



## TRIP OVERVIEW

Lycia is the historical name of the Tekke Peninsula, which juts into the Mediterranean on Turkey's southern coast. The mountains rise steeply from the wooded shore and tiny bays, giving beautiful views and a huge array of stunning swims. The sea is referred to as the Turquoise Coast and you'll see why with its vibrant colours and clear waters.

Based in the small coastal village of Kaş, we spend the week exploring countless caves, tunnels, arches and bays as we swim amongst the area's isolated beaches, scattered archipelagos and historical sites.

Our main boat for the week is a traditional Turkish gulet, which is an ideal way to experience this part of the world. The gulet is also where we will enjoy the fresh, traditional Turkish lunches which are served on board between your swims, and there is plenty of room to stretch out and relax while you are out of the water.

If you would like to explore this part of the world, but are looking for slightly longer swimming distances, please check out our [Lycian Way - Turkey](#) trip.

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## WHO IS THIS TRIP FOR?

This introductory trip offers a combination of both coastal swims and classic short crossings. Distances average around 2½ - 3km per day, so perfect for either the inexperienced open water swimmer or those who just prefer shorter daily swims. The key to this tour is great swims combined with enough time to soak up the culture that this area has in abundance.

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## LOCATION SUMMARIES

### Lycian Way

The Lycian Way is a 509km walking path which follows several ancient routes of the local Lycian people along Turkey's beautiful southern coastline. The path runs from Fethiye to Antalya and takes in some of the region's most breathtaking scenery and historic sites, including fascinating ruins from the Greek, Roman and Persian civilisations. We have the opportunity to walk a small section of this iconic path as we traverse a narrow, rocky path towards the ancient city of Aperlai.

### Kaş

The small coastal village of Kaş is our home for the week and is a fantastic base from which to explore. With its narrow streets filled with cafes, bars and restaurants, there are plenty of options to enjoy the delicious local cuisine and experience the renowned local hospitality

### Kekova

Kekova is a small island which was declared a protected area in 1990. Off its coast are the spectacular underwater ruins of Dolchiste; an ancient town destroyed by an earthquake in the 2nd Century.



## TRIP SCHEDULE

<b>Start Point</b>	Linda Hotel, Kas, Turkey <a href="http://www.kaslindahotel.com">www.kaslindahotel.com</a>
<b>Start Time</b>	19:00 on Day 1
<b>Finish Point</b>	Linda Hotel, Kas
<b>Finish Time</b>	11:00 on Day 7

### Daily Itineraries

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip. However, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

#### Day 1

After meeting in the reception area of the hotel, we'll enjoy welcome drinks and a safety briefing while discussing our plans for the week ahead.

#### Day 2

First thing this morning we meet up for a short acclimatisation swim just a short walk from the hotel. After heading back to the hotel for breakfast, we make our way out to Kaş Peninsula for our first coastal swim of the trip. Following lunch and some time to relax on board the gulet, we get you back into the water in order to film your stroke, both above and below the water, which we will play back and provide you with technique advice on tomorrow. After the filming session, we'll set off on another enchanting coastal swim, which finishes at the majestic Kaş amphitheatre.

#### Day 3

This morning is spent island-hopping within the archipelago of seven islands, situated midway between Greece and Turkey. We retreat to Limanağzi Bay to moor our gulet for lunch above a Sunken C-47 Dakota aeroplane. After lunch, we'll complete another stunning coastal swim, which ends at a cool water cave close to Big Pebble Beach. Keep an eye out for ancient Lycian tombs embedded into the cliff face. Once we arrive back at Linda Hotel, we will review the video playback from Day 2 and provide technique advice for all guests that are interested in taking part.

#### Day 4

We start the morning by swimming along the south coast of Aperlai Bay, finishing off the swim with the opportunity to swim over the ruins deposited on the sea bed by numerous earthquakes. We then head onto the ancient city of Aperlai for a hearty lunch. For the afternoon, we swim underneath the dramatic cliffs of Uluburun, heading west back towards Kaş. The day concludes with a walk to the Kaş amphitheatre to see the sunset after another great day of swimming.



## Day 5

We make our way to the archipelago of seven islands, before beginning our exciting short crossing back to the Limanağzi Peninsula in one of the more challenging and rewarding swims of the week. After completing the crossing, it's time for a snack and lunch aboard the gulet. Following lunch, there is another opportunity for your guides to provide a further optional stroke analysis and technique session. The remainder of the afternoon is yours to enjoy, whether that involves exploring the village of Kaş or simply relaxing at the nearby beach areas. For guests who are looking for other activities to take part in, a traditional Turkish bath or breathtaking paragliding session are both fantastic ways to spend your afternoon.

## Day 6

This morning we continue our swims along the Lycian Way from beneath the dramatic cliffs of Uluburun. After lunch on board the gulet, we complete the day by swimming along the coastline within Deregemlik Bay. The remote nature of today's locations make for some truly memorable swimming experiences.

## Day 7

We hold a final early morning swim before breakfast before our fantastic week of swimming draws to a close.

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## TRIP INFORMATION

### Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes / Sandals

\*Try to bring one clear lens and one tinted lens for different light conditions.

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.



## Group Size and Boat Support

This trip has a maximum group size of 16. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat support on this trip includes one main boat and two inflatable boats to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

## TRIP GRADING

### Swimming Distances

SWIM	DISTANCE	SWIM	DISTANCE
Kaş Peninsula	1km	Aperlai Bay - Aperlai	1½km
Kaş Peninsula - Amphitheatre	1½km	Archipelago- Limanağzi Peninsula	2km
Archipelago swim	1½km	Uluburun - Deregemlik Bay	2km
Limanağzi Peninsula	1km	Deregemlik Bay Coastal	1½km
Üçagiz - Aperlai Bay	2km		

### Swimming Conditions

Swimming in the sea is a fantastic experience. However, you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, but if you suffer from anaphylaxis, please consult the office prior to booking.

### Walking Conditions

Most walks to and from our swims take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas.

There is also an opportunity to walk a short (approximately 200 metre) section of the famous Lycian Way. This walk takes place on a rocky, uphill track which leads to the ancient city of Aperlai. Sturdy walking shoes or sandals are recommended for this walk.

### Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	26-29°C / 79-84°F	29-33°C / 84-91°F
August	27-30°C / 81-86°F	30-34°C / 86-93°F
September	25-29°C / 77-84°F	26-31°C / 79-88°F
October	22-27°C / 72-81°F	23-27°C / 73-81°F

\*Please note that these temperatures are indicative and should be used as a guide only.



## Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

## GETTING THERE

The easiest way to get to Kaş is to fly into Dalaman and take a shared transfer to the Linda Hotel in Kaş. It is also possible to fly into Antalya and take a private transfer, however, please be aware that this can take up to one hour longer than the journey from Dalaman to Kaş.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

### OPTION 1: TRAVELLING VIA DALAMAN

#### Flights to Dalaman

To search for available flights into Dalaman Airport, please visit [www.skyscanner.net](http://www.skyscanner.net).

#### Dalaman Airport to Kas - Transfers

You can arrange a private transfer service through a number of online and local providers direct from the airport to the Linda Hotel in Kaş, with prices starting from 250TRY, depending on the number of passengers and the time of arrival at the airport.

Our local partner, Wilusa Travel, can also assist with the provision of private and shared transfers. For a quote, please visit [www.wilusa.net/en/lycian-way-swims](http://www.wilusa.net/en/lycian-way-swims) or email [info@swiminturkey.com](mailto:info@swiminturkey.com) at least seven days prior to your arrival with your flight number and arrival time.

#### Dalaman Airport to Kas - Shuttle Service

Transfer Kas provides a shared transfer from Dalaman Airport and Kaş. The cost of the service is approximately 80TRY depending on the time of the year and takes approximately 2 ½ hours. You can reserve your place for this service via [www.transferkas.com](http://www.transferkas.com).

#### Dalaman Airport to Kas - Public Bus

Catching a public bus is a great way to see more of the Turkish coast. From the airport, you will need to travel to Fethiye using local bus company, a timetable can be found at: [www.havas.net](http://www.havas.net). Once in Fethiye, you will need to change buses to head towards Kaş. Buses from both the airport to Fethiye and Fethiye to Kaş run frequently throughout the day and tickets cost approximately 40TRY combined, one way. The total journey time is approximately 3 ½ hours.

### OPTION 2: TRAVELLING VIA ANTALYA

#### Flights to Antalya

To search for available flights into Antalya airport, please visit [www.skyscanner.net](http://www.skyscanner.net).



## Antalya Airport to Kas - Transfers

You can arrange a private transfer service through a number of online and local providers direct from the airport to the Linda Hotel in Kaş, with prices starting from 400TRY, depending on the number of passengers and the time of arrival at the airport.

Our local partner, Wilusa Travel, can also assist with the provision of transfers. For a quote, please visit [www.wilusa.net/en/lycian-way-swims](http://www.wilusa.net/en/lycian-way-swims) or email [info@swiminturkey.com](mailto:info@swiminturkey.com) at least seven days prior to your arrival with your flight number and arrival time.

## PRACTICAL INFORMATION

### Accommodation

Accommodation during this trip is in the Linda Hotel in the small coastal village of Kaş. Our accommodation is based on twin-share rooms with en-suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

*Please note that we stay at the Linda Hotel, **not** the Linda Beach Hotel which is also located in Kaş.*

### Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation before or after the trip, this can be arranged directly via our partners in Turkey, Wilusa, at [www.wilusa.net/en/lycian-way-swims.html](http://www.wilusa.net/en/lycian-way-swims.html).

### Food and Drink

All breakfasts and lunches are included in your trip price, however dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip. The average cost of dinner in a local restaurant is approximately 70 Turkish Lira (TRY).

### Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, etc. The local currency in Turkey is the Turkish Lira (TRY).

### Passports and Visas

Turkey is **not** part of the European Union. Non-residents of Turkey require a full passport to enter the country, which should be valid for six months beyond the expected length of stay.

**Please note:** As of 2<sup>nd</sup> March 2020, UK and EU Citizens **no longer require a visa** to enter Turkey and stay for a period of up to 90 days. Citizens of other countries including the US, Canada, Australia and New Zealand require a visa to enter Turkey. Most foreign nationals entering Turkey must purchase a visa before entering the country. It is important that you purchase your visa through the official website, [www.evisa.gov.tr](http://www.evisa.gov.tr) and avoid purchasing through third-party providers, as these can be considerably more expensive.

**Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.**



## Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: [www.swimtrek.com/travel-insurance](http://www.swimtrek.com/travel-insurance).

## Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Turkey, including all recommended and required vaccinations, please visit [www.travelhealthpro.org.uk/countries](http://www.travelhealthpro.org.uk/countries). Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

## Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit [World Standards](http://WorldStandards).