

# EXPLORE!

## Tour Notes



### Turkish Backroads and Coastal Towns (CTK 2015)



TOUR DURATION  
**8**  
DAYS



**Tour Style:** Classic  
**Tour Comfort:** Standard

**Tour Type:** Small Groups  
**Cycling Grade:** Moderate to Challenging

**tour Code:** CTK

#### Tour Highlights - Turkish Backroads and Coastal Towns

- ✓ Cycle beautiful scenery - Interesting hill villages and try great local food
- ✓ Lake Koycegiz - Cycle around this scenic lake
- ✓ Fethiye Bay - Boat trip across the bay with swim stop
- ✓ Overnight mountain village - Experience local culture with a night in a village house
- ✓ Kas - Stay in the pretty harbour town of Kas
- ✓ Patara - Discover the ancient ruins and relax on the golden sand beach

#### Tour Essentials

**Accommodation:** 5 nights Standard Hotel  
1 night Simple Hotel  
1 night Basic Village House

**Included Meals:** 7 breakfasts, 1 lunch, 1 dinner

**Start Point:** Join tour: Dalyan  
**End Point:** Tour ends: Dalaman Airport

**Included Bike:** 24 gear Seddona mountain bikes with front suspension

**Transport:** Bus, Boat, Bicycle

**Countries:** Turkey

## Turkish Backroads and Coastal Towns

Cycle with us on a route that abounds with natural beauty, history and cultural interest on Turkey's beautiful Turquoise Coast. We pedal along wonderfully quiet back roads through a rugged interior of forests, hillside villages and farmland before relaxing on the golden sands of Patara Beach. We also enjoy a private boat trip across Fethiye Bay, visit ancient sites and savour the fresh local food. The tour is fully supported; you can do as much or as little riding as you like, jumping on and off the support vehicle as much as you prefer.

### Why Book this tour

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

### Cycling Information

On this tour we cycle 310 km over six days (an average of 52 km per day). The roads are extremely quiet and the terrain is nicely varied; including flat and hilly sections with some steep ascents and descents. The ride on day 5 is mainly ascent - over the course of the day we climb 1288m (option to reduce to 800m ascent or opt out). Considering none of the rides are particularly long, we have graded the route as moderate to challenging.



### 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: Standard

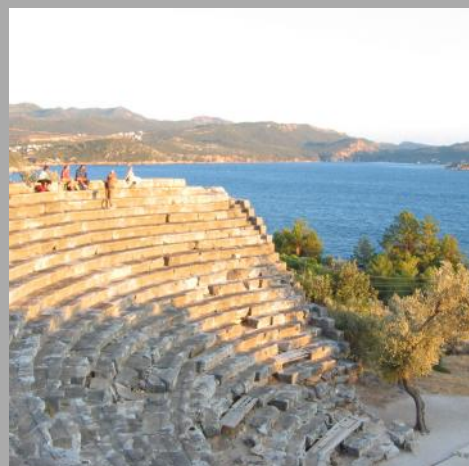
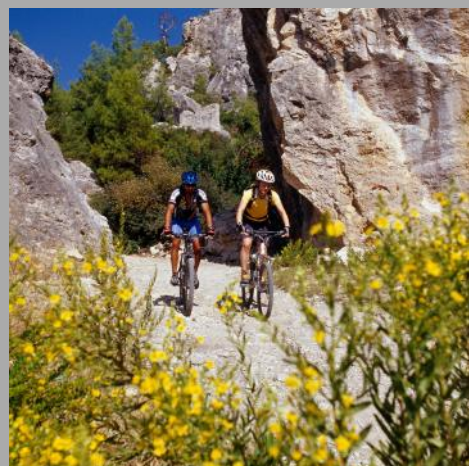
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### 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.

### Cycling Grade: Moderate to Challenging

Combining moderate grade rides with some challenging days in the saddle, this grade is ideal for reasonably fit cyclists who want to challenge themselves.



## 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 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 Dalyan

The tour starts in the riverside town of Dalyan. Chance to meet your fellow travellers and tour leader, set-up your bike, and sample some of the excellent local food. A visit to the ancient city of Caunos may be possible this evening (River crossing and entry fee not included).

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** None

### DAY 2 Cycle around Lake Koyceyiz

Starting out from Dalyan we cycle through fertile farmlands and Liquidambar forests, before a picnic on the shimmering shore of Lake Koycegiz. We then pedal the spectacular lakeside road to Sultaniye where we have the option to relax in the hot baths, locally renowned for their therapeutic properties. Continuing on we arrive near Dalyan where a boatman takes us across the river back to town. Our total cycling distance today is approximately 65 kilometres

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

### DAY 3 Pedal to Gocek. Cross Fethiye Bay by boat

Leaving Dalyan ride to the banks of Sulungur lake, with a chance to spot kingfishers, before up and over a short pass to the cotton fields and citrus orchards to Dalaman town. We climb up into pine-forested hills passing remote valleys and small hamlets before descending to the marina at Gocek. Here we charter our own boat to cross the scenic bay to Fethiye. There will be a chance to swim during the boat trip. Our total cycling distance today is approximately 50 kilometres

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

### DAY 4 Cycle to Saklikent. Lunch in a village house in Karaagac

Today we cycle out of Fethiye via the ancient ruins of the city of Telmessos and the Amyntas tomb carved in the rocks above the town. We then ride up to the villages of Bozyer and Gokben, descending to Karaagac, where we have lunch in a village house. We continue, crossing the Xanthos Valley, on to our hotel near Saklikent. There is the opportunity for an optional visit to Saklikent Gorge. Our total cycling distance today is approximately 50 kilometres

Overnight: **Simple Hotel**

 **Included Meals:** Breakfast, Lunch

### DAY 5 Visit ancient site of Tlos. Ride up through the hills to Sutlegen

This morning we transfer with the bikes to the ancient site of Tlos. Set on a rocky promontory these largely unexcavated ruins have a great views down over the Xanthos Valley. We have the opportunity to explore the site before starting our cycle, climbing up through the hills. We ride splendid mountain roads via Camlikoy and Yuvacik en route to Sutlegen, a mountain village set on the shoulders of Mount Akdag, where we spend the night in a hospitable village Guesthouse. Our total cycling distance today is approximately 45 kilometres

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Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Dinner

## DAY 6 Cycle to Patara. Visit ancient site of Xanthos en route

Leaving Sutlegen behind we continue with a busy day cycling through the hills via Islamlar, where we can have a lunch of fresh trout to the UNESCO World Heritage Site of Xanthos. Time is available for an optional visit to the ruins at Xanthos. We then continue down to Patara where we explore the Roman ruins (birthplace of Saint Nicholas) and have some time to relax on the beautiful golden beach. Our total cycling distance today is approximately 50 kilometres

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** Breakfast

## DAY 7 Morning ride along the coast to Kas

From Patara we ride inland, through farmland and forest climbing to the Akbel pass for a well deserved tea stop, before passing the attractive harbour town of Kalkan and completing our journey with a fantastic coastal ride into Kas. There will be a chance to swim during the day. On arrival in Kas we have the option to relax with a massage in a local Hamam. Our total cycling distance today is approximately 50 kilometres

Overnight: **Standard Hotel**

**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 8 Tour ends Dalaman airport

After breakfast we transfer by bus to Dalaman airport where the tour ends. Please note that there are two transfers arranged at set times for the last day of this tour, which will be in the late afternoon for our preferred flight or there will be an additional transfer in the morning to assist with any early flight arrangements you may have in place.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Accommodation Rating

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.

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.

Simple - These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

### Food & Drink

Included meals: 7 breakfasts, 1 lunch, 1 dinner 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

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## 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.

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## Optional Excursions

Dalyan: Sultaniye Thermal Baths approx. £2

Xanthos: Entrance to site approx. £2

Kas: Hammam (Turkish Bath) approx. £16 - £18

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## Tipping - Tour Leader

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

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## 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 £12 for tipping.

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## 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.

## 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.

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### 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](http://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>.

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### 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](http://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](http://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



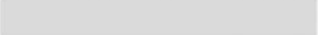
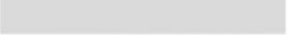
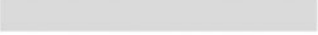

### Vaccinations & Protection

#### 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

### DAILY DISTANCES

Day 2		65km
Day 3		50km
Day 4		50km
Day 5		45km
Day 6		50km
Day 7		50km

### Bike Details

Your included bike is a 24 gear Sedona 7110D or Specialized Hardrock Sport mountain bike and will be the correct frame size for your height. Female saddles are available if required and there is the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

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## 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.

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## Clothing

We recommend you bring padded cycle shorts, cycle gloves and quick drying cycle shirts. It is essential to bring some warm clothing including a wind and waterproof outer layer as it may be possible for rain in the Spring and Autumn. A sunhat is essential and don't forget your swimsuit. Overnight temperatures can be cold any time of the year, and very cold in the early and late season so please pack accordingly.

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## Equipment

A puncture repair kit and lock are provided - we recommend you bring your own helmet. We strongly advise that helmets are always worn whilst cycling. Bring a water-bottle that clips on to the bike. Wraparound sunglasses help protect your eyes. For added comfort you may like to bring a gel seat cover. A torch is useful in case of powercuts/ emergencies.

Please consider carrying all or some of your cycling equipment, e.g. helmet, as part of your hand luggage.

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## Footwear

Comfortable trainers or cycling shoes, plus sandals / shoes for walking and general use.

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## Luggage: On Tour

One medium size rucksack or large holdall and a day sack for the day. Total allowance: 44lbs/20kgs maximum. Suitcases are not recommended.

Luggage allowance on tour: 20kg

# General Information

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## 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

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## 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.

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## 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.

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## 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.

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## 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](http://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](http://www.tourismconcern.org.uk)

- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

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## 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.

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### 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

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### 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.

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### 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.

These tour notes were printed on 27/02/2015 04:23:23