

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## TURKEY

# Turkey: Culture, History, and Art in the Ancient World



May 13 - 21, 2022



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# Turkey: Culture, History, and Art in the Ancient World

### TRIP HIGHLIGHTS

- ▶ Visit the famous historical sites in the nation's capital of Istanbul
- ▶ Enjoy a private cruise along the Bosphorus Strait and dine seaside
- ▶ Take part in the annual rose petal harvest in the Isparta province
- ▶ Hike along the walls of Ephesus that overlook the ancient city

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1 Arrive in Istanbul, welcome dinner
- Day 2 Walking tour of the famous sites of Istanbul, private cruise along the Bosphorus
- Day 3 Visit the Hagia Sophia, fly to Isparta
- Day 4 Take part in the annual rose harvest in a local village and hike to a volcanic lake
- Day 5 Explore the ancient city of Cibyra
- Day 6 Visit an asparagus farm and a felt atelier
- Day 7 Hike along the ancient city walls of Ephesus and visit a Turkish rug co-op
- Day 8 Fly back to Istanbul and participate in a marbling lesson, Farewell Dinner
- Day 9 Depart Istanbul

### ACTIVITY LEVEL

Moderate

### TRIP PRICE

Main Trip: \$3,995  
Optional Single Accommodations: \$350  
Internal Air: \$500

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your adventure  
in depth

DAY 1  
Friday  
5/13/22

### Arrive Istanbul

Welcome to Turkey! From the beauty of Istanbul's mosques to the fairy to the spectacular ruins of Ephesus. The mystery and magic of extraordinary Turkey are yours to discover in this memory-making vacation.

#### Arrival Information

Arrive in Istanbul, Turkey (IST) by 1:00PM today.

#### Arrive in Istanbul

Arrive in Istanbul where you'll be met by your guide and transferred to the hotel.

#### Check-in and Relax

Check into your hotel and relax before dinner tonight.

#### Welcome Dinner

Enjoy a lively welcome dinner at a local restaurant as you get to know your fellow travelers this evening. Share stories and learn about why everyone is excited to explore the Turkish sites (and sights!).

Accommodations  
Armada Istanbul

Meals Included  
dinner

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DAY 2  
Saturday  
5/14/22

### Istanbul

At the crossroads of East and West and straddling two continents, it's no surprise that Istanbul is a cultural and ethnic melting pot steeped in historical legends that reach back thousands of years. The soaring tips of minarets define the city skyline while below, bustling marketplaces, ancient monuments, and non-stop water traffic are part of Istanbul's daily scene.

#### Visit the Famous Sites of Istanbul

Today, you'll walk throughout the city of Istanbul, stopping for lunch along the way as you take in some of the ancient sites:

Topkapı Palace, the home and administrative headquarter of Ottoman Sultans for 400 years, where you'll see the Harem, the Treasure and the other sections of the Palace.

The Hippodrome, where you can still see the arched curving brick wall and the standing monuments along the central axis of the ancient hippodrome today.

The Blue Mosque which was built in 1616 and has an elegant architectural design and an interior decorated with famous blue Iznik tiles and blue floral frescoes.

Basilica Cistern which was the largest underground cistern of Byzantine Istanbul erected in the 530's.

Spice Bazaar that dates back to the 1600's when it was the last stop for the camel caravans that travelled the Silk Road from China, India and Persia. Spices were also brought by ships set off from Alexandria in Egypt and docked just in front of the Bazaar.

Accommodations  
Armada Istanbul

Meals Included  
breakfast, lunch,  
dinner

## Bosphorus Cruise and Dinner

In early evening, you'll take a private boat trip along the Bosphorus, the natural strait that forms part of the boundary between Asian and European continents. Along the shores of the Bosphorus are old Ottoman villas, old palaces, fortresses and parks that contribute the beauty of the strait. You'll be joined by Pelin Unker, an award-winning investigative journalist for a discussion about her life and career. You'll enjoy dinner at a sea-front restaurant by Bosphorus before returning to the hotel for the night.

Accommodations  
Armada Istanbul

Meals Included  
breakfast, lunch,  
dinner

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DAY 3  
Sunday  
5/15/22

### Istanbul to Isparta

After spending the morning taking in the awe-inspiring Haghia Sophia, fly to Isparta, a province located in the southwestern part of Turkey that is home to extremely fertile land that produces such items as apples, grapes, and roses.

#### Visit Haghia Sophia

After breakfast at the hotel this morning, you'll visit Haghia Sophia, one of the most extraordinary buildings in the history of architecture and a monument to the golden age of the Byzantine Empire, dating from 537 CE.

#### Return to the Hotel and Check Out

After your visit to the Haghia Sophia, you'll return to the hotel to check out before leaving for the airport for your flight to the Isparta region.

#### Fly to Isparta

Arrive at the airport where you can grab lunch on your own before you board your early afternoon flight to Isparta, which is the center of rose production.

#### Walk around Egirdir

Leave the airport and start your 50-minute drive to Egirdir, a town that is home to a beautiful fresh water lake. You'll explore the old monuments of the town by the lake and walk around the Yesilada (Green Island) which once had a monastery of women. After your walking tour, you'll drive just over 20 miles to Isparta.

#### Check-in and Dinner

Arrive at your Isparta hotel and check in before heading out to enjoy dinner at a local restaurant this evening.

Accommodations  
Barida Hotels

Meals Included  
breakfast, dinner

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DAY 4  
Monday  
5/16/22

### Rose Harvest

Isparta, aptly named "The Land of the Roses", flourishes with roses and accounts for 65% of the country's annual rose production. The annual rose harvest takes place in May each year, and the rose petals are distilled to produce such products as rose water and rose oil.

#### Rose Harvest

Enjoy breakfast at your hotel this morning before starting your 25-mile drive to Güneykent Village in the mountains, one of the many rose growing places in Isparta province. Try your hand at harvesting roses in the field accompanied by a village woman who demonstrates the proper method to pick the flowers. Afterwards, visit a traditional distiller where you'll see the distillation process first-hand and have the chance to buy rose products like rose oil, rose water, and a variety of cosmetics that contain roses.

#### Lunch

Enjoy lunch at a local restaurant in the village after your morning with the roses.

#### Hike in Isparta

Following lunch, you'll return to Isparta and begin a 4-mile hike to Golcuk, a volcanic lake in the middle of the caldera. The route is scenic, and you can take in the views from 1,500'.

#### Dinner

Join your fellow travelers for dinner at the hotel tonight.

Accommodations  
Barida Hotels

Meals Included  
breakfast, lunch,  
dinner



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DAY 5  
Tuesday  
5/17/22

### Isparta to Fethiye

Cibyra is an ancient city that was a powerful force with a large infantry and cavalry during ancient Roman times. As an archeological site, Cibyra is the home to several limestone buildings that have been preserved over the years.

#### Visit Lisinia

After breakfast at the hotel, you'll drive just over an hour to Lisinia, which is a small school for social and sustainable development with a focus on wildlife rehabilitation and eco-friendly agriculture.

#### Explore Cibyra

This afternoon you will explore the ancient city of Cibyra along with Associate Professor Sukru Ozudogru who will give an informative talk about the many excavations that are underway in the area. Then get your legs moving with a power-walking competition with your fellow travelers in the well-preserved ancient stadium of Cibyra.

#### Drive to Fethiye and Check In

Continue your drive for another hour and forty five minutes until you arrive in Fethiye where you'll check into the hotel which will be your home for tonight. Then enjoy the rest of the evening on your own.

Accommodations  
Ece Saray Marina  
Resort  
Meals Included  
breakfast, lunch

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DAY 6  
Wednesday  
5/18/22

### Fethiye to Selcuk

There are many Turkish villages that rely on the production of local goods such as food and textiles. Today you will visit with the owners of an asparagus farm and a felt atelier to learn about their crafts.

#### Asparagus Farm Visit

After breakfast this morning at the hotel, you'll drive for an hour and a half to a woman-owned, woman-run asparagus farm where you'll join in the fields with the women workers and take part in the annual harvest.

#### Lunch

Continue on to Doganyurt village where you'll enjoy lunch in a local home and then visit the nearby ancient city of Alabanda where all the young women learned to play the harp in ancient times.

#### Visit a Felt Atelier

Drive for another one and a half hours to the village of Sirince where you'll visit a felt atelier and meet the owner and have a chance to do some shopping.

#### Arrive and Check-in

Late in the afternoon, you'll arrive at your hotel and check in before dinner.

#### Dinner

Tonight you'll enjoy dinner at the hotel.

Accommodations  
Kalehan Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 7  
Thursday  
5/19/22

### Selcuk

A true highlight of any travel experience, the amazing wonders of Ephesus—the greatest Greco-Roman site in the world—await exploration. In the First Century B.C.E. the population of Ephesus topped a quarter million people, and the scope of this archaeological wonderland is, simply, remarkable.

#### Hike the City Walls of Ephesus

Enjoy a 3-hour hike along the city walls of Ephesus that stretch along the ridge of the Bulbul Dagi mountain at an elevation of 1500'.

#### Lunch at a Turkish Rug Co-op

After your hike, you'll visit a Turkish rug cooperative where you'll first eat lunch with the weaver women. After lunch you'll learn the methods of wool spinning, weaving, and dyeing before having the opportunity to purchase rugs.

#### Explore Ephesus and Artemision

Later in the afternoon you'll tour glorious Ephesus, one of the best preserved ancient cities in the world. Marble paved avenues, wonderfully preserved homes, temples, theaters, baths, markets, brothels, libraries, and gymnasiums bring us back to the splendor of the ancient world. Then visit the scanty remains of Artemision, one of the Seven Wonders of the Ancient World.

#### Dinner

Return to the hotel after your day of exploration, and enjoy dinner.

Accommodations  
Kalehan Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 8  
Friday  
5/20/22

### Selcuk to Istanbul

Head back to Istanbul and go directly to Ebristan, a historic Ottoman house on the Asian side of the Bosphorus where you will learn how artists work with marble.

#### Fly back to Istanbul

After breakfast at the hotel, you'll head to the airport for your morning flight back to Istanbul for a final day of exploration in this majestic city.

#### Marble Art Demonstration

Leave the airport and drive to Ebristan, where you'll learn how to make marble art from the husband and wife who own and operate the atelier that sits below their home. After your marble workshop, you'll enjoy lunch at Ebristan.

#### Arrive in Istanbul and Check In

Following lunch, drive on to Istanbul where you'll check into the hotel and have time to relax a little before dinner.

#### Farewell Dinner

Share stories about your week of exploration in Turkey with your traveling companions during a celebratory farewell dinner in a local restaurant.

Accommodations  
Armada Istanbul

Meals Included  
breakfast, lunch,  
dinner

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DAY 9  
Saturday  
5/21/22

### Depart Istanbul

All great adventures must one day come to an end. This morning, enjoy your last breakfast in Turkey and say “hoşça kalın” to your new friends before departing for the airport.

**Depart Istanbul** After breakfast at the hotel, you'll transfer to the airport with the group for your flight home.

**Departure Information** Depart Istanbul, Turkey (IST) any time after 1:00PM today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

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### Accommodation Details

#### Armada Istanbul

The Armada is a centrally-located hotel that is within walking distance to many of the city's famous sites and has great views of the Blue Mosque and the Hagia Sophia from its rooftop terrace. All rooms have a shower, safe, air conditioning, and free WiFi.

#### Barida Hotels

Located in Isparta's city center, the Barida Hotels are comfortably elegant. The property features a spa with both a sauna and a Turkish bath as well as an indoor pool. All rooms include a shower, safe, hairdryer, and free Wifi.

#### Ece Saray Marina Resort

This property is a 48-room boutique hotel located inside a private marina that has an outdoor pool and a spa center. All rooms feature a shower, safe, hairdryer, and WiFi access.

#### Kalehan Hotel

The Kalehan Hotel is family-owned property that was built in the style of a traditional Ottoman Inn. All rooms come equipped with a shower, air conditioning, hairdryer, and free WiFi.

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ All gratuities except for head guide

### Not Included:

- ▶ International airfare
- ▶ Cost of hospitalization or evacuation
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a