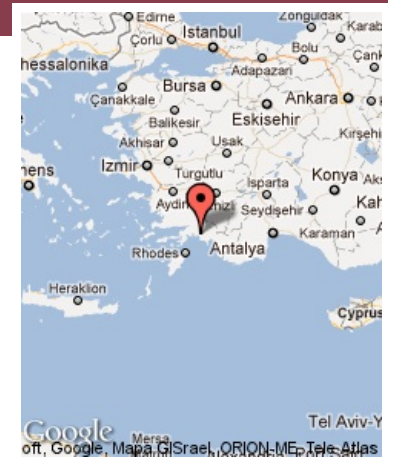


Coast, Canyons & River Adventure in Turkey



Highlights

This holiday is all about connecting with your adventurous side! You will be trying your hand at a range of different activities from white water rafting, to kayaking and canyoning, all against the backdrop of the stunning Turkish coastline and awe-inspiring Taurus mountains.

South west Turkey has it all really. Beautiful Mediterranean coastline, known locally as the 'turquoise coast', stunning beaches and a deeply rich history. Home to the ancient Lycian people, the area is crammed full of archaeological sites to explore. With the Taurus mountains creating a fabulous playground for active explorers, with ample opportunities for cycling, rafting and trekking, the 1600km coastline of sandy beach after sandy beach has interesting coves and secluded bays to explore.

This activity holiday provides a fantastic adventure schedule in a stunning area, taking advantage of the region's varied landscapes and locations. You will spend a day getting close to the marine life, exploring the stunning coastline by kayak, with chances to snorkel and swim along the way. There will also be a day spent sailing on a Turkish gulet, when you will have a chance to see some of the many islands that dot the coastline. Inland, you will spend an exhilarating day white-water rafting along the grade III-IV Dalaman River, and another on a jeep safari up into the mountains. There is also a day spent canyoning, clambering over rocks and jumping into pools. After all that activity, there is a gentler day for you to spend at a local Turkish bath, where you can sit back, relax and wash all the dirt off!

Is it for me?

This holiday is for active people or those looking for some adventure. You don't need to have experience in all of the different activities as you'll be instructed right from the start. Be prepared to get wet and messy!

To keep cool on the jeep safari, your driver may encourage you to splash each other with water and there is a good chance you will get pretty wet through the course of the day. If you do not like the sound of this, please let us know and we will suggest an alternative activity.

Please be aware that each of your activities will be with a different group of people. The canyoning and sea kayaking trips have a maximum of 14 participants and the island cruise is limited to 12. The jeeps can take up to 6 people, but there may be a convoy of several jeeps in one day. The rafting trip will be made up of several boats.

Families can participate on this trip, but the minimum age for children is 12.

Accommodation

Accommodation

On this holiday, you will be based in the pretty river-side town of Dalyan, which is a far cry from the package holiday resorts found in Marmaris. You have the choice between a basic and mid-range level hotel. Both options enjoy a peaceful riverside setting, with a 5 - 10 minute walk to the town centre and restaurants. They are both locally owned, small and have their own pools, the price is reflected in the room decor and quality of the bathrooms, service in both is good.

Prices from

355 GBP (8 days) per person

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Mid-range option

The Calypso Plus hotel is a locally owned hotel and is a real find. It is made up of several small villas each housing 3 - 4 rooms, located within gardens by the Kaunos river. All of the 31 en-suite rooms are air-conditioned and come equipped with hair dryers, television, telephones and wi-fi access. Most rooms (but not all) have riverside views and they all have balconies. Rooms are nicely decorated with traditional and authentic Turkish designs. There is a nice pool (and a kids pool) with sunbeds and the hotel also has its own private jetty. This is a good option for those who like to stay in good quality accommodation, with nice decor.



Budget option

The Sirius hotel is a budget guesthouse in Dalyan, just up the river from the Calypso Plus. Owned and managed by a local family, rooms are basic with air conditioning and a safe (but no tv). Bathrooms are basic - all rooms are en-suite with a shower. All rooms have a small patio to sit out on and there is a communal pool, with a small paddling pool for children. A good option if you want to keep the cost of your holiday down and are not too fussy about the trimmings.



Food

Most lunches are provided when you are out on day trips and the food used is fresh & locally sourced. A traditional Turkish breakfast is served in the hotel, with tea, coffee, bread, salami, cheese & olives. Picnic lunches are sandwiches. Drinks are not provided on the trip, so you will need to bring your own. Your guide will take you to a supermarket to stock up.

When you are not out on a day trip, you will need to make your own arrangements for meals, although traditional Turkish breakfasts are included and served at your hotel. There are lots of lovely restaurants in easy walking distance of your hotel - specialities to look out for include the popular mezze starters, followed by fresh seafood dishes such as calamari kebabs and sea bass. As a rough guide, you should budget £5 - £10 for lunches and £10 - £20 for dinners

Itinerary

The trip takes place around Dalyan, making the most of the coastline and Dalaman river for the water sports. Most activities require travelling by minibus to their start points. The itinerary may change depending on weather conditions. Below is a sample itinerary.

Day 1: Dalyan

You will have a welcome tour of Dalyan with a local guide giving information about the local history and culture. You will settle in to a local hotel.

Day 2: Jeep Safari

You will be picked up from your accommodation after breakfast. During the morning, you drive through small villages, along the Lake of Koycegiz and into the mountains to the ice cold Yuvarlakcay river. Lunch is in a small hidden restaurant which is built over the river. You can have a refreshing swim in the natural swimming pool, while waiting for your food. After lunch, the route continues through the pine forest where you will pass farms

many orange and pomegranate trees. After a tea break, you will head back up into the mountains for a breathtaking panoramic view of coastline. You will then descend to sea level to visit Turtle beach where you will have time to swim and or visit the Turtle retreat centre. At the end of the day, you will be dropped of at your accommodation in Dalyan.

(B, L)

Day 3: Sea Kayaking

Pack your bag with swimwear and snorkels! You will be driven (about 30 mins) to Sarigerme beach where you will get an introduction to seakayaking and a safety briefing. Once everyone is ready, you will then paddle down the river and into the the sea. A passage of about 45 minutes takes you across to Baba Islands where there will be time to swim, relax, snorkel and make some rock jumps. From here, you paddle close to the coast around the island to the sandy beach where lunch will be prepared and there will be more time for swimming. The afternoon brings a cooling seabreeze and after visiting a cave, you paddle back to the starting point where you will take the kayaks out of the water and head back to Dalyan where you will be dropped off at your accommodation.

(B, L)

Day 4: 12 Islands Boat Trip

In the morning, you will transfer to the small harbour village of Gocek. Once every one is on board you set sail out to the many islands and bays. On the many stops that are made during the day, there is time to swim and snorkel or even take a walk on dry land. In the afternoon, when the wind picks up, the Spinnaker sail is raised and you can sit back and enjoy the sailing. You will return back to Dalyan in the late afternoon, after a relaxed day out at sea.

(B, L)

Day 5: Canyoning

An hour jeep ride will take you to the canyon for your next activity. You'll swim under waterfalls, in rock pools and scramble over boulders. You will use climbing gear to scale shear waterfalls and huge boulders. After your descent you'll return to Dalyan for a well-earned rest.

(B, L)

Day 6: Turkish Bath

A relaxing day which you start with a real Turkish Bath. The tradition is that you first get a full cleansing of the body with the rough cloth, followed by a foamy soap massage after which you can relax in the relaxation room with some Turkish Tea. You will feel reborn after this Turkish treat!

(B)

Day 7: Rafting

An adrenalin filled day! Pick up from your accommodation is in the morning. After a 2 hour drive in the mountains (with several stops) it is time to learn how to raft and meet your raft mates. The stretch is around 16 KM and it will take about 4 hrs to get down through the Class 3 - 4 rapids.. At the end a BBQ lunch is waiting for you. You can watch your own video at the end of the day.

(B, L)

Day 8: Departure

You will be transferred to the airport for your flight home

(B)

Details

Getting there

Fly from the UK...

You need to fly to Dalaman Airport, there are direct flights from most airports in the UK. Many of the charter flight companies have very late arrivals in Dalaman, usually in the early hours of the mornings. Easyjet have slightly more family friendly departure and arrival times.

From the South East:

Stansted: Easyjet, Fly Thomas Cook, Thomson

Luton: Monarch, Fly Thomas Cook, Thomson

Gatwick: Monarch, Fly Thomas Cook, Thomson

Bournemouth: Thomson

Norwich: Fly Thomas Cook

From the South West:

Bristol: Easyjet, Fly Thomas Cook, Thomson

Exeter: Fly Thomas Cook, Thomson

From the Midlands:

Birmingham: Monarch, Fly Thomas Cook, Thomson

East Midlands: Jet2, Fly Thomas Cook, Thomson

From the North:

Newcastle: Jet2, Fly Thomas Cook, Thomson

Manchester: Monarch, Fly Thomas Cook, Thomson

Leeds Bradford: Jet2, Fly Thomas Cook, Thomson

Humberside: Fly Thomas Cook, Thomson

Doncaster Sheffield: Fly Thomas Cook, Thomson

From Scotland:

Edinburgh: Easyjet, Fly Thomas Cook, Thomson

Glasgow: Jet2, Fly Thomas Cook, Thomson

Aberdeen: Fly Thomas Cook, Thomson

-From Wales:

Cardiff: Fly Thomas Cook

Transfers from Dalaman...

When you arrive at Dalaman Airport you will be met at the bottom end of the ramp exiting the airport arrival hall.

Walk down the ramp, pass the Taxi stand and continue on the left. 50 metres on you will see your driver with a sign.

Price includes

Airport transfers (Dalaman - Dalyan round trip). 7 nights Hotel accommodation based on B & B. 6 activities as described. 5 lunches. English speaking guide. Outdoor Sport insurance.

Not Included: Flights, meals not mentioned above, Drinks, Tips

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Recommended kit list long sleeved shirt; shorts; T-shirts; comfortable walking shoes; comfortable trainers or sandal shoes (will get wet); swimming costume; sun protection - sun cream, sunglasses, hat/bandana; daily medicines; daily toiletries.

Additional items to remember 10 GBP for your visa at the Turkish border; a copy of your travel insurance; a credit card and telephone of your bank in case of emergencies; some spending money for soft drinks and alcohol (water is included) - bring GBP: you can easily change it in post offices in Turkey; a pair of dry shoes; books/magazines; camera (spare battery).