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Trip Notes

Lycian Activity Week

Trip code: ATM
 Country: Turkey
 Amended: November 2009
 Edition No: TW e1 2009
 Valid from: 01 Jan - 31 Dec 2010

ADULT GROUP **MODERATE CHALLENGING**



HIGHLIGHTS

- An action-packed week of adrenalin-filled activities in stunning Lycian scenery
- Whitewater rafting expedition on the Dalaman River
- Sea kayaking over a sunken city in the Mediterranean Sea
- Mountain biking - exhilarating descent from the hills around Kas to the coast
- Canyoning - abseil down a spectacular gorge and clamber through waterfalls and pools
- Hiking - explore the coastline and spend some time on the beach
- Optional paragliding or SCUBA diving
- Solo departure available

SUMMARY



Turkey's Lycian coast is rapidly becoming renowned as the adventure capital of the region. With a landscape of coast, canyons, rivers and mountains it is an ideal location for high-adrenaline fun. In addition to this, few if any places can offer so many other attractions to the visitor: an excellent Mediterranean climate, fascinating towns and a host of archaeological and historic sites as well as (most importantly after a busy day!) magnificent food. Turkey also produces a fine range of handicrafts for the souvenir hunter, and without doubt some of the best memories of this country come from contact with the local population, who are renowned for their charm, hospitality and friendliness.

Our itinerary is packed with a series of exciting activities that will become unforgettable experiences. From abseiling down canyons to whitewater rafting, this trip ticks off many of those must-do high

adrenaline activities. This is an exciting and adventurous holiday designed to put a smile on your face and get your pulse racing.

To view pictures of this trip, please visit: www.exodus.co.uk/picpages/atm.html

IS THIS TRIP FOR YOU?

This trip gives you the chance to go sea kayaking, whitewater rafting and canyoning, in addition to the Exodus staples of mountain biking and walking. There is also the option to try scuba diving or paragliding. Perfect for those who enjoy plenty of adrenaline and sun.

As with all our multi-activity trips, no experience of the activities is required for this holiday and those that have experience will not be bored, as there are a wide range of levels and grades to suit all. However, to enjoy this trip to the full, a fair level of fitness is required.

The itinerary is very active and long periods of time are spent outdoors or in water. As so many of the activities are water-based, we do not recommend that non-swimmers book this trip. Further to this there is a certain amount of rough and tumble and a few minor cuts and bruises cannot be ruled out.

Please note that the Tour Leader reserves the right to refuse participation of any client on any activities, if they feel that their participation will compromise the safety and enjoyment for the rest of the group.

JOINING THE TRIP IN LONDON

8 days, depart London Monday, return Monday.

Itinerary start

Please note the group flight from London is a daytime flight departing on Day 1 of the itinerary.

Flights from London

We normally use the scheduled services of Thomsonfly (depending on availability) As flight timings and schedules change regularly, we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

UK Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports that are more flexible and convenient than if booked separately. **Please contact our sales team for details.**

Please note that if booking your regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum connecting time, but baggage handling at Heathrow is known to be subject to delays.



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JOINING THE TRIP IN DALYAN

8 days, start Dalyan Day 1, end Kas Day 8.

Itinerary start

Your trip normally starts at our hotel in Dalyan on the afternoon of Day 1 of the itinerary listed below. Details of how to reach the start point are given in the Final Joining Instructions.

Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight.

Group flights can be rescheduled, so you must check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense. Joining the group transfer is free of charge.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

LAND ONLY ITINERARY

The entries in **bold** at the end of each day indicate the type of accommodation normally used (see accommodation section overleaf for key to codes) and meals included (**B**=Breakfast, **L**=Lunch, **D**=Dinner)

Day 1 Start Dalyan Transfer to our group hotel in Dalyan. **SH**

Day 2 Whitewater rafting We kick off with a day of whitewater rafting on the Dalaman River - a great way to start the holiday. Without doubt the best place for rafting on the south coast, we spend the day hurtling down river in a rubber raft - an exhilarating experience. The rapids are mostly classed as Grade 3 (seasonal changes), which means you will get wet, but will generally not tip over. **Requirements:** participants must be able to swim. **SH (B,L)**

Day 3 Saklikent Gorge, Walking and time on the beach en route to Kas. Leaving Dalyan we head east into the heart of Lycia. We stop at the beautiful Saklikent Gorge where waterfalls cascade into the rapid flowing and extremely cold Esen River, which over millennia has cut a deep canyon through the ancient rocks. Using a walkway we explore the mouth of the canyon and can progress further in by getting our feet wet! Waterproof sandals may come in handy here, however rubber shoes are also available to hire locally for 2TL. There is also the opportunity to go tubing after the Canyon Walk. Tubing is a fun activity in which you sit in a rubber ring with a paddle and head off down river.



After lunch we take a short transfer to the star of our walk, which offers a combination of great views and Roman ruins, before arriving at Patara beach (entrance to Patara National Park is payable locally see extra expenses below).

Included in the day will be a walk and a chance for a swim in the Turquoise Sea.

Requirements: a basic level of walking fitness. **SH (B)**

Day 4 Canyoning

The mountains behind Kas are riddled with deep canyons. We normally use the Kibris Canyon, one of the most fantastic natural phenomena in the Taurus Mountains. A spectacular gorge, where springs and waterfalls cascade into the rapidly flowing cold river. It is ideal for canyoning - swimming, abseiling and leaping into pools of mountain water. You will be provided with a wet suit, harness, life jacket and a helmet.



Requirements: ability to swim and boots with good ankle support are essential. The day is long and strenuous at times - please make sure you are confident of your physical fitness and physique, have a head for

heights, and the courage to jump a few metres into pools of water. **SH (B,L)**

Day 5 Sea kayaking Today we spend a full day sea kayaking in the sheltered bay near Kekova Island. Using single or double sea kayaks we paddle towards the island to the site of the famous sunken city. Although it is no Atlantis, you can clearly make out the harbour walls. Discovering the area by kayak is an excellent low impact way of exploring the site. Later we paddle to the village of Simena. This spectacular spot is located on a peninsula and is inaccessible by road. The village is overlooked by a hilltop Ottoman castle with excellent views of the whole bay (entrance optional, payable locally). **Requirements:** participants must be able to swim and have the physique necessary to fit in the kayak. **SH (B,L)**

Day 6 Free day with optional scuba diving or Paragliding or both The day is free to relax in Kas or, for the more adventurous, to use the services of the highly recommended diving school operated by our Turkish partners. The PADI registered school uses top-quality European equipment and has a purpose-built dive boat. For beginners we suggest a 'Try Dive' course, which includes a one-on-one dive with an instructor. Qualified divers can take a couple of boat dives. Kas boasts some of the best diving sites in the Mediterranean. **Requirements:** you must be in good health, and will be asked to sign a medical disclaimer and show a doctor's certificate for any medical conditions. Qualified divers will be required to show proof of qualification.

For the even more adventurous and adrenaline seeking junkies there is the opportunity to do a paragliding jump. The start point is 1,000 metres above sea level and the flight takes us out over Kas and the surrounding islands. **SH (B)**

Day 7 Mountain biking To finish things off we have an exhilarating and superb mountain bike day. The route involves some climbing, but is generally downhill, as we start in the hills and finish near Kas. After breakfast, we are transported (1 hour) with our vehicle to the small village of Sutlegen way above the town of Kas (1,200 m.). From there we cycle across the plain below the Nine Lake Mountains. Later we descend through remote villages with sweeping views across valleys and occasional mountain vista. Our 1000 metre descent takes us almost all the way back into Kas. **Requirements:** min. height to fit bikes: 5 feet. **SH (B,L)**



Day 8 Finish Kas. (B)

For those on group flights, these depart in the morning of Day 8 and will arrive in the UK the same day.

ACCOMMODATION

We indicate in the itinerary what type of accommodation is provided on each day. The descriptions given are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

All accommodation is booked on a twin share basis unless a single supplement has been requested and paid for. The hotel in Dalyan is small and clean with friendly staff. All rooms are en suite.

We use a 2-star hotel in Kas; all the rooms are air-conditioned and have en suite facilities.

Kas is a lively town in the summer, and has a lively café and bar culture. Out of season it can be quiet, but is never deserted, as the town is not entirely dependent on tourism. Temperatures in the high summer (July and August) are normally well over 30°C and sometimes into the 40s.

Single Accommodation single rooms are available at a supplement of £110-160 depending on season, and should be requested at time of booking.

FOOD & TRANSPORT

Food

In the itinerary we state which meals are included on which day.

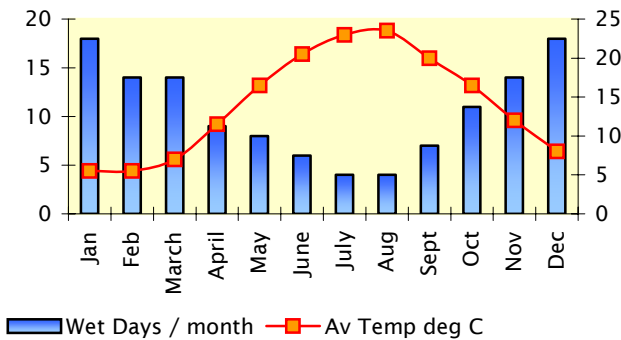
All hotels are included on a bed and breakfast basis. Lunch is included on the Rafting, Canyoning, Sea Kayaking and Mountain Biking days. All other meals will be at your own expense taken in local lokantas in each town where your group leader will normally assist in organising group meals.

Transport

A comfortable air-conditioned mini or midi bus is used throughout the trip.

WEATHER

Weather chart for Izmir



If travelling in July and August you must be prepared for high temperatures and it is not always possible to avoid the heat of the midday sun. Rain is unlikely in the summer months although the occasional storm can't be ruled out. There can be rain and snow (inland) in the winter months but the climate is still warm and pleasant. Protracted spells of bad weather are unlikely at any time of the year.

RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Recent awards for our work on Responsible Tourism

British Travel Awards: Environmentally Responsible Tourism Company.

Responsible Travel Awards: Best Tour Operator.

BA Tourism for Tomorrow Awards: Highly Commended.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel



PRACTICAL INFORMATION

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Holders of UK, Austrian, Irish, Italian, Portuguese, Spanish and USA passport holders require visas. The visa can only be obtained on arrival; British pay £10 in cash, Irish €15 in cash, US citizens pay US\$20 in cash and all others pay the equivalent of £10 in US\$ cash or other hard currency. The visa is valid for a stay of up to three months. South African passport holders may also buy a visa on entry for a stay of up to 30 days - for a longer stay a visa from a Turkish Embassy is required.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For information on how to obtain visas please call Travcour on 020 7223 5295 or visit their website: www.travcour.com

Vaccinations and Health

Please consult your doctor or vaccination centre for up to date information.

Insurance - Are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance.

Local Time is GMT +2hrs

Group, Staff and Support

The group will generally be between 7 and 16 people. There will be a local leader and a driver and local guides where needed.

The minimum age of clients on this trip is 16 years. Please note that children aged 16 or 17 must be accompanied by, and share accommodation with, a parent or legal guardian.

Solo Departures

For those clients who wish to travel with a group of other solo travellers, on certain trips we have set aside departure dates that are **recommended** for clients booking individually. Solo departures are aimed at taking away that concern that you may be the only solo traveller when you arrive overseas.

The Solo Departure on this trip is 03/05/10. For further details please visit: www.exodus.co.uk/solodepartures.

Join the Exodus Online Community:

Don't forget to visit the Community area on our website. You can view our range of Exodus videos and podcasts, read trip write-ups that have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be automatically entered into our monthly photo competition.

To make full use of the Compass Cafe you'll need to join My Exodus. It's free, registration is simple and easy... so what are you waiting for?

<http://www.exodus.co.uk/community>

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. Exodus no longer uses local payments to cover part of the cost of the holiday.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus continues to offer the best balance between value for money and operational quality.

Currency Information

The national currency of Turkey is the Turkish Lira (YTL). Over the last 3 years the exchange rate against the dollar has varied between 1.15 and 1.8 and against Sterling the rate has been between 2.2 and 2.9. Exchange rates are correct at the time of publication.

There are no restrictions on the import of YTL, though local exchange rates are invariably better than those in the UK. Money is easily exchanged on arrival in Turkey and we therefore recommend that you

do not bring any YTL with you from home. Unlimited foreign currency may be imported and exported though you may (exceptionally) be requested to declare it on arrival.

We recommend that you do not bring travellers cheques. It is best to use a mixture of Sterling cash and ATMs. Visa and MasterCard are widely accepted in shops for larger purchases. Turkey has a good network of cash machines (don't forget your pin number!), which can be used to get advances in lira. It should be noted that Scottish pound notes are not accepted in Turkey.

Commission Free Holiday Currency

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on www.currency-express.com/exodus and receive free delivery on orders over £300.

Optional excursions (approximate, depending on group sizes)

SCUBA diving

Our boat departs twice a day; at 09.30 and 14.30. Qualified divers get 1 guided dive, in the morning or afternoon. Beginners will get a 'Try Dive' course, which is a half-day session consisting of an introductory video and a one-to-one dive with an instructor, going no deeper than 8 metres below the surface.

Duration: Half day.

Requirements: You must be in good health, and will be asked to sign a medical disclaimer. Please note that some basic medical questions will be asked before you are allowed to dive and anyone who suffers from conditions such as epilepsy, asthma or heart problems will not be allowed to partake. Please contact the Exodus office if you would like a copy of the PADI medical form.

Qualified divers will be required to show proof of qualification.

Price: Try Dive 75YTL, €40 Full dive 45YTL, €26

Tandem Paragliding:

From the hills behind Kas, paraglide down to sea level in the safe hands of a qualified pilot.

Duration: 20 minute flight, 1 hour with transfer.

Price: Approx 165YTL, €90

Extra Expenses and Spending Money

Entrance to Patara National Park (to access beach on day 3) approx 5YTL.

Entrance to Saklikent Canyon - approx 3YTL.

Tubing at Saklikent - 30YTL

Entrance to castle at Simena - approx 8YTL.

You should allow about £160 for meals not included (excluding drinks).

Approx. drink prices in restaurants and lokantas: Beer £1.60, Bottle wine £11, Water £1.10, fresh orange juice £1.60.

Tippling (leader and local staff)

Our local staff are paid well and fairly for their work with Exodus, but if you feel you would like to leave a tip, as a guide we would suggest a total of approximately £20 to be shared between Tour leaders and drivers.

This should be read in conjunction with our 'What to Pack' section in the Travel Advice booklet.

You will need the following:

Boots that provide ankle support for the canyoning day (these will get wet), comfortable walking boots or trekking trainers; warm sweater and/ or jacket for April, May and September, October departures; swimming costume, sun cream, lip protection, sunhat, insect repellent, sunglasses with neck string, daypack (approx. 30 litres), cycling gloves (these can be also be useful for the canyoning), clothes that you do not mind getting wet. Recommended: light waterproofs; disposable waterproof camera, a beach towel.

Baggage and Baggage Allowance

You may bring your belongings in a suitcase, holdall or rucksack. One moderately sized soft holdall (such as an Exodus kitbag, measuring approximately 70cm long x 30cm square) should be ample for your baggage. Exodus kitbags are available for purchase at £25, which includes postage, packaging and VAT. Please note that they are only available to anyone with a UK address.

The luggage allowance on the flights to and from London is 20kg, with a maximum of 2 bags per passenger. If you are booking other flights please check luggage allowances shown on your tickets.

As advice regarding luggage allowances for both hand and hold luggage is subject to change, we suggest you check www.baa.com and/or the airline's website for the latest information prior to your departure.

Reading List:

The Rough Guide to Turkey - Edition 6, ISBN 1843536064

Exodus Travel Essentials Store:

If you are interested in any of these books then you can order them from our very own Exodus shop, '[Exodus Travel Essentials](#)' in partnership with Amazon.

IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operate a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Anytime that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

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WHAT TO TAKE

Essential Equipment and Clothing

HOW TO BOOK YOUR TRIP

- 1. Check availability** Go online to check availability, or contact us by phone or email.
- 2. Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.
- 3. Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

