



Lycian Way, Walking & Yoga Holiday

2 - 9 April & 1 - 8 Oct 2012

with Nihat Tokdil, Atilla Sevilmis and Nigel Walker

To be read together with our A4 full-colour folder, see our web site and click on 'Contact & brochure'



The Lycian Way is Turkey's first long distance footpath, stretching for 509 km (311 miles) between Ovacik (near Fethiye) and Antalya. The holiday is based at Yuva, with guided day-walks along the Lycian Way and connecting routes on 4 days. There will also be a daily **Yoga Class**, taught by Sivananda trained teacher Nigel Walker.

Lycia is the historical name of a "bulge" of land in Anatolia's south west corner, where the Toros mountains rise sheer out of the sea. The path traverses the rugged turquoise coast, with its breathtaking gorges and seascapes and great alluvial plains with fast flowing snow-fed rivers. This holiday is for anyone who enjoys hill/mountain walking. You can expect walks of approximately 6 - 12 miles, with plenty of elevation and descent; some walks later in the week may be longer. Getting moderately fit before you go could add to your enjoyment of the holiday. There is also plenty of time to relax and enjoy the sea and beautiful surroundings.

Atilla, Yuva's founder, is an experienced leader and has walked and explored many parts of Turkey. Originally from Adiyaman in Eastern Turkey, he has lived in this region since the early 90's.



Nihat is originally from Izmir and first visited this area in the 1980's. He is an experienced local guide. Nihat enjoys sharing his deep love of the forest, plants and wildlife, and his English is excellent.



Equipment: You will need good, well broken-in walking boots that you know are comfortable. Generally, light clothes, a sun-hat and sun screen are fine for this climate, but it is also wise to take a light water-proof top and over-trousers, just in case... We also suggest a small first-aid kit, a torch with spare batteries, insect repellent and a packed lunch container.

Price: 7 nights £450 (**Early Bird £420** if booked before 29 February 2012) includes full board and group transfers Dalaman/Yuva return, based on sharing a twin room or in a single log cabin, excl flights. Twin log cabin as single: supplement £50 per week. Twin/double room as single: supplement £70 per week.

Extras: Transport will be needed on some days to get to the start of walks (and/or back from the end of a walk). The daily cost will depend on the distance, allow about £35 per person, spread over 2 days.

"Excellent holiday/retreat... I didn't imagine I would set my alarm to wake up while on holiday, but yoga on the beautiful platform overlooking the sea was an incentive to get up and make the most of every hour of every day. Walking to secluded beaches and travelling back by boat was one of the best experiences..." Brenda, Suffolk

"Wonderful – nurturing in all ways. I loved the walking and the swimming. Nihat is a superb guide..." Venetia, Oxford.

"Yuva has all the right ingredients as a retreat, particularly the environment and daily yoga..." Alex, Herts

"An escape from the real world... Nihat was inspirational, informative in his passion for nature and the wonderful walks he lead. Food exceptional. Felt welcome by everyone..." Tracy, London

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