

EXPLORE!

Tour Notes



Trekking the Taurus Mountains Along the St Paul Trail (TRP 2015)



TOUR DURATION
8
DAYS



Tour Style: Classic
Tour Comfort: Basic

Tour Type: Small Groups
Trek Grade: Moderate

tour Code: TRP

Tour Highlights - Trekking the Taurus Mountains Along the St Paul Trail

- ✓ Lake Egirdir - Enjoy the views and changing hues across this picturesque freshwater lake
- ✓ Village life - Stay in local village guesthouses. Sample the delicious traditional food
- ✓ Mountains, forests and high pastures - Walk through the changing scenery of the Taurus Mountains
- ✓ Remote ancient sites - Explore Selge, and other sites that have yet to be named
- ✓ Kaleici - Wander through the Ottoman backstreets of Antalya's 'Old Town'

Tour Essentials

Accommodation: 3 nights Standard Hotel
2 nights Standard Pension
1 night Basic Village House
1 night Simple Hotel

Included Meals: 7 breakfasts, 3 lunches, 3 dinners

Start Point: Join tour: Antalya
End Point: Tour ends: Antalya

Maximum Altitude on Trek (m): 1800

Transport: Bus

Countries: Turkey

Saint Paul Trail

Walk through some of the most beautiful landscapes in the Taurus Mountains. Following ancient Roman roads and paths we pass through fragrant cedar and pine forests, high altitude pastures and limestone peaks. We visit Lake Egirdir, admire views of Koprulu Canyon and explore the Roman theatre at Selge. Along the way we meet local people including shepherds, and stay in village guesthouses.

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.

Tour Comfort: Basic

Our basic accommodation can offer the most rewarding and memorable places to stay. These are usually communal or camping style with shared facilities. Running hot and cold water may be unreliable and overall comfort levels are basic.

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.

Trek Grade: Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Your tour 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 organization 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 in Antalya

Our journey begins in the superbly situated Mediterranean town of Antalya, nestling beneath the peaks of the Beydaglari Mountains. Originally founded by Attalos II, King of Pergamon, the town's turbulent past saw it develop and prosper under Roman and Byzantine rule, going on to become a major staging post for the Crusader ships heading to the Holy Land, before being captured by the Selçuk Turks in the early 13th century. Today it is a busy city but its old quarter remains an enchanting cluster of narrow streets, lined with classical reminders of its Ottoman past.

Overnight: **Standard Hotel**
Single Room Available



 **Included Meals:** None

DAY 2 Drive to Balkiri. Walk to Egirdir

This morning we head for Balkiri in the Taurus Mountains and the start of our first day's walk. Starting from the shepherds' pastures that lie above the town we follow a trail that takes us first to the village of Akpınar, from where we then continue on to our overnight stop on the shores of Lake Egirdir. The lake is the second largest body of freshwater in Turkey and our four hour walk should get us in with plenty of time to spare to enjoy the views across this pleasant lakeside town.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Hike to Yukari Gökdere, then drive to Kasimlar

After a short tour of Egirdir this morning we drive the short distance by bus to the start of our second day's hike. Meandering through a landscape of forested ridges, high pastures and orchards of cherry and apple trees, we spend the next six hours walking to the village of Yukari Gökdere. Meeting our bus here, we then drive on to Kasimlar, skirting the shores of Lake Kovada and when possible making a brief stop at the Roman ruins at Adada along the way.


Overnight: **Standard Pension**

 **Included Meals:** Breakfast, Dinner

DAY 4 Walk to Kesme

From Kasimlar we head next for Kesme, a six hour walk that takes us through a landscape of pine forests, dramatic rock outcrops and over a skyline pass. Accompanied by the soaring, jagged peak of Mount Tota, the walk takes us through a rural setting of lush pastureland, where goat herds and remote farms share the trail with some wonderful views down the length of the canyon.


Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 5 Walk from Kesme to Degirmenozu. Drive to Çaltepe

Today's walk takes us from Kesme and on to Degirmenozu, passing by ruins and rural villages as we make our way south along the old Roman road. After enjoying some lovely views of the dramatic Köprülü Canyon, we meet up with our bus again some five hours later, to drive the short distance on to Çaltepe and the end of our day's journey. Staying in a local village house this evening, we enjoy some traditional regional fare before turning in for the night.

Overnight: **Standard Pension**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 6 Hike to Selge. Visit the Roman theatre

Following a series of old Roman and Ottoman drovers' roads, our journey today takes us through dense forest and past isolated hamlets, on a six hour hike that emerges on the southern slopes of Mount Taurus range. Our destination is the village of Altinkaya home to the remains of ancient Selge, a Psidian city, situated on a plateau that overlooks the dramatic landscapes of the Köprüçay Gorge. After a visit to the remains of Selge's majestic Greco-Roman theatre, an immense structure that in its day was capable of holding nearly 10,000 people, we drive the short distance to Beskonak where we spend the night in a pension on the banks of the Köprüçay.

Overnight: **Simple Hotel**

 **Included Meals:** Breakfast, Lunch

DAY 7 Visit the Roman bridge at Oluk. Drive to Antalya. Time to explore the old city

This morning we drive to the old bridge at Oluk, a superb example of Roman engineering that spans the gorge of the Köprüçay River. After a chance to enjoy lunch, and perhaps a paddle in the river, we then continue by road the rest of the way back to Antalya where we have the opportunity to explore the old town.

Overnight: **Standard Hotel**
Single Room Available

EXPLORE! The Adventure Travel Experts available online 24/7

 **Included Meals:** Breakfast

DAY **8** Tour ends Antalya

Our tour ends today in Antalya. * Please be aware that if you are booked on a flight arriving back into London after midnight at the end of the tour, you will need to ensure that your travel insurance covers you for a 9 day trip as a minimum.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 3 lunches, 3 dinners included in the price of this tour. 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 Tour

You will need some extra money to cover meals and drinks not included in the tour 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

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 recognised 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. Accordingly you should allow approx. £10 for gratuities for local staff.

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.

Foreign Exchange

Turkey

ATM Availability: ATMs are widely available throughout Turkey. To avoid large queues at the airport exchanges, you may wish to exchange 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.

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Joining your Tour

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 joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit www.explore.co.uk/insurance. Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited, who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website www.fca.gov.uk or by contacting them on 0800 111 6768.

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.

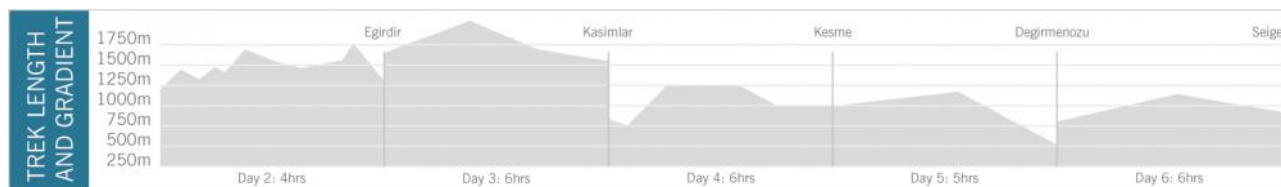
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

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 Tour



Maximum Altitude on Trek (m)

1800

Trekking Details

This is a 5-day trek with an average of 5 to 7 hours walking each day. We have graded this tour as moderate.

Walking Boots

Please bring well broken in walking boots.

Climate

Turkey

Evenings and early mornings can be cool in the early and late season (before mid May and after early October). 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. Up to date information on the weather worldwide can be found by following the BBC weather link on this page.

Clothing

It is cooler in the mountains, so even in the summer you may require some warmer clothes for the evenings, and a light windproof, waterproof jacket.

Equipment

You will need a 2 or 3 season sleeping bag (depending on the time that you are travelling), and a sheet sleeping bag. We also recommend that you bring a torch, water bottle, daysack, high factor suncream and a hat.

Footwear

Please bring sandals or trainers for relaxing.

Luggage: On Tour

One main piece of baggage and daysack.

Luggage allowance on tour: 20kg

General Information

Country details

Turkey

Population: 66,000,000

Size of Country: 779,452 sq km

Major Language: Turkish

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 & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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, elephant, 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 and traditions, 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 <http://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 <http://www.explore.co.uk/essential-travel-information/travel-resources/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 Licence granted by the Civil Aviation Authority. 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 2014 and 31st December 2015.

Tour 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: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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