



## **Turkey: Cave Churches & Fairy Chimneys**

7 days, Istanbul to Antalya

Trip code ETIA

### **What's included**

- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group

- Your Big Night Out Moment: Antalya
- Istanbul Orientation Walk
- Visit to the Mausoleum of Atatürk
- Göreme Open Air Museum Visit
- Scenic Bus Tour of Cappadocia Region
- Termessos Visit
- 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 January 27th, 2025 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

Arrive at any time.

Shake off that jet lag and prepare for an evening buzzing with excitement. Head out with your group and CEO for drinks at a favourite local spot. After, feel free to do some exploring in the area on your own or with some fellow travellers. Kick-off your adventure in Istanbul with lively music, and a healthy dose of fun.

Get the most out of your time in Istanbul by pre-booking the following activity to experience before your tour starts: Istanbul Walking Tour and Bosphorus Cruise. If you do, we recommend booking accommodation for an extra night pre-tour.

And don't worry if you can't decide now. This activity is available for pre-booking any time before your tour starts, while any of the optional activities listed can be booked independently upon arrival in Istanbul.



### Accommodation

Bergama Hotel Istanbul (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

#### 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.



### Optional Activities - Day 1

Welcome Dinner

You've arrived! Why not share a meal and a drink with your new travel mates?

## Istanbul Walking Tour and Bosphorus Cruise

Istanbul

8h-10h

Go even deeper into Istanbul, discovering diverse and lesser-visited districts with your CEO, and some of the best photography spots in the city! Today we will walk along the ancient Constantinople city walls; see Tekfur Palace (the Blaherne Palace) which has got thick walls adjacent to the landwalls ; stroll through the photogenic Fener (Greek) and Balat (Jewish) districts, known for their colourful wooden houses; enjoy lunch together; and cruise the Bosphorus Strait for stunning views of Ottoman palaces and the city skyline.

Please note: this is a full day (6+ hours) day excursion. Lunch is included. Your CEO will collect you from the hotel lobby at 9am. Please bring sunscreen, a water bottle, and modest clothing/coverings for shoulders and upper legs for visiting religious sites.

There will be a welcome note at the reception with more details from your CEO, so please check on arrival.

Day 2

## Istanbul/Ankara

View the sights of Istanbul on an orientation walk with the CEO before travelling by bus to Ankara. Spend the rest of the evening at leisure after checking into the hotel.

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### Meals included

Breakfast

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### Accommodation

Elit Palas Hotel (or similar)

Hotel

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### Today's Activities

Private Vehicle

Istanbul - Ankara

6h

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

Istanbul Orientation Walk

Istanbul

2h-3h

3km

Enjoy an orientation walk of Istanbul. Each walk varies, allowing your CEO to show off their favourite spots around the city. Pass by city highlights such as the Topkapi Palace, the Hagia Sophia (also known as the Aya Sofya), and the Blue Mosque. Walks may also include the atmospheric Spice Bazaar or breathtaking Grand Bazaar.

Day 3

## Ankara/Cappadocia

After breakfast, visit Ataturk's Mausoleum before setting off for the Cappadocia region. Make a stop on the way at Salt Lake, the second-largest lake in Turkey and enjoy the rest of the day to relax or to choose from some of the many optional activities available.



### Meals included

Breakfast



### Accommodation

Dilek Kaya Cappadocia (or similar)

Hotel



### Today's Activities

Private Vehicle

Ankara - Cappadocia

3h-4h

290km

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

The Mausoleum of Atatürk

Ankara

1h-1h30m

Visit a mausoleum commemorating the founder of the Turkish Republic, Mustafa Kemal Atatürk. The Mausoleum of Atatürk is located in Turkey's capital of Ankara and has become one of the sprawling city's must-see locations.



### Optional Activities - Day 3

Turkish Night

Göreme

50EUR

2h30m-3h

Attend a "Turkish night" and enjoy a delicious multi-course meal followed by local entertainment.

Day 4

## Cappadocia

Enjoy some free time this morning. Opt to take part in a Hot Air Balloon excursion before touring the region and visiting the Göreme Open Air Museum. Explore the unique Open Air Museum, a site made up of a number of medieval painted cave churches. Carved by Orthodox monks, many of the churches are up to 1,000 years old and still retain their amazing colour and vibrancy. Enjoy the incredible landscapes and photo stop opportunities on the bus ride back to the hotel for the evening.

One of the best ways to explore Cappadocia is on foot. Opt to join a trekking tour through one of the beautiful valleys. Ask your CEO about the many other walking and hiking options available in the area.

Want to do more with your tour? Book the Cappadocia Balloon Ride or Whirling Dervishes upon arrival by arranging it with your CEO.

If you book the Cappadocia hot air balloon ride, you will be flying on Day 4 or 5 (weather permitting).



### Meals included

Breakfast



### Accommodation

Dilek Kaya Cappadocia (or similar)

Hotel



### Today's Activities

Bus Tour

Göreme

2h

50km

Climb aboard and settle in for a bus tour of the region, pinpointing several local highlights and providing many photo stops to fill your camera roll.

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.



## Optional Activities - Day 4

Pottery Center Visit

Göreme

Free

1h-2h

Learn more about the infamous local art of pottery making and take advantage of the opportunity to create your own masterpiece.

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.

Cappadocia Trekking Tour

Göreme

Free

3h-4h

4-6km

Explore Cappadocia by foot and trek past old houses, churches, and orchards, all boasting fabulous views. Finish the trek in the town of Uçhisar, which is well worth exploring. Be sure to see the natural castle-like fortress that's riddled with man-made cave homes and dovecotes, and dominates the skyline of Cappadocia. This is a great place to take a lunch break in one of the many restaurants before catching a local bus back to Göreme.

Hot Air Balloon Ride

Göreme

290EUR

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. Get up early and enjoy a simple breakfast before climbing in the basket and taking to the skies in one of the most favoured places in the world to experience a hot air balloon ride.

Whirling Dervishes

Göreme - Avanos

45m-1h

Witness this spellbinding dance-like worship, practiced by followers of the Mevlevilik Sufi order.

Day 5

## Göreme/Antalya

Depart for Antalya this morning with a stop in Konya along the way for some time to explore, find some lunch or visit the Mevlana Museum and mausoleum of Mevlana Rumi, a Persian Sufi mystic. After settling into the hotel in Antalya, head out with your CEO in the evening to get your bearings on a short orientation walk on the way to an optional dinner out.



### Meals included

Breakfast



### Accommodation

Gurtas Hotel Antalya (or similar)

Hotel



### Today's Activities

Private Vehicle

Cappadocia - Konya

3h30m

240km

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

Private Vehicle

Konya - Antalya

3h30m

266km

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

Day 6

## Antalya

Head off with your CEO this morning to the impressive ruins of Termessos, one of the best-preserved ancient cities of Turkey perched at the top of a mountain. Explore the site and take in the amazing views before returning to Antalya for a free afternoon to explore, laze on the beach or relax. In the evening, head out with your CEO and fellow travel mates for a night out on the town.



### Meals included

Breakfast



### Accommodation

Gurtas Hotel Antalya (or similar)

Hotel



### Today's Activities

Private Vehicle

Antalya - Termessos

1h

36km

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

Termessos Visit

Termessos

2h30m

Take in the splendour of the ancient city of Thermessos. Found by the Solims who lived in the Psidia Region and born from the legend of Bellerophon. This mountaintop city is one of the best preserved sites in Turkey. It sits over 1,000 metres above sea level and the amphitheatre has stunning panoramic views of the Pamphylia region and the Taurus Mountains.

Free Time

Antalya

Take the afternoon to explore the city or hit a local beach.

### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Day 7

## Antalya

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

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## What are the main highlights of this trip?

Explore the bustling streets of Istanbul, Discover ancient cities and extraordinary scenery, Marvel at the rock formations of Cappadocia, Get immersed in the local culture and enjoy the delicious food

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Explore the bustling streets of Istanbul, Discover ancient cities and extraordinary scenery, Marvel at the rock formations of Cappadocia, Get immersed in the local culture and enjoy the delicious food

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

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

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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?

### 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 role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader 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 travelling 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 18, avg 12.

## What meals are included in this trip?

6 breakfasts

# 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, local bus, walking.

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

This tour uses private transport for all included activities.

## **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?**

Simple hotels (6 nts).

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

The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. Across all European trips, we stay in a mixture of hotels, hostels, and private rooms in local households.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

## 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.

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

If you have paid in advance for an arrival transfer, Istanbul Airport is no longer permitted to present branded/company signs. At the Istanbul Airport (IST) G Adventures has been allocated the characters: After collecting your luggage, proceed through Exit Door 13 and look for an individual holding an "M55" sign. This person will transfer you to your first accommodation.

If you are unable to locate your transfer, please contact the local transfer company emergency number: +90 539 424 42 48.

If you are unable to reach them or require further assistance, please contact the G Adventures Emergency Line: +44 1858 378 000

If you are arriving at Sabiha Gokcen (SAW) Airport, G Adventures has been allocated the sign "M55" for your airport pickup. After exiting the terminal, proceed straight across the road to the 10th column. At the end of the walkway, you will find an individual holding an "M55" sign. This person will be responsible for transferring you to your first accommodation.

If you are unable to locate your transfer, please contact the local transfer company emergency number: +90 539 424 42 48.

If you are unable to reach them or require further assistance, please contact the G Adventures Emergency Line: +44 1858 378 000.

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

## 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

Arrival Transfer Company Viport: 90 544 642 80 66

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 information should I be aware of as the itinerary draws to a close?

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.

## Are there any additional packing suggestions I should consider?

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. 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 are 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](#)

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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!

## **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!

## **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 USD 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 \$40-45 USD per person, per week can be used.

## What activities are optional on this trip?

### Istanbul

- Welcome Dinner
- Istanbul Walking Tour and Bosphorus Cruise

### Göreme

- Turkish Night (50EUR per person)
- Pottery Center Visit (Free)
- Carpet Demonstration (Free)
- Cappadocia Trekking Tour (Free)
- Hot Air Balloon Ride (290EUR per person)
- Whirling Dervishes

## 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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

## 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 can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## 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?

Minimum age of 18 years for this trip.

## 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.