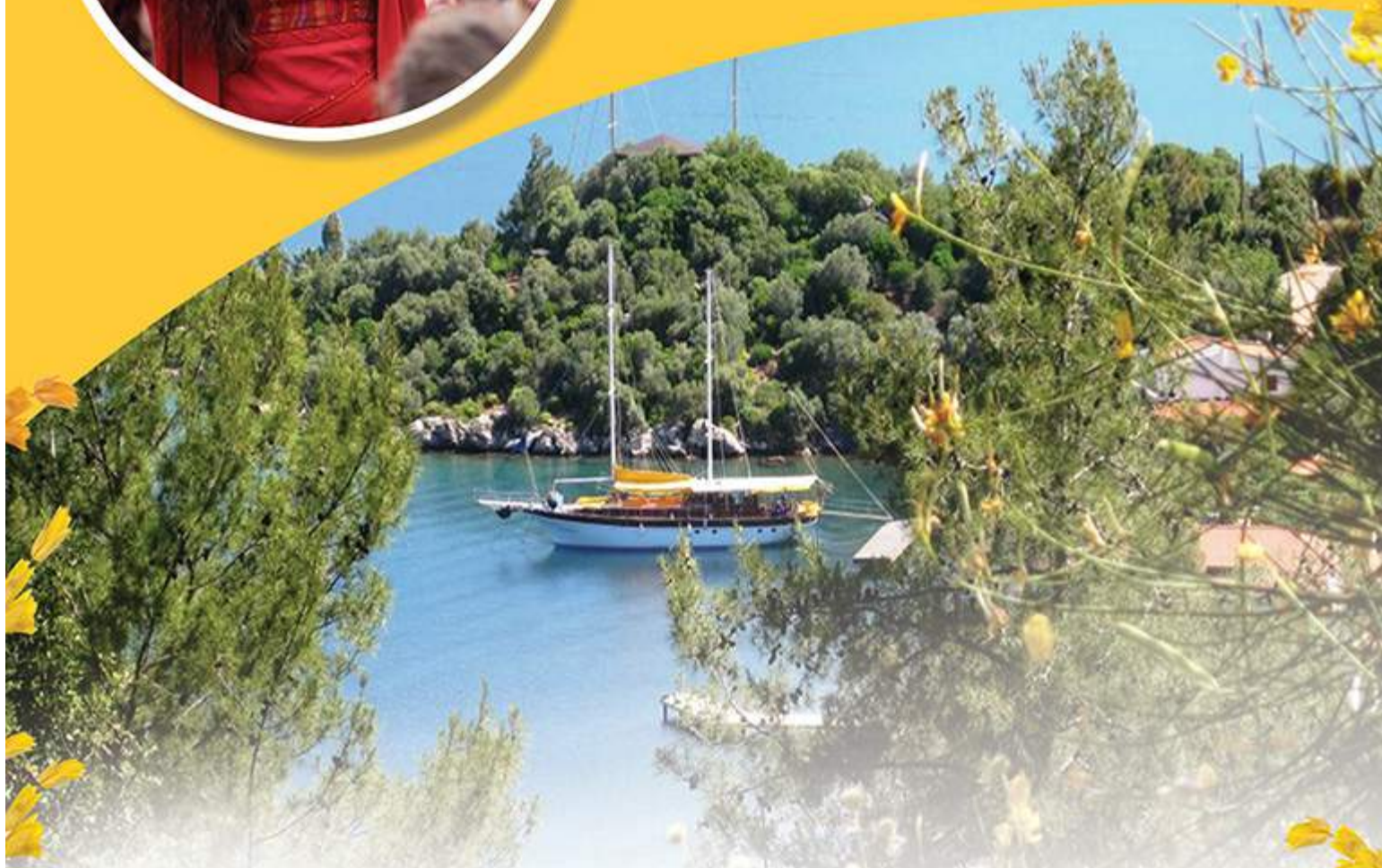


Singing Holiday

with Sophia Efthimiou

Turkish Gulet Cruise

Mon 23rd - 30th April 2018



Explore the Aegean coastline of Turkey on board a handcrafted gulet. Sophia will lead a daily singing journey in a variety of natural settings; stunning coves, ancient Greek and Roman ruins or in the garden of a nomad family.

Away from the traditional tourist path, with short hikes accessible from the sea, you'll experience a unique vista of the Turquoise coast.

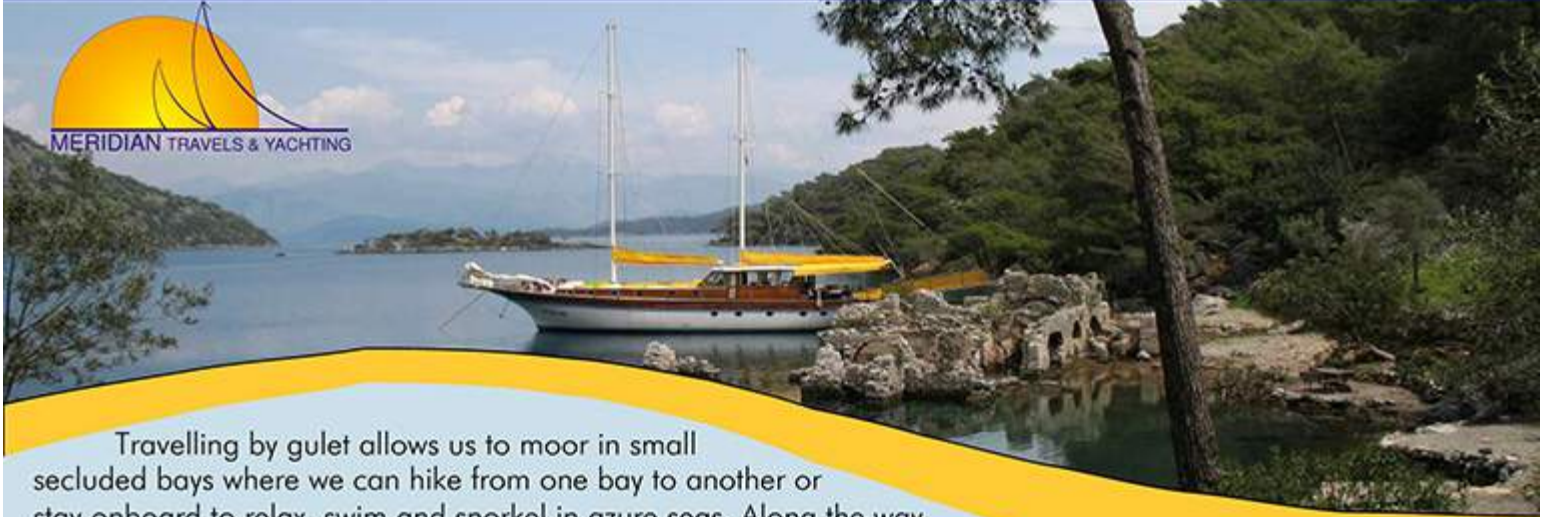
Feast on fresh and healthy food prepared by on board chef and relax at night under the stars.



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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, 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 at mealtimes and for walks; please bring your own refillable water bottle for hiking.

SHIP'S COSTS: port fees, diesel, crew food and wages
Vegetarians are easily catered for. Please advise of any dietary requirements time of booking.

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*

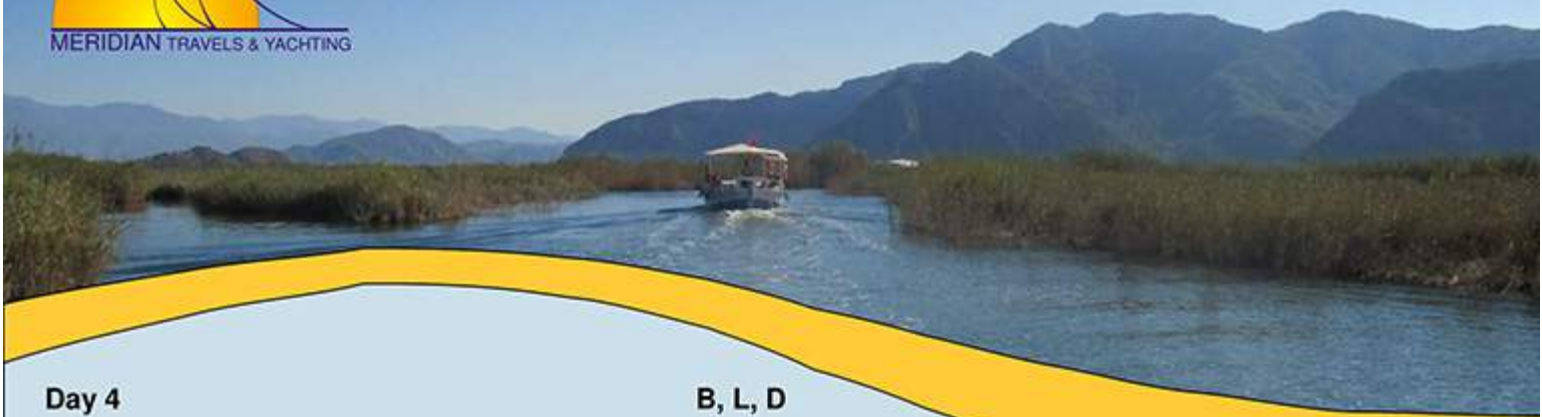
Our flexible itinerary will allow for at least one singing session each day, often more; with the opportunity to hike on at least 3 days if you want.

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**

A long early morning cruise sees us drop anchor in another turquoise bay. Singing amongst the ruins of Cleopatra's Bath. Delicious lunch of Green Peppers stuffed with rice and tomatoes, Courgette and Aubergine Salad served with yoghurt, Tomato Salad

Day 5 **B, L, D**

Overlooked by Lycian tombs high on the mountainside we will be singing in the atmospheric bay of Bedri Rahmi; taking in a coastal path with fabulous views of the Gocek Islands (2-3 hours) Flavourful lunch of fresh Green Beans in Tomato Sauce with Pillau Rice and Salad

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 with hard boiled eggs and tomato sauce, 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.
- *All meal choices are for illustration only, to give you an idea of the type of delicious food we serve.
- *For all walks you need hiking boots (with or without ankle support) as the paths are littered by loose rocks and stones. Walking poles are recommended.



Sophia has been running choirs and singing workshops in London and the Southeast for 10 years. 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:
www.singingourselfeshome.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

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.
- ◇ The final payment will be due 1 September 2017.
- ◇ 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](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

£695 REDUCED TO £595
per person twin share

For bookings made **before 30th Nov 2017** and for this trip only
(Limited availability of single accommodation. Contact Anne for prices and details)



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