

Self-Guided Walking: West Lycian Way

Trip Code: SGLW

Version: SGLW Self-Guided Walking: West Lycian Way



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Walk between ancient sites, dramatic mountains and inviting beaches
- Experience warm Turkish hospitality as you relax in traditional family run accommodation
- Explore Telmessos, the Tombs of Amyntas and the rock village of Kayakoy
- Swim in the warm Mediterranean waters or ride the seas on a traditional gulet yacht

AT A GLANCE

- Self-guided
- 6 days walking
- Transfers included
- Daily departures available
- Join at Dalaman Airport

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 2 Dinners
- 1 nights Bungalow
- 4 nights Hotel
- 2 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Mediterranean which glistens in the secluded coves is not blue, nor is it green, it is a captivating shade of turquoise which majestically reflects the history, culture and soaring limestone mountains of the Lycian Coast. This unassuming region is steeped in ancient history with Persians, Romans, Christians, Byzantines and Alexander the Great all leaving their mark. This diverse history is told through the 25 historical sites along the Lycian Way, its people and the tasty cuisine you can expect to discover on this trip.

This self-guided holiday combines the satisfaction of completing the western section of one of the world's great long distance hiking trails with the discovery of the fascinating history of the Lycian people. You will walk between 4 to 5 hours a day as your route takes you to historic sites such as Kayakoy, Xanthos and Patara, with plenty of opportunity to enjoy those inviting turquoise waters along the way. We have also included a short boat ride along the coast so you can enjoy the mountains from a new perspective. Staying in welcoming family-run accommodations on a B&B basis away from the crowded beach resorts, you can enjoy warm Turkish hospitality each evening. Plus we have also included a lunch and two evening meals so that you can ensure a real taste of Turkey. In the evening, you can feast on local delicacies such as kofte and dolma as you watch the sun set on this beautiful coast. You will soon see why this beautiful part of Turkey has attracted so many.

LOOKING to walk the complete Lycian Way?

Fancy the ultimate Lycian Way experience? For a complete two week self-guided holiday along this stunning trail, why not combine KE's West Lycian Way with our [Self-Guided Walking: East Lycian Way](#) holiday; starting in Dalaman and ending in Antalya. Reductions apply for using fewer transfers in this combination - contact our Sales team for further details.

Is this holiday for you?

This holiday is perfect if you are looking for the challenge of walking on a long distance path, coupled with discovering the ancient history of the Lycians and enjoying the tranquillity of beautiful beaches along the way. In just one week you will undertake the western section of Turkey's oldest trail between Fethiye and Demre following a series of cobbled mule tracks and rocky coastal footpaths. Your routes will take an average of 4 to 5 hours each day leaving you plenty of time to discover the fascinating

archaeological sites, feast on local delicacies and enjoy a swim or two in the turquoise Mediterranean waters. Plus staying in a selection of family run hotels and guesthouses close to the route ensures that you can enjoy a true taste of Turkish hospitality each evening.

Itinerary

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DAY 1

Private transfer from Dalaman Airport to Fethiye, settle into your hotel and explore the old town and harbour.

Your trip begins the moment you step foot into the arrivals hall at Dalaman Airport, where your private transfer will be waiting to whisk you off to Fethiye (pronounced Feh-tee-yeh). This lovely natural harbour is a hub for traditional gulets- a traditional Turkish yacht. The town is full of charm thanks to local regulations preventing the development of high-rise buildings. Your home for the evening will be in the heart of the old town, the perfect base from which to explore. We recommend taking a stroll to the harbour to see the traditional gulets and watching the world go by over a coffee in one of the harbour-side cafes. Depending on the time of your arrival, you may even wish to join one of the small boat trips for the afternoon.



Accommodation

Hotel





DAY 2

Begin your walk on the Lycian Way and discover the ancient sites of Telmessos, the great Amyntas Tombs and Kayakoy along the way.

Feeling refreshed, your first walk of the week begins with the opportunity to explore two of Fethiye's famed ancient sites; the theatre of Telmessos and the great Tomb of Amyntas. The wonderful 6000 seat Roman amphitheatre dates back to the 2nd century and has a wonderful location next to the harbour. From here, you continue to ascend to the second ancient site: the Amyntas Tombs. The tombs, built by the Lycians to honour their dead, are not only special in terms of craftsmanship but a place where you can enjoy breath-taking views of the coast and mountains beyond. You will note that the Great Tomb of Amyntas is larger and set higher than the others to signify his importance.

Once you have finished exploring the tombs, you join the Lycian Way as it climbs picturesquely to the plain of Livissi, home of the abandoned Greek town of Karmyllassos, more commonly known as Kayakoy. Dating back to the 14th century, Kayakoy was once a thriving town, home to Muslims and Greek Orthodox Christians. However, at the end of the Greco-Turkish war, the Greek population returned to Greece and the village fell into a ghostlike state. You will have time to explore the village and discover its history before continuing to your final goal of the day, your hotel for the evening. There is also an option to extend your walk to the stunning lagoon of Oludeniz for those wishing to see a little more (approx. 6km further).

Meals: **B**





	Accommodation Hotel		Ascent 550M		Descent 530M		Distance 8KM
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DAY 3

Traverse Babadag mountain, standing proud above the rugged Lycian coast, leading you to Faralya.

Today begins with a short transfer to the iconic Lycian Way arch near the popular hillside town of Ovacik. After the obligatory photos, your hike will take you along the shoulder of Babadag Mountain, accompanied by fantastic views over Oludeniz and the rugged coast of Western Lycia. Your route will take you up to the village of Kabaagac, a little mountain hamlet sited beneath the towering limestone cliffs of Babadag. The hamlet makes for a welcome resting point before you descend to the honey-producing village of Kirme (you may have enjoyed the villages wonderful produce with your breakfast!). Having explored Kirme, you continue your descent accompanied by continued dramatic scenery to reach Faralya. Your home for the evening is on the edge of the beautifully named Butterfly Valley, named after the colourful Jersey tiger-moths which inhabit the area.

Meals: **B D**





	Accommodation Bungalow		Ascent 650M		Descent 570M		Distance 15KM
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DAY 4

Discover the relaxed village of Kabak, the stunning Seven Capes and the UNESCO site of Xanthos.

After breakfast, you say farewell to Faralya and ascend to the abandoned terraces, adorned with sea views to motivate you. Your route brings you above the wonderful village of Kabak. Once the region's best kept secret, Kabak is a firm favourite with hiking, camping and yoga enthusiasts in search of a slice of tranquillity. Following a seemingly impossible route over the valley to the watershed of Alinca, your route becomes more rugged under foot and the scenery before you opens up to reveal the Seven Capes seascape and further spectacular views of this rugged coastline and its many isolated villages. When you have finished soaking in the beauty of the coast, you begin your descent to the Ottoman Cistern at Sancakli via an option of road or, for the more confident, a fantastic but tricky path. Your day ends with a transfer to the enchanting town of Gelemis, set just behind Patara, one of Turkey's most beautifully unspoilt beaches. On the way, you will also have an option to stop at the UNESCO site of Xanthos to explore.

Meals: **B L**

	Accommodation Hotel		Ascent 900M		Descent 420M		Distance 15KM
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DAY 5

Discover Ancient Patara, enjoy a relaxed lunch on the beach and walk through fragrant pine forests to meet your transfer to Kas.

Your route today begins with an exploration of Patara's archaeological site. Patara's place in history is certainly well documented and as you wander the column-lined streets and recovered theatre you will soon understand the city's importance as the former Metropolis of Lycia. The city was celebrated for its temple and oracle of Apollo, and it is believed it was the birthplace of St Nicholas, the 4th century Byzantine bishop of Myra who later become the legend of Santa Claus. When you have finished your discovery of the colonnades, bathhouses, lighthouse and the magnificently restored Parliament building (thought to be the world's first federal assembly), you continue to reach Patara's 18km long golden beach. This idyllic spot has been fortunately protected from development thanks to the loggerhead turtles who nest here; having the area developed would result in light pollution which would confuse the turtles from making their way towards the sea, putting them in danger. The beach makes a lovely spot to enjoy a picnic and there is plenty of time to enjoy a swim too.

Feeling refreshed, your route continues through the cool shade of the pine forests, following the line of the Roman aqueduct to the engineering marvel of Delikkemer, a reverse siphon system which supplied the valley with water, simply using gravity to power it. From here a transfer will be waiting to take you to your accommodation in the coastal town of Kas, a popular destination with scuba divers and full of historic charm.

Meals: **B**

	Accommodation Hotel		Ascent 200M		Descent 100M		Distance 8KM
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DAY 6

Walk along the rugged coastline accompanied by views to neighbouring Greek islands, discover hidden coves and end the day in the charming village of Kaleucagiz.

Today brings many opportunities for swimming so don't forget to pack your swimming costume. You will have time to enjoy a morning coffee in Kas and soak in its charm before picking up the Lycian Way once more as it follows along the rugged coastline, all the time rewarded with fantastic views across to the nearby Greek island of Castelorizzo. Along your way you will discover several quiet coves to sit and enjoy the tranquillity of the mountains, the turquoise waters, and the sound of crashing waves. At the end of your walk a transfer will meet you to take you to the charming village of Kaleucagiz in the centre of a

deep fjord-like inlet, scattered with the remains of ancient settlements. Here you can enjoy your dinner in one of the waterside restaurants as the sun sets.

Meals: **B**

	Accommodation Guesthouse		Ascent 400M		Descent 270M		Distance 11KM
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DAY 7

Sail to pretty Simena then conclude your journey along the Lycian Way with a choice of visits to key Lycian attractions.





From in front of your hotel, you will board a boat to sail you to the picture postcard village of Simena, allowing you the opportunity to see the Lycian coast from a new perspective as you cruise towards the pretty village with its Genoese castle perched high above. Your final walk along the Lycian Way continues to traverse the beautifully rugged coast, taking you to the mysterious ancient site of Istlada with a selection of Lycian tombs. A little further you will reach the village of Kapakli where you will meet your driver to take you to a choice of three nearby attractions before continuing on to your accommodation in Demre.

The first option is to visit the Lycian Civilisation Museum which is home to over 1000 artefacts unearthed in the Lycian cities. The museum itself is built on the granary of the harbour settlement of Andraikes, while Andraike itself is an open air museum which showcases the harbour structures, baths and church to mention a few key sites.

The second option is to visit the area known as Myra which houses a collection of rock tombs and a huge theatre. The town has a long history which is reflected in its construction; first as an ancient Greek settlement, then Roman-Greek, followed by Byzantine and Ottoman before becoming Turkish and renamed as Demre.

Your final option is visit the church of St Nicolas where the 4th century theologian (who later became the legend of Santa Claus) was bishop. It is believed his body was buried in the church here before being moved to Bari in the 12th century. Now a UNESCO site, the church hosts some fantastic frescos.

Meals: **B D**

	Accommodation Guesthouse		Ascent 200M		Descent 150M		Distance 9KM
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DAY 8

Departure Day.

Depending on the time of your departure, you may have time to enjoy a relaxed breakfast and a final stroll before your private transfer arrives to collect you to take you to Dalaman Airport or Antalya Airport.

If you are combining this trip with our East Lycian Way self-guided holiday, you will be picked up from Demre today for a transfer along the coast to Karaoz, where you will commence the second half of your two week odyssey. Along the way, you have the opportunity to visit the ruins of the ancient city of Limyra, located near Finike; one of the oldest and most prosperous settlements in Lycia.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfer from Dalaman Airport to Fethiye
- Transfer from Demre to Dalaman Airport
- Transfers to / from your walk as per the itinerary (days 3/5/7)
- Boat journey to Simena

What's not Included

- Tourist tax if due is not included in the price
- Travel insurance
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Entrance fees
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts at Dalaman Airport. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. For this trip we have included a return transfer for you from Dalaman Airport which offers many departures from regional UK airports.

It is also possible to fly into Antalya Airport. We can arrange your transfer from this airport to Fethiye for an additional charge (a transfer from Demre to Antalya at the end of the holiday would be included free of charge). Please contact our sales team for a quote.

Please ensure you inform our customer sales and support team as early as possible of your flight times, and departure airport, so that we can arrange your transfers for you.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have also included 2 evening meals and 1 lunch, when you have less choice available.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

One of the main reasons that people love Turkey is for its colourful and mouth-watering cuisine. Breakfasts usually consist of bread, butter, jam, honey, olives, tomatoes, cucumbers, cheese, yogurt, fruit juice and occasionally eggs, all washed down with tea and coffee.

Along your walks, you will find great cafes where you can enjoy lunch in the sunshine, or alternatively pick up fresh, locally sourced ingredients from the shops and markets to enjoy a picnic with a view. A great lunchtime snack is lahmacun; a flat, crispy bread traditionally topped with minced meat, salad, and lemon juice, folded in half to eat. Mouth-watering borek is also perfect for lunch. This savoury pastry comes in many varieties with the most popular filled with minced meat or spinach and cheese. Layers of pastry are either rolled or layered like lasagne and is delicious. On day 4 of this trip we have included lunch for you as you will have little choice along your route.

We have also included two evening meals at your accommodation where you can be sure to sample some delicious home-cooked meals. On the other evenings, you will have opportunity to dine in local restaurants and you will find plenty of delicious Turkish specialities to enjoy, including the firm favourite Turkish kebab. You will find an amazing variety including durum (a Turkish burrito with slow cooked chicken, lamb, or beef), iskender (long strips of lamb cooked in tomato sauce and served over rice and pita bread with yogurt) and sis kebab (typically lamb, chicken or fish served on a wooden or metal rod). Dip it in yogurt or eat it on its own, as it's always tender, savoury, and delicious.

Other local dishes include kofte, a Turkish staple and a type of meatball or patty of ground beef or lamb that are served in stews, sandwiches or salads. Manti, which look like ravioli at first sight, is unique in taste and texture. Made of bite size beef or lamb dumplings, they are boiled or fried and served with yogurt or butter and accompanied with a variety of spices. For non-meat eaters another specialty is Dolma- stuffed vegetables. You may be used to stuffed vine leaves but in Turkey you'll find lots of stuffed vegetables including peppers, courgettes, and aubergines.

Let's not forget desserts- if like us here at KE Adventure you have a sweet tooth you can look forward to some great sweet treats from the famous baklava, which is layered filo pastry stuffed with almond paste or pistachios steeped in syrup, to Turkish delight. Yum!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

For this trip, we have handpicked a wonderful selection of accommodations, from small family-run 3* hotels to traditional Turkish guesthouses, allowing you the opportunity to truly experience a traditional Turkish way of life, away from the large beach resorts. Many of the accommodations have swimming pools, bars and restaurants. While some accommodations are simple in style, each accommodation has been chosen for their great location and wonderful homely welcome. You can expect to find tranquillity in the mountains and breath-taking beach locations to watch the sun set over the Med- just what you need at the end of a busy day exploring!

All accommodation is based on twin or double rooms on a bed and breakfast basis. Breakfasts are typically continental with breads, pastries, cheese, cereals and a good helping of coffee. We have also included two evening meals at your accommodations in Faralya (Day 3) and your final evening in Demre where you can enjoy traditional home cooked meals.

It is possible to book additional night's accommodation before or after the holiday itinerary so that you can enjoy this beautiful area a little longer. Please ask our sales team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your hike. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Turkey

UK passport holders do not require a visa for visits of up to 90 days in any 180 day period.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The unit of currency in Turkey is the Turkish Lira.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days on rugged paths. Some of the routes are along the coastal clifftops requiring head for heights to enjoy the fantastic views.

Climate

The best walking weather in Turkey is spring and autumn when you can expect daytime temperatures to range between 20 and 25°C and dropping to around 15 °C at night. This area of Turkey enjoys one of the most favourable climates in the Mediterranean with 300 sunshine days a year. As with any mountain region, you may experience a short lived storm which generally happen in the afternoons.

For those who prefer slightly quieter trails and cooler temperatures for walking, February and November bring great hiking days with temperatures reaching up to 18°C and cool evenings when temperatures drop to 7-10 °C. Over December and January the weather is cooler with average temperatures reaching around 15-17 C during the day and feeling cold at night, dropping to around 6-7 C. Winter conditions can be unpredictable, you can expect some precipitation in the area, some very heavy but typically short-lived, or conversely during a good weather window it can be beautiful, cool, clear and calm. You should be suitably prepared for the conditions with appropriate weatherproof clothing and equipment.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Lycian Way - Kate Clow
- Last Train to Istanbul - Ayse Kulin
- Breaking the Fourth Wall - Michelle Seigny
- Ayse's Trail - Atulya K Bingham

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket

- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE?

We have specially created this programme to give you a true Lycian experience staying in a range of family run accommodations, opportunities to visit the ancient sites and time to enjoy in the bright turquoise waters that were so attractive to the Lycians. We have not only included transfers to/from your walks but also from/to Dalaman Airport for even more value for money.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change