



## **Solo-ish Turkey**

8 days, Istanbul to Selçuk

Trip code ETIO

### **What's included**

- Dinner Party: Istanbul Street Food Crawl, Istanbul
- Your Welcome Moment: Meet Your CEO and Group

- G Day: A Perfect Day in Istanbul, Istanbul
- We Day: Landscapes and Community in Cappadocia, Cappadocia
- Your Foodie Moment: Gozleme Cooking Class, Zelve
- Me Day: Cappadocia Me Day, Cappadocia
- Complimentary arrival transfer
- Walking tour of the historic heart of Istanbul
- Walk through Istanbul's Grand Bazaar
- Visit the Goreme Open Air Museum in Cappadocia
- Pottery experience in the town of Avanos
- Explore the Kaymakli Underground City
- Visit the Mevlana Museum and mausoleum of Mevlana Rumi in Konya
- Walk through the Kemeralti Old Bazaar in Izmir
- Guided walking tour of Ephesus
- Village-to-village hike from Çile to the coast
- Fruit wine tasting and farewell dinner
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing December 31st, 2026 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Istanbul

Welcome to Istanbul, the bridge between the East and the West and an incredible place to meet your new Solo-ish tour mates for a Turkish adventure. Catch an included arrival transfer to the hotel, then join your CEO for an evening welcome briefing before exploring Istanbul's culinary scene. Connect with your group mates while wandering hidden lanes and stopping at street food stalls for samples along the way.

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### Meals included

Dinner

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### Accommodation

Hotel Centrum Istanbul (or similar)

Hotel

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### Today's Activities

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Join your fellow Solo-ish travellers and explore Istanbul's hidden lanes and street food stalls together. Begin under the Galata bridge and sample Mezze, an assortment of small dishes eaten as appetizers. Next, cross the Golden Horn into the Karakoy District where your walking dinner party continues with stops at local eateries, enjoying traditional dishes, before finishing off with dessert and coffee. Learn the local flavours and witness how food has the power of speaking to the masses and bringing strangers together.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Set off on an unforgettable day seeing Istanbul's iconic sites with a surprise G twist occurring somewhere along the way. Begin with a walk through the heart of the city, seeing the Topkapi Palace gardens, the Blue Mosque, the Hagia Sofia, and the Basilica Cistern - the largest underground wells in Istanbul. Later, wander through the Spice Bazaar, a bustling hub of activity for centuries, offering an array of exotic spices, herbs, traditional Turkish sweets, dried fruits, nuts, teas, and other unique culinary delights. Observe the traditional Turkish Coffee demo, prepared in a cezve- a symbol of hospitality and friendship. Enjoy the rest of the day free to continue exploring or to try out one of the many local restaurants or cafes in the area.



## Meals included

Breakfast



## Accommodation

Hotel Centrum Istanbul (or similar)

Hotel



## Today's Activities

ACTIVITY

4km

Set out on foot for a walk to visit the highlights of this vibrant, diverse and ancient city. See the Topkapi Palace gardens, the Blue Mosque, the Hagia Sofia and make a stop at the Basilica Cistern, the largest of the underground wells in Istanbul. Continue to the atmospheric Spice Bazaar, one of the most colorful, fragrant, and delicious markets which has been bustling for centuries, before returning to the hotel.

Day 3

## We Day: Istanbul to Cappadocia

Hop on a morning flight to the Cappadocia region and set off straight away to explore the fascinating Göreme Open Air Museum, with Byzantine-era churches and chapels caved directly out of the rock. Later in the afternoon, travel to the nearby town of Avanos for a pottery lesson with a local instructor for a hands-on introduction into this classic artform. In the evening, join a local family to prepare your own traditional Turkish pastry called gozleme using mince meat, cheese, potato, and spinach to create a special and delicious dinner.



### Meals included

Breakfast | Dinner



### Accommodation

Goreme Inn Hotel (or similar)

Hotel



### Today's Activities

#### ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Take a flight from Istanbul to the Cappadocia region and immerse yourself in its otherworldly landscapes. Visit the Göreme Open Air Museum and then visit a small community to try your hand at some traditional pottery-making. End the day by joining a local family and learn how to prepare a delicious local delicacy.

Plane

Istanbul - Cappadocia

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Pottery Class

Avanos

1h30m

Travel to the town of Avanos to visit a working ceramic atelier where you will get a hands-on introduction to this classic art form. Famous for the red clays found in the area, these traditional clay pottery designs date back to 2,000 BC, the time of the Hittites. Put on your apron and take your turn on the pottery wheel to create your own pottery!

## Göreme Open Air Museum Visit

Göreme

2h

Explore the unique Open Air Museum, a site made up of a number of medieval painted cave churches. Carved out by Orthodox monks, many of the churches are up to 1,000 years old and still retain their amazing colour and vibrancy.

### ACTIVITY

Drive to Zelve for a Gozleme cooking class with different ingredients. We will learn how to prepare the dough while using the rolling pins. Choose what ingredients you want, like cheese, mince meat, potato and spinach. Fill your dough and cook it on a traditional iron plate on the fire.

Day 4

## Me Day: Cappadocia

The day is yours to do as much or as little as you please in the incredible region of Cappadocia. Choose to join your CEO on a walking exploration through one of the valleys of the iconic rock formations known as "fairy chimneys" or otherwise set off to explore on your own. Some of the many options include an early hot air balloon ride, renting a bike, or visit a traditional Turkish bath. In the evening, re-group with your travel mates for a light dinner and some great views over the landscape.



### Meals included

Breakfast | Dinner



### Accommodation

Goreme Inn Hotel (or similar)

Hotel



### Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.



### Optional Activities - Day 4

Cappadocia Hot Air Balloon Ride

Göreme

Cappadocia is captivating from the ground, but that's just the half of it. See the seemingly hand-painted landscapes of Cappadocia as they deserve to be seen, from the air aboard a hot air balloon. Take to the skies in one of the most favoured places in the world to experience a hot air balloon ride.

Carpet Demonstration

Free

Enjoy an informative demonstration of one of the oldest art-forms in Turkish history. Gain a greater appreciation for the labour and workmanship involved in weaving rugs and carpets as you learn about the process.

Turkish Bath

Göreme

75EUR

Take along a towel, soap, and shampoo, and experience a bath like no other. Following your bath, you will enjoy a traditional foam massage, included in the entrance fee. Get some tips from the friendly locals – they'll show you the correct protocol. Make sure to check the hours as the bathhouses are strictly segregated, usually being used by men in the morning and evenings, and women in the afternoons.

Day 5

## Cappadocia/Izmir

Drive to Kaymakli after breakfast to explore the underground city, an expansive Subterranean complex built between the 8th and 7th Centuries BC, then continue on to Konya with a lunch stop along the way. Upon arrival in Konya, check out the Mevlana Museum and the mausoleum of Mevlana Rumi, a Persian Sufi mystic, then explore on your own with some free time. Reconnect with your CEO before boarding an overnight train bound for Izmir.



### Meals included

Breakfast



### Today's Activities

Overnight Train (beds)

Konya - Izmir

13h30m

560km

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.

Private Vehicle

Kaymakli - Konya

1h

240km

Settle in and scan the scenery from the convenience of a private vehicle.

Kaymakli Underground City

Kaymakli

1h30m

Visit the ancient and expansive subterranean complex of the Kaymakli Underground City. Thought to have been built between the 8th and 7th Century BC, Kaymakli was carved out of the rock and consists of nearly a hundred tunnels with vast amounts of storerooms, ventilation shafts and a church.

Mevlana Museum Visit

Konya

30m

Visit the Mevlana Museum and mausoleum of Mevlana Rumi, a Persian Sufi mystic. Learn more about the mystic Islamic sect known as the Whirling Dervishes.

Free Time

Konya

Explore Konya on your own this afternoon. Perhaps grab some dinner or stock up on drinks and snacks before boarding the train.

Day 6

## İzmir/Selçuk

Wake up in the coastal city of Izmir and head to the Cornish Cordon area for breakfast at one of the many shops or quaint restaurants along this popular waterfront street. Next, wander through the the Kemeralti Bazaar before taking a bus to Selçuk. Enjoy free time for the rest of the afternoon and evening with time to explore Selçuk or to relax at the hotel or nearby cafe. Head out with the group for an optional dinner in the evening at one of the many great local restaurants serving up fresh and delicious flavours.

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### Meals included

Breakfast

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### Accommodation

Hotel Akay Selcuk (or similar)

Hotel



## Today's Activities

Cornish Cordon Visit

İzmir

1h30m

Enjoy breakfast amongst cobbled streets with a backdrop of colourful homes and businesses.

Open-Air Bazaar

İzmir

1h-1h30m

Explore the Kemeraltı, one of the world's largest open-air bazaar, boasting everything you could possibly need from local products to food, to high end wares. Gain greater insight into the Turkish culture and surround yourself with the vibrant colours, bustling sounds, and delicious aromas that intermingle here.

Private Vehicle

İzmir - Selçuk

1h30m

80km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Selçuk

Take some free time to explore this traditional country town. Later, join your CEO who'll point out the best places for a tasty local dinner.



## Optional Activities - Day 6

Saint John's Basilica Visit

Selçuk

6EUR

View St John's Basilica, once a grand basilica in Ephesus. Constructed by Justinian I in the 6th century, it was built in where John the Apostle is said to be buried.

Mosque of Isa Bey Visit

Selçuk

Free

30m-45m

Visit the centuries-old Isa Bey Mosque on the outskirts of Selçuk to see one of the oldest and most impressive works of art remaining in this region.

Şirince Village Visit

Şirince

1h-2h

1-2km

Head out to scenic Şirince, a Turkish-Greek village that was settled when Ephesus was abandoned; it's now 600 strong. Wander the narrow village streets filled with people selling handicrafts, olive oil, and local wine.

Day 7

## Selçuk

Transfer to Ephesus this morning and enjoy a guided walking tour of the sprawling ancient Ruins. Witness the massive, well-preserved theatre and the two-story library before a stop at the Temple of Artemis, one of the last remaining wonders of the ancient world. In the afternoon, transfer to the village of Çile for a hike down to the coast to the village of Ahmetbet, passing by historical landmarks and taking in the views of the ocean. In the evening, finish off the day with a fruit wine tasting and enjoy a final dinner with your CEO and fellow Solo-ish tour mates.



### Meals included

Breakfast | Dinner



### Accommodation

Hotel Akay Selcuk (or similar)

Hotel



### Today's Activities

Ephesus Visit

Selçuk

2h-3h

Tour the ruins of ancient Ephesus to get a feeling of what life must have been like during Roman times. Take in its massive, well-preserved theatre, which dominates the view down Harbour Street. See the two-story library, whose façade has been carefully reconstructed from all original pieces. Built in AD 125, it once held nearly 12,000 scrolls.

Ahmetbeyli Village Walk

Çile - Ahmetbeyli

1h30m

6km

Drive to a Çile where we start our walk down to Ahmetbeyli Village. During the walk we will be go through Claros, an ancient Greek Sanctuary and oracle from the 4th Century BC. Then we will continue to Notion which is an important coastal city know for its harbour and where many historical figures, like Pythagoras the mathematician, once lived here. We will take our time and enjoy these sites away from the throngs of visitors.

You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers and depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

- Dinner Party: Istanbul Street Food Crawl, Istanbul
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- All transport between destinations and to/ from included activities

## What are the main highlights of this trip?

Explore Istanbul's old city and see iconic sites like the Blue Mosque and the Hagia Sofia, Enjoy a hands-on introduction to the art of traditional clay pottery, Join a local family for a cooking experience in Cappadocia, Head underground and check out the Kaymakli Underground City

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## Is there a disclaimer I should read before booking this trip?

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## Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## What important notes should I be aware of before the trip?

### ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### RAMADAN

According to the lunar cycle, Ramadan will fall between Mar 11th - Apr 8th 2024, and Mar 1st - Mar 29th 2025. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

### EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officer's (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are traveling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## How large will the group be?

Max 15, avg 10

## What meals are included in this trip?

7 breakfasts, 4 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

### Breakfast

Turkish breakfasts are very different from your usual cereal and toast morning fare - when was the last time you had olives for breakfast? They pretty much universally consist of large slices of fresh "french style" white bread accompanied by slices of tomato, cucumber, white and yellow cheeses, olives, jam and honey. This is accompanied by tea (which a Turk would always choose!) or coffee (which is pretty much always instant coffee) You will of course want to sample the famous Turkish coffee, but it is usually taken after a big lunch or dinner, or in the late afternoon with a pastry. While we think these breakfasts are absolutely delicious, some travellers do find them a bit repetitive and enjoy buying market fruit the day before and eating this for breakfast.

### Lunches

Will usually be simple and on the run. They are a great chance to try Turkey's delicious and healthy array of "fast foods". This may include, "gozleme", a type of Turkish savory crepe, "chorba", delicious lentil soup, and of course doner kebabs in both beef and chicken varieties. You won't want to miss the chance to try "pide", Turkish pizza, and lahmacun - thin crust pizza you fold greenery into. You may also find "kumpir", Turkish stuffed potatoes.

### Dinner

Most Turks start their dinners with a couple of mezes - small taster dishes such as grilled octopus, aubergine salad, and many more. You could also choose a soup made of fresh local ingredients. Main courses tend to be based around fresh seafood if you are near the coast (expect to pay around 500 - 600 lira for a whole fish) or the ubiquitous kebab - skewers of charcoaled meat which comes on bread with salad. There are plenty of variations of the kebab; many regions have their own speciality so be sure to ask your leader.

### Desserts

Yum - it's all about the sugar. Baklava (about 65 TL a piece for the good stuff) is something of a national obsession and it is believed the best comes from the East. There are endless varieties of pastries and milk-based deserts available and you are sure to spend at least some time in a Turkish bakery taste testing.

### Snacks

Don't miss munching on a simit, a Turkish pretzel, or perhaps some grilled sweet corn to get you through between meals.

### Drinks

Tea, served in small tulip glasses, is the number one beverage of choice in Turkey. It is freshly brewed and a tea bag is a rare thing. Turkish coffee is wonderful thing to try. The national beer is named Efes and is very good (usually 160 - 170 TL a bottle). Wine is made in Turkey and is getting better every year. Expect to pay around 250 - 300 liras for a glass in a restaurant. Water is approximately 35 TL for a 1.5 litre bottle, soft drinks and juices are around 70 - 80 TL.

## **What are the modes of transportation on my trip?**

Private vehicle, plane, train, walking.

## **What transportation will we take on this trip?**

This tour uses a mix of private and public transport.

Public buses in Turkey are very comfortable, being a comfortable, air conditioned "Greyhound" type of coaches with reclining seats and curtains to keep out the sun. You are usually served a drink and perhaps a light snack, along with the ubiquitous lemon hand cologne to keep you fresh!

## **Are local flights included in the cost of the trip?**

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Please note, checked luggage has an allowance of 15 kg (33 lbs) on internal flights.

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels (6 nts), Overnight Train (1 nt). If you are interested in purchasing your own room, please see below for the My Own Room option.

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Night 5 (overnight train).

## **What kind of accommodation can I expect on this trip?**

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Turkey)

Emergency number: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## What should I take on my trip?

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited, and checked baggage on internal flights has a maximum weight allowance of 15 kg (33 lbs). You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max. 15-20 mins walking), hopping on and off trains and public buses and up and down stairs.

# What should be on my packing list?

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

## When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the nearest laundromat is. There will be times when you may want or have to do your own laundry so we suggest you bring your own non-polluting/biodegradable soap.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

The local currency in Turkey is the Turkish Lira (TRY).

ATMs are found within main cities in Turkey and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are all easy to exchange to the Local currency. Please note that you should bring some cash with you for emergency situations but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.

If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 1996, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:  
[www.xe.com](http://www.xe.com)

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

Normally included in departure flight tickets.

## **Should I be tipping on my trip?**

It is customary in Turkey to leave a small tip for service providers, such as waiters, if you are pleased with the service (10% of your bill). Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers would range from €15-20 per week depending on the quality of the service.

Also at the end of each trip if you felt your G Adventures CEO (in Turkey as they are also the tour guides for any ancient sites visited ) or skipper did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline the equivalent of €6-8 per person, per day can be used.

## What activities are optional on this trip?

### Göreme

- Cappadocia Hot Air Balloon Ride
- Turkish Bath (75EUR per person)

### Cappadocia

- Carpet Demonstration (Free)

### Selçuk

- Saint John's Basilica Visit (6EUR per person)
- Mosque of Isa Bey Visit (Free)

### Sirince

- Şirince Village Visit

## Are there any health considerations I should know before travelling?

**DRINKING WATER:** It is advisable to drink bottled water in Turkey.

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What are the trip specific safety considerations?

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How should I dress to respect local customs during the tour?

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.