

LYCIAN WAY, TURKEY

YOGA & HIKING

RETREAT



RETREAT - ADVENTURE - EXPERIENCE

26th September - 1st October'23

YOGA

energising and dynamic morning yoga, moments of stillness on the beach for breathwork and meditation, and restorative evening yoga to revitalise body and mind



MOVE

42 km of adventure hiking with incredible views on one of the top 10 best trekking routes in the world — the Lycian Way



BALANCE

meet like minded people and make new friends, whilst still having time to breath, read a book and relax on the beach, swim the turquoise coast or shop the local market



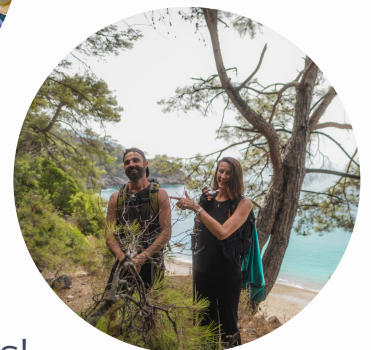
TASTE

experience traditional Anatolian cuisine- breakfast feasts with Turkish coffee, picnic hike lunches and nutritious locally sourced dinners under the stars



ENJOY

get outside, get active, get adventurous!





DAY 1

Arrive at the Dalaman Airport (DLM), group transfer to Fethiye. You'll meet with the team and other travelers, go through the itinerary and safety rules. Followed by amazing Turkish dinner at a favourite local restaurant.

Accommodation: cozy hotel in the city center



DAY 2

Hiking: 13 km, 7-8 hours ↑ 700 m

Traditional breakfast at the hotel's cafe followed by a short transfer to the beginning of the Lycian Way where we begin with an energising yoga flow and start our hike. With breath taking views we pass the villages of Kozağaç and Kirme, we descend an ancient path to the small village of Faralya.

After a short lunch break at Rokas Roja beach, we continue our hike to the beautiful village of Uzunyurt and head to the secret beach.

After swimming and enjoying time at the secluded beach, we will head to the final point – the village of Kabak. We will flow through an inspiring yoga session followed by a homemade Turkish dinner with the best view of the sunset and stay overnight in cozy guest houses.

Accommodation: comfy bungalows



DAY 3

Hiking: 11 km, 4-5 hours ↑ 390 m

After our morning yoga we will hike for 4 hours along a forested path passing high above the secluded cove of Kabak, along the Aegean coastline to the Paradise Beach. We will spend a great time swimming the turquoise sea, relaxing on the beach.

We will continue our hike along an incredibly picturesque part of the trail and after 2 km we will come to the ruins of a Lycian port city Kalabantia. We will have another break with breathwork session. After that, we'll hike another 2 km to the top of the mountain where we will have a well deserved restorative yoga class and delicious dinner followed by Moonlight meditation!

Accommodation: Glamping



DAY 4

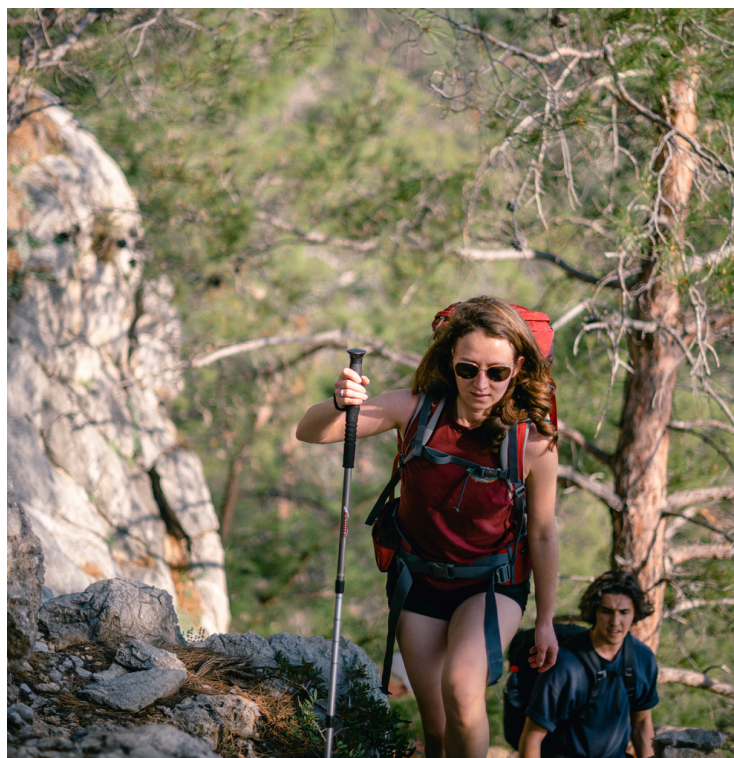
Hiking: 10 km, 5 hours ↑750 m

Early start with dynamic morning yoga and hiking following the mountainous route with exciting views. We will pass the village of Alinca and find ourselves in the forest part of the trail.

We will take you to a small waterfall on the way and experience a meditation workshop with cold water swimming to recharge after an active hike.

Energized, we will make our way to the beach to relax and swim. Checking into our beautiful accommodation we will have an exciting yogic ritual yoga session to celebrate the end of our hiking adventure followed by a delicious homemade dinner and dancing!

Accommodation: cozy bungalows



DAY 5

A final rejuvenating yoga practice, delicious breakfast and time for a morning swim.

We will take a beautiful boat transfer to Fethiye where you have free time and the option to enjoy a Turkish hamam - a traditional Turkish bath, which will allow you to relax and pamper yourself after hiking! Or shop the local market for souvenirs and taste Turkish delights.



Accommodation: cozy hotel in the city center



DAY 6

A final breakfast together and time to enjoy Fethiye before the group airport transfer.



ABOUT THE RETREAT

INTENSITY

The complexity of the route varies on different sections of the road, the trip is suitable for a beginner level but requires some level of fitness

DURATION

6 days (5 nights)

DISTANCE

38-42 KM

MAX. ALTITUDE GAIN

740 M

PRICE **£1090** (based on 2 sharing)

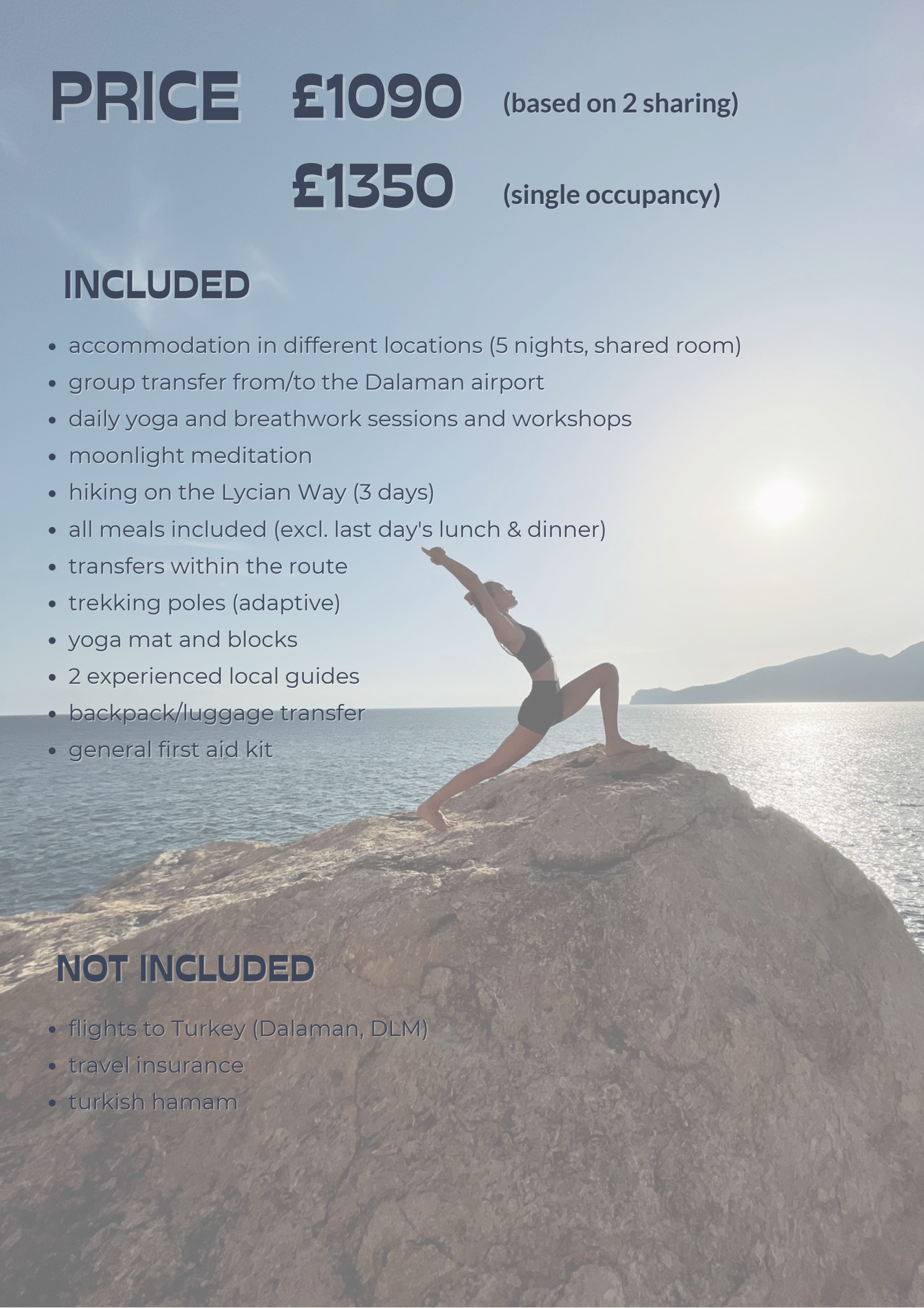
£1350 (single occupancy)

INCLUDED

- accommodation in different locations (5 nights, shared room)
- group transfer from/to the Dalaman airport
- daily yoga and breathwork sessions and workshops
- moonlight meditation
- hiking on the Lycian Way (3 days)
- all meals included (excl. last day's lunch & dinner)
- transfers within the route
- trekking poles (adaptive)
- yoga mat and blocks
- 2 experienced local guides
- backpack/luggage transfer
- general first aid kit

NOT INCLUDED

- flights to Turkey (Dalaman, DLM)
- travel insurance
- turkish hamam



BOOKING AND CANCELLATION POLICY

BOOKING

Reserve your seat with a 50% deposit (per person) and pay the rest one month before the trip.

CANCELLATION

The deposit is non-refundable. However, you can reschedule the reservation to another date if you decide to cancel the trip more than 60 days before the start. In case your trip is canceled by organizer you will be offered to:

- Transfer to a new date
- Get a full refund (processed within 21 days)

OUR COVID REFUND GUARANTEE

If you need to cancel due to Covid-19 we offer you the option to move to a new date or a full refund in case that:

1. You are prevented from travelling due to your government banning non-essential travel to the destination.
2. You are prevented from travelling due to a national or local lockdown.

TO BRING

A photograph of three hikers on a rocky trail. The hiker in the foreground is a woman with blonde hair in a ponytail, wearing a tan cap, a dark green backpack, and blue shorts. She is using a black trekking pole. Behind her are two other hikers, one with curly hair and another with a bun, both also wearing backpacks. The trail is rocky and surrounded by trees and a large rock formation on the left.

GEAR

backpack (20-25l),
trekking shoes, dry
bag for docs

CLOTHES

hiking/yoga t-shirts/long
sleeve shirts, hiking/yoga
pants/shorts, hat, sunglasses,
swimwear, fleece jacket,
windproof jacket/raincoat

HYGIENE KIT

chapstick, sunscreen
(SPF 50+), personal
medicines, SoftFibre
towel

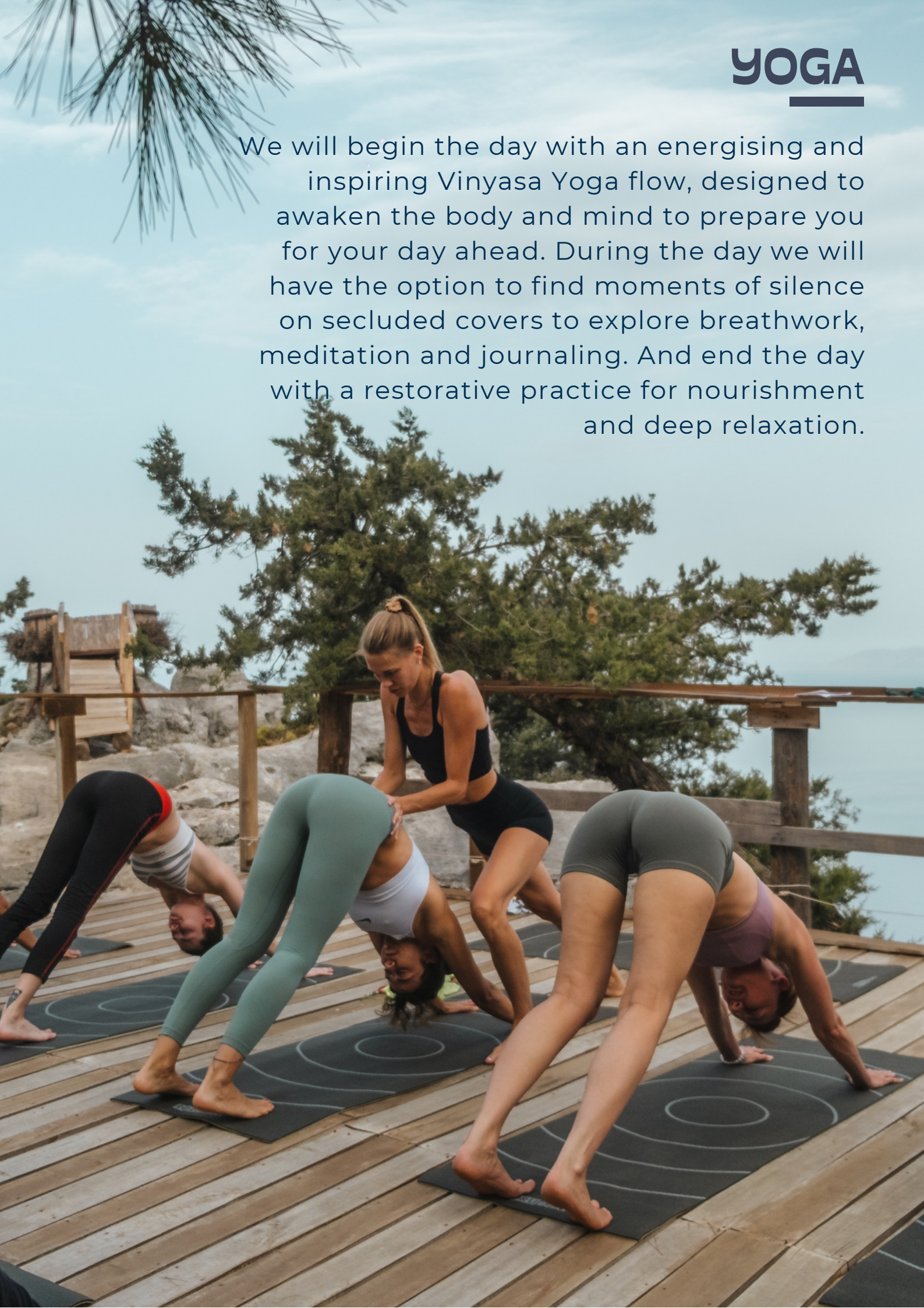
ROUTE

Active hiking along the route, which includes trails of varying intensity and difficulty.



YOGA

We will begin the day with an energising and inspiring Vinyasa Yoga flow, designed to awaken the body and mind to prepare you for your day ahead. During the day we will have the option to find moments of silence on secluded covers to explore breathwork, meditation and journaling. And end the day with a restorative practice for nourishment and deep relaxation.



OUR BEACHES

We have an opportunity to explore secluded Aegean beaches and secret wild coves.



A large, gnarled pine tree with dense green needles and some brown, dead branches stands prominently in the foreground. The tree's trunk is thick and textured. In the background, a white dome tent is visible, elevated on a wooden platform. The tent has a dark door and is surrounded by other trees and a rocky, hilly landscape. The sky is a clear, light blue, suggesting a bright day. The overall scene is a natural, outdoor setting.

PLACES WE STAY

We stay at the most unique places on our route. These are always cozy bungalows, glamping tents, or guesthouses that offer all the amenities. It is important to note that we support small, family-owned local businesses and prefer unique locations over large and crowded hotels. We are sure each of our locations will impress you and you will definitely want to come back!

FOUNDERS

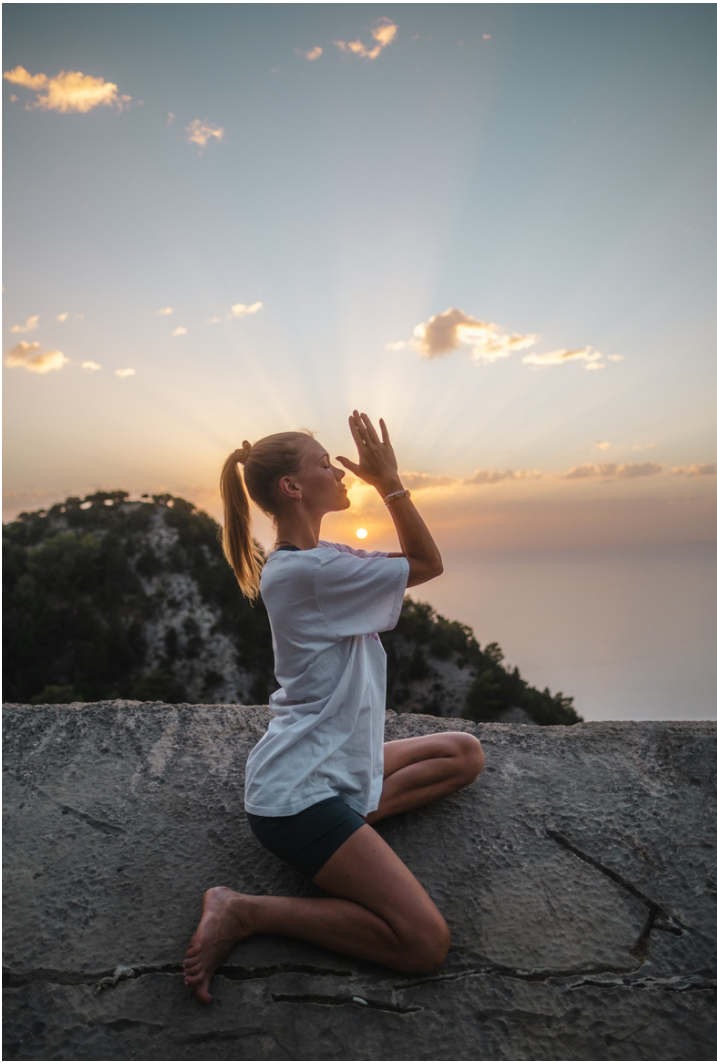
Sarp Inceis & Alina Sadri

Living in Istanbul we came to Fethiye to spend time with the family during pandemics and fell in love with the area! We stayed here since and being enthusiasts of outdoor activities we explored the world-known hiking trail - Lycian way.

Being curious we took new routes, found beautiful beaches, and eventually designed our own hiking route which was paved through forests, mountains, and historic sites of the ancient Lycian region.

We believe that all kinds of traveling must be exciting, active, and diverse. We organized this hiking trip for those who want to go through a challenging experience or simply share our passion.



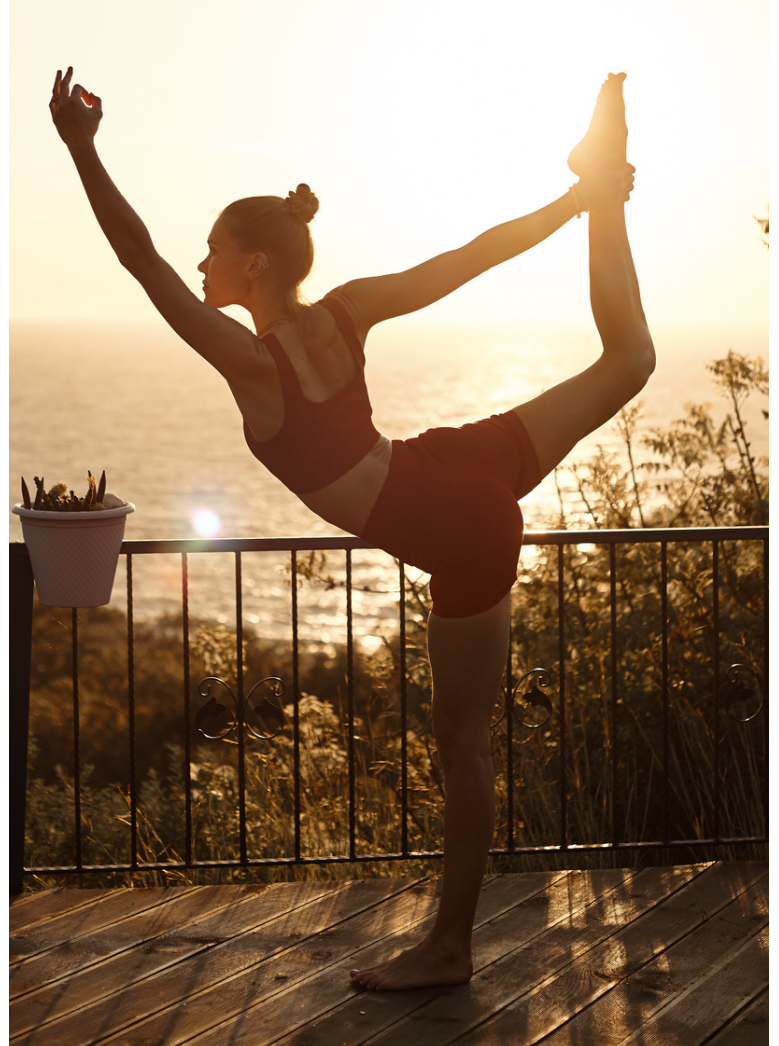


YOGA TEACHER

Moon Saker

Specialising in Dynamic Vinyasa with training in Breath Work & Restorative Yoga practices Moon combines traditional flows, modern fitness practices, guided meditation and breath work to create innovative and fun sessions. She is passionate about creating a supportive atmosphere where everyone feels excited to challenge themselves and are able to find their own unique form of yoga.

"I am a Londoner but an adventurer and I look forward to exploring the Lycian with you, as I guide you through your yoga journey. All levels welcome as I strive to dedicate time to each adventurer, you will have plenty of room to play, learn new skills, laugh and move mindfully as we explore more than just the Lycian."



FAQ

CAN I JOIN THE RETREAT IF I HAVE NO EXPERIENCE IN YOGA OR HIKING?

Yes, this Retreat is open to all even if you are a beginner. If you would like some more information on the Hike intensity, please see the brochure.

DO I HAVE TO BRING MY OWN YOGA MAT?

No, yoga mats will be provided.

WHAT TIME DOES MY FLIGHT NEED TO ARRIVE TO CATCH THE GROUP TRANSFER?

Anytime before 6pm (local time), we will suggest flight options.

DO I NEED TO BRING HIKING GEAR?

No, everything will be provided. It's important to bring good hiking shoes.

ARE VEGETARIAN MEALS AVAILABLE?

Yes, vegetarian and vegan options are available.

IF I WANT TO PAY THE REMAINDER OF THE RETREAT IN CASH, WHAT CURRENCY DOES IT HAVE TO BE IN?

GBP, EUR or USD.



FAQ

WHAT ARE TURKEY TRAVEL AND ENTRY RESTRICTIONS?

See [Entry requirements](#) to find out what you will need to do when you arrive in Turkey.

ARE THERE DIRECT FLIGHTS TO THE STARTING AIRPORT?

There are regular direct flights to Antalya Airport (AYT) or Dalaman Airport (DLM) from major airports across the UK and Europe. Check your flights [here](#).

WHATS THE WEATHER LIKE?

Days are usually hot with balmy evenings, so you should pack light and cool clothing. The average daily maximum is 26C and the average daily minimum is 15C.

CAN I BOOK ON MY OWN?

Sure can! Over 50% of our travelers travel solo, it's a great way to meet like-minded people.

WHATS IS THE GROUP SIZE?

We prefer to keep it small and cozy, so group size is up to 10 people.

