

HIKING JOURNEY

# Discover Asia Minor

WALKING TOUR IN TURKEY, FROM ISTANBUL TO ANTALYA

14 DAYS



**WALKABOUT**  
GOURMET ADVENTURES

## Journey Overview

Our walk begins in Istanbul, the only city in the world, which embraces two continents, one arm reaching out into Asia, the other into Europe. The museums, churches, palaces, mosques, bazaars and the sight of natural beauty seem inexhaustible. As you recline on the shores of the Bosphorus at sunset contemplating the red evening light reflected in the windows and on the slender minarets on the opposite shore, you understand why so many centuries ago settlers chose to build on this remarkable site. Formerly known as Constantinople, the vibrant centre of the old Byzantine and Ottoman Empires, Istanbul is a chaotic mixture of cultures, history and architecture.

We leave the city along the shoreline of the Marmara Sea and visit Gallipoli. From here we continue south and visit ancient Troy, a 5000 years old legend, the archaeological ruins of Ephesus and the rock pools of Pamukkale.

The shores along the Aegean region are among the loveliest landscapes in the country. The magnificent coastline, lapped by the clear water of the Aegean Sea, is abundant with vast and pristine beaches, surrounded by olive groves, rocky crags and pinewoods.

We trek in the most beautiful coastal area of the Turkish Mediterranean in-between Marmaris and Antalya. Known to the ancients as Lycia, this fabled coast of clear turquoise blue water is rich with archaeological sites. Fragrant pine forests



# Journey Schedule

## DAY 1

Istanbul – Drive Via Gallipoli To Canakkale

## DAY 2

Drive To Selcuk Via Troy & Visit Ephesus

## DAY 3

Bafa Lake Walk

## DAY 4

In Selcuk – Visit Ephesus – Sirince

## DAY 5

Selcuk – Pamukkale

## DAY 6

Pamukkale – Visit Aphrodisias – Dalyan

## DAY 7

Transfer To Ancient Caunos & Walk To Ekincik Bay

## DAY 8

Dalyan to Kayakoy, Walk to Oludeniz – Afternoon Opportunity to Swim – Fethiye

## DAY 9

Fethiye – Butterfly Valley – St Nicolas Island – Free Afternoon

## DAY 10

Visit Of Bazar – Cooking Demonstration – Pinara – Drive To Kas

## DAY 11

Kas – Free Day

## DAY 12

Boat Trip to The Sunken City In Ucagiz – Kapakli – Simena Walk – Visit Myra – Cirali

## DAY 13

Cirali to Ulupinar – Afternoon Free

## DAY 14

Visit Phaselis – Antalya

## Journey Itinerary



### DAY 1

#### Istanbul - Drive Via Gallipoli To Canakkale

We meet at 9.30 in the morning at:

HOTEL ARCADIA

Blue Dr Imran Oktem Cad.

No1 Sultanahmet/Istanbul

[www.hotelarcadiablue.com](http://www.hotelarcadiablue.com)

(Make sure you allow some time to visit this fascinating city for a few days prior to our tour).

Soon we leave this city behind us and follow the shoreline of the Marmara Sea to Tekirdag on the Gallipoli (Gelibolu) Peninsula. It was here that the ill- fated Allied campaign, after much bloody hand-to- hand fighting and loss of life, was forced to concede victory to the Turks and withdraw. Around 100,000 were killed and 400,000 wounded during the nine month campaign (1915-1916).

Involved in the fighting on the Turkish side was Mustafa Kemal – later known as Ataturk, the ‘Father of the Turks’.

We visit some of the battlefields before we board a ferry from Gallipoli to cross the Dardanelles and arrive in Canakkale.

Our hotel is at the seaside and dinner tonight will be in one of the many local restaurants near-by.

 **1 - 2 HOURS**

 **CANAKKALE, TURKEY**



## DAY 2

### Drive To Selcuk Via Troy & Visit Ephesus

We leave at approximately 9.00 in the morning and visit Troy. Archaeological excavations have revealed nine separate periods of settlement, including ruins of city walls, house foundations, a temple and a theatre. A symbolic wooden Trojan horse commemorates the legendary war.

In the afternoon we arrive in Selcuk. Our hotel is in an idyllic setting, surrounded by lavender and vineyards. Attached to the hotel is the winery with many delicious wines to taste.

Dinner tonight will be at the hotel's restaurant where we can enjoy a flavoursome Turkish-Mediterranean cuisine.

 **2-3 HOURS**

 **SELCUK, TURKEY**



## DAY 3

### Bafa Lake Walk

After breakfast we drive to Bafa Lake. It has a rich biological diversity and incomparable rock structures. The natural beauty and history of the tribes, who lived here, 8,000 - 10,000 years ago in these mountains, have left a mark right into our modern times.

The Besparmak Mountain, or Latmos, to give it its ancient name, rises steeply from the shores of Lake Bafa and is considered one of Anatolia's most sacred mountains. Tekerlek, the highest peak of Latmos, has, since prehistoric times, served as a cult site for rain, consequently for fertility. In ancient times, the Anatolian weather god and a local mountain god were worshipped here. Later on, Zeus and Endymion (lover of moon goddess Selene), took their place. During Pleistarchus' era in Heracleia, a network of stone-paved roads crossing the Latmos was constructed, serving as trade routes for olives, olive oil, the famous Carian honey and wine.

During our walk we see a large variety of beautiful flowers, species of birds and perhaps some wild animals; the most common being the wild pig.

In the evening we drive to Sirince, a small village which is famous for its wine and houses. It was a Greek village before the Greco-Turkish War. In 1923, Turkish and Greek governments exchanged populations. The Turkish government exiled Christian Greeks of Turkey to Greece, while Greek government exiled the Muslim Turks of Greece to Turkey. Şirince forms the setting of Greek writer Dido Sotiriou's—a native of Şirince – Farewell Anatolia, in which the events around the Greco-Turkish War of 1919-1922 are depicted through the eyes of a fictional character from Şirince.

Apart from the historical background of the village, there are fantastic valleys and on our short walk we pass Olive groves, peach orchards and vineyards... it's Turkey's Tuscany.

We have time to explore and taste the local wine before our sunset dinner in a small village restaurant where the food is just amazing. After dinner we return to our vineyard hotel.

 **4-5 HOURS**

 **SELCUK, TURKEY**

## DAY 4

### In Selcuk - Visit Ephesus – Sirince

Today we visit Selcuk's historic neighbour, the great Greco – Roman city of Ephesus (Efes). Once visited by Mark Anthony and Cleopatra, and also by the evangelist St. Paul (which inspired the Epistle to the Ephesians), this famous old Asia Minor seaport reached its zenith in the 2nd century AD. Efes became one of the main cultural and economic centres of the ancient world until it went into decline after the 7th century. After our visit we stop for lunch in a traditional restaurant near the cave before we drive to Sirince, a small village, which is famous for its wine and houses. It was a Greek village before the Greco-Turkish War. In 1923, Turkish and Greek governments exchanged populations. The Turkish government exiled Christian Greeks of Turkey to Greece, while Greek government exiled the Muslim Turks of Greece to Turkey. Şirince forms the setting of Greek writer Dido Sotiriou's—a native of Şirince—Farewell Anatolia, in which the events around the Greco-Turkish War of 1919–1922 are depicted through the eyes of a fictional character from Şirince.

Apart from the historical background of the village, there are fantastic valleys and on our short walk we pass Olive groves, peach orchards and vineyards... it's Turkey's Tuscany.

We have time to explore and taste the local wine before our sunset dinner in the small restaurant of the Hotel Nisanyan, where the food is just amazing. After dinner we return to our vineyard hotel.

 **SELCUK, TURKEY**

 **3 HOURS**



## DAY 5

### Selcuk – Pamukkale

After breakfast we drive to Pamukkale, one of Turkey's most amazing natural wonders, the "frozen waterfall", which has been an attraction since Roman times (as Hierapolis – the Sacred City, a health spa).

We start our walk in the World Heritage site of the ancient city Hierapolis. There is a fascinating mixture of Pagan, Roman, Jewish and early Christian influences. The hot springs of Pamukkale were used as a spa since the 2nd century and people came to Hierapolis to soothe their ailments and often to retire and to die. The ruins sprawl over a large area and there is a necropolis filled with sarcophagi.

The baths were made from large stone blocks and there are various open and closed areas linked together. The complex was constructed in the 2nd century and there are few historical facts known about the origin of the city.

From the Roman bath we continue walking down through the warm waters of the travertines before returning to our hotel.

Before dinner you have time to relax in the spa complex of our spa hotel – you might even try out a Turkish bath!!

 **PAMUKKALE, TURKEY**

 **3 HOURS**



## DAY 6

### Pamukkale - Visit Aphrodisias – Dalyan

In the morning we drive we visit the Greco - Roman site of Aphrodisias, one of the most interesting and earliest sites in the region. The cult of Aphrodite, the Goddess of love, had its most important temple here and the city also established itself as an artistic centre, inspiring some of the finest Carian sculptures.

Many of these can be seen in the small but very impressive museum on the site. The athletics' stadium is one of the largest and best preserved from the classical world.

After our visit we stop along the way to Dalyan in a nice garden restaurant with great views. From here we continue to Dalyan, an unspoilt village surrounded by pine-clad hills, cotton fields and miles of untouched coastline. Dalyan is a traditional little fishing village nestled on the riverbank near Lake Köycegiz, and is close to the astonishing rock tombs carved out of the local cliffs 2,500 years ago. It was here that the "African Queen" was partly filmed. Embarking on a local ferry we then explore some of the landscapes along the Dalyan and taste the freshly BBQ'd crab before we continue to Turtle Beach for a swim and watching the turtles.

Dinner is at our hotel, which is right at the banks of the river.

 **2 HOURS**

 **DAYLAN, TURKEY**



## DAY 7

### Transfer To Ancient Caunos & Walk To Ekincik Bay

This morning we have a transfer to the ancient ruined Carian city of Caunos, a once important trading port that bordered the ancient kingdom of Lycia.

The famous rock tombs that line the cliff faces are typically Lycian in design and a wander up to the higher points of the city's ruined citadel presents us with some spectacular views across the reeds to the distant waters of the Aegean beyond.

Our track meanders through pine forests and mountainous country to the remote and beautiful Ekincik Bay.

From here we will be picked up and continue along the glittering waters of Turkey's turquoise coast to Fethiye, where we stay in a nice hotel directly at the sea for two nights. Dinner tonight is in Sali's Kings Garden restaurant - which serves delicious organic food.

From here we will be picked up and return to Dalyan. Tonight is a free evening and an excellent opportunity to explore Dalyan on your own.

 **5 HOURS**

 **DALYAN, TURKEY**



## DAY 8

### Dalyan to Kayakoy, Walk to Oludeniz - Afternoon Opportunity to Swim – Fethiye

Today we leave Dalyan and continue along the glittering waters of Turkey's turquoise coast to the deserted settlement of Kayakoy where we begin our walk. Set amidst a fertile community of farming settlements, the town, which originally began life as an Ottoman Greek settlement, was finally abandoned by its Greek inhabitants in 1923, following the post First World War upheavals that saw Orthodox Greeks dispelled from the lands of the newly declared Turkish Republic. The novel "Birds without Wings" was based in this village.

Covering a fairly extensive area, this ghost town of some 2,000 houses presents an emotive setting and one that amply highlights the tragic recent history between the Greeks and the Turks.

From here we continue to the inviting landscapes of Oludeniz, whose tranquil turquoise lagoon, beautifully set against the backdrop of wild mountains and dense forest, is the ideal spot for a relaxing afternoon's swim on the beach.

In the late afternoon we drive the short distance to Fethiye, where we stay in a nice hotel directly at the sea for two nights. Dinner tonight is in Sali's Kings Garden restaurant - which serves delicious organic food.

 **FETHIYE, TURKEY**

 **5 HOURS**



## DAY 9

### Fethiye - Butterfly Valley - St Nicolas Island – Free Afternoon

Today is a great day to discover the turquoise coast of Lycia. After a short transfer from the hotel, we will get onto our boat, spending the day partly with walking, swimming, and relaxing while exploring the wonderful island and valleys. The tour will then venture to Butterfly Valley where we have a trek up to the waterfall and try to spot the famous Tiger Butterfly. After approximately 1 hour we will return to our boat and cruise along to St Nicholas Island where we can walk up to the top and discover the many beautiful ruins that scatter the island. After having lunch on boat we transfer back to our hotel and enjoy a free afternoon.

Tonight we have an excellent opportunity to visit the local Bazar and eat in one of the many restaurants. They even cook or grill the fish or meat we just bought at the market! Great Idea!!

 **FETHIYE, TURKEY**

 **2 HOURS**



## DAY 10

### Visit Of Bazar - Cooking Demonstration - Pinara - Drive To Kas

This morning we will visit the Bazar and do our shopping for the cooking demonstration with Nuray, a local lady in Minare. This is a wonderful experience to learn more about Turkish food in a short cooking seminar. It is great fun learning how to make some delicious dishes, working alongside a local woman. Once we have finished our preparation and everything is cooking, we walk approximately two hours and visit Pinara where the remains of several ancient temples can be seen. There are also rock tombs, including one "royal tomb", an upper and a lower acropolis, a theatre, an odeum, an agora and a church.

On our 1-hour visit we walk through these fascinating ruins, which date back to the 7th Century BC and were dedicated to Leto, the mother of Apollo and Artemis. The site was abandoned around the 7th century AD.

We return to Nuray's house and can taste everything we prepared in the morning before we drive to Kas, where we stay for 2 nights. It has a great setting at the foot of a wall of mountains, facing the Mediterranean. Dinner tonight will be at Smiley's restaurant.

 **KAS, TURKEY**

 **2 HOURS**



# DAY 11

## Kas - Free Day

A day to reflect on our experiences and the rich history of this country. You can stroll into Kas and explore the town at your leisure or simply choose to relax.

Among other things to do, there is also the opportunity to visit the small Greek island of Kastelorizo, which is just 2km away. This tiny Dodecanese island has a population of just 200 hundred & with its charming harbour & a travel time of only 20 minutes from Kas it is a nice way to spend a day. There is a morning ferry, which approximately returns at 4 P.M.

The evening is at your own leisure.

 **2 HOURS**

 **KAS, TURKEY**



## DAY 12

### Boat Trip to The Sunken City In Ucagiz - Kapakli - Simena Walk - Visit Myra – Cirali

After breakfast we have a transfer to the traditional farming village of Kepakli. From here we walk to Simena from where board our boat to explore the calm, protected waters of the bay of Kekova. It is one of the most scenic area in Lycia; a set of picturesque islands, bays and small ancient cities. Here we find the so-called 'Sunken City' of Kekova. The results of various earthquakes, the partly submerged streets and buildings are visible in the crystal clear waters, there are even steps leading down into the depths of the bay.

Later we walk up to the Simena castle. The picturesque whitewashed village of Simena, has a harbour, dotted with ancient sarcophagi (tombs), Roman baths and houses that cling to a hillside beneath the medieval castle.

Hiking up to the castle we find, within its walls, a tiny ancient theatre (the smallest in Lycia, with a seating capacity for about 300 people). Carved from the solid rock it is a wonderful place to sit and soak up the beautiful surroundings and layers of history.

Later we complete our day by driving on to Cirali where we stay for the next three nights.

Dinner will be at a lovely restaurant at the long sandy beach of Çirali, one of the few protected beaches where loggerhead sea turtles lay their eggs.

 **CIRALI, TURKEY**

 **3 HOURS**

 **CIRALI, TURKEY**

 **6 - 7 HOURS**

## DAY 13

### Cirali to Ulupinar - Afternoon Free

This morning we have a short shuttle and follow a track that leads us to Chimaera, the Burning Rocks (Yanartas). Once an important centre for the worship of Hephaistos, the god of fire, legend has it that this was also the lair of the fire-breathing Chimera, the mythical monster killed by Bellerophon, whose only remains are its fiery breathe that continues to belch from the mountain to this day.

The afternoon we visit the ancient town of Olympos whose picturesque ruins lie strewn amongst the verdant valley on both sides of the Göksu River. The early history of Olympos is shrouded in mystery. But we do know it was an important Lycian city by the 2nd century B.C and that the Olympians worshipped Hephaestus (Vulcan), the god of fire. Today only fragmentary ruins are left but the site, scattered amidst the thick greenery of wild grape vines, flowering oleander and wild figs is fascinating.

From here we return along the beach to Cirali.

 **CIRALI, TURKEY**

 **5 HOURS**



## DAY 14

### Visit Phaselis – Antalya

This morning we leave Cirali and our way to Antalya we visit Phaselis, which was founded in the 7th century by colonists from Rhodes. It was a Lycian city and had three important ports which were in constant use, two of which were connected by a road lined with statues (some inscriptions can still be seen) and porticoes where artisans worked and traded.

After our visit we drive to Antalya where our tour ends at approximately 13.30 at

Hotel Ramada Plaza

22. Sk, Muratpaşa, Antalya

(0242) 249 1111

[www.ramada.com/hotels/turkey/antalya](http://www.ramada.com/hotels/turkey/antalya)

We highly recommend to stay for another day and take time to walk around the old harbour and narrow cobbled streets of the old town and visit Yivli Camii (Fluted Minaret Mosque) a historical mosque in the centre of Antalya. It is decorated with dark blue tiles and symbol of the city. Built in 1230 by Seljuk Sultan Alaadin Keykubat and fully reconstructed in 1373, the minaret is 38 metres high, built on a square stone base, with eight fluted sections and has 90 steps to the top.



# Journey Accommodation

Buyuk Truva Hotel, Canakkale

**NIGHT 1**



Vinifera Vineyards Hotel, Selcuk

**NIGHTS 2 - 4**



## Doga Thermal Health & Spa, Pamukkale

**NIGHT 5**



## Dalyan Resort Hotel, Dalyan

**NIGHTS 6 – 7**



## Orka Boutique Hotel, Fethiye

**NIGHT 8 - 9**



## Kekova Hotel, Kars

**NIGHT 10 - 11**



## Villa Lukka, Cirali

**NIGHT 12 - 13**

## Journey Notes

**PRICE INCLUDES**

- Experienced Bilingual English and Turkish speaking guide.
- All transfers and transportation between Istanbul on Day 1 (after our meeting) and Hotel Ramada Plaza in Antalya on Day 14. Tips are included. (While traveling on your own a 10% surcharge is expected for the particular services provided, ie hotels, restaurants).
- Twin share accommodation in boutique hotels for 13 nights, including breakfast (13) and dinners (11).
- All entrance fees of museums and historical sites, which are written into the programme.
- Meet at 9.30 a.m. at Hotel Arcadia Blue in Istanbul on Day 1 and drop off at approximately 13.30 at Hotel Ramada Plaza in Antalya on Day 14.

**NOT INCLUDED IN TRIP COSTS**

Transport before and after “The Walk”, (international and domestic flights) lunch, evening drinks, in between meal snacks, 2 dinners, personal clothing, laundry, medical expenses, insurance and items of a personal nature.

**WHAT TO BRING**

Daypack, walking boots, thick socks, waterproof raincoat (Gore-Tex), sun hat, sunglasses, sun cream and bathers.

As we are restricted with the amount of luggage we can carry in our vehicles, please ensure that your CASES DO NOT EXCEED 20 KG’s per guest AND AVOID OVERSIZED SOFT BAGS!!

**PLEASE NOTE**

All accommodation on tour includes private facilities (toilet and shower/bath). Single rooms can usually be arranged for this tour for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement.



# Get in touch and book your journey today.



0461 277 612



info@walkaboutgourmet.com

## Follow the journey.



### Quality Practices

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