



## 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 adventures 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 Kekova island and Aperlai old city. Our gulet 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 (3-4\*) on the Island  
**Average Daily Distance:** 4 km  
**Level:** All level swimmers, 2+km/hour speed exp.  
**Escort:** 3 boats, 2 swimming guides, 1 boat pilot  
**Water temperature:** 22-25 (°C)  
**Air temperature:** 26-34 (°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
- explore colourful large Blue cave
- 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 (3 boats, 2 swimming guides, 1 local boat pilot), swim coaching, technique & stroke analysis, 6 nights accommodation, all breakfasts, all lunches. Each guest receives a swim hat and Strel swimming Turkish towel.

Limited fins, tow floats, rash vests and other swimming gear will be available on each tour. If you need a wetsuit, 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 6.30pm for the trip briefing. We will explain to you the plan for the week in detail. In case you are late arriving this evening, we are happy to do another briefing the next morning 30 min before breakfast. Please email us about your late arrival.

### **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 Hidayet Bay along the Kaş peninsula. From there we swim south along the peninsula for about 2 km passing Güvercin Island (Pigeon Island, named for its notable bird population). You will swim over a special spot of stone sculpture of an interesting ocean animal. Water clarity is unbelievable and this is one of the main diving spots in the Kaş area.

After a lunch break we will film you with our professional 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 around Gurmenli Island about 3km away from the peninsula. An impressive underwater view is waiting for you while you circle the island once or twice. Head back to the marina.

### **Day 3**

We set off towards the 12 islands situated across the channel from and facing the Greek island of Meis (Kastellorizo, or Megisti in Greek). 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 "Kekova day trip" as locals call it. We enjoy our gulet ride and morning sunshine along the Turkish southern coast. A fantastic blend of nature and history is the key ingredient of this unique day tour. After a good hour on our gulet we reach our first swimming spot in a beautiful and calm Yalija Bay.

Our lunch spot is along the Kekova Island in front of Üçağız village at Tersane Bay (an ancient shipyard and remains of a Byzantine church).

After a hearty lunch of Turkish mezes and tasty vegetables, we head to the picturesque Sunken city of Simena, which is ancient ruins and a World Heritage site. We walk up 30min to Simena Castle to enjoy the magical view over the Kekova gulf. On the way back we do our second swim at Fakdere bay, crystal clear waters stretch hidden behind an islet between Çoban Burnu and Ulu Burun points. Drive back to Kaş.

### **Day 5**

Today is our "Aperlai day". We take a boat ride to our first swim from Ulu Burun point to Ince Burun Bay. Our 3km swim takes us over the 3000+ year old bronze shipwreck, discovered and excavated by the Institute of Nautical Archaeology in Kaş. After our great aquatic experience in turquoise water, we head towards the Aperlai bay for lunch. Aperlai, a historical Lycian city, has been identified as an ancient town by some fifth century BC coins. 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 Üçağız village. We pass by several chapels, polygonal constructions from Roman times, tombs and sarcophagi. On the way back to our boat, you can swim over this ancient area passing the remains of the city walls underwater.

For the afternoon we swim out of Aparlai Bay to Körmen Island. Boat ride back to marina.

### **Day 6**

Today is our Blue Cave day. We sail off from Kas harbour to Kaputas beach along the mountainous Lycian coast where we prepare for our first swim. The stunning sandy beach is an excellent place to start our adventure. After a few hundred metres we swim into and explore the Blue Cave (Mavi Magara, known as the largest cave in Turkey).

We base ourselves for lunch along the Saribelen island where we enjoy our delicious lunch and take a break on the top deck of our gullet. We continue to sail to Maradi island where we stop for an afternoon swim around this little gem in the clear blue Mediterranean. Return to Kas harbour. (Note! In case of bad weather (sea conditions) we will do an alternative day around Kas peninsula).

### **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 10am ferry to the 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, Kaş

[www.kasmakihotel.com](http://www.kasmakihotel.com)

**Start Time:** 6.30pm on 1st Day

**Finish Point:** Hotel Maki, Kaş

**Finish Time:** 10.30am on 7th Day

**Group Size** Up to a maximum of 16 people.

**Google Map:** <https://goo.gl/maps/GuTZi2Vh9hn>

### Passports and Visas

You require a full passport to enter Turkey.

Effective from 1 January 2015, passports will have to be valid for at least 60 days beyond the permitted stay. Please check whether you require a visa. Some EU nationalities do not require a visa, while most others do, so please check with your local authorities if you need one. British, Australian, Canadian, Irish, USA nationals need a visa. Regulations do change, so please check before you travel. To visit Greek island of Meis, you 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 meals which are not included in the tour price.

An average dinner (including a drink) costs around 35-40 Turkish Lira (12-15 Euro). Supermarkets 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. Credit cards are also widely accepted.

### Accommodation

Maki Hotel is set on the hillside in a quiet street about 500m from Kaş centre. It has direct beach access and a garden with an outdoor pool. The property was completely renovated in 2013 and offers a fresh and modern feel. All rooms are air-conditioned and offers Mediterranean Sea views, some in front, some from the side. A daily buffet breakfast is served in the hotel's restaurant. Poolside terrace offers scenic sea views and a great place to enjoy a drink from the bar. Free Wi-Fi and limited car parking is available.

### Extended stay

Please contact hotel directly:

hotelmakikas@gmail.com, Tel: +90-242-8363479, +90 533 652 6356 (Mr. Mehmet)

## Swimming Information

| Month     | Water Temp. (°C) | Air Temp. (°C) |
|-----------|------------------|----------------|
| May       | 23               | 27             |
| June      | 24               | 32             |
| September | 26               | 32             |
| October   | 25               | 26             |

\* Temperatures are indicative and can change

| Swim                            | Distances |
|---------------------------------|-----------|
| Kas peninsula - Güvercin Island | 2 km      |
| Around Gurmenli Island          | 2.5 km    |
| Limanağzı Bay - üyük Çakıl Bay  | 2 km      |
| Yaliya Bay coastal              | 3 km      |
| UfakDere bay coastal            | 2 km      |
| Ulu Burun - Ince Burun Bay      | 2½ km     |
| Aperlai Bay - Körmen Island     | 2 km      |
| Blue Cave (Mavi Magara) coastal | 2.5 km    |
| Around Maradi island            | 2 km      |
| 5 islands Adasi                 | 2.8 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, Simena castle and on the Greek island of Meis, please bring comfortable light walking shoes and suitable clothes for summer temperatures.

### Walking distances

Aperlai 2km, UfakDere Bay 1.5km,

### 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 also provide drinking bottles while you swim and 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](http://www.skyscanner.net)

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

**Easyjet** [www.easyjet.com](http://www.easyjet.com)

**Thomas Cook** [www.thomascook.com](http://www.thomascook.com)

**Pegasus** [www.flypgs.com](http://www.flypgs.com)

**British Airways** [www.ba.com](http://www.ba.com)

**Thomson** [www.thomson.co.uk](http://www.thomson.co.uk)

**Turkish Airlines** [www.turkishairlines.com](http://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](mailto:reservation@shuttlekas.com).

The cost per person is 100 Turkish Lira – 10 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. The rate for this service is 300 Turkish lira per car (up to 3 persons) from **Dalaman airport** (2 hrs) and 400 Turkish lira (up to 3 persons) per car from **Antalya airport** (3 hrs).

For 4 or more guests please email the company directly to arrange a larger van. Service is paid on location in Turkish Liras, EUR or GBP.

**To book a transfer** please contact directly:

Deniz Rent a Car Kaş at: [deniz@denizrentacarkas.com](mailto:deniz@denizrentacarkas.com),

Ph: +90 242 836 4151, Mob: +90 532 768 9709

[www.denizrentacarkas.com](http://www.denizrentacarkas.com)

#### Please note!

Each guest booking a transfer must send on email ([deniz@denizrentacarkas.com](mailto:deniz@denizrentacarkas.com)) prior arriving the following info: **Name & Last Name, passport number and nationality.**

### 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 10 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 20 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 25 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 40 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.

