



TRIP OVERVIEW

Discover the spectacular landscapes and remarkable history of the Lycian Way on this unforgettable swimming holiday along Turkey's southern coastline. It's here that the ancient Lycians settled on the Teke Peninsula in a veritable paradise of forested slopes, blue-green waters and sand-fringed shorelines. The aptly named Turquoise Coast is home to some of the clearest waters in the Mediterranean - the perfect location for a swimming adventure of both coastal swims and crossings.

Based in the small coastal village of Kaş, we spend the week exploring countless caves, tunnels, arches and bays. Our swims will uncover the area's most isolated beaches, scattered archipelagos and ancient sites perched on hilltops.

Our main boat for the week is a traditional Turkish 'gulet', which is an ideal way to experience this part of the world. The gulet is also where we will enjoy the fresh, traditional Turkish lunches which are served on board between your swims - a highlight for many SwimTrekks! There is plenty of room to stretch out as well and relax under the sun while you are out of the water.

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy both crossings and coastal swims, including exploring sea caves, tunnels and arches.

Swimmers should also have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 3km prior to the start of the trip. The average daily swim distance is around 5km (split over a minimum of two swims). Please note our itinerary does include a 5km swim but this can be reduced if required.

If you have booked for 2023, your average swim distance is 6km/day

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

LOCATION SUMMARIES

Lycian Way

The Lycian Way is a 509km walking path which follows several ancient routes of the local Lycian people along Turkey's beautiful southern coastline. The path runs from Fethiye to Antalya and takes in some of the region's most breathtaking scenery and historic sites, including fascinating ruins from the Greek, Roman and Persian civilisations. We can walk a small section of this iconic path as we traverse a narrow, rocky path towards the ancient city of Aperlai.



Kaş

The small coastal village of Kaş is our home for the week and a fantastic base from which to explore the surrounding area. With its narrow streets, filled with cafes, bars and restaurants, there are plenty of options to enjoy the delicious local cuisine and experience the renowned local hospitality.

TRIP SCHEDULE

Start Point	Linda Hotel, Kas, Turkey www.belindaotel.com
Start Time	17:00 on Day 1 (2023 start time is 1900)
Finish Point	Linda Hotel, Kas
Finish Time	11:00 on Day 7

Please note that the below daily itineraries are an example of the swims that may take place during your trip. However, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

After meeting in the reception area of the hotel, we will head down to the beach for your acclimatisation swim. We will then return to the hotel for a welcome drink and a safety briefing while discussing our plans for the week ahead. For those booked onto a trip in 2023, your acclimatisation swim will take place in the morning of day 2.

Day 2

First thing this morning, we make our way out to Kaş Peninsula for our first coastal swim of the trip. Following lunch and some time to relax on board the gulet, we get you back into the water to film your stroke, both above and below the water. After the filming session, we'll set off on another enchanting coastal swim, which finishes at the tranquil Dolphin Beach.

Day 3

This morning is spent island-hopping within the Canyon Archipelago of seven islands, situated midway between Greece and Turkey. We retreat to Ufakdere to moor our gulet for lunch. After lunch, we'll complete a stunning coastal swim out from Ufakdere bay. Once we arrive back at the hotel, we will review the video playback from Day 2.

Day 4

This morning, we head out along the coast, past the Uluburun Cliffs for a swim towards the ancient city of Aperlai. Here we swim into the bay, over ancient foundations and ruins which have been deposited on the seabed by numerous earthquakes. Once we arrive at the bay, which sits beneath the city of Aperlai, you can complete a short but rocky walk uphill to explore the city's ruins. After lunch on board



the boat, we head back to Kaş, stopping off for our swim following the Lycian Way from beneath the dramatic cliffs of Uluburun. The day concludes with a walk to the Kaş amphitheatre to see the sunset after another great day of swimming.

Day 5

We make our way to Bayrak Adasi, just outside the Greek waters off the island of Meis, before beginning our crossing back to the Turkish mainland. This is one of the more challenging and rewarding swims of the week. After completing the crossing, it's time for a snack and lunch aboard the gulet. Following lunch, the remainder of the afternoon is yours to enjoy, whether that involves taking the evening ferry over to Meis, exploring the village of Kaş, or simply relaxing at the nearby beach areas. For guests who are looking for other activities to take part in, a traditional Turkish bath or breathtaking paragliding session are fantastic ways to spend your afternoon.

Day 6

This morning, we swim along the last section of the coast, making our way from Choban Beach, towards Limanağzi, looking out for the cave on the way. Once we reach Limanağzi, we moor for lunch on the boat before a final coastal swim out of the bay towards Pebble Beach - make sure you look out for tombs hidden within the rock face!

Day 7

We hold a final early morning swim before breakfast to conclude our fantastic week of swimming along the Turkish Lycian Way.

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

SWIM	DISTANCE	SWIM	DISTANCE
Kaş Peninsula	2km	Kaş Peninsula - Dolphin Beach	3km
Canyon Archipelago	3km	Ufakdere Coastal	2km
Aperlai Bay	3km	Ulubrun Coastal	2km
Bayrak Adasi - Turkey Crossing	5km		
Choban Beach - Limanağzi	3km	Limanağzi - Pebble Beach	2km

Swimming Conditions

Swimming in the sea is a fantastic experience. However, you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, but if you suffer from anaphylaxis, please consult



the office prior to booking.

Walking Conditions

Most walks to and from our swims take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas. There is also an opportunity to walk a short (approximately 200 metre) section of the famous Lycian Way. This walk takes place on a rocky, uphill track which leads to the ancient city of Aperlai. Sturdy walking shoes or sandals are recommended for this walk.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
April	15-19°C / 61-65°F	14-21°C / 57-70°F
May	18-24°C / 64-75°F	17-22°C / 63-72°F
July	26-29°C / 79-84°F	29-33°C / 84-91°F
August	27-30°C / 81-86°F	30-34°C / 86-93°F
September	25-29°C / 77-84°F	26-31°C / 79-88°F
October	22-27°C / 72-81°F	23-27°C / 73-81°F

*Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible

TRIP INFORMATION

Group Size

This trip has a maximum group size of 16. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat Support

Boat support on this trip includes one main boat and two inflatable boats to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

There are a number of additional activities available locally or via a transfer along the coast. From Turkish baths, to paragliding or visiting the Greek island of Meis, there is something to suit everyone. If you want to book additional excursions either end of your trip, our partners at WILUSA will be able to help you. You can contact them directly at info@swiminturkey.com.



Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. There are no **additional, specific** items required for this location.

SwimTrek will also provide water and electrolytes at every location and refill your bottles.

GETTING THERE

The easiest way to get to Kaş is to fly into Dalaman and take a shared transfer to the Linda Hotel in Kaş. It is also possible to fly into Antalya and take a private transfer, however, please be aware that this can take up to one hour longer than the journey from Dalaman to Kaş.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible to avoid price rises and availability issues.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

Dalaman Airport to Kas - Transfers

You can arrange a private transfer service through several online and local providers direct from the airport to the Linda Hotel in Kaş, depending on the number of passengers and the time of arrival at the airport.

Our local partner, Wilusa Travel, can also assist with the provision of private and shared transfers. For a quote, please email info@swiminturkey.com at least seven days prior to your arrival with your flight number and arrival time.

Dalaman Airport to Kas - Shuttle Service

Transfer Kas provides a shared transfer from Dalaman Airport and Kaş. The cost depends on the number of passengers and the time of year. It takes approximately 2 ½ hours. You can reserve your place for this service via www.transferkas.com.

Dalaman Airport to Kas - Public Bus

Catching a public bus is a great way to see more of the Turkish coast. From the airport, you will need to travel to Fethiye using local bus company. A timetable can be found at www.havas.net. Once in Fethiye, you will need to change buses to head towards Kaş. Buses from both the airport to Fethiye and Fethiye to Kaş run frequently throughout the day. The total journey time is approximately 3½ hours.

Antalya Airport to Kas - Transfers

You can arrange a private transfer service through several online and local providers direct from the airport to the Linda Hotel in Kaş depending on the number of passengers and the time of arrival at the airport.



Our local partner, Wilusa Travel, can also assist with the provision of transfers. For a quote, please email info@swiminturkey.com at least seven days prior to your arrival with your flight number and arrival time.

ACCOMMODATION

Accommodation during this trip is in the Linda Hotel in the small coastal village of Kaş. Our accommodation is based on twin-share rooms with en-suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

*Please note that we stay at the Linda Hotel, **not** the Linda Beach Hotel which is also located in Kaş.*

Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation before or after the trip, this can be arranged directly via our partners in Turkey, Wilusa via info@swiminturkey.com

Food and Drink

All breakfasts and lunches are included in your trip price - however, dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip.

For more information, please visit our [food and drink](#) page on the website.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, etc. The local currency in Turkey is the Turkish Lira. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Guides, but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.



For more information, please visit our [Responsible Travel](#) page on the website.

Passports and Visas

Turkey is not part of the European Union. Non-residents of Turkey require a full passport to enter the country, which should be valid for six months beyond the expected length of stay.

UK and EU Citizens do not need a visa to enter Turkey and stay for a period of up to 90 days. Citizens of other countries including the US, Canada, Australia and New Zealand require a visa to enter Turkey. Most foreign nationals entering Turkey must purchase a visa before entering the country. It is important that you purchase your visa through the official website, www.evisa.gov.tr and avoid purchasing through third-party providers, as these can be considerably more expensive.

Please note that visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions.

Internet Access, Electricity and Travel Plugs

Hotel Linda offers free WIFI throughout the hotel. For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.