

# SOUTHERN SEA VENTURES REMOTE TURKEY ADVENTURE

## SEVEN DAY TRIP WITH SIX DAYS KAYAK EXPEDITION

Turkey is a country where east meets west. Northwest Turkey (north of the Bosphorus at Istanbul) is geographically part of Europe, while the major area of Turkey is part of Asia. Turkey has over 7000 kilometres of coastline – perfect for paddling!

On the “Remote Turkey” adventure we explore the small islands and rugged and remote coves of the Datca peninsulas in the Gulf of Gokova. Designed for people with some paddling experience, we kayak expedition style from Bördubet Bay to Akyaka. We will stop at 'Cleopatra's Island', explore the 'Seven Islands' and immerse ourselves in Turkey's ancient history.

Abundant wildlife, steep cliffs, ancient ruins, small private campsites and daily swims in crystal clear water are some of the highlights on this adventure. We limit the group size on this trip to six for a very special trip.

### A QUICK ITINERARY

Day 1	Group pick up at Dalaman airport, transfer to our group hotel in Akyaka.	
Days 2-6	Self contained sea kayak trip from Bördubet Bay to Akyaka	BLD
Day 7	Finish kayaking in Akyaka, trip concludes about 3-5pm.	BL

Group transfer to Dalaman airport is available.

### MEETING PLACE AND TIME

As people arrive directly from overseas and also from various points within Turkey, we have several meeting options on Day 1 of the trip. **Please make sure we know of your preferred arrangement.**

1. Dalaman airport - we will do one airport pick up depending on when most participants arrive.
2. Akyaka bus station - please advise your arrival details to arrange pick up.
3. Make your own way to the hotel in Akyaka (specific hotel will be advised closer to the trip). The hotel check in is usually not until the afternoon but bags can be held until your room is ready.

### HOW TO GET THERE

The closest airport to Akyaka is Dalaman airport. Turkish Airlines have daily flights from Istanbul to Dalaman. Flights from Istanbul to Dalaman can be booked via the airlines' website [www.turkishairlines.com](http://www.turkishairlines.com) or through your travel agent. It's worth asking your travel agent about free internal legs in conjunction with international flights on Turkish Airlines.

There are several bus companies in Turkey with extensive networks around the country.

Two of the major bus companies, which have English websites, are Varan ([www.varan.com.tr](http://www.varan.com.tr)) and Ulusoy ([www.ulusoy.com.tr](http://www.ulusoy.com.tr)).

### PADDLING EXPERIENCE

This trip is designed for people with some previous paddling experience. You do not have to be an expert or know how to roll. However, you should have practiced a wet exit and assisted re-entry before the trip. This can easily be practiced in waist deep warm water at home, with a friend's help or under tuition. We are always happy to discuss your experience and can often suggest how beginner paddlers might gain the necessary experience at home to prepare for the trip. We require all participants to complete and return our kayak experience form shortly after booking. It is important to recognize that the weather will greatly influence what we can and can't do.

We predominantly use single kayaks on this trip, but one double may be available. The degree of difficulty of the trip will depend on the weather we encounter. The wind normally picks up along the coast in the afternoon and causes small waves. We paddle for up to 5-6 hours per day. It is important to realise that the group will kayak at the speed of the slowest members. All participants should feel confident in swimming.

The kayaks we use are stable, easy to paddle and control. They are designed as expedition boats. It is important to keep gear to a minimum as we carry on board all our food and equipment. Our guides are highly experienced sea kayakers. On Day 2 of the trip you will be given a thorough briefing on sea kayaking techniques with ample time to practice and familiarise yourself with your kayak.

As with most activities, the fitter you are, the more you will enjoy the paddling. It's a good idea to take some regular exercise like paddling, walking, jogging, cycling, aerobics or swimming ahead of the trip.

We limit our group to a maximum of six participants, to better use a variety of smaller campsites.

### **PROPOSED ITINERARY**

The following itinerary should be seen as an approximate guide only. Our aim is to have a real Turkish adventure and a great time, rather than being governed by a rigid schedule. Our program may change to take advantage of opportunities as they arise, to suit local conditions and according to the preferences of the group. Please note that weather conditions, breakdowns and other factors can cause alterations and delays to our itinerary.

Day 1 – Transfer to our group hotel in Akyaka. Trip briefing is held at 6.30pm. We will give out dry bags that you will pack for the kayaking. Extra luggage will be stored for you to pick up at the end of the trip. Accommodation will be in a small local hotel. Dinner not included tonight.

Day 2 – After an early breakfast, we transfer from Akyaka to Bördubet (about a one and a half hour drive.) After packing the kayaks and a safety briefing, we paddle down a quiet stream that opens out into the sea. Then we head north-west aiming to pass Mersincik Point before the afternoon sea breeze picks up. We paddle into Catalca Cove and look for a shady area to enjoy our lunch. Under the fragrant liquid amber trees, we relax until it is time to move on. We pass Catalca Point and/or Gollubuk Point before camping on a remote beach. Dinner and camping under the stars!

Day 3 – Today we gently paddle the bay containing the Yedi Adalar (Seven Islands) taking plenty of opportunity to snorkel and swim. We share our beaches with local fishermen and goats and head up Kufre stream where we may see turtles on the banks. We camp on an island with a superb view of the sunset.

Day 4 – This morning we continue northwards past Teke Bay and the reef exposed Teke Point and Koyun Point. We explore the more sheltered bay of Tuzla Bay where we may meet the traditional wooden gulet boats enjoying the still waters. Camping.

Day 5 – This morning we start paddling with the prevailing winds along the steep sided Gokova Gulf. Opposite us loom the Kiran Mountains reaching up to 1000 metres. We may explore the deep inlet of Longoz and enjoy a snack at Nomads or continue on to the large bay of English Harbour with its statue of a mermaid. Camping tonight in a secluded cove.

Day 6 – We continue our kayaking today around rocky outcrops. We may pop into the village of Karaca Sogut to top up with fresh bread. We do most of our distance paddling in the morning before the brisk afternoon sea breeze starts.

We have lunch near Sedir Island ('Cleopatra's Island'). We explore the ruins of ancient Cedrae on Sedir Island when the crowds of day-trippers have left. Remote beach camping tonight.

Day 7 – On our last day of kayaking we continue in an easterly direction passing the mouth of Camli Liman and paddling around the reed beds there. We visit some quiet bays in the area before using the wind to help us cross to the rocky north shore. After our lunch we approach the tranquil holiday village of Akyaka and make our way up the fresh water river, seeing a variety of wildlife before we finish our kayak journey. A group transfer is available to Dalaman airport later in the afternoon. Alternatively you may choose to overnight in Akyaka or make other plans.

## **CLIMATE**

Summers in southwest Turkey are hot and dry, especially in July and August. The months of May, June, September and October are a little cooler – still shorts and T-shirt weather at most times, with the possibility of occasional showers. The weather is generally settled and predictable.

## **ACCOMMODATION AND CAMPING**

**Akyaka:** Our group hotel will be simple and clean, providing twin-share bed and breakfast accommodation.

**Camping:** We highly recommend taking advantage of the stable Mediterranean weather and sleeping out under the stars whenever possible. We supply individual ground sheets and two-person tents and communal camping equipment. You can either bring your own sleeping mat and sleeping bag, or rent them. Rental charge would be 20 euros for a bag and foam mat for the trip, or seven euros for a foam mat alone. **Please note that thermarests are not available for hire. We would highly recommend you bring your own thermarest** as the ground is quite firm. The rental sleeping bags are quite bulky, so if you have a compact bag it's a good idea to bring it.

## **TRIP ORGANISATION**

### Camping Segment

Our paddling days will start early to make the most of each day. It's a good idea to pack your dry-bag before breakfast, prepare your personal items for the day and roll up your groundsheet or take down your tent so that loading for departure can be organised.

For most of the trip we camp wild on beaches, which means of course that there are no organised facilities. If you opt to sleep without a tent, it is easy to find a perfect sleeping spot overlooking the water. Alternatively, the two-person tents with integral nets are easy to erect and take down. On arrival in camp you will be expected to unload your own boats and you and your partner will be responsible for your own tent or sleeping site. The guides will also appreciate your assistance in other camp duties. We find that people joining our trips alone soon make friends.

### Food

Our guides usually prepare meals in camp and your help is welcomed. At some campsites we are able to eat local Turkish food at a nearby restaurant.

**We are happy to cater for vegetarians and other special dietary requirements. Please let us know at the time of booking of any dietary requests.**

## **EXPEDITION STAFF**

There will be a professional sea kayak guide who speaks fluent Turkish. Should you have any enquiries during the trip, feel free to ask your guide.

## **CONSERVATION**

It has always been our motto that "we take only photographs and leave only footprints". We are keenly aware of the ecology of the areas we visit and try to limit our impact on them. We ask that each person takes out everything they bring in, including sweet wrappers, batteries, etc.

## **PHOTOGRAPHY**

We are paddling mainly in a salt water environment and the delicate electronics in digital or film cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries for a digital camera as there is no opportunity to purchase batteries or access electricity during our kayak trip. If you are using a film camera it is wise to keep lenses to a minimum. One variable lens will reduce your load and the amount of your equipment that can be damaged! Low speed films are fine on the water but in the alleyways of a town some higher speed films are useful. We recommend all film be purchased and processed in your home country. If you are buying a new camera, consider a waterproof one and get it well before departure so you can practice as it is inconvenient to find fault with a camera during a trip.

## **MONEY MATTERS**

### Your tour cost includes:

- Bed and breakfast accommodation in Akyaka on a twin share basis for the first night of the trip.
- Expedition kayaks, paddles, life jackets and safety equipment.
- Groundsheets and two-person tents.
- Watertight dry-bags for your personal gear while kayaking.
- Professional guide.
- All meals except the first night in Akyaka.
- Group airport transfers on day 1 and day 7.

### Your tour cost does not include:

- Any flights.
- Sleeping bags and mats for camping (these can be hired at an extra charge).
- Entry fees into historic sites.
- Items of a personal nature such as postage and laundry.
- Alcoholic beverages.
- Airport taxes.
- Travel insurance.
- Tips
- Accommodation and dinner on day 7.

## **MONEY TO BRING WITH YOU**

There are ATM machines in the main towns and this is the most efficient way to obtain Turkish lira. Turkish lira is worthless outside Turkey so it is better to exchange small amounts at a time. Credit cards are accepted in larger stores or hotels but don't rely on being able to use one everywhere. Traveller's cheques and cash can be changed at banks in the larger towns and cities but it can take time. US dollars and euros are far easier to exchange than other currencies, but if you are traveling to Europe before or after the trip it is better to have euros.

You should bring Turkish currency for your spending money during the trip.

During the trip you may need money for dinner on Day 1 at Akyaka, bottled water, soft drinks, alcohol, entry fees to a few historical sites and any shopping you intend to do. As an indication, entry fees to historical sites are generally the equivalent of around AU\$5-\$15 per site.

## **TIPPING**

We recommend you put aside a little money for general tips for restaurant staff, porters etc.

## **TRAVEL INSURANCE**

It is necessary to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation due to inclement weather and other factors and in the unlikely event that you need emergency evacuation by plane or helicopter due to illness or accident. Ensure you have read the policy thoroughly and are familiar with the claim process, in case it becomes necessary to make an emergency claim.

We ask that you take out insurance at the time of booking. Please supply us with the policy details (insurance company name, contact details and policy number) before the trip.

## **MEDICAL MATTERS**

All participants are required to provide us with a medical questionnaire filled out completely and accurately.

Please check with your doctor or medical centre whether you require any vaccinations or boosters. An expedition first aid kit is carried on the trip. We strongly recommend that you bring with you any required medicines and a small First Aid Kit for your own personal use. Due to the remoteness of the trip it is advisable to have a dental checkup before departure.

## **PASSPORT**

Make sure that you have a signed passport and that its validity will extend to six months after the date of your return. If you are not an Australian citizen and are returning to Australia after your trip, make certain that you have the necessary re-entry permit from the Department of Immigration.

## **VISAS**

Australian, UK, USA and Canadian citizens can purchase a tourist visa on arrival in Turkey, at the airport, before clearing immigration. Normally, payment can only be by bank note and charges vary. Please check with your closest Turkish embassy for visa charges. New Zealanders currently do not require a visa. If you are a different nationality, please check with the nearest Turkish embassy for current advice. The tourist visa is valid for 3 months and photographs are not required.

## **WATER**

Bottled water is readily available in towns and preferable to tap water that, although chlorinated, is not as safe. Water during the kayaking will be filtered and topped up from known sources.

## **BAGGAGE ALLOWANCE**

Free airline baggage allowance is generally 20 kg. – check with your airline. Any excess baggage charges are your responsibility and will be levied by the airline involved. Please make sure that ALL luggage items are clearly labelled with your name and address before checking them onto your flight. Please do not put any sharp items into your carry on luggage as they will be confiscated at the airport.

## **EXCESS LUGGAGE**

Any excess luggage that you do not take kayaking, including passports and valuables, will be stored and transferred from the B&B in Akyaka to where we finish on Day 7.

## **SECURITY**

Before leaving home, photocopy your passport, airline ticket and make a note of your credit card and ATM card numbers in case you lose or misplace them. Do not carry large amounts of cash with you and always be aware of what you are carrying, especially personal valuables like cameras, jewellery and watches. Do not display valuable items or leave them lying around in such a way that might tempt a thief. It is a good idea to use a money belt or neck wallet.

## CLOTHING & EQUIPMENT

Carefully check through all essential items. You can leave excess luggage at the hotel and it will be transferred to us when we finish. The dress code overall in Istanbul and Turkey is modest, but it is more relaxed on the Mediterranean coast. If visiting mosques women are advised to cover their shoulders, have a headscarf and wear a longer skirt, while men should wear long pants.

### Essential Items

The following checklist is a guideline for your trip. Contact us if you have any questions.

- Lightweight waterproof rain jacket.
- Two T-shirts.
- Two pairs of shorts and swimming gear.
- One pair of sand shoes or running shoes.
- Lightweight socks.
- One pair of sport sandals (e.g. Teva or similar) or paddle booties.
- One pair of lightweight, quick drying, full length trousers.
- Lightweight long-sleeved shirt is recommended in camp for protection from insects.
- Lightweight woollen jumper or fleece jacket.
- One long sleeved thermal or polyester top is recommended while paddling for sun protection or warmth in rainy conditions. Lycra rash vest is also suitable.
- Wide-brimmed hat for protection from the sun is essential. Sun visors are inadequate. A hat with a stiff brim that will hold rigidity in a breeze, and a chin-strap to keep on in the wind. A scarf made from a light material such as silk, to protect your neck, is useful for sun protection.
- Small towel (a chamois towel is ideal).
- Minimal personal toiletries (biodegradable salt water soap may be desired).
- Good waterproof sun cream and lip balm.
- Insect repellent (recommend RID).
- Sunglasses with a cord or string for attaching them to prevent loss.
- **Lightweight and compact sleeping bag and inner sheet.**
- **Foam mat or Thermarest.**
- **\*\*Foam mat & sleeping bag can be hired for 20 euros or seven euros for the mat only. Be sure to let us know if you require a mat or sleeping bag. The sleeping bags for hire are not very compact so it is preferable to bring your own.**
- Small torch and batteries.
- A small daypack, bum bag or dry bag is good for holding things like sunscreen, glasses, etc. both for paddling and day walks.
- A small drybag is also useful for keeping a camera and valuables handy while paddling.
- A wetsuit vest may be useful if you feel the cold.
- 1 or 2, one litre water bottles (the type used by cyclists are good and inexpensive).
- Lightweight cycling gloves can ease blistering if you have not paddled recently.
- Pillow case, this takes up little room and allows for creating a comfortable pillow.

### Optional Items

- Power points require a plug with two round pins.
- Cards/games.
- Book or magazine.
- Lightweight clothesline.
- Binoculars (the bird watching in Akyaka Delta is quite good).
- Snorkelling gear (mask and snorkel only to save space or just swimming goggles).
- Camera – do bring sufficient film, batteries, and storage cards if you are using a digital camera.

## **END OF THE TRIP**

The kayaking finishes in Akyaka between 3-5pm on Day 7. We can offer a group transfer, a one hour drive, to Dalaman airport. We would recommend booking flights with departure times from 7.30pm onwards. Alternatively, you may choose to overnight in Akyaka. Please note dinner and accommodation on this night is not included in the trip cost.

## **PRE AND POST TRIP ACCOMMODATION**

Our office can book pre and post trip accommodation at the group hotel in Akyaka. Please let our office know if you require this.

## **OTHER PLACES TO SEE IN TURKEY**

It's worth considering extending your time in Turkey as there is a huge range of fascinating places to visit. The following is a brief list of suggestions – it is by no means exhaustive.

- Istanbul – palaces, mosques and bazaars.
- Cappadocia – fantastic erosion formations and houses, churches and entire underground cities carved out of tuff – a soft porous volcanic rock; also hot air ballooning.
- Ephesus – well preserved classical Roman city ruins.
- Pamukkale – gleaming white calcified shelves, pools and waterfalls – “cotton castle”.
- Gallipoli – battlefield memories.
- Taurus Mountains – hiking and trekking.
- Kackar Mountains – hiking and trekking.

## **DELAYS OR PROBLEMS**

In case of last minute delays or problems, contact Southern Sea Ventures in Australia on +61 2 8901 3287.

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