EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Family Legends of Lycia (FLL 2016)

MULTI-ACTIVITY

TRIPDURATI
8
DAYS

Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Centre Based

Trip Code: FLL

Trip Highlights - Family Legends of Lycia

- ✓ 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

Trip Essentials

Accommodation:	7 nights Standard Hotel
Included Meals:	7 breakfasts, 3 lunches, 0 dinners
Start Point:	Join trip: Dalaman Airport
End Point:	Trip ends: Dalaman Airport
Transport:	Bus, Boat
Countries:	Turkey
Minimum Age:	From 8 years

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 ancient 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, we spend our evenings exploring the cobbled streets and enjoying local Turkish cuisine.

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.

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.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

Our 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.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

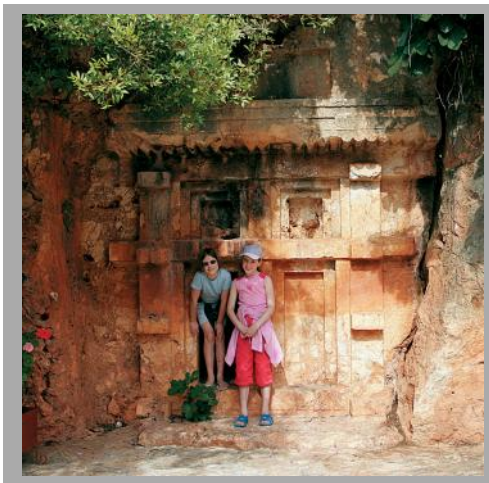
Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and



organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour at Dalaman Airport

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 there are two transfers arranged at set times for the first day of this tour. The main transfer to meet our preferred flight will be in the evening with an additional transfer arranged for the mid-afternoon to assist with any early flight arrangements you may have in place.

Overnight: **Standard Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: 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.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: 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.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: 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.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: 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.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: 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.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: 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 Ucagiz from where we transfer back to Kas.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast

DAY 8 Tour ends Dalaman Airport

This morning we transfer back to Dalaman Airport where the tour ends.

Included Meals: Breakfast

Ability to swim required

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.

Accommodation and Meals

Accommodation Rating

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, indoor and outdoor swimming pools plus a children's pool and a 40 metre water slide. Furthermore, the hotel has three bars, children's playground, basketball court, massage room, safe boxes, laundry service, Turkish bath, sauna and fitness centre. Wi Fi is available in the spacious lobby.

Food & Drink

Included meals: 7 breakfasts, 3 lunches,0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

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.

Turkey

Lunch £: 7.00

Dinner £: 13.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Turkey

Bottle of Beer £: 2.70

Water £: 1.00

Other Sightseeing & 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.

Optional Excursions

DEMRE Visit to the Church of St Nicholas
and City of Myra. £16
KAS Scuba diving from £30 to £60
depending on number of dives; experienced
divers should bring certification and log book;
Full day boat trip to Meis island (also known as Kastellorizo Island) £24
Horse Riding £38 inc transport

Tipping - Tour Leader

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

Tipping - 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 approx. £10 per person for gratuities for local staff.

Foreign Exchange

Turkey

Major Language: Turkish

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.

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.

Joining your Trip

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 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 on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

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.

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 please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

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.

Important Information

Travel 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. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

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.

Visa 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.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

Lone Parents

Turkey

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Turkish embassy for further information on exactly what may be required.

Vaccinations & Protection

Turkey

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.

Preparing for your Trip

Climate

Turkey

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. It is often cooler on higher ground and in the mountains and can be cold at night, even in the summer. Seasonal weather patterns can be unpredictable.

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.

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.

Footwear

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

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so
don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Turkey

Population: 66,000,000

Size of Country: 779,452 sq km

Major Language: Turkish

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.

Religion: Muslim, Christian

Time Difference to GMT: +3

Electric Supply & Plugs

Turkey

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

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 follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

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