Cycling Turkey's Turquoise Coast

Trip Code: LYMB

Version:

CYCLE	GUIDED GROUP	3 LEISURELY



HIGHLIGHTS

- Explore Ancient Olympos and the former Lycian capital of Limyra
- Traditional Turkish hospitality and pretty harbour towns
- Cycle through mountain villages and down to picture-postcard beaches
- Take a boat trip to Kekova Island and the Sunken City

AT A GLANCE

- 6 days biking
- 230 kms
- 100% road - 100% vehicle supported
- Max altitude - 1200 metres
- Join at Antalya

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

At the western end of Turkey's Mediterranean coastline, the region of Lycia is famous for its rugged scenery, breath-taking beaches, hidden bays, fantastic food, welcoming people and dependable sunshine. In short, it's the perfect place for a week of not-too-challenging cycling. We start our adventure from Antalya and, heading west, enjoy 6 days of memorable cycling along the 'Turquoise Coast', one of the most stunning stretches of shoreline in Europe.

En route we'll see archaeological treasures such as Ancient Olympos, the former Lycian capital of Limyra and the sunken Greek city of Dolchiste on the Island of Kekova. We'll also take every opportunity for a swim at a succession of idyllic beaches and to stop for coffee at harbour-side cafes and restaurants. Staying in small family run hotels means we will also get to experience something of the real Lycia. Cycling on quiet coastal and mountain roads, this is a great holiday for any cyclist looking for a week in the sun.

Is this holiday for you?

LEISURE CYCLING. This holiday provides a reasonably leisurely exploration of a part of Turkey's lovely Turquoise Coast, with lots of time to visit places of interest (including a number of important archaeological sites) and several opportunities to swim in the sea and to stop off for coffee at wayside cafes in the villages and towns that we pass through. Cycling for an average of just 38 kilometres each day with only moderate amounts of ascent and descent, we can expect to be on our bikes for rather less than 4 hours on each of the 6 cycling days. Most of the cycling is on quiet backroads which are well-surfaced, but there could also be some short sections of dirt-road which the hybrid bikes (provided) cope very well with. An experienced local tour guide cycles with the group throughout the trip and there is also a full-time support vehicle. This is a suitable holiday for anyone who includes cycling amongst their leisure activities. **HIRE BIKE INCLUDED.**

Itinerary

Version:

Holiday Information

What's Included

- A single group transfer from Antalya Airport on Day 1
- A single group transfer to Antalya Airport on Day 8
- An experienced English-speaking cycling guide
- Support vehicle and driver
- Accommodation as described
- Meals as described in the meal plan
- Entrance fees to all archaeological sites as described
- Local bike hire

What's not Included

- Travel insurance
- Airport transfers other than the single group transfers on Day 1 and Day 8
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses

Joining Arrangements & Transfers

A single group transfer from Antalya Airport will be provided on Day 1 of the itinerary. A single group transfer back to Antalya Airport is also provided on the final day of the holiday.

Hotel details and an emergency contact number will be provided with your booking confirmation.

Meal Plan

Breakfasts are included from Day 2 to Day 8. You will pay directly for your lunches and dinners. The local guide will help choose cafes and tavernas each day for your lunches and dinners. Part of the overall holiday experience will be finding a local restaurant and choosing your evening meal.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Turkish food is amongst the finest in the world and you will have plenty of opportunity to sample fresh local produce, as well as enjoying traditional Turkish mezzes. Breakfasts in hotels will usually consist of fresh baked bread, butter, jam and/or honey, olives, tomatoes, cucumbers, cheese, yogurt, preserved meat, fruit juice, eggs, and tea or coffee. This is most often set out as a buffet. Lunches will usually be taken in a local cafe and dinners in a restaurant close to the overnight accommodation. Main courses range from simple grilled meats to elaborately baked fish and meat casseroles and there are also plenty of delicious vegetarian options. Those with a sweet tooth must try the famous Turkish baklava, which is layered filo pastry, stuffed with almond paste or pistachios steeped in syrup.

Accommodation

During this trip the group will spend 7 nights in comfortable family run hotels. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same gender. Depending on availability it may be possible to book a single room for the hotel nights. Please contact our office for a quote.

Group Leader & Support Staff

The trip will be led by an experienced local English-speaking cycling guide and there will also be a full-time support vehicle and driver.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately £300 (or the equivalent in euros or dollars) should be allowed for miscellaneous expenses including non-included meals, your bar bills and tips for the support crew. If you intend to buy expensive souvenirs, you should budget accordingly. Turkey's unit of currency is Turkish Lira. By far the easiest way to obtain your travel cash is from ATM's using a credit or debit card. ATM's are available only in the larger towns we visit e.g. Antalya, Cirali, Finike, Kas. Credit cards can be used to purchase goods and services in some shops, hotels and restaurants in Turkey.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. We recommend that tips to your local guide and driver are given at the end of the trip by the group as a whole. The actual amount of the tip is up to you but again this is best decided by the group as a whole and as a rough guide, a contribution from each group member of around £10 - 15 (in local currency equivalent) should provide a suitable pool for tips.

Bike Hire

Bikes are provided locally within the cost of the holiday. Our agent in Lycia provides 21-gear Specialized Sirrus V hybrid bikes. The bikes come in a full range of sizes, they are well maintained and in good condition. They are fitted with flat pedals and fast-rolling tyres and also have bottle-holders. You can take your own pedals and even your saddle if you wish. These will be fitted for you. Please provide us with your height when you book, so we can make sure you get a bike of the appropriate size.

E-Bike Upgrade. If you would prefer to ride an E-Bike, this can be arranged at a cost of €165 for the week payable directly to your tour leader in cash on arrival. If you choose to do this, we will need to check availability and reserve a bike for you. The bikes are 10-speed Bisan E-Trekking models, made in Turkey with Shimano Deore components including hydraulic disc brakes and a Shimano STePS E6100 motor.

Vehicle Support

Throughout this trip we have the back up of one or more support vehicles. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

We recommend that you travel with one main item of luggage, such as a holdall or wheelie-bag, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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 be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Turkey is the Turkish Lira.

Preparing for your Holiday

This is intended to be a fairly leisurely holiday and you do not need to be in top physical shape to take part. However, if you are reasonably fit you will enjoy your trip more. We suggest that you adopt a sensible weekly exercise regime and fit in a number of cycle rides ahead of this holiday.

Climate

Lycia has a Mediterranean climate; basking in warm sunshine from late spring through to the autumn. We choose to visit early and late in the year, either side of the hottest months of July and August. In May and October the maximum daytime temperature will be around 24 degrees centigrade, falling to 15 degrees or a little lower at night. There is usually very little rain in either of these seasons.

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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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

- Lonely Planet Guide to Turkey
- The Rough Guide to Turkey
- Turkish Odyssey - A Traveller's Guide to Turkey and Turkish Culture. Serif Yenin
- Landscapes in Panoramic Turkey - from Istanbul to Ararat. Gerold Yong
- The Lycian Shore: A Turkish Odyssey. Freya Stark

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Equipment Information

Equipment List

For this holiday you will need normal cycling clothing, including suitable shoes, cycling gloves and a helmet (which must be worn at all times when cycling).

Bike Gear

- Cycling helmet

- Trainers or stiff-soled cycling shoes

- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Padded cycling shorts
- Short sleeve cycling tops
- Long sleeved cycling top
- Fleece jacket or jumper
- Lightweight windproof/waterproof jacket
- Cycling gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Sunhat or cap
- Swimwear
- Basic First Aid kit and personal medication

SPARES and repairs

You do not need to take any tools or spares. The local guide will take care of any and all issues.

Please contact us if you have any questions about your equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Antalya and a single group transfer is provided from/to Antalya Airport.

Why Choose KE

Why KE

First-rate local guides. Travelling with KE you don't have to worry about picking up your hire bikes (included), or managing the hotel check-ins, or wondering how the baggage transfers work, or deciding where's the best place to eat in the evening. All of this is taken care of and your guide will also be able to provide a local's perspective on the things that you see on each day's ride.

Please Note This document was downloaded on 07/11/2026 and the trip is subject to change