

# Cycling Turkey's Turquoise Coast

Trip Code: LYMB

Version: LYMB Cycling Turkey's Turquoise Coast



CYCLE



GUIDED GROUP



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

- 7 Breakfasts
- 7 nights Hotel

[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

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## DAY 1

**Meet at the hotel in Antalya. A single group transfer from Antalya Airport is provided.**

Your holiday begins at the hotel in Antalya. A group transfer from Antalya Airport is provided. Our hotel is in the narrow streets of the old, walled city. A converted mansion, the hotel is right in the centre of the lively town centre, close to the harbour, hamams, bars and restaurants of one of the world's most beautifully situated cities. Antalya was founded by King of Pergamon Attalus II Philadelphus, after sending his men to all ends of his kingdom to find the most beautiful place to found a new city, worthy to bear his name. In the evening there will be a meeting with the guide and a briefing about the holiday. The group will go out to a local restaurant for dinner, the first of many tasty dinners to come, Turkish cuisine being among the finest in the world.



### Accommodation

Hotel

## DAY 2

**Cycle from the pasture at Ovacik down to the sea at Camyuva Beach. Overnight at Cirali.**

After breakfast, you will board the support vehicle for the short drive up into the Lycian Mountains. You will have the chance to try out your bike before the start of today's ride, which begins above Hisarcandir and follows a network of quiet backroads, crossing the pasture of Ovacik (1100m) amongst old stone farm buildings and stunted olive trees. Our route meanders gently downwards, with views of limestone crags and forest-clad hills, to the village of Gedelme with its views of Mount Olympos, its ruined Genoese castle and impressive oriental plane trees. Continuing the descent via the Roman bridge in the canyon of Kesmebogaz, we end our ride at Camyuva Beach where we can stop for a swim. Here, we board our transport for the short transfer to our hotel in Cirali. In the evening we can take a walk to Yanartas where eternal flames fueled by natural gas emissions have been burning for centuries. Legend tells us that this was a battle ground between the Chimera (a fire breathing monster made up of several different animals) and Bellerophon, rider of Pegasus, one of the most famous sons of Lycia.

Meals: **B**



### Accommodation

Hotel



### Ascent

100M



### Descent

1200M



### Time

3 - 4 hrs cycling



### Distance

30KM

**DAY 3****Cycle south to Adrasan via the site of Ancient Olympos.**

Today's ride starts at the hotel and heads inland for a couple of kilometres beside a small stream. Looping back around towards the south, you'll then enter a thickly vegetated valley which hides the ruins of Ancient Olympos, a city dating back to several hundred years BC and famous as a hideout for feared Lycian pirates. Parts of the city are on the coast and the beach here is another good place for a swim before continuing the ride southwards along the coast to the beautiful beach of Adrasan, framed by mountains. Overnight at a hotel in Adrasan.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 400M		<b>Descent</b> 400M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 30KM
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**DAY 4****Cross Cape Gelidonya at the Karaoz Pass and cycle beside the sea to Finike.**

South of our hotel in Adrasan a ridge of high ground forms the Cape of Gelidonya with its iconic lighthouse and string of islands. Cycling up to the inland part of Adrasan, we cross the low Karaoz Pass and drop down towards the sea again through an important agricultural area dominated by orange groves and greenhouses. Cycling across the fertile plains of Finike we arrive at the site of Limyra, once an important Lycian City and the place where Gaius Ceasar, heir apparent to the Roman Emperor Augustus, came to an untimely end. A great mausoleum was built in his honour here, as well as a large theatre. A gushing spring, where an underground river emerges right among the ruins, make this site even more memorable. The ride ends at the hotel in Finike, close to the beach.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 550M		<b>Descent</b> 550M		<b>Time</b> 4 - 5 hrs cycling		<b>Distance</b> 50KM
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**DAY 5****Cycle along the coast via Tasdibi Beach to Andriake. Boat to the Sunken City and overnight in Ucagiz.**

Today we ride westward along the spectacularly winding coast road to Demre and the pristine Tasdibi Beach. We can visit the Museum of Lycian Civilisations at Andriake, once a large Roman harbour complex. The museum is sited inside a massive granary built and dedicated to the Emperor Hadrian and has impressive cisterns you can descend into. The ancient harbour is now a protected wetland area, a haven for water fowl, you can frequently spot flamingoes here. We ride on to the modern harbour at Simena and from there take a boat out to the Island of Kekova and the Sunken City. There's time to walk

up to the Genoese fortress at the high point of the island which commands views back to the mainland. Opportunities to swim from the boat and then overnight at the coastal village of Ucagiz.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 220M		<b>Descent</b> 220M		<b>Time</b> 3 hrs cycling		<b>Distance</b> 35KM
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## DAY 6

### Transfer up into the mountains north of Kas and cycle down through rustic villages to the ancient city of Patara.

After breakfast, we board the support vehicle for the short and meandering drive up into the hills above Kas. Just a few kilometres from the coast, but high in the mountains that rise straight from the sea, this is a rural area with small farms and forested hillsides. We cycle through the villages of Gokceoren and Hacıoglan before making our descent to the sea at the ancient city of Patara which dates back to at least 1200 BC and was a flourishing city and Roman capital of Lycia. We will visit the bathhouses, theatres and perfectly preserved parliament chamber, which remained hidden under the sand dunes for centuries. The Lycians came here to discuss matters in their federal parliament and the cities that made up the Lycian league voted for representatives. Both men and woman had the right to vote in this early and very democratic federal union that gave inspiration to the founding fathers of the USA. After our visit to the site, we continue to Patara Beach which is an important nesting site for loggerhead turtles and has no development at all along its 16 kilometre length. We return to our nearby hotel for the night.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 350M		<b>Descent</b> 1500M		<b>Time</b> 4 hrs cycling		<b>Distance</b> 42KM
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## DAY 7

### A coastal cycle ride to Kas via Kaputas Beach.

Today, we cycle back towards the east, passing the town of Kalkan before emerging onto the smooth and spectacular coastal road. A highlight of the day's ride is the beach at Kaputas which sits at the mouth of a deep and impressive limestone gorge. We can climb down the 188 steps for a swim at one of Turkey's most photographed beaches. We arrive at the harbour side square of Kas for a celebratory beer and lunch. Afternoon free to explore this pretty town or to relax at the hotel, before our final night dinner in a local restaurant.

Meals: **B**



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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 560M	 <b>Descent</b> 560M	 <b>Time</b> 4 - 5 hrs cycling	 <b>Distance</b> 43KM
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## DAY 8

**Your holiday ends after breakfast. A group transfer to Antalya Airport is provided.**

Your holiday ends after breakfast. A group transfer to Antalya Airport is provided.

Meals: **B**

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# Holiday Information

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## 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.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing 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.

## 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

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.

## 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. 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.

## 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## 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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## 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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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

- 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

## 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.

## 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

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.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Kayseri or Nevsehir with Turkish Airlines. Outbound flights will depart from the UK in the morning, arriving in the afternoon the same day (Day 1 of the itinerary). Return flights will depart from either airport in the early afternoon of the last day of the itinerary, arriving in the UK in the evening the same day.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

## 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 18/05/2024 and the trip is subject to change