



makememove



Yoga, Istanbul, Ephesus, Gulet Cruise and more

with Annie Hastwell *28 May – 8 June 2015*

OVERVIEW OF HOLIDAY

Turkey is known for its history, culture, hospitality and natural beauty. ; there's no better way to explore than onboard a gulet, a traditional, handcrafted wooden yacht. After spending time in the vibrant city of Istanbul and the fascinating ancient metropolis of Ephesus, we'll get off the traditional tourist path as we head to the mountains and clear blue sea of the Turquoise coast.

We will take time out of our schedule for daily Hatha style yoga practice in beautiful, unique locations amongst the minarets of Istanbul, the pine forests hugging the mountainous Aegean coast and of course on deck.

We'll hike on trails only accessible from the sea, explore ancient ruins, visit small villages, feast on healthy, fresh food prepared by our onboard chef and relax at night to the sound of gentle waves lapping the hull of the boat. We'll have cabins but many of you will choose to sleep on deck under the stars and moonlit sky.

Travelling on our gulet allows us to moor in small bays, stretch out in secluded bays, hike from one point to another; choose to relax and stay onboard on any day, swim and snorkel in azure seas. Along the way we'll see ruins that reflect Turkey's long history from Lycian tombs, to Roman amphitheatres to the Turkish Ottoman period.



TRIP HIGHLIGHTS



- Yoga sessions amongst ancient history and on the deck of our wooden gulet. Daily Hatha style yoga practice; Yoga Nidra for complete relaxation; Breathing Techniques to calm and energise; Guided meditation
- Hiking ancient paths and seeing ruins that date back to the 10th century BC
- Feasting on healthy, freshly cooked food
- Swimming and snorkelling in the turquoise azure waters of the Aegean and Mediterranean Seas
- Experiencing Turkish culture and hospitality whilst learning about the rich history of this fascinating country

RATING

This trip is designed for any active traveller who wants a cultural immersion in the sights, smells, culture and cuisine of Turkey and who enjoys yoga and hiking. The pace on this trip is relaxed and allows you to decide how active you want to be; you might join the walks or stay onboard and relax. Grade: Low-Intermediate—Paths will be rocky with ups and downs and the lengths of the walks vary from 2—5 hours.

Note: This itinerary is very flexible and is open to change. For all walks, you need hiking boots (with or without ankle support) as the paths are littered with loose rocks and stones. Intermediate walks are suited to people with hiking experience and walking poles are recommended. If you don't want to walk, then stay onboard and enjoy the wonderful cruising.



ACCOMMODATION

We'll spend the first two nights and the last night in a tourist class but charming hotel in Istanbul (Divalis Hotel or similar) and two nights in an Ottoman style hotel in Selcuk (Kirkinca House Hotel or similar).

We'll also spend seven nights onboard the gulet. As is typical on a gulet, cabins are small but larger than you'll find on a sailing yacht, there is a wardrobe, underbed storage for luggage and a power point (limited availability). All cabins have their own ensuite bathroom with hairdryer, shower cubicle and home style flush toilet.

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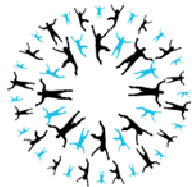
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ITINERARY OVERVIEW

The following itinerary is meant to be illustrative rather than definitive. We may follow it exactly or weather and group interests may influence it.

Thursday 28 May

Arrive Istanbul (IST) some time today. We'll meet up for dinner for the start of our wonderful holiday.

Friday 29 May

A walking tour is the best way to see Istanbul and today we'll combine traditional sites and an insider's view with our local guide. We'll tour the must see sites of Istanbul: the Topkapi Palace, the ancient residence of mighty Ottoman Sultans, the Hagia Sophia church, one of the most extraordinary buildings in the history of architecture from the golden age of Byzantium; the Blue Mosque, Istanbul's most prominent mosque overlooking the Bosphorus and the Basilica Cistern. After some free time we'll gather again for dinner and have time to pack for our adventure. B, L, D We will schedule at least one yoga session into every day of the tour.

Saturday 30 May

No visit to Istanbul would be complete with seeing the Bosphorus close up and we'll start our day with a morning cruise. We'll also visit the Spice Market with its heady mix of spices and herbs. After all of that we're off to the domestic airport for a short flight to Izmir. We'll spend the next two nights in Sirince, close to Ephesus, a delight in itself. It's one of the very few genuinely beautiful historic villages left in western Turkey an almost all houses date from 19th century or even earlier. B, L, D

Sunday 31 May

We'll spend the entire day visiting the ancient city of Ephesus, first a city from the Hellenistic period and later from the Roman period. It is considered to be the commercial, religious and social centre of antiquity. It is a vast site not yet complete excavated, but what is visible such as the library and the Temple of Artemis gives some idea of its original splendor. After a full day we'll return to our hotel for dinner. B, L, D.

Monday 1 June

Today we'll get our first taste of the Turkish countryside as we drive to Fethiye, less than 5 hours away. There we'll be greeted by our English guide Anne and her husband Adil, co-owners of our gulet East Meets West, together with their all male crew of a cook and sailor. After settling into our cabins we share a welcome tea and biscuits, have some free time before dinner onboard in port. B, L, D

Tuesday 2 June

We start with a breakfast feast of fruit, tomatoes, cheese, eggs, olives, jams, bread and lashings of hot Turkish tea, there's coffee too. Before leaving port we will visit some of the local treasures by air-conditioned coach where we will have our yoga session amongst the ruins of an abandoned village. When we return to the boat we'll take our first cruise across the calm Mediterranean sea before dropping anchor in a small bay, plenty of time for swimming before dinner. B, L, D

Wednesday 3 June

After breakfast we'll cruise to another bay and the start of our first walk where we'll follow goat trails through pine forests with wonderful views of the Gocek Islands.

Thursday 4 June

Plenty of time for relaxation onboard with a shorter coastal walk with stunning views B,L,D

Friday 5 June

Today's walk starts at the remains of Cleopatra's Bath, meanders through forests of pine and olive before taking us to a nomad and his home. We then follow an ancient Roman footpath to the ruins of a city dated around 2AD B,L,D

Saturday 6 June

A wonderful day packed full of interesting activities and ancient sites. We'll take a riverboat and cruise to the ancient site of Kaunos, cruise past the Lycian tombs high in the rockface, take a mudbath and bathe in a thermal pool as well as finding time for a walk and yoga session. B, L, D

Sunday 7 June

A leisurely morning cruise towards Marmaris this morning; with plenty of time for swimming and relaxation before cruising in to Marmaris port. We spend our afternoon at the Turkish Bath where we'll have a scrub/exfoliation massage, foam wash and oil massage; the perfect way to finish our week of yoga, activity and relaxation. B, L, D

Monday 8 June

Our exact day will depend upon the timing of our return flight to Istanbul. We may do some last minute shopping or wandering around town before transferring to Dalaman airport for our return flight to Istanbul where we go our separate ways. B,L,D

Yoga—During our journey we will have daily Hatha style yoga practice sessions, Yoga Nidra for complete relaxation; Breathing techniques to calm and energise; Guided Meditation



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TRIP PRICE

EARLY BIRD DISCOUNT £175 (225 euros) PER PERSON

- ◇ **Price:** £1750 (2225 euros) per person. Early booking Price £1500 (2000 euros) Single supplement Gulet £250 (325 euros) There are a very limited number of places available. Single supplement Hotels £110 (140 euros). These are more readily available.
- ◇ **Deposit:** £275 (350 euros) per person, non-refundable
- ◇ **Early Bird Discount:** applies for bookings made before 31 December 2014

WHAT'S INCLUDED

- ◇ Yoga Instructor—daily Hatha style yoga practice
- ◇ Local guides in Istanbul, Ephesus and gulet cruise
- ◇ 12 nights accommodation in twin-share rooms/cabins
- ◇ All meals from breakfast on Friday through to breakfast on the last Monday
- ◇ All activities on the itinerary including tours, excursions, entrance fees and a Turkish Bath
- ◇ Transfers to and from Dalaman airport



WHAT'S NOT INCLUDED.

- ◇ International flights to and from Turkey
- ◇ Internal flights; Istanbul to Izmir and Dalaman to Istanbul; although these will be booked on your behalf
- ◇ Arrival/departure transfers for international flight
- ◇ Gratuities for ships crew, daily tour guides
- ◇ Visa to Turkey
- ◇ **Travel Insurance:** please remember to arrange your own travel insurance



ENQUIRIES AND BOOKINGS

Enquiries Please email any queries to anne@meridiantravels.com

To book

Once you've checked availability, please email your name and contact details to anne@meridiantravels.com so that a booking form can be completed. You'll then be sent an invoice for your deposit. The balance is due 6 weeks before departure.



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