



# Singing Holiday with Sophia Efthimiou

*"I cannot thank you enough  
for the most fabulous trip"*

*"What an incredible holiday it was  
to sail, sing and hike. It was paradise to me"*



**Turkish Gulet Cruise**  
Fri 19—26 April 2019  
Fri 26 Apr—3 May 2019



MERIDIAN TRAVELS & YACHTING

Singing with optional hiking





Travelling by gulet allows us to moor in small secluded bays where we can hike from one bay to another or stay onboard to relax, sing, swim and snorkel in azure seas. Along the Way we'll sing amongst ruins that reflect Turkey's long history from Lycian tombs, to Roman amphitheatres to the Turkish Ottoman period.

## WHAT'S INCLUDED

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

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

**SINGING:** daily singing sessions led by Sophia Efthimiou

**HIKING:** English speaking hiking guide

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

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

**DRINKING WATER:** Water is provided for singing and walks; please bring your own refillable water bottle.

**SHIP'S COSTS:** port fees, diesel, crew food and wages

**B = Breakfast    L = Lunch                      D = Dinner**

## WHAT'S NOT INCLUDED

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

**DRINKS:** there is a reasonably priced bar onboard stocked with water, soft and alcoholic drinks including beer, wine and spirits. Please do not bring your own drinks onboard.

**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 singing 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; a great way to relax after the early start. Your meals are cooked by an onboard chef who prepares food using the best of local, fresh ingredients. 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 so you can have your first swim and singing session of the holiday. Join us for a short hike of 6 or 7 km through ancient pine forests with spectacular views (2 hours) Dinner of Sea Bass, Aubergine and Green Pepper meze, Purslane and Yoghurt salad, Green salad

**Day 3** **B, L, D**

Take the riverboat to the village of Candir where we can sing amongst Nomadic artefacts in the garden of a local family. Barbeque for dinner of Marinated Chicken, Lamb and Meat Kofte, Charcoal grilled Aubergine Puree splashed with Olive Oil, Shepherd's Salad







#### Day 4

**B, L, D**

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

#### Day 5

**B, L, D**

Overlooked by Lycian tombs, sing 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 Rice

#### Day 6

**B, L, D**

Plenty of opportunity to swim and snorkel or just relax as we cruise from one bay to another; singing when the mood takes us. Dinner of Dalyan Kofte , Roasted Cauliflower with Garlic Yoghurt, Broad Bean Salad

#### Day 7

**B, L, D**

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

#### Day 8

**B**

Say your goodbyes to the crew after breakfast!

#### Note :

\*This itinerary is flexible and is open to change.

\*Tour could operate in reverse.

#### Our Food:

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

Vegetarian, gluten free and dairy free are available but please advise at the time of booking to help us with our provisioning. We may not be able to provide your food choices if you advise us on arrival.



#### Sophia Efthimiou



Sophia's first singing holiday onboard gulet East Meets West was such a success that she's decided to run two cruises in 2019.

She has a unique and infectious style, bringing a sweet balance of humour and depth to her work. Her warm and playful nature creates a sense of ease and unity, enabling everyone to drop into a space that is both held and free. Her own dance and movement practices naturally inform her leadership style, helping to bring the voice back into the body where it belongs. She collects and teaches songs from different cultures and traditions from around the world, leading harmony singing workshops with people of all ages, abilities and backgrounds to bring out the natural voice and reinforce our innate human ability to make music. Her singing workshops are soul inspiring, heart warming and empowering, creating a sense of euphoria and connection for everyone involved.



## Singing

Sophia will lead singing sessions every day.

For more information about the singing please contact Sophia directly by email [sophiaefthimiou@gmail.com](mailto:sophiaefthimiou@gmail.com)

## Accommodation

We'll spend 7 nights onboard the gulet East Meets West. 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.

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—hiking

Low to Intermediate

The walks are around 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 30 November 2018.
- ◇ The final payment will be due 1 March 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>
- ◇ Travel Insurance is highly recommended.



## TO BOOK

Bookings will be handled by Anne at Meridian Travels & Yachting. Anne and her husband Adil are co-owners of the gulet and will join us on the cruise. Please email [anne@meridiantravels.com](mailto:anne@meridiantravels.com)

£725

per person twin share per week

Discounted to £675 for bookings before 30 Sept 2018

Single supplement applies. Very limited availability of single cabins.

For any questions about the trip please email [anne@meridiantravels.com](mailto:anne@meridiantravels.com)



[www.meridiantravels.com](http://www.meridiantravels.com)  
ADIL BEKTAŞ YAT İŞLETMESİ  
TEL: +(0) 90 538 593 5032

E-MAIL: [enquiry@meridiantravels.com](mailto:enquiry@meridiantravels.com)

FREE FROM UK: 0800 014 9614