

# Self-Guided Walking: East Lycian Way

Trip Code: SGLE

Version: SGLE Self-Guided Walking: East Lycian Way



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Hike a long distance trail considered one of the ten best by The Sunday Times
- Enjoy the unsurpassed Turkish hospitality of small, family-run hotels
- Discover the myths and mysteries of the Eternal Flames of Olympos
- Round out the week by summiting Mt Tahtali with the help of a cable car

## AT A GLANCE

- Self-guided
- 6 days walking
- Transfers included
- Daily departures available
- Max altitude 2365m
- Join at Antalya Airport

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Walk on undulating trails through a repeating pattern of shaded pine and cedar forest punctuated with picture perfect secluded coves. Bright sandy beaches, towering hills pocked with vegetation, and the azure blue green gentle hush of the Mediterranean as it caresses the shore. This stretch of coastline constantly surprises, from the ancient ruins of civilisations gone by, to the eternal flames that ground themselves in myth and legend, and the modern yet varied beach resorts that appear seemingly out of a parting in the trees like a mirage upon reaching the end of your days walk.

This self-guided walking holiday completes the eastern section of the Lycian Way, considered one of the 'top ten long distance trails in the world' by The Sunday Times. The walks range from long and undulating stages with occasional swimming spots, to short but sharp descents from incredible lunch stops, and viewpoints. And as a final hurrah to mark the end of an excellent week exploring this varied and spectacular coastline, you climb to one of its highest points with the help of a cable car, to soak up a view of the entire peninsula. A truly magical place atop the region's so called Olympus, Mount Tahtali.

## 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 precede this East Lycian Way itinerary with our [Self-Guided Walking: West 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 for you if love the combination of walking and swimming, and walking and picnicking, or if you simply just can't get enough of the Lycian Way.

The walking on this trip will be on a mixture of rocky single-track path and wide forest double-track, and walks could take between 4-7 hours depending on walking pace and stops for swimming/picnicking etc. There are a couple of days with ascents up to 800m in a day, plus a mountain descent for the final day's walk. However, the week is well balanced with shorter days (and an option for a rest day) to help you recoup between the longer legs.

If you want to complete the Lycian Way, this is the trip to bolt on to our [Self-Guided Walking: West Lycian Way](#) holiday to create the ultimate Lycian experience. Both Lycian Way trips travel in the same direction and focus on showing you the absolute highlights of this spectacular long distance trail.

# Itinerary

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## DAY 1

### Arrive in Antalya. Private transfer from airport to accommodation at Karaoz.

Arrive in Antalya and meet your representative at the airport and transfer to Karaoz (approx. 2hrs), enjoy dinner in Karaoz before settling into your hotel for the evening ready for your explorations ahead.



Accommodation  
Hotel

## DAY 2

### Transfer to Melanippe, walk to Gelidonya lighthouse and then on through cool pine forests to the beach at Adrasan.

A short morning transfer of a few minutes take us to the beautiful cove at Melanippe and the start of our walk. Known locally as Korsan Koyu or 'Pirate Bay' this secluded spot was once the perfect place for pirates to come ashore and stash their stolen wares. We head out south along the dirt track to find the Gelidonya Lighthouse at the southern end of the peninsula. There are fine views here along the coast in both directions and options to swim in the azure blue waters of the Mediterranean. The route now heads roughly inland through shady trees full with the vibrato hum of crickets and the sweet, syrupy scent of warm pine sap. Head north up a steep incline initially and then along a gently undulating path to the coast. The view opens up here to expose the broad sweeping bay of Adrasan. If you've made good progress you should have chance to dip your toes in the surf, the perfect way to unwind after a long day on the trails. Head out in the evening to one of the many and varied restaurants of this coastal resort.

Meals: **B**



Accommodation  
Hotel



Ascent  
800M



Descent  
800M



Distance  
18KM

## DAY 3





### Three great shorter walk options taking in the beautiful resort of Adrasan.

There are three walking options for today, all starting and returning to your hotel, as you will be spending a further night here in Adrasan. We've selected three walks of varying lengths and difficulties for you to

choose from, or you can simply enjoy a day at leisure, on the beach or exploring the town. The shortest of these walks heads out along the headland and back at the southern end of the bay to a lighthouse frames by pines and surrounded by secluded bays. The longest consists of an out and back route to a lovely cove at Sazak, and it is also possible to return by boat, or perhaps complete the route by mountain bike, both are available through prior arrangement with your hotel. In the evening, head into Adrasan to sample one of the many restaurant options available, from pizzerias to traditional fare and plentiful seafood, fresh from the Mediterranean.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 390M		<b>Descent</b> 390M		<b>Distance</b> 8KM
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#### DAY 4





### A history-filled day discovering the citadel of Phoinikous and the ancient city of Olympos, finishing in Cirali.

After a hearty breakfast at the hotel you stride out uphill following the Adrasan stream to a saddle in the foothills of Mt Musa 'Mount Moses.' On your walk today you'll pass through two incredible ancient settlements, the first of which is Phoinikous, a now dilapidated citadel where legend has it that the pirate leader Zenicetes burned himself to death rather than face capture and humiliation in Rome.

Heading on through dense woodland, providing welcome shade from the heat of the day, you'll reach the second set of ruins at Olympos, a once great Lycian city. This place, now mostly buried under hundreds of years of dense scrub growth, has a chequered past including a pirate takeover, absorption into the Roman Empire, a trading base for Venetians and Genoese before eventually being abandoned during the Ottoman Empire. Shortly after Olympos you emerge on the beach at Cirali, a broad stretch of sand surrounded by hills full of orange groves. Retire to your hotel or spend some time on the beach before dinner in one of the many great restaurants in Cirali.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 800M		<b>Descent</b> 800M		<b>Distance</b> 16KM
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#### DAY 5

### Transfer up into the hills to Ulupinar for lunch at a local fish restaurant before descending back to Cirali via the eternal flames.

A relaxed start to today means you can spend some time at the beach in Cirali this morning, or a lovely slow breakfast at the hotel before a short transfer to Ulupinar for lunch. We've chosen a great restaurant adjacent to a gushing stream, the speciality being locally caught trout. After lunch you descend back to



Cirali, following a path adjacent to the stream. There will be a stream crossing through a ford, which may require the removal of footwear (in heavy spate this can be avoided with an alternative route), before heading for the first of many hillside flame pits via a steep and rocky descent. These so called 'eternal flames' are caused by oxidising methane, a peculiar and other-worldly geological phenomenon present on this hillside for millennia. The remains of a temple to Hephaestus, the blacksmith god of ancient Greek mythology (known to the romans as Vulcan) was built here, but now has a Byzantine church built on top of it. A well-built path returns you to Cirali via a café and the Chimaera entrance where you may be asked to pay a small entry fee for your visit. This evening you'll have chance to explore the bars and restaurants of this small resort with options to eat on the beach front or in the streets behind.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Descent</b> 350M		<b>Distance</b> 9KM
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## DAY 6

**Coastal walking with many beautiful beach stops from Cirali to Tekirova. Finish the day with a transfer into the mountains to the village of Beycik.**

This morning you'd be wise to make a fairly early start to get the most out of today's longer walk. You'll be heading north along the coastline to Tekirova, taking in many idyllic bays with beautiful coastal views and countless swimming opportunities. You'll want to spend all day dipping in and out of the azure blue sea particularly as the mercury rises. You'll notice a change in the geology here too, as the sand on the beaches becomes darker and striations in the rock become visible on the cliff edges. There is a small fault line visible at this point where older volcanic rock has pushed the limestone ordinarily typical of the area, to one side. After a few more miles of wide and undulating forest tracks you'll reach the sizeable resort of Tekirova. You may have time for another swim on the expansive beach here before meeting the transfer to your hotel up in the hills behind the resort at Beycik. Dinner is provided at the hotel this evening.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 700M		<b>Descent</b> 700M		<b>Distance</b> 18KM
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## DAY 7

**Finish the week on a high! Cable car to the top of Mt Tahtali (2365m) then walk back down to Beycik before transfer to your final night hotel in Antalya.**

From your accommodation at Beycik you'll have a short transfer to the cable car station to begin your final day's adventure. The cable car will take you to the top of Mt Tahtali, one of the higher mountains of

the area, and considered Lycia's Olympos, given its prominence and neat conical shape when seen from the coast. After a 4.7km cable car ride to the top of the mountain, you'll have time to take in the incredible views of the Lycian coast, and pick out the majority of the route you've taken in the days prior. There is a sizeable structure at the top, proudly stating the 2365 metres altitude on the side of the building, and housing a couple of restaurants, as well as souvenir shops and two observation decks to take in the incredible view. After this you'll head back down the mountain on occasionally steep initially open terrain, before finding the Lycian Way proper at a col. You'll carry on descending on this path through the forest, eventually to Beycik where you started the day. You'll transfer this afternoon to Antalya (1hr 15mins) and your final night's hotel. Antalya may well provide a culture shock, after a week on the serene coastline of Lycia. The bustle of this city will feel worlds away. Enjoy your final evening wandering the busy city and dining out in the myriad restaurants offering cuisine from all over the world, or escape some of the hubbub within the traffic free walls of the old city where our hotel is located.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Descent</b> 1700M		<b>Distance</b> 12KM
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## DAY 8

### Departure Day, including private transfer to Antalya Airport.

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 Antalya Airport.

Meals: **B**

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# Holiday Information

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## 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 Antalya Airport to Karaoz
- Transfer from Antalya accommodation to Antalya Airport
- Transfers to / from your walk as per the itinerary (days 2/5/6/7)
- Mt Tahtali cable car ticket

## 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 Antalya 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 Antalya Airport which offers many departures from regional UK airports.

Please ensure you inform our customer sales and support team as early as possible of your flight times 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 included 1 evening meal where your stay is more remote, and less choice is available.

## Food & Water

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.

We have included one evening meal at your hotel in Beycik. 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!

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.

## 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

On this trip, we have selected a wonderful collection of small and often family-run hotels grounding you firmly within the comfort of traditional Turkish hospitality, and away from the larger 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 dip your toes in the surf as the sun sets over the hills - 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 an evening meal at your accommodation in Beycik (Day 6) as there is less option for eating out in this small hillside village.

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

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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

### 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](#).

## 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 6 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 happens in the afternoons.

## 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

- The Lycian Way - Kate Clow
- Last Train to Istanbul - Ayse Kulin
- Breaking the Fourth Wall - Michelle Sevigny
- 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.

# Equipment Information

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## 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

On this holiday unique to KE, you can explore the hidden coves of Lycia, enjoy the warm hospitality of family run accommodation, and, culminating on a high, hike from the summit of Mt Tahtali, the Olympos of Lycia. Additionally, this trip starts at the other end of the same bay that KE's West Lycian Way finishes on, creating a near seamless link for exploring the whole Lycian peninsula over two consecutive weeks, from Dalaman to Antalya. Transfers are included not only to and from Antalya Airport but also all walks, where they are required.

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