

YOGA & HIKING TOUR

LYCIAN WAY, TURKEY

SEPTEMBER, 27TH - OCTOBER, 2ND

HOW TO GET READY FOR AN ADVENTURE

Travel advices, COVID-19

DETAILS

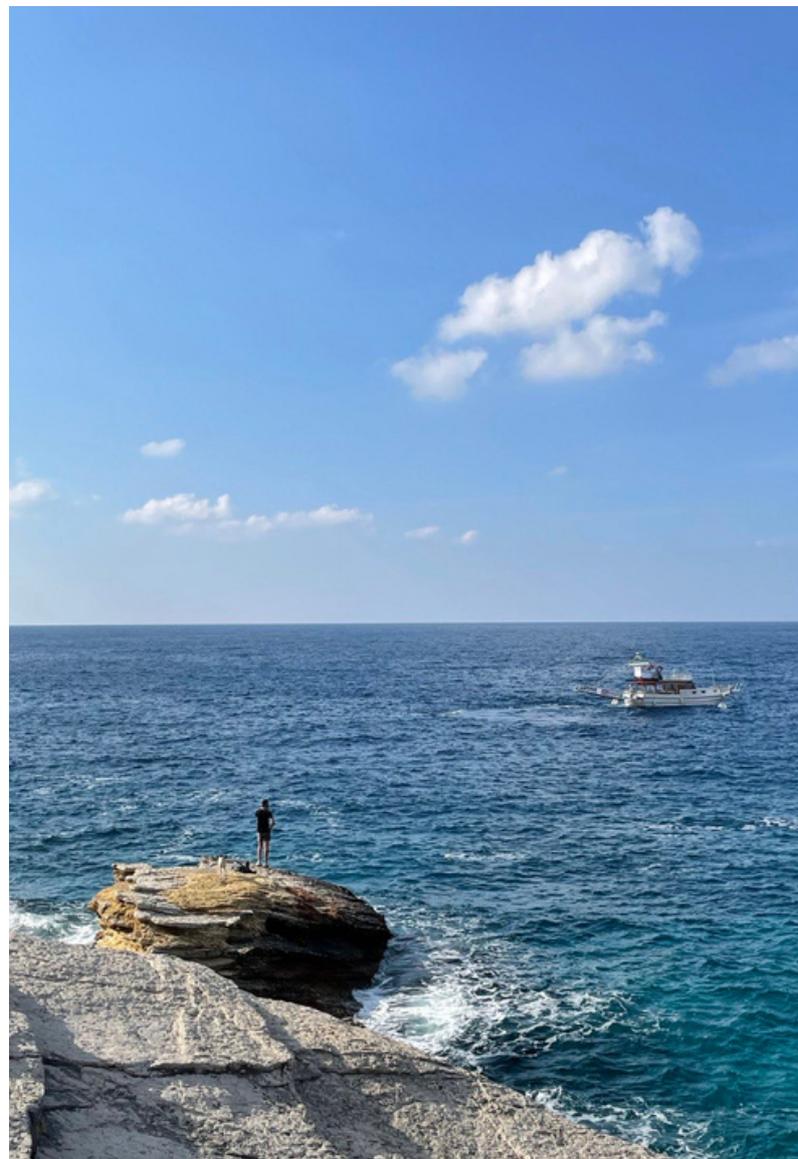
Booking & cancellation
policy, tour price

TOUR INITIARY

Daily program with
photos and FAQ

RETREAT DESCRIPTION

- Hiking with incredible views, including one of the world's most famous hiking trails, the Lycian Way
- Morning yoga, breathwork practices on the beach while hiking, and evening yoga, relaxing the body and mind.
- New beach every day. So we can relax and enjoy the turquoise coast of the Aegean sea.
- Hand-picked accommodation in the most comfortable places: a boutique hotel or glamping on a rock in complete solitude.
- Traditional Anatolian cuisine that you don't know about yet!
- Responsible travel: our trips are relatively low-carbon by design





DAY 1

Arrive at the Dalaman Airport (DLM), transfer to Fethiye. You'll meet with the hosting team and other travelers, go through the itinerary and safety rules. Finish the day with some amazing Turkish food in a local restaurant.

Accommodation: cozy hotel in the city center



DAY 2

Hiking: 13 km, 7-8 hours ↑ 700 m

Energizing morning yoga and traditional breakfast at the hotel's cafe. A short transfer to the beginning of the Lycian Way where we start our hike with breathtaking views. After passing the villages of Kozağaç and Kirme on a stretch of road, 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, where we will taste a homemade Turkish dinner with the best view of the sunset and stay overnight in cozy guest houses.

Accommodation: comfy stone rooms



DAY 3

Hiking: 11 km, 4-5 hours ↑ 390 m

We will hike for 4 hours along a forested path passing high above the secluded cove of Kabak, among the Aegean coastline to the Paradise beach. We will spend a great time swimming, jumping from a cliff, relaxing on the beach enjoying the turquoise sea.

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 at a completely unusual beach where you can get oysters and explore the underwater world. After that, we'll hike another 2 km to the top of the mountain where we will have a delicious dinner at the local farmer's house.

Accommodation: glamping on the mountain



DAY 4

Hike of the day: 10 km, 5 hours ↑750 m

Early start of the day, 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 cold water swimming to recharge after an active hike.

Energized, we will make our way to the beach to relax and swim. Later we will take a short drive to our accommodation, have a relaxing yoga delicious homemade dinner, and dance, celebrating the end of our adventure!

Accommodation: coybungalows





DAY 5

Energizing yoga practice, delicious breakfast, and transfer to Oludeniz beach - one of the best places in the world to experience paragliding (optional)! Flight is accompanied by an instructor at an altitude of 1700-1900 m. and lasts approximately 30 minutes. The rest of the day we will spend on the beach enjoying the turquoise sea and watching the sunset.

Accommodation: cozy hotel in the city center



DAY 6

The final day of the retreat. Yoga, breakfast, and free time, so you can explore local markets and buy gifts for your loved ones.

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

DURATION

6 days (5 nights)

DISTANCE

38-42 KM

MAX. ELEVATION GAIN

740 M

PRICE

£750

EARLY BIRDS DISCOUNT
(TILL JUNE, 1ST)

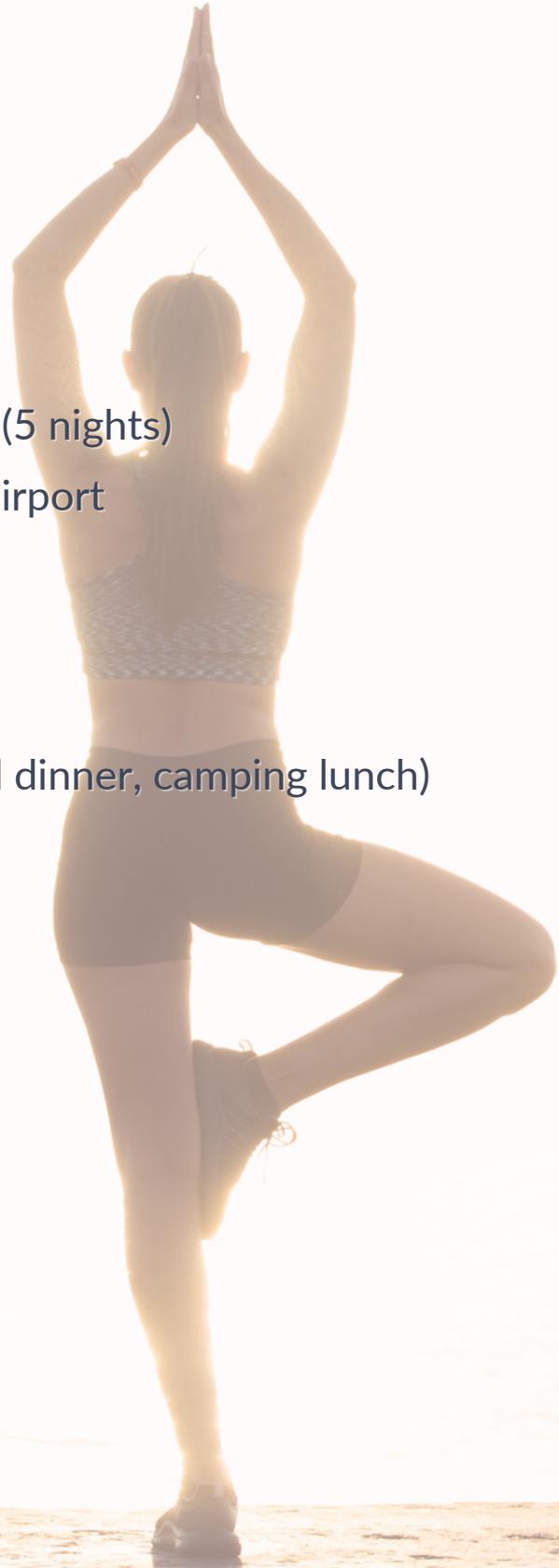
£30

INCLUDED

- accommodation in different locations (5 nights)
- group transfer from/to the Dalaman airport
- delicious local breakfasts
- daily yoga and breathwork
- hiking on the Lycian Way (3 days)
- meals during the hiking (breakfast and dinner, camping lunch)
- transfers within the route
- trekking poles (adaptive)
- yoga mat
- 2 experienced local guides
- backpack/luggage transfer
- general first aid kit

NOT INCLUDED

- flight to Turkey (Dalaman)
- travel insurance
- paragliding



BOOKING AND CANCELLATION POLICY

BOOKING

Reserve your seat with a £100 deposit (per person) and pay the rest on arrival either by cash or card.

CANCELLATION

In case your trip is canceled by organiser you will be offered to:

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

In case you need to cancel 30 days or less prior to the trip we offer you the option to move to a new date.

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.

PERSONAL GEAR

A man with a beard and short dark hair is walking on a rocky, uneven trail. He is wearing a bright red t-shirt, black shorts, and white sneakers. He has a black backpack on his back. The background shows a vast, hazy landscape with green trees and a body of water under a soft, golden light, suggesting a sunset or sunrise.

CLOTHES

thermal underwear, synthetic t-shirts, fleece jacket, membrane jacket, hat, gloves, synthetic pants, trekking socks, trekking shoes, sun glasses, swimwear

HYGIENE KIT

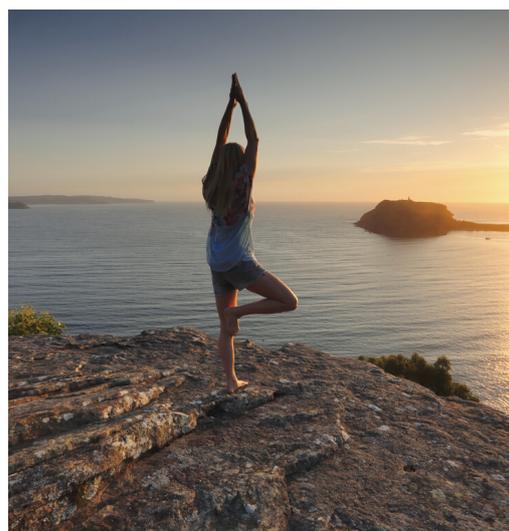
chapstick, sunscreen (SPF 50+), personal medicines, SoftFibre towel

GEAR

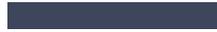
backpack (20-30l), backpack cover, dry bag for docs and papers, dry bag for clothes, portable charger

ROUTE

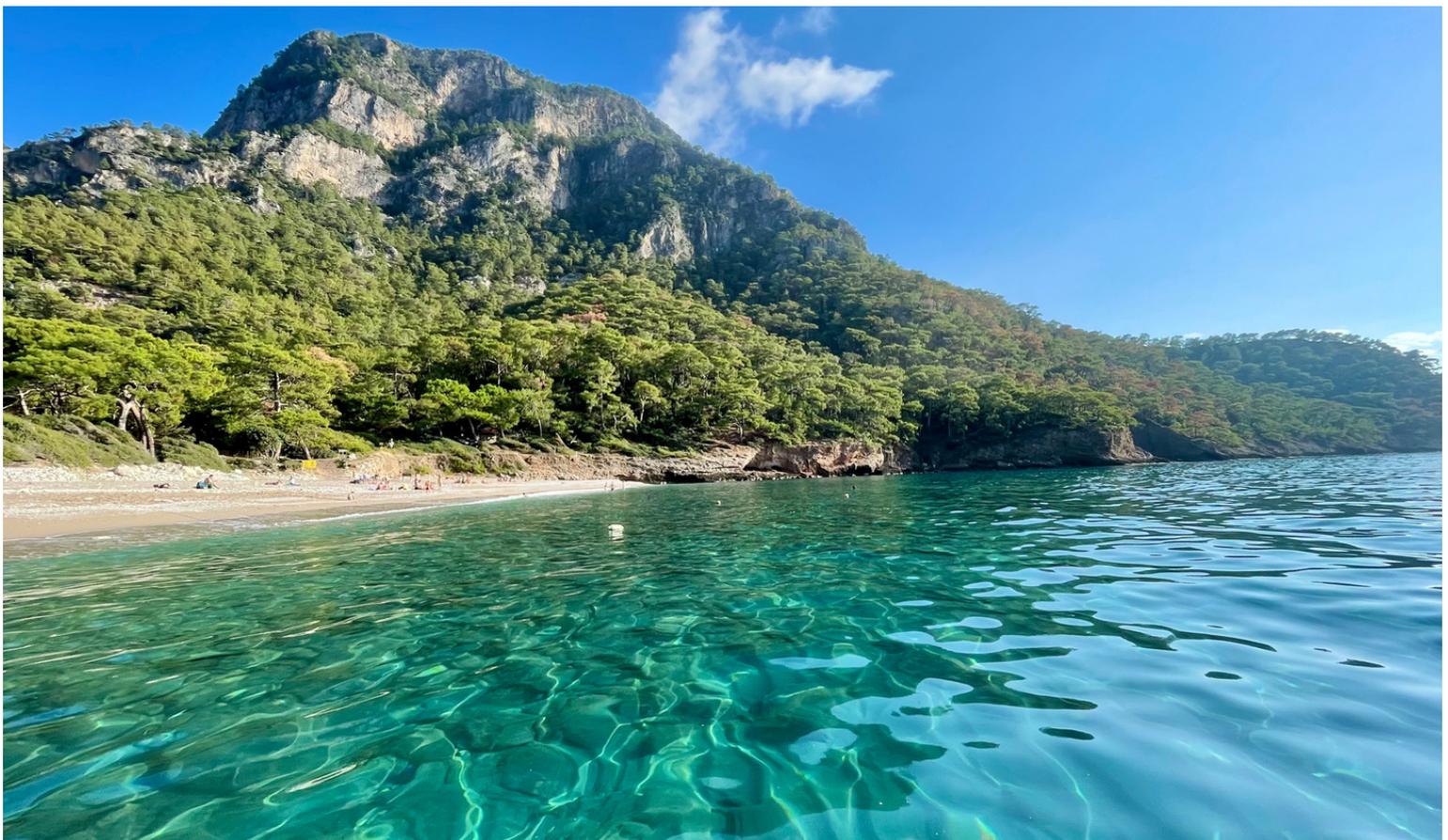
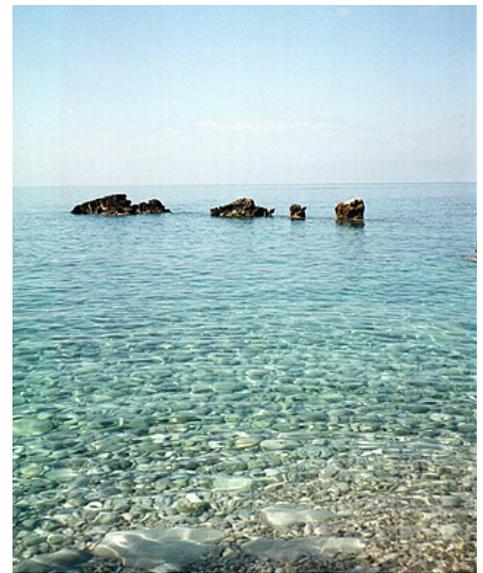
We will have active hiking along the route, which includes trails of varying intensity and difficulty.



OUR BEACHES



We have an opportunity to explore secluded and secret Aegean beaches



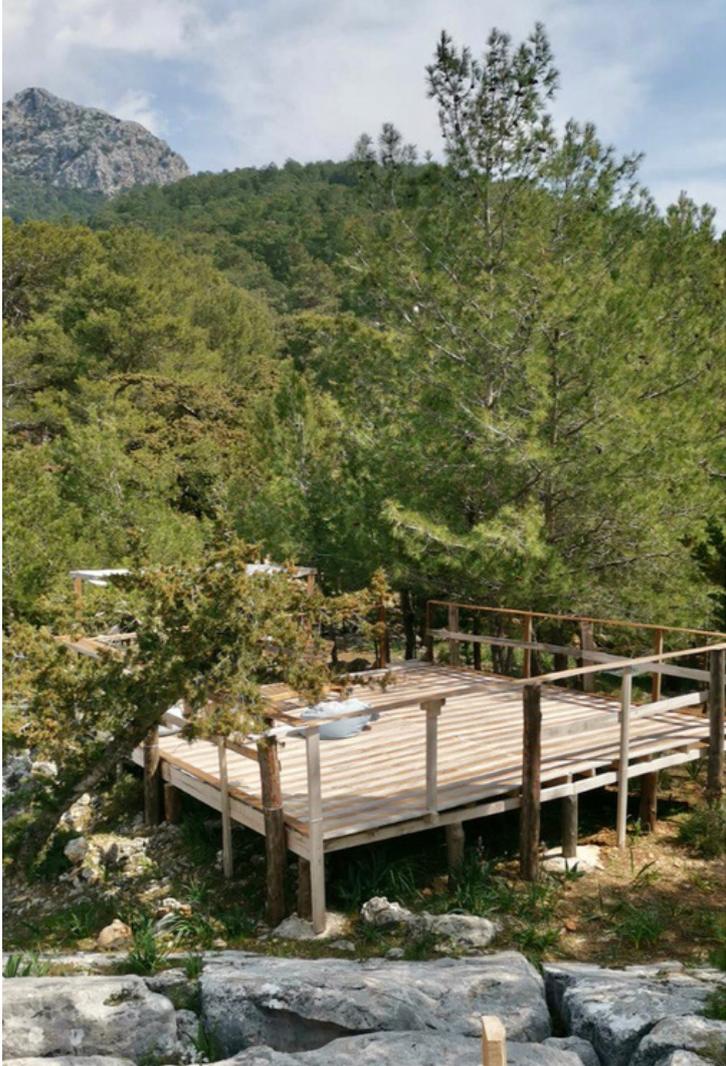
PLACES WE STAY

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!



PLACES WE STAY



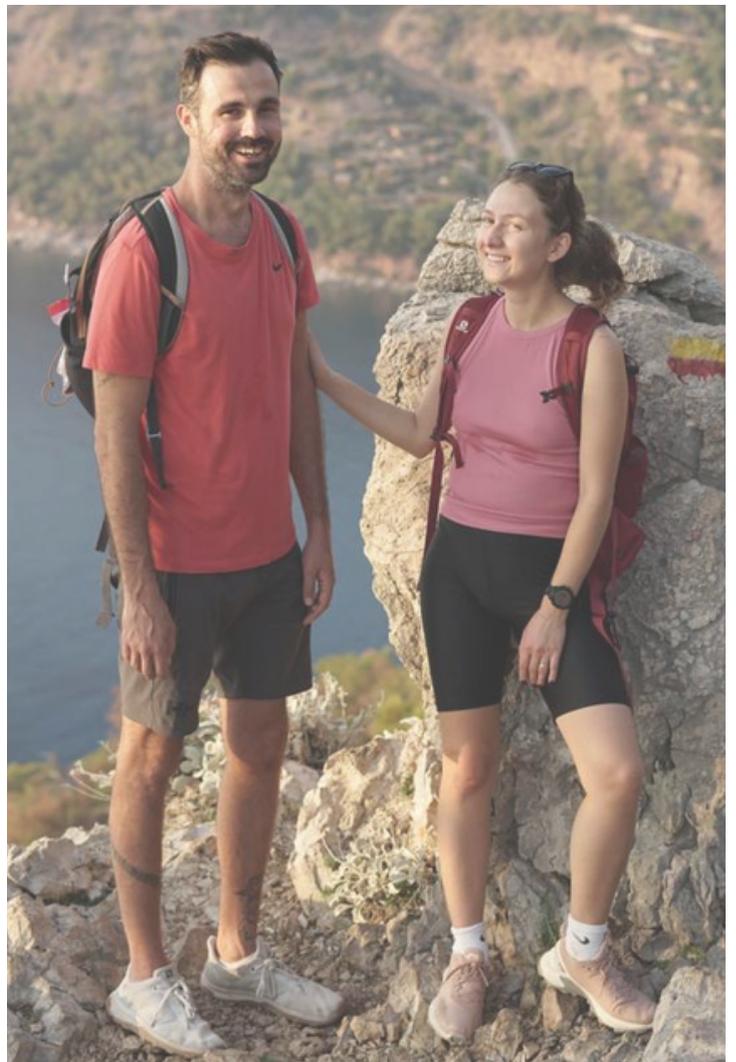
GUIDES

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.

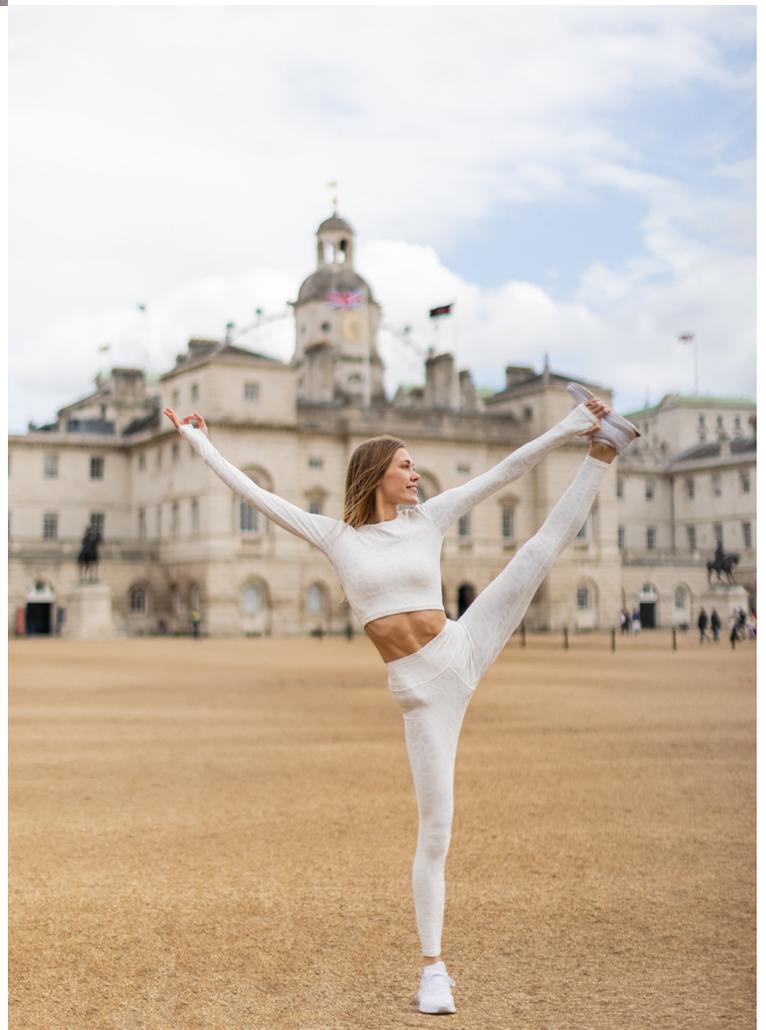


YOGA TEACHER

Moon Saker

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. 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. 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.

