



TRIP NOTES

MEDITERRANEAN TURKEY

LYCIAN COAST - KAS

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Basic information

Our Turkish trip offers you incredible swimming and exploring in some of the best parts of the warm Mediterranean sea. Southern Turkey is a great place to enjoy open water swimming surrounded by stunning scenery of the Taurus mountains and crystal turquoise water.

Open water swimming season is available during May-November months.

We follow the Lycian coast from the historical town of Kaş to Aperlai ancient city. Our gulet boat takes you to swimming locations over some of the world's top diving spots, an old bronze shipwreck, rock-cut tombs and underwater city walls.

This tour is suitable for all levels of swimmer (see our details in FAQs regarding swimming speed), with three separate escorts for the safety and enjoyment of all guests.



Summary

Country: Turkey
Duration: 7 Days (6 Nights)
Tour Type: Island Hopping and Coastal Swims
Accommodation: Hotel (3*) in town
Average Daily Distance: 4-5 km
Level: All level swimmers, 2+km/hour speed exp.
Escort: 3 boats, 2 swimming guides, 1 boat pilot
Water temperature: 23-27 (°C)
Air temperature: 26-35 (°C)

Highlights

- swim in the Mediterranean turquoise warm sea
- swim over interesting sights, old shipwrecks and old city walls
- enjoy gulet cruising, sun-tanning and Turkish organic food on board
- walk on the Lycian way in Aperlai
- stroll around historical town of Kaş and feel laid-back environment for the week
- SUP board and kayak available to use

Included in the price

Fully guided tour with comprehensive safety escort (boats and kayak, 2 swimming guides, 1 local boat pilot), swim coaching, technique & stroke analysis, 6 nights accommodation, all breakfasts, all lunches. Each guest receives a silicone swim cap and Strel swimming towel.

Should you require any other swimming gear, please bring it with you.

Additional cost

Travel to and from the start of the tour, evening meals. Single room supplement: from 100 EUR.

Itinerary

Day 1

We meet in Kaş at the hotel lobby at 6.30 pm for the trip briefing. We will explain to you the plan for the week in detail. In case you are arriving late this evening, please let us know.

Day 2

Before breakfast we walk down to the hotel beach for a short acclimatisation swim. Following breakfast, we take our first boat ride on a comfortable Turkish gulet to a small bay along the western side of Kaş peninsula. From there we swim east along the peninsula for about 2.3 km to the Güvercin Island (Pigeon Island, named for its notable bird population). You will swim over a special diving spot of stone sculpture of an interesting ocean animal.

After a lunch break we will film you with our underwater camera for later video analysis in the evening. Most swimmers greatly enjoy seeing themselves swimming in crystal clear water and getting some good tips on their technique.

Our second swim is from Güvercin Island towards the Kas peninsula İnceboğaz beach for about 2.2 km. An impressive underwater views are waiting for you while you swim towards the beach. Head back to the marina.

Day 3

We set off towards the five islands situated just a mile off the Greek island of Meis (Kastellorizo). We hop from one island to another and explore unique underwater landscapes such as a shipwreck and underwater canyon. While you enjoy swimming, our local cook on-board our gulet prepares lunch of tasty Turkish mezes and grilled kebabs using organic and local ingredients.

Our afternoon base is at Limanağzı Bay (Harbour's Mouth Bay). Here we enjoy our lunch and a bit of rest, followed by the second swim from ancient tombs carved into the mountainside to the Büyük Çakıl Bay (Big Pebble beach).

Day 4

Depart Kaş marina for our "Ufakdere day" trip as locals call it. We enjoy our gulet ride heading east backed with a morning sunshine along the southern coast. A fantastic blend of nature and history is the key ingredient of this unique tour. After an hour on our gulet we reach our swimming spot. We swim from Sigtas island (the rock) to the Ufakdere bay.

Our lunch spot is right in the bay with crystal clear water and stunning views around. For those who want to stretch legs we go for a short hike on the Lycian trekking route around the bay.

After a hearty lunch prepared on the boat, we start the second swim from Ufakdere bay towards Choban beach for about 2 km. Swim finishes at the corner point at the open sea. Boat drive back to Kaş.

Day 5

Today is our "Ancient Aperlai" day. Our boat takes us towards the Aperlai bay area for about 1.5 hrs where we get ready for our morning swim. Our first swim takes us over the sunken city and we finish right at the end of the Aperlai bay. After our great aquatic experience in turquoise water, we enjoy our boat lunch. Aperlai, a historical Lycian city, is known from silver coins bearing its name that have been discovered and goes back to the 5th century BC. It is located on Sicak peninsula with many interesting sights to see. We make our way exploring by foot through a narrow strip connecting to the other side of peninsula facing Ucagiz village (Kekova).

We pass by several chapels, polygonal constructions from Roman times, tombs and sarcophagi.

For the afternoon we usually swim out of Inonu bay towards the end of Uluburun point. Boat ride back to marina.

Day 6

Today is our final peninsula day swim. We sail off from Kas harbour to the south-western part of the peninsula. We swim along the peninsula towards Kas marina direction for about 2.4 km.

We base ourselves for lunch in a small bay. After some rest and tasty lunch we continue with our afternoon swim towards Ince burun point for about 2.2 km. Return to Kas harbour.

(Note! In case of bad weather (sea conditions) we will do an alternative day around Kas peninsula or Limanağzı Bay).

Day 7

The final morning is reserved for a swim down at the Kas beach or time to ask your guide for final tips about your technique.

For those having some extra time or a day in Kas, you can do many different outdoor activities. You can do diving, sea kayaking, canyoning, cycling, paragliding, Turkish bath (hamam) and more.

Or, you take a 10 am ferry to the Greek island of Meis (7 km away). You can visit the Blue cave, walk up to the top of the island or just spend a day at this colourful Greek island.

General Information

Start Point: Hotel Maki or Narr twin, Kaş
<https://www.nurbeachhotel.com/>

Start Time: 6.30 pm on 1st Day

Finish Point: Hotel Maki, Kaş

Finish Time: 10.00 am on 7th Day

Group Size Up to a maximum of 16 people

Google Map:

<https://goo.gl/maps/iHaHZLjVCiB127a8>

Passports and Visas

Please check if you require a [visa](#) to travel to Turkey. It can be done [online](#). Regulations do change, so please check before you travel. Should you visit Greek island of Meis (not part of our trip), you may need a Schengen visa. If you are coming from outside of EU, please check your requirements for Schengen - EU visa.

Vaccinations

There are no specific vaccinations required for Turkey, but you should ensure that your tetanus and polio vaccinations are up to date. You may also obtain vaccinations against hepatitis A and typhoid.

Extra Expenses

You will need some extra money to cover evening meals which are not included in the tour price. An average dinner (including a drink) costs around 300 Turkish Lira (10-12 Euro). Local markets are nearby.

Currency

The local currency is Turkish Lira (TL). There are plenty of ATMs available and this is the best way to get some cash when you arrive. The hotel can also exchange money up to limited amount. Payments cards are also widely accepted.

Accommodation

We are based at either Maki or Narr twin hotel (sister hotels). Hotels are set on the hillside in a quiet street about 500m from the Kaş town center close to each other. Both have beach access via Nur beach hotel. All rooms are air-conditioned with en-suite facilities. Rooms available are: double, twin and double for single use. Please note that both properties (Maki hotel and Narr Twin hotel) belong to the same owner and our group may be split into rooms at either one. Breakfast for everyone is served at the Maki hotel each morning. Wi-fi is available at the hotel free of charge.

Check-in and reception desk are at Maki hotel.

Extended stay

Booking extra nights: nurhotel@hotmail.com,
hotelmakikas@gmail.com

Swimming Information

Month	Water Temp. (°C/F)	Air Temp. (°C/F)
May	23 / 73	27 / 80
June	24 / 75	32 / 90
September	28 / 82	32 / 90
October	26 / 78	26 / 78

* Temperatures are indicative and can change

Swim

Distances

Kas peninsula - Güvercin Island	2.3 km
Güvercin Island - İnceboğaz	2.2 km
Limanağzı Bay - ancient tombs	2.2 km
Sigtas island - UfakDere bay	2.6 km
UfakDere bay - Choban beach	2.1 km
Ulu Burun - Ince Burun Bay	2.5 km
Aperlai Bay - ancient city	2.8 km
Kas peninsula swim 1	2.6 km
Kas peninsula swim 2	2.2 km
5 islands Adasi	2.6 km
Kas beach swim	1.0 km

Keep in mind that you can skip any of the swims you want and relax on our escort boat.

Walking

The walking on the trip is easy and it is on a recognised paths. In order to enjoy your walks in Aperlai and Ufakdere bay, please bring comfortable light walking shoes and suitable clothes for summer temperatures.

Walking distances

Aperlai 2 km, Ufakdere bay 1.5 km.

Essential Equipment

In addition to normal items, we recommend bringing the following: 2 swimming costumes, 2 pairs of swimming goggles (one clear and one tinted for different light conditions), sweater/fleece, towel, sun hat, small daypack, waterproof sun cream and jacket, walking shoes and sandals or aqua shoes. We provide swim hats.

Swimming awareness

Your safety is of utmost importance to us. In the event of adverse weather conditions at any of our swimming locations, we may need to adapt our itinerary. Our team always includes local guides who know great places to swim, weather conditions, so rest assured you won't be missing out! Swimming in the open sea amongst natural wildlife is a unique experience, but you may come across certain marine life such as jellyfish, sea turtles, coral and sea urchins from time to time. There are very few jellyfish along the Turkish southern coast and so the risk of any unfortunate encounters with them is low. If you are stung by a jellyfish and are unable to carry on swimming, you will never be far from an escort boat where one of the guiding team will be able to treat the affected area. If you suffer from Anaphylaxis or any other allergic reactions it is important to inform us at the time of booking.

Travel

To get to **Kaş** you need to make your way down to Southern Turkey. There are numerous flights from all over Europe to two major **airport** cities of **Dalaman and Antalya**. Dalaman is the closest to Kaş and it is best to fly there if you can. Overseas flights often connect you via Istanbul. Transfer by car/van from Dalaman airport takes about 2 hours and from Antalya about 3 hours.

Flights search engine: www.skyscanner.net

Flights to Dalaman / Antalya from UK, other EU countries:

Easyjet www.easyjet.com

Thomas Cook www.thomascook.com

Pegasus www.flypgs.com

British Airways www.ba.com

Thomson www.thomson.co.uk

Turkish Airlines www.turkishairlines.com

GROUND TRANSFER OPTIONS

1) Shuttle Bus Service Dalaman airport – Kas town (our hotel)

It runs every 2-3 hours during summer time from **Dalaman airport to Kas town** (and return) and you can book it online at:

<https://www.transferkas.com> (for English click on **EN tab** and then below **Buy Shuttle Ticket**) or email at reservation@shuttlekas.com.

The cost per person is 500 Turkish Lira – 17 Euro.

2) Private car transfers from Dalaman or Antalya airports

You can contact our local partner transfer company in Kaş (**Deniz Rent a Car Kaş**) and they will send a car/van to pick you up. The driver will wait for you at the arrivals with a name board in hand. Please contact Deniz Car for the current rates as they often change year on year).

Transfer service is paid on location in Turkish Liras, Euros, US Dollar or Gpb Sterling.

To book a transfer, please contact:
Deniz Rent a Car Kaş at: denizrent@hotmail.com,
Ph: +90 242 836 4151, Mob: +90 532 768 9709.

Please note!

Each guest booking a transfer must send on email (denizrent@hotmail.com) prior arriving the following info: **Full Name, passport number, nationality and phone number.**

3) Other ground transfer options (book online):

www.damataxi.com

[Eco Transfer](#)

[Sun Transfers](#)

Bus option from Dalaman airport

[See our PDF notes](#)

To get to Kaş you can use public bus (Havas shuttles) transportation from Dalaman airport to Fethiye. Cost is 50 TL (Turkish Lira) and it takes about 1 hour. From Fethiye bus station you can get on the bus to Kaş every hour until 20.30. Cost is around 80 TL and it takes about 2.5 hours. Total travel time up to 4 hours.
Fethiye-Kas bus:

Bus option from Antalya airport

[See our PDF notes](#)

To get to Kaş you can use public bus (Havas shuttles) transportation from Antalya airport to Antalya main bus station. Cost is 40 TL. From there you can travel with long-distance bus to Kaş every hour until 19.30. Drive takes about 4 hours and costs around 120 TL. Bus departure times to Kaş can be found here: <http://www.batiantalyatur.com.tr>

Kaş bus station (in Turkish: Otogar)

Once you arrive to Kaş bus station (Otogar), you can use a local taxi for few Turkish Liras to take you to the hotel or just walk up about 10 min.

