

Turkey Multisport - ETAI

12 days: Istanbul to Istanbul

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Horseback riding
- Hike to Chimera
- Entrance to Pinara
- Entrance to the Saklikent Gorge
- Guided hike on the Lycian Way
- Entrance to Kayakoy Village and Oludeniz Blue Lagoon
- Mountain biking excursion
- Half-day guided sea kayaking excursion
- Internal flights
- Transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2017 - December 31st, 2018

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Istanbul

Arrive at any time.

There are no planned activities until the welcome meeting in the evening. After, opt to head out to dinner in a local restaurant with the group.

Get the most out of your time in Istanbul by pre-booking one of the following full-day activities to experience before your tour starts: Istanbul Backstreets Walk or Dolmabahçe Palace Visit and Bosphorus Cruise. If you do, we recommend booking accommodation for an extra night pre-tour.

And don't worry if you can't decide now. These activities are available for pre-booking any time before your tour starts, while any of the optional activities listed can be booked independently upon arrival in Istanbul.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2 Istanbul/Göreme

Begin the day with a CEO-led orientation walk around Istanbul. In the afternoon, fly to Cappadocia.

In the afternoon, fly to Cappadocia and drive to the homestay for the evening. Upon arrival, enjoy a delicious, locally made dinner.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Meals included: Breakfast | Dinner

Day 3 Göreme

In the morning, enjoy hiking amongst Cappadocia's impressive and unusual rock formations. After a free afternoon, walk in the hills to enjoy the sun setting over Cappadocia.

Hiking

Cappadocia 5h-7h 6-8km

Enjoy hiking among Cappadocia's impressive and unusual rock formations. Discover caves and fairy chimneys and soak in the natural beauty of this fascinating region.

Free Time

Cappadocia Afternoon

Enjoy free time in Cappadocia.

Optional Activities - Day 3

Turkish Night

Göreme 2h30m-3h

45EUR per person

Attend a "Turkish night" and enjoy a delicious multi-course meal followed by local entertainment.

Göreme Open Air Museum Visit

Göreme

54TRY per person

Explore the unique Open Air Museum, a site made up of a number of medieval painted cave churches. Carved out by Orthodox monks, many of the churches are up to 1,000 years old and still retain their amazing colour and vibrancy.

Turkish Bath

Göreme

50EUR per person

Take along a towel, soap, and shampoo, and enjoy a scrub like no other. Then experience a traditional foam massage, included in the entrance fee. Get some tips from the friendly locals – they'll show you the correct protocol. Make sure to check the hours as the bathhouses are strictly segregated, usually being used by men in the morning and evenings, and women in the afternoons.

Whirling Dervishes

Göreme – Avanos 45m-1h

Witness this spellbinding dance-like worship, practiced by followers of the Mevlevilik Sufi order.

Meals included: Breakfast

Day 4 Göreme/Kemer

Head out and try horseback riding in the area. Opt to take a hot air balloon ride for unparalleled views of the region at sunrise. Take an overnight bus journey towards the coast to Kemer.

Touring on horseback is a fantastic way to experience the surrounding countryside, and offers a great opportunity for novices to learn how to ride. After a free afternoon, walk in the hills to enjoy the sun setting over Cappadocia.

Want to do more with your tour? Pre-booking is available for Cappadocia Balloon Ride and Whirling Dervishes.

Any of the optional activities listed on this day can also be booked upon arrival.

If you have pre-booked the hot air balloon ride, you will be flying on this day.

Horseback Riding

Cappadocia 2h-3h 5-7km

Hop in the saddle and head out on horseback to tour the spectacular Cappadocia countryside. Learn how to ride, if you've never been before, in a stunning setting of natural beauty.

Overnight Bus

Cappadocia – Kemer 9h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 4

Cappadocia Hot Air Balloon Ride

Göreme

230EUR per person

Cappadocia is captivating from the ground, but that's just the half of it. See the seemingly hand-painted landscapes of Cappadocia as they deserve to be seen, from the air aboard a hot air balloon. Take to the skies in one of the most favoured places in the world to experience a hot air balloon ride.

Meals included: Breakfast

Day 5 Kemer/Olympos

After stepping off the bus in the morning, it's a short journey to the seaside village of Olympos. Take a 20min drive to enjoy a short walk to Chimera, where flames magically rise out of the earth through cracks in the rocks.

Local Bus

Kemer – Olympos 45m

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Olympos Afternoon

Free time to relax or explore.

Chimera Walk

Çirali 1h 1-2km

Walk in the Yanatras region, thought to be the legendary home of Mt Chimera. This popular hiking area is an active geothermal site known for fire that burns from the rock on the mountain side.

Optional Activities - Day 5

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 6 Çirali/Kaş

Continue down to the blue waters of the Mediterranean. From there, take to two wheels and cycle through the villages and hillsides around Kaş. With views all the way down to the sea and some tough ascents and descents, this is a thrilling ride along the coast.

Continue along the coast to the village of Kaş and spend the night.

Local Bus

Kekova – Kaş 3h

Climb aboard, grab a seat, and enjoy the ride.

Cycling Around Kaş

Kaş 4h-5h

Get fitted with the right bike and equipment, then head up to the hills for a day of cycling. The hillsides and villages above the coastal village of Kaş are great for touring on bike. Enjoy spectacular views out over the Lycian Coast en route.

Meals included: Breakfast

Day 7 Kaş

Take a sea kayaking expedition over the sunken city of Kekova.

The water is so clear here, it's possible to clearly make out the ruins of this once fine city.

Kekova Kayaking Expedition

Kekova 2h-3h

Take to a sea kayak to get the best possible view of the sunken city of Kekova, which is visible beneath the water off the coast of Kaş. Receive a full safety briefing before heading off to tour the area.

Meals included: Breakfast | Lunch

Day 8 Kaş/Minare

After a free morning to wander through the pretty streets of Kaş, depart for Minare. On arrival, hike around the Lycian-era ruins of Pinara.

In the evening, enjoy a village homestay and delicious home-cooked food.

Free Time

Kaş Morning

Chill out by the sea in the delightful coastal village.

Local Bus

Kaş – Minare3h

Climb aboard, grab a seat, and enjoy the ride.

Hike to the Lycian Era Ruins of Pinara

Minare1h-2h 2-3km

Walk along the world renowned Lycian Way to reach the ancient ruins of Pinara. Once one of the major Lycian cities, all that is left is a theatre, temple, baths and tombs cut into the hillside. Enjoy a pleasant trek – the walk does not have any major physical challenges — and the reward of visiting the site is worth the journey.

Meals included: Breakfast | Dinner

Day 9 Minare/Fethiye

Canyoneering activity at Sakilikent Gorge. Continue to Fethiye for the night.

Head to Sakilikent Gorge for some canyoneering this morning. This exhilarating activity requires scrambling over rocks and down rivers along the gorge. Depending on the water levels it can get quite wet along the route. After time to get your breath back, continue to Fethiye for the night.

Canyoning

Fethiye2h-3h

Head to Sakilikent Gorge for an exhilarating canyoning adventure. Scramble over rocks and down rivers along the gorge – and be prepared to get wet! Discover the amazing natural beauty of the gorge, and be sure to bring your camera for some spectacular shots (a waterproof camera may be a good option).

Private Vehicle

Minare – Fethiye

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Day 10 Fethiye

Hike along the Lycian Way from the ghost town of Kayakoy to the blue lagoon of Oludeniz.

Walking along the coast gives spectacular views of the water below and the rugged coastline. After enjoying a swim at Oludeniz, take a public bus to Fethiye.

Local Bus

Fethiye – Kayaköy30m10km

Climb aboard, grab a seat, and enjoy the ride.

Lycian Way Hike

Kayaköy – Oludeniz2h-3h 4-5km

Follow the trail along the Lycian Way from Kayakoy to Oludeniz, passing through pines and along the coast with views of the beautiful lagoon below. Enjoy an easy walk – the gently undulating path is well-marked and easy to follow.

Swimming

Grab your bathing suit and go for a refreshing swim.

Local Bus

Oludeniz – Fethiye30m11km

Climb aboard, grab a seat, and enjoy the ride.

Meals included: Breakfast

Day 11 Fethiye/Istanbul

Transfer to Dalaman Airport and fly to Istanbul. Enjoy the last evening in the city.

Private Vehicle

Fethiye – Dalaman Airport

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Day 12 Istanbul

Depart at any time.

Your tour might be finished, but the adventure's far from over. Pre-book one of the following activities to experience after your tour ends: Dolmabahçe Palace Visit and Bosphorus Cruise or Istanbul Backstreets Walk. If you do, we recommend booking accommodation for an extra night in Istanbul.

And don't worry if you can't decide now. These activities are available for pre-booking any time before your tour starts, or they can be booked upon arrival in Istanbul.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Optional Activities - Day 12

Istanbul Backstreets Walk

Istanbul

67EUR per person

Follow a guide through colourful spice markets, bustling bazaars, and squares nestled in the backstreets of Istanbul. Exploring these lesser known parts of Istanbul will give you a glimpse into the daily life of a local.

Dolmabahçe Palace Visit and Bosphorus Cruise

Istanbul

85EUR per person

Ever wonder what life was like for an Ottoman Sultan? Explore Dolmabahçe Palace — Istanbul's most lavish residence and home to the leaders of the Ottoman administration from 1856-1923. Featuring interiors decorated by the designer of the Paris Opera, this is a site to be seen. Afterwards, board a boat for a relaxing and scenic cruise along the legendary Bosphorus Strait.

Meals included: Breakfast

What's Included

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Highlights

Ride around the valleys of Cappadocia on horseback, enjoy local hospitality in remote villages, go sea kayaking in spectacular coves, cycle from the mountains to the coast, trek the Lycian Way, hike through ruins and Turkish villages.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

RAMADAN

According to the lunar cycle, Ramadan will fall between May 15th and June 14th, 2018. Please note that

Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 15, avg 10

Meals Included

10 breakfasts, 1 lunch, 2 dinners

Meals

Breakfast

Many breakfasts are included as part of your tour. Turkish breakfasts are very different from your usual cereal and toast morning fare - when was the last time you had olives for breakfast?

They pretty much universally consist of large slices of fresh "french style" white bread accompanied by slices of tomato, cucumber, white and yellow cheeses, olives, jam and honey. This is accompanied by tea (which a Turk would always choose!) or coffee (which is pretty much always instant coffee)

You will of course want to sample the famous Turkish coffee, but it is usually taken after a big lunch or dinner, or in the late afternoon with a pastry.

While we think these breakfasts are absolutely delicious, some travellers do find them a bit repetitive and enjoy buying market fruit the day before and eating this for breakfast.

Lunches

...will usually be simple and on the run. They are a great chance to try Turkey's delicious and healthy array of "fast foods".

This may include, "gozleme", a type of Turkish savory crepe, "chorba", delicious lentil soup, and of course doner kebabs in both beef and chicken varieties. You won't want to miss the chance to try "pide", Turkish pizza, and lahmacun- thin crust pizza you fold greenery into

You may also find "kumpir", Turkish stuffed potatoes.

Dinner

Most Turks start their dinners with a couple of mezes- small taster dishes such as grilled octopus, aubergine salad, and many more. You could also choose a soup made of fresh local ingredients.

Main courses tend to be based around fresh seafood if you are near the coast (expect to pay around 15 lira for a whole fish) or the ubiquitous kebab- skewers of charcoaled meat which comes on bread with salad. There are plenty of variations of the kebab-many regions have their own speciality so be sure to ask your leader.

Desserts

Yum- its all about the sugar. Baklava (about 2 TKL a piece for the good stuff) is something of a national obsession and it is believed the best comes from the East. There are endless varieties of pastries and milk based deserts available and you are sure to spend at least some time in a Turkish bakery taste testing.

Snacks

Don't miss munching on a simit , a Turkish pretzel or perhaps some grilled sweet corn to get you through between meals.

Drinks

Tea, served in small tulip glasses, is the number one beverage of choice in Turkey. It is freshly brewed and a tea bag is a rare thing. Turkish coffee is wonderful thing to try. The national beer is named Efes and is very good (usually 4-5 TKL a bottle) Wine is made in Turkey and is getting better every year. Expect to pay around 6-7 liras for a glass in a restaurant.

Water is approximately 1 TRL for a 1.5 litre bottle, soft drinks and juices are around 2-3 TRL.

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to

eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

Transport

Plane, overnight seater bus, private air-con van, kayak, mountain bike, walking, horseback.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (8 nts), homestays (2 nts, shared bathrooms) overnight seater bus (1 nt).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Day 2 (homestay), Day 4 (overnight bus), Day 8 (village stay).

About Accommodation

On Day 2 during the homestay, accommodation is outdoors. Simple beds and bedding are provided by the host.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

It is possible to take the metro from the airport to Istanbul city centre. Go to stop "ZEYTINBURNU". From here catch the tramway at "ZEYTINBURNU" point, going towards SIRKECI. Get off at the stop "GULHANE". You will see Port Shield Pub just on the corner. Take a right, walk straight through the Ebusuut Street and this time take the third right. You'll see the hotel.

If you have paid in advance for an arrival transfer, Istanbul airport are no longer permitted to present branded/company signs. G Adventures has been allocated the characters: 'M55'. Please look for an individual carrying this sign upon arrival at Istanbul airport. The holder of this sign will be responsible for transferring you to your first accommodation. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi. Since welcoming staff are not allowed to the airport, to get to M55, you need to exit the airport from GATE 13.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact

with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Joining Hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Turkey)

During office hours: + 90 212 296 80 36

After hours emergency number +90 532 481 51 73 (Yavuz)

G Adventures Turkey Manager - Yaviuz (Istanbul Turkey)

Emergency number: +90 532 481 51 73

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space is limited and you will need room for your shopping! You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max.10 mins walking) up and down stairs. Wheeled suitcases are ok on this trip, but you will need to be prepared to carry it up and down many stairs, especially at our Kabak stay which is located on a sloping hillside.

Packing List

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing

kit, extra prescription drugs you may be taking)

- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- Socks (Trekking socks (woollen or synthetic, not cotton).)
- Thermal base layer (Woollen or synthetic, not cotton.)
- Walking poles (Highly recommended.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Turkey is the Turkish Lira (TRY).

Almost all local purchases in Turkey (meals, souvenirs, optional activities, etc) will be paid for in TRY

ATMs are found within main cities in Turkey and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are easy to exchange into Turkish Lira. Please note - while you should bring some cash with you for emergency situations, carrying cash only is a high safety risk. Money on ATM card/s and some cash is the ideal mix.

Cash advances can also be made with some banks but are time consuming and tend to have high fees attached.

Credit cards are in general not very useful in Turkey - they can be used at some larger stores if shopping for big items such as carpets.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Usually included in international flight tickets.

Tipping

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2). Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO and driver did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €20-25 per person, per week can be used.

Optional Activities

Please see the itinerary for information on optional activities, descriptions and estimated pricing.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

Drinking water: It is advisable to drink bottled water in Turkey.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will

assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](http://PlaneterraFoundation.org).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletter_signup

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.