

EXPLORE!

Tour Notes



Family Turkey Adventure (FGT 2015)



TOUR DURATION
15
DAYS



Tour Style: Classic
Tour Comfort: Standard

Tour Type: Small Groups

tour Code: FGT

Tour Highlights - Family Turkey Adventure

- ✓ Istanbul - Explore the great city previously known as Constantinople.
- ✓ Kas - Boat trip out to the sunken city of Kekova.
- ✓ Cappadocia - Exploring the surreal landscapes, rock churches and underground cities of central Anatolia and the Taurus Mountains.
- ✓ Koprulu Kanyon National Park - Rafting through the stunning landscapes of the Koprü River.
- ✓ Ancient Sites - Visit Olympus, Aspendos and the eternal flame of 'Chimera'.
- ✓ Turquoise Coast - Relax and swim from a boat on the shores of the Mediterranean.
- ✓ Goreme - Pottery making in the heart of Cappadocia

Tour Essentials

Accommodation: 11 nights Standard Hotel
2 nights Basic Camping
1 night Simple Pension

Included Meals: 14 breakfasts, 4 lunches, 2 dinners

Start Point: Join tour: Goreme

End Point: Tour ends: Istanbul

Transport: Bus, Boat, On Foot

Countries: Turkey

Minimum Age: From 8 years

Family Turkey Adventure

Volcanic landscapes, dramatic mountains and underground cities are all part of this active family adventure across Turkey. We white-water raft through the Koprulu canyon, camp under the stars and roll in the mud baths in Dalyan. We also travel along some spectacular coastlines and admire the country's impressive ancient sights

Why Book this tour

If you are looking for a holiday that offers a two week European adventure at a competitive price with included activities then we believe this is it ! This adventure combines relaxation (golden beaches and snorkelling), adventure (walking in cave dwellings and mountain valleys which needs a reasonable level of fitness, white water rafting and mud baths) and culture (pottery lesson, tour of Istanbul, discovering underground cities and boat cruises over sunken cities). An epic journey around Turkey which is only a few hours flight away...



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.

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 Goreme

Our journey begins in the heart of the surreal, almost unearthly landscapes of Cappadocia. Here amongst the 'Fairy Chimneys' and white tufa cliffs we spend our days exploring one of the most remarkable settings on earth. Our base for the first few days is the small town of Goreme, an ideal setting from which to venture out and explore the famous underground cities and monastic settlements of the area.

Overnight: **Standard Hotel**

 **Included Meals:** None

DAY 2 Drive to the Ihlara Canyon; walking in the valley

A short drive this morning brings us to the beautiful and fertile landscapes of the Ihlara Valley, occupying the basalt plains of Central Anatolia to the south of Aksaray. The narrow and steep-sided canyon which is dotted with rock cut churches was once the favourite retreat of Byzantine monks. Formed by primeval earthquakes, the valley's once rushing river is now just a quiet stream and as we walk along the winding valley, with its towering cliffs reaching up to 170 m in some places, we stop by isolated colonies that flourished in the wild beauty of this idyllic valley. The numerous rock-cut churches that pepper the valley are home to some stunningly and well preserved frescoes that date from the 9th century and Ihlara's relative isolation from the more popular attractions of Cappadocia makes the region a delight to explore. Total walking: approximately 6 km, 2 hours.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY 3 Explore the Pigeon Valley and pottery making

This morning we explore the landscapes of the aptly named 'Pigeon Valley', so called because of the numerous 18th century dove cotes, or 'pigeon houses', that pepper the valley walls. These were once a vital source of fertilizer for the local farmers who used the abundant droppings to enrich the soil. We will also visit a pottery foundry and spend some time learning about the traditions and techniques of an industry that is renowned throughout this region. We take the opportunity to try our hand at producing some pottery ourselves before moving on to hike through the dramatic and magical setting of this picturesque valley, back towards Goreme. Total walking: approximately 7 km, 3 hours.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY 4 Walking in the Pancarlik Valley. Visit Kizilcukur Valley and Cavusin

The little visited Pancarlik Valley lies close by and we will spend this morning walking through it, admiring the unusual tufa formations as we continue onto the Kizilcukur Valley. Sometimes known as the 'red hole', Kizilcukur is probably the hottest valley in the region. Hidden amongst its array of fairy chimneys sites are fascinating frescoes of the 'Church with Grapes' which depicts the rich history of culture of the region. Wine has been produced in this area since the days of the Hittites and it is renowned for its very sweet and heavy vintages. Later today we will reach the small village of Cavusin, nestling amongst the backdrop of a strangely eroded landscape on top of a now collapsed section of an early Christian cave city. The original cave dwellings have fallen prey to rockfalls, earthquakes and natural erosion, but the old city still presents a fascinating place to explore with its 5th century basilica. Dedicated to St John the Baptist, this is one of the oldest churches in the entire region and a particularly impressive repository of some pre-iconoclastic frescoes. Total walking: approximately 13 km, 4 hours.


Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY 5 Explore the Valley of the Priests and Kaymakli. Afternoon hike to Sokullupinar

Departing Goreme this morning we head into a valley setting known locally as Pasabaglari. The Valley of the Hermits is a quite extraordinary landscape of fairy chimneys that over the years have been carved out by monks as solitary refuges. These naturally hollowed out hermitages include one particular three storey example that was fashioned by the renowned Byzantine holy man, St Simeon, a remarkable character whose fame owes something to his incredible feat of sitting on a pillar for 37 years! The area also presents us with evidence of Islamic occupation in the shape of a small minaret converted from a church belfry. Transferring to the village of Cukurbag, we will visit the underground city of Kaymakli, just one of a number of underground settlements that have been unearthed that can date their origins back to the Hittites (1900-1200 BC). Believed to have been constructed to protect the population against invading armies, these extensive 'cities' are riddled with caverns and chambers that in some cases could hold thousands of people. Their unique design allowed everyday living to go on beneath ground whilst those above were oblivious to their existence. After taking lunch in the nearby village of Demirkazik we begin to hike along the Trans-Taurus Trek, spending the next two hours walking towards our campsite in the Sokullupinar Valley. Total walking: approximately 3 km, 1.5 hours. Ascent 350 m. Please note: sleeping bags are not provided please bring your own. Sleeping mats are provided for camping.


Overnight: **Basic Camping**

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

DAY 6 Explore the Cimbar Canyon and Demirkazik Village

After breakfast we head off to explore the spectacular scenery along the northern face of Mount Demirkazik, which at 3,756 m is the highest of the towering mountain peaks of the Aladaglar Mountains. We walk above the impressive Cimber Canyon and head down towards the village of Demirkazik. Taking lunch at a local house affords us a great opportunity to meet with the locals and gain a little understanding of a lifestyle that remained relatively unchanged for generations. From here we begin the journey back to our camp for our second night amongst the limestone vistas of the central Taurus Mountains. Total walking: approximately 6 to 7 km, 2.5 hours. Ascent 350 m/descent 350 m.

Overnight: **Basic Camping**

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

DAY 7 Walking in the Yallak Valley. Drive to Konya

Breaking camp this morning we walk down to the Yallak Valley, following the sloping path that leads down to the Taurus River and the village of Hanininu (1450 m). After taking refreshments in a local tea house we then drive on to Konya, taking a scenic road that leads us through the Pozanti Forest towards the traditional heartland of the mystical Sufi sect and their famous Whirling Dervishes. Konya is a major place of pilgrimage for the followers of the Sufi religion, its historic Mevlana Museum housing the tomb of the movements founder, Celeleddin Rumi, better known as the Mevlana. Once a medieval Selcuk capital, the city can boast a history that stretches back to the 7th millenium BC, but it is its Sufi connections and the remarkable spinning dances of its adherents that has brought it fame throughout both the Christian and Muslim worlds. The whirling ceremony (or Sema as it is properly known) is meant to free the soul from its earthly bonds and bring its subject closer to God. We will visit the Museum this afternoon, taking in its turquoise tiled dome and the revered mausoleum of its founder and learning something of the traditions and beliefs of the Sufi teachings amidst its sumptuous 15th century architecture. Total walking: approximately 4 km, 3 hours. Descent 550 m.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Lunch

DAY 8 Visit Koprulu National Park; afternoon rafting on the Koprulu River

Crossing the Taurus ranges and heading southwest towards the Mediterranean coast, our journey takes us next into the glorious forested highlands of the Koprulu Kanyon National Park. Rich in flora and fauna, this stunning canyon stretches for some 14 km along the Koprulu River, centred around two ancient Roman bridges that span a canyon that plunges some 400 m in places. Staggering feats of ancient engineering, the Oluk Bridge spans the portion of the canyon carved out by the torrents of the Koprulu Cayi, whilst the Bogrum Bridge crosses the Kocadere Stream. After lunch we will meet up with our rafting team, to enjoy an incredible 2 to 3 hour adventure along the canyon floor, rafting some 14 km from Beskonak Village to the Oluk Bridge. No previous experience is necessary for the rafting and all instruction and safety equipment will be provided. The road up to the rafting start point is windy and if you suffer from travel sickness, it is worth bringing the necessary precautions. Once we have finished our rafting we head towards the coast driving to the town of Antalya, nestling beneath the peaks of the Beydaglari Mountains, where we will spend the night - a long day but well worth it.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY 9 Drive to Olympus via Aspendos and Antalya

This morning our journey takes us via the magnificent setting of ancient Aspendos, lying on the lush Pamphylian Plain. One of the finest and best-preserved Roman theatres, the site at Aspendos is several storeys high and was built in the reign of the Emperor Marcus Aurelius during the 2nd century AD, for many the golden age of the city which exported gold and silver tapestries, salt and its famous horses to the outlying outposts of the empire. Built into the side of a hill the temple reflects the classic Greek tradition and its entrance opens out onto a horseshoe shaped auditorium capable of holding some 20,000 people. Its colonnaded arcades and richly worked marble pillars retain much of the theatre's original magnificence and its acoustics are such that the theatre still plays host to numerous modern productions and events. Antalya's turbulent past saw it develop and prosper under Roman and Byzantine rule, becoming a major staging post for the Crusader ships heading to the Holy Land, before being captured by the Selcuk Turks in the early 13th century. Our final stop will be Olympus, whose picturesque ruins lie strewn amongst the verdant valley either side of the Goksu River. From here we will walk towards the natural phenomenon of Chimaera, the Burning Rocks (Yanartas). Once an important centre for the worship of Hephaistos, the god of fire, legend has it that this was also the lair of the fire-breathing Chimaera, the mythical monster killed by Bellerophon, whose only remains are its fiery breathe that continues to belch from the mountain to this day. Later this afternoon there will be a chance to enjoy some well earned rest and relaxation on the beach.

Overnight: **Simple Pension**

Swimming Pool Available 

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 **Included Meals:** Breakfast

DAY **10** Morning boat trip to the sunken city. Afternoon drive to Kas

Transferring to the traditional fishing village of Kekova this morning we board a boat to explore the calm, protected waters of the bay of Kekova, one of the most scenic areas in Lycia; a set of picturesque islands, bays and small ancient cities. Here we find the so-called 'Sunken City' of Kekova. The results of various earthquakes, the partly submerged streets and buildings are visible in the crystal clear waters, there are even steps leading down into the depths of the bay. Later we sail to the picturesque whitewashed village of Simena, whose harbour is dotted with ancient sarcophagi (tombs), Roman baths and houses clinging to a hillside beneath a medieval castle. Hiking up to the castle we find within its walls an ancient theatre. Carved out of solid rock it is a wonderful place to sit and soak up the beautiful surroundings and layers of history. Boarding our bus again we then complete our day by driving on to the port of Kas, one of the most beautiful on the Turkish Riviera. Backed by steep cliffs and covered with dense green blankets of verdant forest, the perfect place to end our day as we soak up the atmosphere at one of the many lively cafes near the picturesque harbour.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY **11** Drive to Fethiye and walk to Oludeniz via Kaya Koyu

Driving to Fethiye this morning, lying along the glittering waters of Turkey's Turquoise Coast, we begin a walk to the deserted settlement of Kayakoy. Set amidst a fertile community of farming settlements the town, originally began life as an Ottoman Greek settlement and was finally abandoned by its Greek inhabitants in 1923, following upheavals that saw Orthodox Greeks being dispelled from the lands of the newly declared Turkish Republic. Covering a fairly extensive area, this ghost town of some 2,000 houses presents an emotive setting and one that amply highlights the tragic recent history between the Greeks and the Turks. From here we continue to the inviting landscapes of Oludeniz and its beautiful beach and tranquil turquoise lagoon set against the backdrop of wild mountains and dense forest. We have the option to spend the rest of the afternoon here, or to transfer to quieter Gemiler Beach. Total walking: approximately 4 km, 2 hours.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY **12** Full day boat trip from Fethiye

Today has been set aside to enjoy the azure waters off the coast, spending the day exploring the isolated bays and islands off Fethiye's coastline and sailing amongst some of the best waters in the Mediterranean. There will be plenty of opportunities for swimming and relaxing and we will take lunch on board the boat, allowing even more time to truly experience this most captivating of settings, before travelling to Dalyan later in the day.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Lunch

DAY **13** Explore Dalyan; visit the ancient site of Caunos and the hot springs. Optional visit to Iztuzu Beach

This morning we take the river boat across the water to the ancient ruined Carian city of Caunos, a once important trading port that bordered the ancient kingdom of Lycia. The famous rock tombs that line the cliff faces are typically Lycian in design and a wander up to the higher points of the city's ruined citadel presents us with some spectacular views across the reeds to the distant waters of the Mediterranean beyond. Returning to the riverboat we then explore something of the landscapes along the Dalyan River, arriving at the hot spring and mud baths of Ilica, affording us an opportunity to swim in a natural pool and enjoy the therapeutic benefits of a wallow in the mud. Later we have the opportunity to visit the beautiful Iztuzu Beach.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

DAY **14** Fly to Istanbul; half day guided tour of the city

This morning we fly to Istanbul, swapping the sparkling waters of the Mediterranean for the vibrant clamour of one of the world's most historic and culturally fascinating cities. Formerly known as Constantinople, the vibrant centre of the old Byzantine and Ottoman Empires, Istanbul is a chaotic mix of cultures, history and architecture that sits resplendently overlooking the green waters of the Bosphorous. One of the most enigmatic cities in the world, Istanbul's streets are filled to overflowing with markets and palaces, churches and mosques and our walking tour this afternoon will give us something of a feel for this dynamic and unique city. Much of the city's main architectural sites lie within the area of Sultanahmet, where we can find the Hippodrome, the old heart of the Byzantine city. Taking in some of the magnificent architectural gems of its Byzantine churches and Ottoman mosques, testaments to the two great empires that once ruled this city, we'll visit the remarkable Blue Mosque, believed by many to represent the zenith of Ottoman architecture and the Topkapi Palace, built by Mehmet II and the cultural centre of the Ottoman Empire for centuries. The rest of the

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afternoon is free to continue exploring this most engrossing of cities at your leisure. An obvious choice for further exploration would be the stunning Aya Sofya, the magnificent 6th century church commissioned by the Emperor Justinian in 532 AD, which took some 10,000 workers nearly 6 years to complete. The building evokes a breathtaking wealth of superlatives and at its time represented a grandeur and opulence previously unseen, with stone imported from North Africa and ancient marble from Athens and Ephesus. Another possibility might be a cruise along the Bosphorous, an ideal way to take a waterborne view of the city, where the majestic city skyline is presented in all its glory.

Overnight: **Standard Hotel**



Included Meals: Breakfast

DAY

15 Tour ends Istanbul

Our tour ends this morning in Istanbul.



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

Food & Drink

Included meals: 14 breakfasts, 4 lunches, 2 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

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

Cappadocia - Hot Air Balloon ride - Classic Flight (on average 100 minutes) - EUR220pp or Budget Flight (on average 65 minutes) - EUR155pp. (Please note all bookings for this activity must be booked direct with the provider - please visit <http://www.rainbowballoons.net/en/>)

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. £15 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.

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

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 Tour

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 essential to bring some warm clothing including a wind and waterproof outer layer even though you will be travelling in summer, as well as warm weather clothes, as overnight temperatures can be cold in the mountains. Please note: Moslem people can be offended by brief clothing or shorts.

Equipment

You need to bring your own sleeping bags (3-season, temperature -5°C to 0°C). A torch, water bottle, insect repellent, suncream (at least factor 30), good quality sunglasses and a lip salve with sun protection are all also essential. You will also need to bring a towel for camping and you may wish to bring a camping pillow if desired. The temperatures in the morning in the mountains can be cold so it is advised that a fleece is brought along with walking sticks which can be useful, good walking shoes/trainers.

Footwear

Walking boots and comfortable trainers/sandals. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your well broken in boots are the one thing that will be irreplaceable.

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 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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