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Sorry! There are no remaining departures for "Turkey: Istanbul, Ephesus & Cappadocia" (ETIS), [but here are some similar trips](#).



Turkey: Istanbul, Ephesus & Cappadocia

7 days, Istanbul to Şirince

Trip code ETIS

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Street Food Experience, Istanbul

- Your Local Living Moment: Zelve Village Dinner, Zelve
- Your OMG Day: Meskender Valley Hike or E-Bike Tour, Cappadocia
- Your Foodie Moment: Gozleme Cooking Class, Zelve
- Complimentary arrival and departure transfer
- Evening orientation walk of Istanbul to the Old Square to see the Hagia Sofia and Blue Mosque lit up at night
- Welcome dinner
- Walking tour of Istanbul's old city with visits to the Hipodrome, Blue Mosque and Basilica Cistern
- Visit the Kaymakli underground city
- See the rock-carved churches at the Goreme Open Air Museum
- Climb the stairs to the Uchisar Castle
- Orientation walk of Sirince
- Explore the ancient city of Ephesus including St John's Basilica and the House of the Virgin Mary
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- 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 24th, 2024 and onwards

Itinerary



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: Where Asia and Europe Meet

Visions of ancient kingdoms, whirling dirvishes and exotic food float through your head as you touch down in Istanbul. Take in the hustle and bustle of the city and catch glimpses of the spires of some of the city's many mosques en route to the hotel. Welcome to Istanbul, and to Turkey, and we invite you to let the sights, sounds, flavours and history ignite your imagination as you embark on this thrilling adventure.

Arrive in Istanbul at any time and transfer to your hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head out on a short orientation walk to the old square to see the iconic Hagia Sofia and Blue Mosque lit up at night before arriving at a nearby restaurant for a delicious welcome dinner of local specialties.



Meals included

Dinner



Accommodation

Grand Sirkeci Hotel Istanbul (or similar)

Hotel



Today's Activities

Arrival Transfer

Atatürk Airport - Istanbul

You will be met at the airport and transferred to the hotel to start your adventure.

Istanbul Evening Orientation Walk

Istanbul

1h

Set off from the hotel with your CEO on an evening orientation walk of Istanbul. Pass by some of city's highlights like the Hagia Sophia (also known as the Aya Sofya) and the Blue Mosque to see them all lit up at night.

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.

Istanbul: Iconic Landmarks and Ancient Traditions

Often the best way to discover a city is on foot, and this certainly rings true in Istanbul. Visit some of the iconic highlights of the old city to fully appreciate the rich history and complex mingling of cultures that have shaped the city over the millennia. Feast on delectable local street food and try cookies from one of the city's oldest bakeries before taking in the sights, sounds and smells of the Grand Bazaar.

Head out on a walking tour of Istanbul, visiting the Hippodrome, Blue Mosque and the Basilica Cistern. Enjoy street food döner sandwiches and wraps for lunch then explore the Grand Bazaar and Spice Bazaar before taking the rest of the afternoon and evening at leisure.



Meals included

Breakfast | Lunch



Accommodation

Grand Sirkeci Hotel Istanbul (or similar)

Hotel



Today's Activities

Istanbul Walking Tour

Istanbul

3h-4h

5km

Begin the day in Istanbul with a walking tour in the old city, including a visit to the historic Hippodrome and the Blue Mosque. Be awed by the Blue Mosque's symmetry and internal tile work, and take the chance to learn more about the ceremony behind Islam, as it is a working mosque. Continue to the Basilica Cistern and then pass in front of the magnificent Hagia Sophia (or Aya Sofya), one of the great churches of the Byzantine Empire which was converted into a mosque after the Ottoman conquest. There will be time for an optional visit to the Hagia Sofia before continuing on to lunch.

ACTIVITY

Roam through the lively streets of Istanbul's Old Town and bring your appetite - there are dozens of street food stalls to choose from! Opt to try the cheese-stuffed börek, minced meat topped lahmacun, bagel-like simit or classic döner.

Grand Bazaar Visit

Istanbul

1h

Walk through the Grand Bazaar, the area locals come to do their shopping, and down to Golden Horn. Enjoy a coffee break at Buyuk Valide Han while admiring the view of Bosphorus. Visit Rustempasa Mosque.

Day 3

Cappadocia: Fairy Chimneys and Kaymakli Underground City

Leaving Istanbul behind, you'll head firmly onto the Asian continent to the surreal, wind-sculpted landscapes of the Cappadocia region. Step into ancient history with a visit to the tunnels and storerooms of the vast Kaymakli underground city complex. Settle into your cave hotel, carved right out of the rocky landscape.

Take a morning flight from Istanbul to Cappadocia in time for a lunch of traditional pide, a type of Turkish pizza. Drive to the Dervent Valley, stopping at landscape viewpoints and at the iconic "Three Beauties" to marvel at the fairy rock chimney formations. Continue to the underground city of Kaymakli for a visit before arriving at the hotel in the evening.



Meals included

Breakfast | Lunch



Accommodation

Exedra Hotel Cappadocia (or similar)

Hotel

Set in a complex of ancient caves and stone houses, the Exedra Hotel has been carved out of the natural environment itself and represents the natural features and beauty of the Cappadocia region. The hotel features comfortable rooms with a mix of modern comforts and ancient stone design for a truly unique stay.



Today's Activities

Plane

Istanbul Airport - Cappadocia

1h15m

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

Private Vehicle

Cappadocia - Kaymakli

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.

Cappadocia: Your OMG Day

Immerse yourself in the otherworldly landscapes of Cappadocia by exploring either on foot or by e-bike. See the fairy chimneys up close and imagine how the wind and elements have shaped the earth and impacted human settlements throughout the ages until modern times. Observe churches cut out of the rocks and hilltop structures with commanding views of the surroundings. You'll learn of the human experience in this region by having dinner and tea in a local family home for a one-of-a-kind cultural exchange.

Choose between a hike or an e-bike ride through the rock formations of Cappadocia before visiting the impressive rock-carved churches at the Göreme Open Air Museum. Climb the stairs up to the top of a rock formation of Uchisar Castle for incredible views before driving to a small village to have dinner and tea with a local family. Return to the hotel in the evening.



Meals included

Breakfast | Dinner



Accommodation

Exedra Hotel Cappadocia (or similar)

Hotel

Set in a complex of ancient caves and stone houses, the Exedra Hotel has been carved out of the natural environment itself and represents the natural features and beauty of the Cappadocia region. The hotel features comfortable rooms with a mix of modern comforts and ancient stone design for a truly unique stay.



Today's Activities

ACTIVITY

Join a local family in Zelve for a dinner together. They will be preparing a tradition dinner made in pottery. After, join the family for tea and lovely conversation.

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.

Uchisar Castle

Üçhisar

Climb the stairs, some man made and some natural, up to the top of the rock formation where you will be met with an amazing view of the region.

ACTIVITY

Option 1: On the Meskender Valley Hike, we will start our hike downhill through the fairy chimneys. Then we'll go through the caves and visit some cave houses. We will have many photo opportunities during our hike through the spellbinding valley.

Option 2: Meet your cycling guide and journey through the valley on e-bikes. We will be cycling through the fairy chimneys and magical rock formations. We'll stop to visit cave houses along our cycling adventure. There will be many photo opportunities so don't forget your camera.

Şirince: Flavours of Turkey

Discover more of Turkish cuisine today as you visit a local food and vegetable market then take part in a cooking class to learn how to make gözleme, a delicious savoury stuffed turnover, cooked on an iron griddle over the fire. You'll see the landscapes change again as you fly towards Turkey's Aegean coastline and discover the ancient village of Şirince, an agricultural settlement that dates back to ancient and medieval times.

Drive to the town of Ugrup for time to shop and explore before continuing to a local food and vegetable market in Avanos. Next, take part in a cooking class to learn how to prepare typical Turkish gözleme. Afterwards, catch a flight west from Kayseri to Izmir and transfer to the Village of Şirince to take part in a short orientation walk before enjoying the rest of the evening at leisure.

Please note that due to varying airline schedules of the flight to Izmir, it is possible that the order of activities be changed as well as the exact locations of each on this day.



Meals included

Breakfast | Lunch



Accommodation

Nisanyan Hotel Sirince (or similar)

Hotel



Today's Activities

Plane

Cappadocia – Izmir Adnan Menderes International Airport

1h15m

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

Avanos Market Visit

Avanos

Visit the Avanos Fruit & Vegetable Market to prepare for the Gozleme cooking class.

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 6

Şirince: Ancient Ephesus

Be transported back in time as you explore the vast ancient city of Ephesus, walking through the site to its northern gate. You'll see the remains of the Temple of Artemis, where expert excavation makes it easy to imagine it in all its glory. Visit the House of the Virgin Mary and explore the area around the Greek Orthodox Church, stopping for a drink from the refreshing natural spring water.

Drive to Ephesus for a tour of the site, including a visit to St. John's Basilica. Enjoy some free time for lunch in Selçuk before visiting the House of the Virgin Mary and the Greek Orthodox church. Enjoy a 3-course farewell dinner at a local restaurant before returning to your hotel in Şirince for the night.



Meals included

Breakfast | Dinner



Accommodation

Nisanyan Hotel Sirince (or similar)

Hotel



Today's Activities

Free Time

Sirince

Spend the afternoon exploring Selçuk or the village of Şirince as you wish.

House of the Virgin Mary

Üçhisar

Drive to the House of the Virgin Mary where we will have a short walk around the Greek Orthodox Church, drink from the natural spring water and visit inside of the church.

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.

Temple of Artemis Visit

Selçuk

See the remains of the Temple of Artemis, one of the Ancient Seven Wonders of the World.

St. John's Basilica & Ayasuluk Castle Visit

Selçuk

Visit the basilica and tour the castle.

Day 7

Şirince

Today your adventure comes to an end, and you can depart at any time.

Departure transfers to Izmir airport are included.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Airport Transfer

Selçuk - İzmir Adnan Menderes International Airport

Transfer to the Izmir airport for your flight home.

What's included

- Your Welcome Moment: Meet Your CEO and Group
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What are the main highlights of this trip?

Take a walking tour of Istanbul and sample delicious street food, Visit the fascinating underground city of Kaymakli, Hike or ride an e-bike through the fairy chimneys and rock formations of Cappadocia, Learn how to make some local delicacies at a cooking class, Visit the ancient city of Ephesus

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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 is the group leader like?

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). 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 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.

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places. If you wish to take a guided city tour in any location where this is not already included in the itinerary, your CEO will do their best to help you arrange this and pay locally.

How large will the group be?

Max 12, avg 10

What meals are included in this trip?

6 breakfasts, 3 lunches, 3 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. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, plane, walking.

Are local flights included in the cost of the trip?

This tour includes internal flights. Please note domestic flights in Turkey have the following carriage allowance:

Check-in: 15 kg (33 lbs)

Carry-on: 8 kg (17.5 lbs)

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).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

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.

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.

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.

Istanbul Airport (IST): Istanbul Airport is no longer permitted to present branded/company signs. G Adventures has been allocated the characters:'M55'. 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, 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

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?

A departure transfer to Izmir Airport is included when you depart on Day 7, or if you depart up to three days after, provided that you have booked your post-accommodation through G Adventures in our finishing hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.) It should also be noted that baggage should adhere to strict airline weight limits - 15kg for checked luggage and 6kg for hand luggage.

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.)

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm Weather:

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

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 currency in Turkey is the Turkish Lira.

It is recommended to bring a combination of cash, credit and debit cards.

Should I be tipping on my trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €8-10 per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Europe to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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.

You should consult your doctor for up-to-date medical travel information well 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 quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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 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.

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/

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.

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.