

Self-Guided Walking: West Lycian Way

Trip Code: SGLW

Version:



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Walk between ancient sites, dramatic mountains and inviting beaches
- Experience warm Turkish hospitality as you relax in traditional family run accommodation
- Explore Telmessos, the Tombs of Amyntas and the rock village of Kayakoy
- Swim in the warm Mediterranean waters or ride the seas on a traditional gulet yacht

AT A GLANCE

- Self-guided
- 6 days walking
- Transfers included
- Luggage transfer
- Daily departures available
- Join at Dalaman Airport

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Mediterranean which glistens in the secluded coves is not blue, nor is it green, it is a captivating shade of turquoise which majestically reflects the history, culture and soaring limestone mountains of the Lycian Coast. This unassuming region is steeped in ancient history with Persians, Romans, Christians, Byzantines and Alexander the Great all leaving their mark. This diverse history is told through the 25 historical sites along the Lycian Way, its people and the tasty cuisine you can expect to discover on this trip.

This self-guided holiday combines the satisfaction of completing the western section of one of the world's great long distance hiking trails with the discovery of the fascinating history of the Lycian people. You will walk between 4 to 5 hours a day as your route takes you to historic sites such as Kayakoy, Xanthos and Patara, with plenty of opportunity to enjoy those inviting turquoise waters along the way. We have also included a short boat ride along the coast so you can enjoy the mountains from a new perspective. Staying in welcoming family-run accommodations on a B&B basis away from the crowded beach resorts, you can enjoy warm Turkish hospitality each evening. Plus we have also included a lunch and two evening meals so that you can ensure a real taste of Turkey. In the evening, you can feast on local delicacies such as kofte and dolma as you watch the sun set on this beautiful coast. You will soon see why this beautiful part of Turkey has attracted so many.

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 combine KE's West Lycian Way with our [Self-Guided Walking: East 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 if you are looking for the challenge of walking on a long distance path, coupled with discovering the ancient history of the Lycians and enjoying the tranquillity of beautiful beaches along the way. In just one week you will undertake the western section of Turkey's oldest trail between Fethiye and Demre following a series of cobbled mule tracks and rocky coastal footpaths. Your routes

will take an average of 4 to 5 hours each day leaving you plenty of time to discover the fascinating archaeological sites, feast on local delicacies and enjoy a swim or two in the turquoise Mediterranean waters. Plus staying in a selection of family run hotels and guesthouses close to the route ensures that you can enjoy a true taste of Turkish hospitality each evening.

Itinerary

Version:

Holiday Information

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
- A transfer from Dalaman Airport to Fethiye
- A transfer from Demre to Dalaman Airport
- Transfers to / from your walk as per the itinerary (days 3/5/7)
- Boat journey to Simena

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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 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 most of 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, so 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 instead.

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 Dalaman 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 Dalaman Airport which offers many departures from regional UK airports.

It is also possible to fly into Antalya Airport. We can arrange your transfer from this airport to Fethiye for an additional charge (a transfer from Demre to Antalya at the end of the holiday would be included free of charge). Please contact our sales team for a quote.

Please ensure you inform our customer sales and support team as early as possible of your flight times, and departure airport, 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 also included 2 evening meals and 1 lunch, when you have less choice available.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

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. On day 4 of this trip we have included lunch for you as you will have little choice along your route.

We have also included two evening meals at your accommodation where you can be sure to sample some delicious home-cooked meals. 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 the famous baklava, which is layered filo pastry stuffed with almond paste or pistachios steeped in syrup, to Turkish delight. Yum!

Accommodation

For this trip, we have handpicked a wonderful selection of accommodations, from small family-run 3* hotels to traditional Turkish guesthouses, allowing you the opportunity to truly experience a traditional Turkish way of life, away from the large 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 watch the sun set over the Med- 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 two evening meals at your accommodations in Faralya (Day 3) and your final evening in Demre where you can enjoy traditional home cooked meals.

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

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](#).

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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 5 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 happen in the afternoons.

For those who prefer slightly quieter trails and cooler temperatures for walking, February and November bring great hiking days with temperatures reaching up to 18°C and cool evenings when temperatures drop to 7-10 °C. Over December and January the weather is cooler with average temperatures reaching around 15-17 C during the day and feeling cold at night, dropping to around 6-7 C. Winter conditions can be unpredictable, you can expect some precipitation in the area, some very heavy but typically short-lived, or conversely during a good weather window it can be beautiful, cool, clear and calm. You should be suitably prepared for the conditions with appropriate weatherproof clothing and equipment.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: 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 directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- 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

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 inside 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

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?

We have specially created this programme to give you a true Lycian experience staying in a range of family run accommodations, opportunities to visit the ancient sites and time to enjoy in the bright turquoise waters that were so attractive to the Lycians. We have not only included transfers to/from your walks but also from/to Dalaman Airport for even more value for money.

Please Note This document was downloaded on 23/11/2024 and the trip is subject to change