

# Active Family Holiday on Turkey's Lycian Coast

Trip Code: FTC

Version: FTC Active Family Holiday on Turkey's Lycia Coast



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Two-centre based holiday in friendly small hotels with swimming pools
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Sea kayak with the family and enjoy an outstanding panoramic walk along the Lycian coast from Kas

- Relish in a delightful boat day trip with swimming, snorkelling and a BBQ lunch in the warm waters of the Mediterranean

- Visit isolated beaches with splendid panoramas

- See the Loggerhead Turtle conservation project at Iztuzu Beach

#### AT A GLANCE

- Swimming / Turtle conservation project / sightseeing / sea kayaking / 1 half-day walk / boat trips
- Join at Dalyan

#### ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 Lunches
- 7 nights Hotel with swimming pool

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

## Introduction

This fabulous one-week holiday family active holiday to coastal Turkey is a delightful combination of activities and swimming in the sea. The first of our two bases on this holiday is at the riverside town of Dalyan, in a hotel with pool, suitably placed for a visit to Cleopatra's mud baths and the Loggerhead Turtle beach at Iztuzu. Our second base for five nights is the beautiful, coastal town of Kas, again, in a hotel with pool near the old town. This typical Turkish harbour town has numerous cafes and restaurants for the evenings and plenty to do in the days.

We have a sea kayaking paddle along the coast, a boat trip to Kekova with its sunken city and snorkelling opportunities, a lovely easy walk along the Lycian Way and plenty more options. There is some delicious Turkish food that we need to sample sitting on the terraces in the warm evenings, chatting to our new friends with a glass of wine. This is a perfect holiday for sun, swimming for the kids and activities to get some exercise and fresh air. A Turkish Delight!

If you are looking for a 2-week summer holiday then this trip combines well with our Family Adventure in [Cappadocia and Turkey's Taurus Mountains](#).

### Is this holiday for you?

#### Suitable for children from 8 yrs old

There are lots of activities on this holiday and time to play in the swimming pools at the 2 hotels that we stay at. The sea kayaking is great for beginners and more experienced paddlers alike. Younger children will share a double kayak with an adult. All safety equipment (buoyancy aids etc) is provided along with a fully qualified leader. Our walk on the Lycian Way is around 4 hours along well marked trails. There is a little ascent/descent, and we have regular breaks in the shade, for our picnic lunch, snacks and views. When walking/wading through Saklikent Gorge we will get wet and suitable footwear is required. There

is a lot of time allowed for swimming, snorkelling in the sea and the swimming pool, so the children should be comfortable around water to thoroughly enjoy this holiday.

# Itinerary

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## DAY 1

### Meet in Dalyan. Transfer from Dalaman Airport provided.

Our holiday starts at the group hotel in Dalyan. A single timed transfer from Dalaman Airport to the hotel in Dalyan is provided. If we arrive early we have time to swim in the hotel pool and later explore this small town and sample some of our first Turkish food and hospitality in one of the restaurants on the harbour.



#### Accommodation

Hotel with swimming pool

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## DAY 2

### Boat to the tombs of Kaunos and Iztuzu beach. Afternoon visit Cleopatra's mud baths.

A beautiful day awaits us as we rise for our first delicious Turkish breakfast. We travel by boat and visit the marvellous nearby ancient city of Kaunos, with amazing tombs carved out of the sheer rock cliffs before continuing along the river in the boat to Iztuzu Beach. This beach is a nesting ground of the beautiful Loggerhead Turtles. There are specific beach rules to protect them. The beach is lovely and the shallow water is perfect for swimming. We cannot access the conservation project from this end of the beach so we return to Dalyan, and visit the mud baths for some fun applying ourselves with the healing mud before returning to the hotel for dinner.

Meals: B



#### Accommodation

Hotel with swimming pool

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## DAY 3

### Visit a conservation project for endangered loggerhead turtles, then get wet whilst walking through the Saklikent Canyon, before finishing the day in Kas.

This morning we head to the loggerhead turtle research, rescue and rehabilitation centre. We will spend some time exploring the work done here to protect and care for these incredible creatures. We then drive inland to the spectacular, steep sided gorge of Saklikent Canyon. After a morning of learning about

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the incredibly graceful turtles gliding through the waters of the Mediterranean, we will spend the afternoon splashing about and clambering over the rocks of the canyon on a gorge walk. This is a brilliantly fun adventure and we are sure to get very wet! There is a fresh water swimming pool here as well as cafes with terraces floating on the water for coffee, ice-cream and some lunch. We depart for Kas, where we spend the next 5 nights in our hotel with swimming pool. Drive time: 2-3hrs.

Meals: **B**

**Accommodation**

Hotel with swimming pool

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**DAY 4****Sea kayaking around Kekova and swimming in the warm Mediterranean Sea.**

We will have a short drive this morning to reach the sheltered Kekova sound, renowned for its sunken ruins. The landscape and sea here is truly magnificent. The waters are warm, clear and sparkling blue. Our sea kayaking instructors take us through the easy steps on how to paddle (if we have not done it before) and off we go, along the coast of Kekova Island. This is a place of historical wonder, with a submerged Byzantine city visible in the clear blue waters, in places just 2m below the surface. There are no roads here so we find isolated beaches and truly splendid panoramas. We head to Simena village where we stop for a swim, some lunch, and maybe some of their famous handmade ice-cream. There is also the option to walk up to Simena Castle for a great panoramic view of the coast we have been kayaking along. If we are lucky we may see the graceful Loggerhead Turtle or a Mediterranean Monk Seal. In the afternoon, we will head back to Kas, where we have some free time this afternoon to relax by the pool or at the lovely harbour town or perhaps head down to the beach.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

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**DAY 5****Day to explore Kas, or beach time. Optional boat tour to the Greek Island of Meis for swimming and a castle visit.**

Today is free to enjoy the day as you please with your family. Head down to one of the great local pebble beaches or you can take a ferry (payable locally) to the nearby Greek Island of Meis (30mins boat ride). The ferry departs from Kas at 09:45 and returns from Meis at 16:00. Here you can spend the day exploring the narrow streets of this quaint island or head up to the Kastellorizo (castle) with great views out to sea, with some time spare for swimming in the crystal clear waters. A perfect rest day in the sunshine.

Meals: **B**



**Accommodation**

Hotel with swimming pool

**DAY 6**

**Half-day walk along the famous Lycian Way, with spectacular panoramas over the sea to the islands. Rest of afternoon free by the pool.**

After a relaxed breakfast at the hotel, we head out for a walk along the stunning Lycian Way. This is a beautiful and straightforward walk along the Mediterranean coast, on well-made paths with a few minor ups and downs. On several occasions, we have splendid views across the sea to the islands. If we are lucky, we may even bump into a Turkish tortoise along the way! We arrive in Limanagzi beach famous for its pristine waters hopefully with time for a dip. Along the beach and towards the cliffs there are several visible Lycian rock tombs protruding from the surface of the water. We have lunch at a peaceful beach cafe here, with some more time for swimming or relaxing here before we take a public boat to head back to Kas harbour.

Meals: **B L**



**Accommodation**

Hotel with swimming pool



**Ascent**

180M



**Descent**

180M



**Time**

3 - 4 hrs walking



**Distance**

6KM

**DAY 7**

**Day boat trip around Kekova Island, swimming, snorkelling, sunken city and BBQ lunch.**

We start our private boat trip today in the nearby village of Ucagiz. We will board our boat and travel out from the mainland towards Kekova Island, and perhaps also some of its neighbouring satellite islands to explore, swim and snorkel. This Island boasts a whole host of secluded coves perfect for water borne activities. Relax on deck with a good book, or join the kids dive bombing into the azure blues and turquoises of this beautiful sea. Lunch is BBQ'd for us aboard the boat, and at the end of a blissful day sailing and exploring, we return to Kas for our final dinner together. An idyllic way to round out our wonderful week exploring the Lycian Coast of Turkey.

Meals: **B L**



**Accommodation**

Hotel with swimming pool

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**DAY 8****Departure Day. Airport transfer from Kas to Dalaman Airport is provided.**

Our holiday ends after breakfast at the hotel in Kas. We wave goodbye to the crystal waters of the Mediterranean as we take the single timed transfer back to Dalaman Airport.

Meals: **B**

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## Holiday Information

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### What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

### What's not Included

- Travel insurance
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc



## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Dalyan.

A single transfer from Dalaman Airport to the group hotel (30 mins) is provided at lunchtime of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer to Dalaman Airport (2-3hrs) for flights departing at lunchtime.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts and 3 lunches are included. Picnic lunches can be requested by the hotel, or bought at a local supermarket. There will also be plenty of options in the places that we visit to have a light lunch at a café. Most people usually have dinner in a local restaurant. There are plenty of options in Kas and Dalyan. You should budget £7-12 per meal per person.

### Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Turkish cuisine is world renowned for its variety, colour and fresh produce. Breakfast options might include cereals, fruits, bread, preserves, eggs, salami, feta, olives, melon, dried fruit and nuts, tea and coffee. Can be taken in a local restaurant or as a picnic from the hotel or local supermarket. Dinner options in hotels and local restaurants range from simple grilled meats to elaborately baked fish and meat casseroles, and some excellent Turkish dishes. Pide, which essentially is pizza and always a popular with the children. There are also plenty of delicious vegetarian options. If you are vegetarian or have any special dietary requirements please inform us on booking.



## Accommodation

During this holiday we have 2 nights at a small riverside hotel with gardens and a swimming pool in Dalyan, the Dalyan Riverside Hotel. There is also a restaurant on the private riverside jetty.

When in Kas we have 5 nights in the Belinda Boutique Class Hotel. This hotel has a small pool and is very well situated near the main harbour of Kas. The standard rooms have a side sea view. There are twin/double or triple rooms available in these hotels. Triple rooms are available with a double bed and single, not 3 separate beds. All rooms are ensuite. There are no interconnecting rooms. The Kas hotel has a limited number of 'family' rooms for 3 people, with a double and a single bed arrangement separated with a door.

To upgrade at the Belinda Boutique Class hotel in Kas to a sea view room (5 nights) the cost is £85 per room. These upgrade rooms are double only (no twin or family rooms available for upgrade). Upgrades are not possible in Dalyan.

All accommodation is subject to change without prior warning.

If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

## Spending Money

Approximately £550 per family of 4 (or equivalent in US dollars or Euros) should be allowed for non-included meals, tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in the town. Credit cards are useful and it is a good idea to carry one in case of emergency.

## OPTIONAL ACTIVITY COSTS:

Please note that these prices are correct at time of writing, but are subject to change without warning. Optional activities taken outside the KE holiday are at your own risk.

- Day trip by boat to Meis Island: €35 per person (no child discount)

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend a minimum of £10 per day per group, and that give any tips as a group rather than from individual group members.

## **Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## **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 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.

## Climate

This part of Turkey enjoys one of the most favourable climates in the Mediterranean with 300 sunshine days a year. April sees an average temperature of 16 °C, rising to 28 °C (but can be a lot hotter) by July and August, 21 °C in October and returning to a still pleasant 16 °C in November. The Mediterranean sea breezes keep the temperature comfortable on the coast or when on the sea. Evenings are cooled by a soft westerly wind known locally as the 'Dokkun'. While the Lycian summer is essentially 9 months long, short-lived storms can occur at any time of the year.

## 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.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

## 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

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Teva style sandals (for wading through water at the gorge)
- Lightweight trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat (not needed in summer)
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Dry bag for items you may wish to take on the gorge walk
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Swim towel
- Snorkel and mask
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

### THE FOLLOWING ITEMS ARE OPTIONAL:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Flip-flops
- Rash vest
- Goggles for the kids
- Reusable cloth bag for shopping (to avoid plastic bags)

### NOTE:

All specialist equipment required for the activities on this holiday are provided.

## 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 group hotel in Dalyan, and a single timed transfer is provided from Dalaman Airport.

# Why Choose KE

## Why KE

This wonderful balance of culture, exploration on foot and water based activities, many of which are included which helps make budgeting for the family easier. We also include a fascinating visit to the loggerhead turtle conservation project at Iztuzu Beach. Excellent and well-located small hotels (not big resorts) round off a welcome experience of the coastal delights of Turkey.

**Please Note** This document was downloaded on 07/10/2024 and the trip is subject to change