sun screen, glasses, water bottle, etc (try and avoid day packs with metal zips as they will corrode).
- 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 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 number in Turkey will be noted on your final itinerary.

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