



# *Quiet in the Wild*

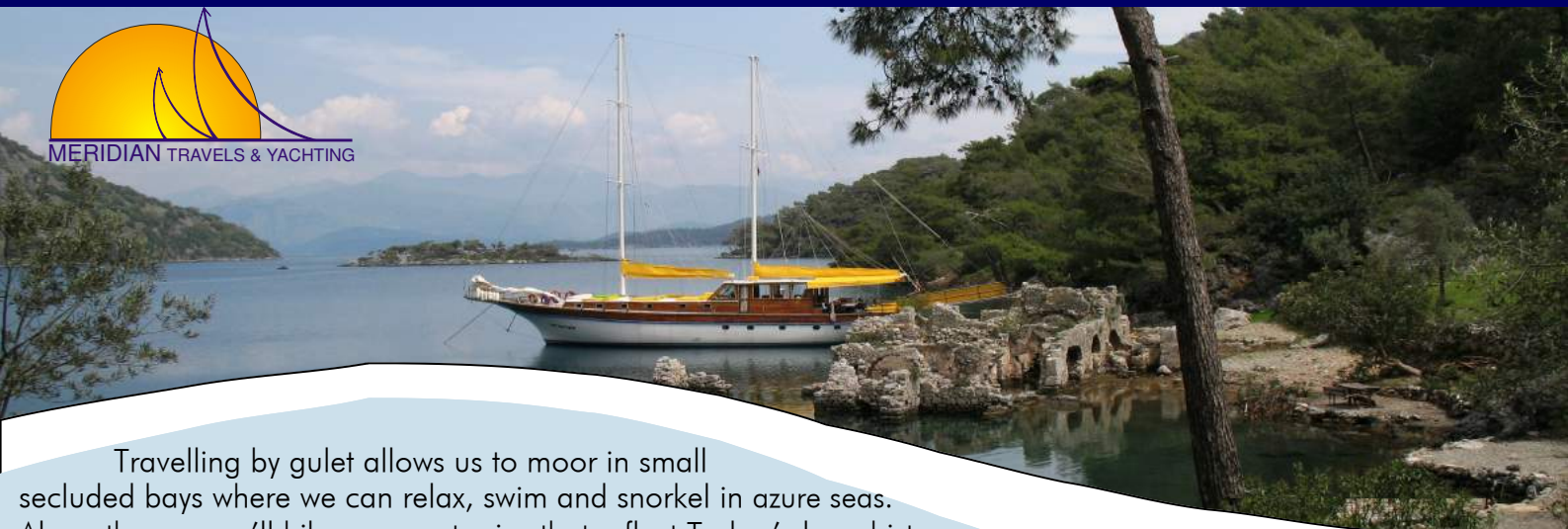
with  
Sian Lalita Alcock



MERIDIAN TRAVELS & YACHTING

Turkish Gulet Cruise  
Including Yoga and Hiking

30 Sept–7 Oct 2019



Travelling by gulet allows us to moor in small secluded bays where we can relax, swim and snorkel in azure seas. Along the way we'll hike amongst ruins that reflect Turkey's long history; from Lycian tombs, to Roman amphitheatres to the Turkish Ottoman period. And of course we will take some quiet time in the wild for yoga.

## WHAT'S INCLUDED

**FULL BOARD:** All meals from Dinner on Day 1 to Breakfast on Day 8

**ACCOMMODATION:** 7 nights onboard a luxury gulet

**YOGA:** daily yoga sessions led by Sian

**HIKING:** English speaking hiking guide

**RIVERBOAT CRUISE:** including entrance fees, riverboat and Captain

**TRANSFERS:** One return group transfer. Details to be advised.

**DRINKING WATER:** water is provided for yoga or hiking; please bring your own refillable water bottle.

## WHAT'S NOT INCLUDED

**FLIGHTS:** Both Marmaris and Fethiye use Dalaman airport

**DRINKS:** there is a reasonably priced bar onboard stocked with water and soft drinks.

**TIPS** for the crew: we recommend around £35 per passenger for the crew.

**TRAVEL INSURANCE:** please remember to arrange your own travel insurance and provide a copy to the Guide on arrival.

**VISA FOR TRAVEL TO TURKEY:** approx 20USD payable in your local currency



## OVERVIEW MARMARIS—FETHIYE\*

Our flexible itinerary will allow for at least one yoga session each day, often more; with the opportunity to hike on at least 3 days if you want.

### Day 1 D

Arrive in Marmaris. Join the gulet and settle into your cabin before dinner. The Turkish kitchen is very diverse and these meal choices are described to give you an idea of the variety of foods prepared for you

### Day 2 B, L, D

After having your Turkish breakfast onboard we take a short cruise across the bay. Join us for a short hike of 6 or 7 km through ancient pine forests with spectacular views (2 hours) Dinner of Menemen, Aubergine and Green Pepper meze, Purslane and Yoghurt salad, Green salad

### Day 3 B, L, D

A wonderful day of cruising amongst reedbeds to the village of Candir where we can practice yoga Nomadic artefacts in the garden of a local family. Aubergine Puree splashed with Olive Oil, Ezo Gelin Red Lentil Soup, Shepherd's Salad





#### Day 4

**B, L, D**

An early cruise sees us in another turquoise bay where you can swim amongst the ruins of Cleopatra's Bath. Delicious lunch of Green Peppers stuffed with rice and tomatoes, Courgette and Aubergine Salad with yoghurt

#### Day 5

**B, L, D**

Overlooked by Lycian tombs, yoga will be in the atmospheric bay of Bedri Rahmi; hike along a coastal path with fabulous views of the Gocek Islands (2-3 hours) Flavourful lunch of Green Beans in Tomato Sauce with Pilau

#### Day 6

**B, L, D**

Plenty of opportunity to swim and snorkel or just relax as we cruise from one bay to another. Dinner of Mercimek Kofte , Roasted Cauliflower with Yoghurt, Broad Bean Salad

#### Day 7

**B, L, D**

A day of cruising, singing and relaxation. Healthy lunch of Chickpeas in a fresh Tomato sauce, bulgur wheat and salad

#### Day 8

**B**

Say your goodbyes to the crew after breakfast!

#### Note :

\*We aim to have daily yoga sessions each morning but the nature of this trip means that our itinerary is flexible and open to change.

\*Tour could operate in reverse.

\*For all walks you need hiking boots Walking poles are recommended.

#### Our Food:

We have a very good reputation for our food which is cooked using fresh, locally grown vegetables; our olives, olive oil and honey are locally sourced from truly organic smallholders.

We will be providing an Ayurvedic vegetarian diet for this trip; if you have any other dietary requirements please advise at the time of booking or at least before arrival to help us with our provisioning.



### Sian Lalita Alcock

Sian *Lalita* (ERYT 500, Y3, K-RMT, ECPC) has been teaching yoga worldwide for nearly 30 years and her classes are an integration of various lineages and medicine teachings.

She encourages participants to explore and express through their body and heart's own inner wisdom. Practices are generally fluid, mindful and accessible for all levels, though some basic yoga experience can be helpful.

She is currently based on the Isle of Portland, Dorset, UK where she teaches workshops, runs retreats and offers teacher training programs, incorporating her skills as a Yoginii, Life Coach, Healer, Dancer and Musician.

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FREE FROM UK: 0800 014 9614

## Yoga

We intend to do yoga every day either on the decks of the gulet or in some special places onshore. Being onboard our yacht will require participants to be adaptable but Sian is looking forward to taking you on this journey and conducting your yoga practice within nature. For more information about the yoga practice please contact Sian directly by email [sian.sacredshores@gmail.com](mailto:sian.sacredshores@gmail.com)

## Accommodation

We'll spend 7 nights onboard a wooden gulet. As is typical on a gulet, cabins are small but larger than you'd find on a sailing yacht; there is a small wardrobe, underbed storage for luggage and a power point. All cabins have their own ensuite bathroom with hairdryer, hand basin, shower cubicle and home style flush toilet.

Cabins are double, twin or single. There is limited availability of twin and single cabins.

The bar, galley and salon are all located in the wheelhouse with plenty of sunbeds on the fore and aft decks for sunbathing, reading and relaxing or perhaps you'll sleep here under the stars.

## Rating

Low to Intermediate

The walks won't exceed 4 or 5 miles, but the terrain is rocky, stony and uneven.

If you like to hike and want to join the optional walks you need to bring a rucksack, hiking boots/shoes (with/without ankle support)

## Terms & Conditions

- ◇ Booking Form and Deposit—a deposit of £200 is due at the time of making your booking.
- ◇ An interim payment of £200 will be due 31 May 2019.
- ◇ The final payment will be due 31 August 2019.
- ◇ All payments are non-refundable. The gulet has been chartered for your private trip, so if you cancel you will still be liable to pay unless your place can be filled.
- ◇ If the trip is cancelled for any reason by Meridian Travels & Yachting your monies will be refunded.
- ◇ Passports & Visas—you must have a valid passport with at least 6 months validity from the tour end date. A visa is required to visit Turkey, it is easy to apply for online from <https://evisa.gov.tr>



## TO BOOK

Bookings will be handled by Anne at Meridian Travels & Yachting. Please email [anne@meridiantravels.com](mailto:anne@meridiantravels.com)

£830 per person twin share

£50 pp early booking discount—book before 31 March 2019

(Limited availability of single accommodation. Contact Anne for prices and details)

