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Adventures in the Turkish Mediterranean

Istanbul, Cappadocia, Ephesus & the Turquoise Coast

September 28- October 10, 2020 (13 days)

Pack your bags for a journey of discovery as we explore the ancient lands and cultures of Anatolia (modern Turkey). Join Cathy Ann Taylor for an extraordinary adventure through this beautiful country. As we travel, we will bear witness to more than 5,000 years of human history, including the great civilizations of the Greeks, Romans, Byzantines, and Ottomans. Throughout our adventure, we'll walk in the footsteps of Alexander, Homer, Cleopatra, and innumerable scribes, traders, and explorers who traveled the globe to discover this exotic and timeless land. In Turkey, East meets west in a dazzling display of culture, cuisine, and architecture. We'll hike the beautiful valleys of Cappadocia and along the Coast on the Lycian Way.

TRIP DETAILS

Easy Touring and Day Hikes ▶ 6 nights hotels, 6 nights aboard a Turkish gulet

ITINERARY

(Depending on your airline routing, you will likely need to leave the U.S. on September 27 or earlier to arrive in Istanbul on September 28).



Day 1, September 28 ▶ Arrive in Istanbul, Turkey

Arrive in Istanbul, Turkey. After picking up your luggage, you'll clear customs. Your transfer agent will be waiting for you outside of customs (he'll be holding a sign with your name on it). The drive to the hotel takes about 30-40 minutes, depending on traffic. We have nothing scheduled for this day as the flight arrival times will vary. Our comfortable family-run hotel, the Blue House Hotel, is

set right in the heart of Istanbul's Old Quarter and just steps from the famed Blue Mosque. After checking in, the remainder of the day is free to relax or start exploring on your own. Dinner is on your own this evening. The hotel has a rooftop terrace restaurant with amazing views of the Old Quarter.

Meals on your own...Blue House Hotel

Day 2, September 29 ▶ Bosphorus Cruise – Kadikoy – Bazaars

After a delicious breakfast buffet at the hotel, we meet with the group for our trip briefing and begin our day of sightseeing. Leaving the hotel, we walk a half hour to the Eminonu Pier on the Bosphorus. Boarding a boat, we'll enjoy a one-hour cruise along this famed strait, a wonderful way to see the palaces, castles, and Ottoman houses set right beside the water. On the Asian side of the Bosphorus, we'll stop to explore Kadikoy, a lively district with shops, bakeries, fish markets, and tavernas. For our Welcome Lunch, we dine at the famous Ciya Sofrasi restaurant, and a special tasting menu for our group will be served. After lunch, we head to Istanbul's Spice Market (also known as the Egyptian Bazaar), where we can see (and smell) a variety of colorful spices, teas, nuts, and *lokhum*, the candy known as Turkish Delight. We'll also explore Rustempasa Mosque, a tiny mosque built for the merchants at the bazaars, with its beautiful Ottoman tiles, and finish the day with a visit to the incredible Topkapi Palace, the former residence of Ottoman Sultans and their harems for 400 years. Its treasures include the Topkapi Dagger and the famous Spoonmaker's Diamond. We return to the hotel. Dinner is on your own this evening.

B,L...Blue House Hotel

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Day 3, September 30 ▶ Walking Tour of the Old Quarter

Today we visit some of Istanbul's classic sites. We begin with a tour of the 16th century Blue Mosque, famous for its blue tiles and domes. Next is the Sunken Cistern, a Byzantine cistern with hundreds of ancient columns. The Hagia Sophia, the Church of the Holy Wisdom, is the symbol of Christianity in the Eastern Roman Empire, and we'll be amazed at its 11th century mosaics and dome. We'll also visit the Byzantine Forum, once the sporting and social center of Constantinople, the capital of the Byzantine Empire. A few fragments of the original structure survive, including the Egyptian Obelisk. Our last stop for the day is the Grand Bazaar, an Ottoman-style covered market with thousands of shops and alleys. Lunch is on your own today, a chance to take a break from the busy sightseeing and to sample the many delights of Istanbul's wonderful restaurants. In the evening, we gather for a Welcome Dinner and trip orientation.
B,D...Blue House Hotel

Day 4, October 1 ▶ Cappadocia

We're up early this morning, as we will need to finish breakfast and be ready for our airport transfer at 7:00 a.m. Transfer to the airport for our flight to Kayseri (1.5 hours). Upon arrival at Kayseri, you'll be met and transferred to Cappadocia (90-minute drive). After a traditional lunch in a village, we'll visit the Goreme Open Air Museum, with its 10th to 16th century early Christian churches carved into the rocks and adorned with simple but beautiful frescoes. We'll also take a hike in Pasabag Valley, the perfect place to see the surreal rock formations called the fairy chimneys, and do a bit of sightseeing, including a pottery workshop in the town of Avanos. Pottery has been fashioned in this part of the world for thousands of years, and Avanos has many beautiful ateliers where we can see the traditional potters' wheels and samples of Turkish ceramics with their tulip and carnation designs. After this very full day, we'll transfer to our hotel in Uchisar village. Overnight at Kale Konak Cave Hotel. Dinner is on your own this evening. If you have some free time, be sure to take a soak in the hotel's tiny bath carved into the rocks and lined with Turkish marbles.
B,L...Kale Konak Cave Hotel

Note: One of the highlights of this trip is **hot air ballooning**. Though it's rather expensive, it's definitely worth it, as you'll have the unique experience of viewing the landscapes of Cappadocia from high above. Your guide can book this for you. It takes place early in the morning.

Short ride (50 minutes): 180 Euros

Long ride (90 minutes): 250 Euros



Day 5, October 2 ▶ Cappadocia

Optional hot air ballooning in the early morning. After a leisurely breakfast served on the terrace of our hotel, we'll continue exploring Cappadocia. Our explorations include the underground city of Kaymakli, carved into the rock. For thousands of years, the locals found shelter from invaders in underground cities, and Kaymakli is one of the most well known of them all. We'll explore several floors of the city and see stables, an 8th century winery, church, and various living quarters. For lunch, we head to the Greek House, where we'll indulge in traditional Turkish

food prepared by village women. After lunch, we visit Sinassos village, with its stone houses

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decorated with carvings. Sinuses was a Greek village until the end of World War I. We'll also visit a carpet workshop where traditional carpets and kilims are woven and get a chance to learn about the dyes used in weaving as well as the meanings of symbols on Turkish carpets. (Good shopping here!) Our day ends with a 1- to 2-hour hike through the valleys of Cappadocia. Return to the hotel for overnight. In the evening, we will enjoy a festive dinner with live entertainment at local restaurant. B,L,D...Kale Konak Cave Hotel

Day 6, October 3 ▶ Ephesus

You will be picked up at 6:30 a.m. from your hotel and transferred to Nevsehir Airport for your flight to Izmir (8:30 a.m.) via Istanbul (arrive 10:00 a.m.; depart 11:00 a.m.), arriving in Izmir at 12:10 p.m. Upon arrival, you'll be met and transferred to Ephesus (1-hour drive). Along the way, we'll stop for a late lunch at a restaurant serving Aegean-style home cooking. We then head to Ephesus, the largest and most important Roman city in Anatolian antiquity. Known as "the star of Asia Minor," Ephesus was celebrated for its wealth and beauty—and today it's one of the best archaeological sites in the country. You'll wander into the past as you explore the library, marble streets, baths, agora, and the theater. The recently excavated Terrace Houses are one of the best examples of residences during the Roman times, and we'll see amazing mosaics, murals, and frescoes adorning these beautiful Roman houses. After touring Ephesus, we transfer to Kusadasi (30-minute drive) where we can check into our hotel and relax. Our hotel, close to Ephesus but away from the crowds of Kusadasi town, offers a beautiful infinity pool and a garden with olive trees. From the terrace, you can enjoy the breathtaking views of the Aegean Sea and Samos Island.

B,L,D...La Vista Hotel

Day 7, October 4 ▶ Embark on the Gulet

This morning, we transfer to Dalyan village, a beautiful drive that brings us through the countryside, with stops along the way. Arriving in Dalyan, you'll have lunch on your own—there are many great cafes and you can also explore the market if you wish. We then we board a small boat to explore the meandering Dalyan River. Along the way we'll see endangered sea turtles and hike to the ancient site of Caunos, where we'll visit its Greek theater, Byzantine basilica, and Roman baths. While on the boat, we'll also see royal Lycian cliff tombs dating from the 6th century BC perched above the emerald waters of the river. After our boat ride, we head to Fethiye or Gocek (1-hour drive) where our gulet is waiting for us. We board our boat, our home for the next six days, and cruise to a secluded bay where we anchor overnight. We'll have time to swim and snorkel in the turquoise waters of the Mediterranean before dinner on board. You'll also have a chance to pick up your alcoholic beverages for the next few days.

B,D...Gulet

Day 8, October 5 ▶ Kayakoy – Dead Sea – Gemiler Island

Cruise two hours to Gemiler Island, the home of Byzantine monks in the 6th century AD. From here, we go by Zodiac over to the mainland for a hike to the "ghost" village of Kayakoy, an old Greek town that was abandoned in the 1920s when it became Turkish after World War I. We'll also



have a chance to swim in the Dead Sea Lagoon, the most famous beach in Turkey. At sunset, we head to the Byzantine ruins of Gemiler Island, once an important stop along the pilgrimage route to Jerusalem. We hike to the top of the island through ancient tunnels, arches, and alleys, and will be rewarded with fabulous views of the coast and sea.

B,L,D...Gulet

Day 9, October 6 ▶ Kalkan

An early morning cruise (4 hours) brings us to Kalkan Bay, where we enjoy a leisurely day in this secluded spot. In the late afternoon, we cruise to the Kalkan marina and dock. Kalkan is a lively town with lots of restaurants, cafes, and boutiques. On an afternoon excursion to the village of Bezirgan in the mountains (30-minute drive), we'll explore this traditional village and its centuries-old grain depot. Dinner on your own in Kalkan. Our gulet will be docked in the marina for overnight.

B,L...Gulet

Day 10, October 7 ▶ Kas – Simena – Kayaking

Early morning cruise to Kas (two hours). After breakfast, a minivan with a driver will pick you up and take you to Simena (1-hour drive) where we'll enjoy a half day of kayaking, paddling next to sunken 6th century tombs from Lycian times and other ruins. A medieval fortress overlooks the Simena/Kekova archipelago, and we'll have time to hike up to the fortress and visit the tiny village that can be reached only by foot. We return to Kas and enjoy an afternoon exploring the village, with a walk to the Greek theater overlooking the Mediterranean. Dinner is on your own so you can explore the village and enjoy a wonderful dinner at a local restaurant.

B,L...Gulet

Day 11, October 8 ▶ Patara – Saklikent Gorge – Fethiye

A minivan with a driver picks us up at the Kas marina and we head to Patara, once a very wealthy city due to trade and one of the six principal cities of Lycia, in the 6th century BC. Patara's oracle at the renowned yet still undiscovered temple of Apollo was said to rival that at Delphi and the temple equaled the reputation of the famous temple on the island of Delos. It was believed that Apollo lived at Delos during the summer but spent his winters at Patara. We'll visit the amphitheater, Lycian Senate, and the lighthouse.

We then head to the Saklikent Gorge, nearly a thousand feet deep and 11 miles long, one of the deepest in the world, formed by flowing waters over thousands of years. We'll visit the gorge and have lunch by the river. In the late afternoon, we arrive in Fethiye, ancient Telmessos, now a quaint modern town with a bustling marketplace, many fine craft shops, and wonderful cafes. We meet our gulet in the Fethiye marina. (The captain and crew will have cruised here while we enjoy our day's explorations.)

B,L,D...Gulet

Day 12, October 9 ▶ Lydea ancient site and Cleopatra's Bath

After breakfast, we cruise along the coast for an hour and visit a sunken ruin known as Cleopatra's Bath. Local legend has it that these baths were built especially for Cleopatra by her love, Marc Anthony. This is a beautiful bay to enjoy swimming, snorkeling, and water sports. In the late

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afternoon, we cruise to Agalimani, a secluded bay where we'll go on an optional hike to the ancient site of Lydea to explore the remains of the Temple of Athena. Nomads live in this area, and we may have a chance to have a cup of sage tea with them. Overnight at a secluded bay.

B,L,D...Gulet

Day 13, October 10 ▶ Disembark the gulet and fly home

Bid farewell to your crew and disembark the gulet. Transfer to the airport at Dalaman at 5:30 a.m.(40-minute drive) and fly to Istanbul, departing Dalaman at 7:25 a.m. and arriving in Istanbul at 8:45 a.m. From Istanbul, you can connect to your flights home.

B...

Note: The itinerary is subject to change based on weather and sea conditions as determined by the captain and guide. You will be consulted in the event of any changes.

LAND COST

\$6595 per person (8-11 members)

\$6295 per person (11-16 members)

\$550 single (hotels only)

\$1550 single (gulet only)

\$2100 single (both hotels and gulet)

\$450 per person (4 internal flights)

Rates quoted are per person, based on sharing double accommodations.

Please note: Should you choose to pay with a credit card there will be a service charge of 3%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases due to fuel increases, costs of services or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

LAND COST INCLUDES...

- o Expert leadership (including a local guide)
- o 3 nights in Istanbul at the Blue House Hotel
- o 2 nights at a cave hotel in Cappadocia
- o 1 night at La Vista Hotel in Kusadasi
- o 6 nights cruising on a gulet with a crew of 4
- o Meals as noted (B=Breakfast, L=Lunch, D=Dinner), with wine at Welcome and Farewell Dinners and a glass of tea, coffee, or soft drink at lunches
- o All sightseeing and touring as noted in the itinerary, including shore excursions, small boat excursion in Dalyan-Caunos, private Bosphorus cruise, "Turkish Night" dinner and entertainment in Cappadocia, kayaking in Simena, 2 stand up paddle boards while on the gulet

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- o Entrance fees to all the museums/ancient sites noted in the itinerary
- o Ground transportation in an air conditioned minibus and a professional driver
- o Airport transfers in a private minibus with a driver

LAND COST DOES NOT INCLUDE...

International airfare to Istanbul and return; individual transfers for early arrivals or late departures; trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); optional tipping to leader, guides, local staff, and drivers; motorized water sports (available by third parties at almost every bay); excess baggage charges; airport taxes (if any); cost of medical immunizations; visas (\$20 for American citizens, obtained in advance online); and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation	25% of land cost
120 days prior to departure	25% of land cost
90 days prior to departure	Balance

CANCELLATION FEE SCHEDULE

From time of reservation	
until 90 days prior to departure	25% of land cost
89-60 days prior to departure	50% of land cost
59 days or fewer prior to departure	100% of land cost

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

TRIP LEADER



Cathy Ann Taylor, a high altitude trekking & cultural guide for the last 30 years will be leading his trip. Cathy Ann has trekked all over Nepal, Tibet, India and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps (Tour du Mont Blanc—five times, The Haute Route, Grand Paradiso, and the Dolomites—two times), the Georgian Caucasus—four times, Turkey—two times), South America (15 trips in Peru, 1 in Patagonia), and Uganda & Rwanda—four times. A devout hiker and

mountain biker, she leaves no trail undiscovered, and her passion for nature, the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can

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find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of twenty one remote village children, all of whom are in boarding school in Nepal or in universities in India, Nepal, and the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$775,000 for the cause!). Cat's special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners (formerly the Breast Cancer Fund). Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks, and the program has raised over \$775,000. Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$25,000 for their STOP Girl Trafficking project. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

Cathy Ann will be joined by her dear friend, local guide **Jale Boga Robertson**. Jale (Jaa-leh) was born and raised in Adana, Turkey, and received her Master's Degree in Political Science from the prestigious University of Ankara. In 1992 she attended the courses organized by the Turkish Ministry of Tourism that gave her the license to be a professional tour guide. She has been guiding trips in Turkey since 1992 and has the ability to make the past come alive with her enthusiasm and knowledge of Turkey. Over the past 20 years, Jale has developed excellent relations with local suppliers, from hotel owners to gulet captains, from guides to drivers. These relationships allow her to provide unparalleled service to her guests. Growing up in the Eastern Mediterranean among amazing home chefs made her a foodie. She gives Turkish cooking classes in the Bay Area and leads culinary trips in Turkey.

ABOUT THE GULET

Our gulet features either 6 or 10 cabins (depending on the group size we will choose the boat) with private bathrooms with western flush toilet and hot water shower and sheets, blankets, and pillows. Although the cabins are very comfortable, many people prefer to sleep on the deck under the stars. There are large decks for sleeping and sunbathing, with canvas covered areas for shade and a large table for dining. A ladder allows you to board the dinghy or climb back to the boat. The boat usually cruises for one to three hours during the day. The waters are typically calm and protected, although there are a few open crossings where winds and swell can occur. The crew on the boat includes a captain, first mate, engineer, and cook on larger boats (6-8 cabins) and smaller crews for boats with 3-4 cabins.

SAMPLE MEALS ABOARD THE GULET

Breakfast: Fruit, yogurt, olives, feta cheese, sheep cheese, tomatoes, French toast, omelets, fresh bread, coffee, tea, milk, cereal, and fruit.

Lunch: A vegetable dish such as sautéed green beans, eggplant cooked with tomato sauce, sautéed chicken with vegetables, beef stew, pasta or rice, salad, yogurt, fresh bread, fruit.

Dinner: Olive oil and yogurt-based appetizers. Main dishes include barbecued, roasted or sautéed chicken, lamb or beef, pasta or rice, eggplant moussaka, stuffed peppers, tomato or green salad, dessert or fruit. Tea or coffee is served afterwards.

TRAVEL DOCUMENTS

You will need a passport, valid for at least six months beyond the date of completion of the trip. US citizens will need a visa for this trip. They can be obtained online in advance at <https://www.evisa.gov.tr/en/info/what-is-e-visa/> or upon arrival at the airport for \$20 cash. Note—it's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Extra passport photos can also be helpful to have just in case.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Istanbul by 1:00 p.m. on Day 1. Many travelers elect to use their “frequent flyer” miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

Please advise us of any pre-existing medical conditions that may affect your health on the trip (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epipens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications. No specific immunizations are currently required for entry into Turkey.

MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). Depending on how much of a shopper you are, \$600 should be plenty for incidentals and souvenirs. You should bring an additional amount for gratuities to the leaders, yacht crew, and drivers (at least \$400 per person is recommended for the trip leader (Cathy Ann) and \$300 for the local guide (Jale), at least \$100 per person for the yacht crew, and around \$10 - \$15 per person each the drivers, \$75 total).

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The currency of Turkey is the Lira. You will want to check the current rate of exchange just before traveling when planning how much cash to bring with you, but please note, the exchange rate changes almost daily!

We suggest you withdraw money from an ATM in Istanbul before the trip begins, but there are other places you can obtain cash along the way. Credit cards are generally accepted at most shops along the Turquoise Coast.

WEATHER & CLIMATE

The Turkish coast between Antalya and Marmaris enjoys a stable maritime climate (typically 75-F. during the day and 65-F. at night). The water temperature is pleasant (70-F.). The Mediterranean is usually a few degrees warmer than the Aegean.

INCIDENTALS

Laundry: You can hand wash a few items and hang them to dry in your cabin, hotel room, or on deck. Synthetic, quick drying fabrics are best (see the clothing and equipment list).

Electricity: Turkey is on the 220V, 50 HZ system (electricity on the gulet is also 220V). Sockets are usually the round two-pin variety. If you are planning to use something like a hairdryer, electric shaver, bring a converter (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Turkey is seven hours ahead of New York and ten hours ahead of California.

Communications: While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room or boat cabin. Contact your cell phone service about international coverage. To call from North America to Turkey, dial 011, then 90 for Turkey, then the city code and the local number. When calling from Turkey to USA, you can use your AT&T calling cards by dialing 0080012277 or for MCI's Call USA dial 0080011177. Postal service between Turkey and North America can take up to 10 days for a first-class letter.

Shopping Advice: Turkey is a shopper's heaven; rugs and kilims, clothing and jewelry, pottery, spices, and copper are among the items you may wish to purchase. Prices are very reasonable in Turkey and you can obtain excellent values. Please consult with your guide if you have any questions about where to shop or how much to pay. Shops are usually open between 8:30 a.m.-7:00 p.m. In some coastal towns they're open until midnight. The Grand Bazaar and Spice Market in Istanbul are closed on Sundays.

Customs: While in Turkey, be careful not to buy any antiquity (more than a century old), as it is forbidden by law to buy, sell, possess or export such an antiquity.

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WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

The following items are recommended, based on sea travel, sightseeing, beach combing, and dining at night. We have not included quantities for most items. Use your judgment, keeping in mind the general weather conditions are warm and you should dress light and comfortably. Formal wear is not required. It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Local Dress Customs

Dress code at most restaurants is casual. In Istanbul, Cappadocia, and at the mosques, you should wear modest clothing and avoid skimpy clothes like shorts and tank tops.

On the boat and in towns along the way, typical beach wear such as shorts and t-shirts are fine. On the boat you can wash and hang your clothes on the deck. Laundry facilities are available at hotels and harbors along the way but the service may be slow.

Luggage

- Duffel bag or soft-sided suitcase, large enough to hold your clothes and gear. It should be sturdy and water-resistant or waterproof. Wheeled duffels are OK to bring, but hard shelled suitcases are not advisable (they are difficult to load compactly in the vans and are also hard to stow on the boat).
- Daypack large enough to hold your camera, water bottle, lightweight rain jacket, and sunscreen during the hikes. It can double as your carryon bag. (Always bring all irreplaceable items, such as camera, medications, and important documentation in your carryon luggage.)
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.

Socks

- Casual socks (synthetic for easy washing and drying) that are suitable for your walking shoes.
- Light-weight hiking socks (synthetic or wool/synthetic).

Shirts

- Long-sleeved shirts for sun protection.
- Short-sleeved synthetic T-shirts.

Pants

- Full-length synthetic hiking pants or capris.
- Hiking shorts, cotton or synthetic.
- Casual pants or skirts for non-hiking activities.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece.
- Lightweight rain/wind parka.
- Light sweater or vest for layering.

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Note: We ask you to go barefoot on the gulet.

- Lightweight hiking boots with padded ankle, good arch support, and lug sole for traction (if you plan to hike)
- Comfortable walking shoes to wear while in towns.

Other Items

- Swimsuit and/or swim shorts.
- Water bottle, 1 or 1.5 quart capacity. Make sure they are leak-proof. We suggest drinking bottled water while traveling in Turkey. You should avoid drinking tap water. Bottled water is provided on the gulet cruise.
- Headlamp (with spare batteries and bulb) to use on the boat.
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/UVB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small padlocks or combination locks for your duffels.

Optional Travel Accessories

- Camera and plenty of memory cards, and extra batteries.
- Snorkel and mask (available locally, but if you have a favorite mask that fits well, bring it).
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Your favorite snacks or supplements, especially if you have dietary restrictions.
- Reading and writing material.
- Money belt.

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