# The Lycian Way

Trip Code: TUR

Version:

| WALK & TREK | GUIDED GROUP | MODERATE |
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## HIGHLIGHTS

- Walk along stunning coastal trails and stroll through timeless Turkish villages
- Stay in charming guesthouses and experience a genuine family welcome
- Sail over the underwater city of Kekova and cross the pass of Mount Moses
- Hike to the flames of the Chimaera and discover the hidden site of Olympos

### AT A GLANCE

- 6 days walking and sightseeing
- Max altitude: 500m
- Join at Antalya

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

This walking holiday along the spectacular Lycian Peninsula, offers that rare opportunity to hike through a timeless region whilst enjoying the very best trails on the Lycian Way.  Here you'll be immersed in an area brimming with ancient Lycian ruins, fragrant pine forest, sleepy hamlets and excellent local cuisine. The dramatic eastern part of the Lycian Way is one of Turkey's most authentic regions, and here we'll be treated to traditional family-run accommodation and tasty home-cooked food. Welcoming Antalya is the perfect start with its beautiful Ottoman houses, bustling harbour, ancient town and impressive town walls. Our walking trails start in Tekirova as we follow off the beaten track trails along the most dramatic sections of the Lycian Way. During the journey we'll visit the ancient site of Olympos, hike up to the mysterious flames of the Chimaera, stroll along deserted beaches and swim in secluded bays. Finally we sail over the sunken city of Kekova and walk up to the spectacular hill-top castle of Simena. This Lycian Way walking holiday is perfect for anyone looking for beautiful coastal walking in an authentic region in Turkey.

## Is this holiday for you?

The Lycian Way is Turkey's oldest walking trail and one of the most iconic long distance footpaths in Europe. The path follows a rich variety of tracks and trails which are generally good underfoot but there are rocky sections too. On most days there will be the opportunity to swim, either after the walk or during the day. The Lycian Way has some fantastic ancient sites which we'll stop and explore along the way. Most walking days are around 5 hours with a couple of longer days lasting between 7 and 8 hours. This is due to the location of accommodation which is reasonably spread out. There is a fair amount of ascent and descent to satisfy walkers who are looking for a walking holiday which includes a couple of longer days and a good variety of walking conditions. Each day you'll only need to carry a day pack as main luggage is transferred between our guesthouses by vehicle.

(Please note that due to Turkish law we need to have your place of birth at time of booking).

# Itinerary

Version:

# Holiday Information

## What's Included

- A professional and qualified Tour Leader
- A single group transfer from Antalya Airport Day 1 and Day 8
- All transport in a private vehicle
- Accommodation as described
- Meals as per the Meal Plan
- A half-day boat trip on Day 7

## What's not Included

- Travel insurance
- Airport transfers (other than with the group)
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses

## Joining Arrangements & Transfers

Travelling 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 that 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 group hotel in Antalya.

A single timed transfer from Antalya Airport to the group hotel will be provided.

On Day 8 there will be a single transfer back to Antalya Airport.

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. Taxis are also available.

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

## Meal Plan

All breakfasts and 5 dinners are included in the holiday price.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

## 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.

One of the main reasons that people love Turkey is because of the colourful and mouth-watering cuisine. Breakfasts usually consist of bread, butter, jam, honey, olives, tomatoes, cucumbers, cheese, yogurt, fruit juice, occasionally eggs plus tea and coffee. Whilst staying in local guesthouse the evening meals will be simple but filling and will make use of locally sourced salads and vegetables. This may include the famous meze where a variety of smaller dishes are laid out and shared amongst the group. Mezes are a Turkish social affair and include beans, salads, home-made spreads to eat with bread plus meats and cheeses. Alternatively some family-run places may serve simple grilled meat, fish dishes or thick casseroles which are freshly prepared and served alongside either rice or potatoes and vegetables or colourful salads. Turkey also has plenty of delicious vegetarian options.

Antalya has a great range of traditional restaurants to suit all tastes and budgets. Kofte is a Turkish staple and a type of meatball or patty of ground beef or lamb that is served in stews, sandwiches or salads. Mantı looks like ravioli at first sight and is unique in taste and texture. Bite size beef or lamb dumplings are boiled or fried and served with yogurt or butter and accompanied with a variety of spices. Lahmacun is a cheap and filling lunch or snack. This flat, crispy bread is traditionally topped with minced meat, salad, and lemon juice then 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 it is delicious. Su Boregi is a variation of borek and looks like a cross between lasagna and pastry. It is made from dough which is softened and cooked in milk and eggs then stuffed with cheese and spinach - utterly delicious.

Pide is often called Turkish Pizza and this boat-shaped flatbread served with a variety of toppings is extremely popular and tasty. Dolma is usually known as stuffed vine leaves but in Turkey you'll find lots of stuffed vegetables including peppers, courgettes, and aubergines. If you're hoping to try a famous Turkish kebab you'll find an amazing variety including durum (a Turkish burrito with slow cooked chicken, lamb, or beef). Iskender kebab is long strips of lamb cooked in tomato sauce and served over rice and pita bread with yogurt. Sis kebab is 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. Deserts are also important in Turkey, including the famous baklava, which is layered filo pastry, stuffed with almond paste or pistachios steeped in syrup.

## Accommodation

During the holiday, the group will spend 2 nights at a comfortable hotel in Antalya and 5 nights in traditional family-run guesthouses. The traditional guesthouses are comfortable but simple, with en suite rooms, gardens or terraces and offer a more authentic experience. As they are family run, it's a great way to experience the genuine Turkey, plus you're guaranteed a warm welcome.

Accommodation is based on twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend 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. There will also be a support vehicle and driver.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

We estimate £150 - 200 (or equivalent in US dollars, Euros) should be sufficient to cover non-included meals, tips to local staff, drinks and souvenirs. Credit cards can be used in Antalya and cash can be drawn from ATM's at the airport or in the town using a credit or debit card.

## Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around €40 - 50 to this pool for tips to be distributed between the leader and support vehicle driver as the group feels is appropriate.

## Baggage Allowance

During this holiday your baggage will be transported by vehicle and there is no weight limit as such other than that imposed by your international carrier.  We do ask you to restrict your luggage to one main bag and a day pack.

## 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

**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 be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

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.

## Currency

The unit of currency in Turkey is the Turkish Lira.

## Preparing for your Holiday

It makes a lot of sense to spend some time before joining an active holiday getting some additional exercise. While regular hiking is the best preparation, cycling, jogging and swimming are also good for developing better cardiovascular fitness and stamina.

## Climate

The best walking weather is in May to June and September to October when you avoid the hot summer months. You can expect daytime temperatures to range between 20 and 25ºC and dropping to around 15 ºC 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.

## 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. All other nationalities should check their government websites for relevant information.

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

### Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

**You should bring the following items:**

- Hiking boots
- Trainers or sandals
- Socks
- Underwear
- Walking trousers
- Waterproof overtrousers
- Waterproof jacket
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight thermal gloves

- Sunhat
- Sunglasses
- Warm hat
- Small padlock (to lock your main bag)
- Daypack approx 30 litres
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including the following: Insect repellent; antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

**The following items are optional:**

- Swim-wear
- Small towel for swimming
- Trekking poles
- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

### Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

### 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 hotel in Antalya. A single timed transfer from Antalya Airport is provided.

# Why Choose KE

### Why KE

This trip follows the eastern and most scenic section of the Lycian Way, with quieter trails, dramatic coastal views and a more authentic experience away from the busier western route. Featuring en-suite rooms, shady terraces and fragrant gardens, KE has chosen family-run accommodation offering wonderful hospitality and delicious home-cooked food to enjoy at the end of each walking day. Starting and finishing in pretty Antalya, you can sit by the harbour and toast the start of your holiday.

**Please Note** This document was downloaded on 11/11/2026 and the trip is subject to change