



Cruise the Lycian Coast in a gulet

Turkey: A Cultural and Gastronomic Journey

14 – 27 September 2021

Istanbul • Cappadocia • Antalya • Gulet cruise • Selçuk





Early morning balloons over Cappadocia

Turkey's beauty, culture and cuisine has been attracting visitors for thousands of years. Take a culinary and cultural journey from historic Istanbul – one of the world's greatest melting pots - to the extraordinary and otherworldly landscapes of Cappadocia, then travel down to Antalya and along Turkey's beautiful Lycian Coast. Here, vivid blue waters and spectacular coastlines combine with ancient heritage and delicious local cuisine for an irresistible offering as you take a leisurely three-day cruise on a comfortable gulet.

Over the course of the tour you'll travel along the ancient crossroads between Asia and Europe and discover how Romans, Greeks, Arabs, Venetians and others brought ingredients from all over the world. Enjoy a wide range of food experiences, including hands-on cooking classes, visits to local farmers and winemakers. Dine in private homes and local restaurants, ranging from traditional BBQ to seafood dinners with the freshest local fish. Along the way you'll learn about the rich culture and history behind the cuisine.

Tour Leader

Lucy Malouf is an award-winning food and travel writer with a particular interest in the Middle East and Eastern Mediterranean. She believes firmly that food is a delicious way of appreciating and understanding histories and cultures different from our own. Together with her first husband, Michelin-chef Greg Malouf, she is the co-author of 8 best-selling food-travel books, including *Turquoise: a chef's travels in Turkey*, as well as *Saha*, *Saraban*, *New Feast* and *Arabesque*. After twenty-five years in Australia, Lucy is now settled in Kent, the garden of England. She contributes features and reviews to anthologies, newspapers, magazines and restaurant guides, as well as food, wine, travel and tourism books and web sites.



In 2019 Greg and Lucy's latest cookbook, *SUQAR: Desserts & Sweets from the modern Middle East* won the prestigious James Beard Foundation award for Baking & Desserts.



3 nights Istanbul – 2 nights Cappadocia – 2 nights Antalya – 3 nights gulet cruise – 3 nights Selçuk



Day 1: Istanbul (Tues 14 Sept) **D**

Pm: Arrive in Istanbul, the only city in the world to straddle both Asia and Europe. Over the centuries myriad cultures have passed through this magnificent city, leaving their mark not only on architecture and culture but also on cuisine. Istanbul is truly a melting pot of flavours.

Eve: Take a short walking tour through the neighbourhood before dinner at the chic Aheste restaurant, which puts a stylish modern twist on the traditional in a relaxed atmosphere.

Day 2: Istanbul (Wed 15 Sept) **B D** **At the crossroads of the world: an introduction to one of the great global cuisines**

Am: Visit the historical Aya Sofia then wander through the famous Grand Bazaar to discover the history of one of the largest and oldest covered markets in the world. In the heart of the old city, this sprawling, colourful labyrinth is home to a vast variety of sellers. Located next to the bazaar through doorways are hans, old traveller inns that were used by the merchants to rest and do business.

Pm: Optional lunch at a local restaurant before

moving on to the Spice Bazaar, learning about various spices and how the spice trade fuelled Istanbul's wealth. Next stop is a baklava shop to see how these delicate pastries are made with the same methods used for centuries. There will also be a chance to taste a baklava or two for those with a sweet tooth.

Eve: Wine tasting on the hotel's rooftop terrace before dinner at İsmet Baba, an authentic local restaurant with old-school Istanbul charm and character.

Day 3: Istanbul (Thurs 16 Sept) **B L** **Fusion Food and the Original Masterchefs**

Am: Visit stunning Topkapi Palace to see the opulent pavilions, jewel-filled treasury and richly decorated rooms. There will also be the opportunity to visit the harem and the vast, recently restored kitchen complex, where chefs catered daily to thousands of diners and created new and exciting dishes for opulent banquets with culinary plunder from around the Ottoman Empire. The kitchens also hold a small portion of the highly prized Topkapi collection of Chinese celadon porcelain. Visit the Blue Mosque, a triumph of harmony, proportion and elegance. Built in 1603, the 'blue' of the mosque refers to the superb Iznik tiles that line the walls.

Pm: Board the ferry to Kadikoy, then lunch at the renowned restaurant Ciya Sofresi. Meet the chef at Ciya and peek behind the scenes into the restaurant kitchens. Take a walking tour of Kadikoy, visiting various fish and food markets. Finish with Turkish coffee and ice cream in the Moda district.

Day 4: Istanbul / Cappadocia (Fri 17 Sept) **B L** **Ancient Vines, Modern Wines**

Am: The word 'magical' is often overused in travel writing but is justified in describing Cappadocia; a landscape of towering fairy chimneys and majestic

honeycomb cliffs. Fly into Cappadocia and transfer to Nevşehir to have traditional tava for lunch, a type of stir-fried stew enjoyed by the local industrial workers.

Pm: Visit one of Cappadocia's most famous wineries to learn about the region's 4,000-year-old wine industry. Help the local harvesters in the vineyard and afterwards enjoy some wine tasting. End the day with a panoramic sunset view.

Eve: Optional excursion to watch a Turkish show while enjoying lamb tandoori.

Day 5: Cappadocia (Sat 18 Sept) B L D Kebab Culture

Am: Optional hot air balloon ride to enjoy the sunrise over Cappadocia. Take a walking tour of the Sograli Valley to see alfresco churches and visit the caves to see the potato storage and the seasonal vegetable harvest. Enjoy a light lunch of homemade bread, cheese and vegetables.

Pm: Visit the 60-metre-deep underground city of Derinkuyu. Learn how people sourced food while living underground and their cooking methods. Discover culinary

traditions while seeing ancient wine and oil presses, cellars, stables and chapels.

Eve: Take part in a cooking class in a local restaurant that specialises in the regional clay-cooked testi kebab and enjoy the results for dinner.

Day 6: Cappadocia / Konya / Antalya (Sun 19 Sept) B L

The cradle of cultivation

Am: Transfer down to Antalya, stopping for lunch in Konya to enjoy etli ekme, a popular local speciality. Learn how the first farmers in the region developed grain crops. It may be possible to witness Sufi whirling, a form of physically active meditation practised by members of a sect of Sufism established by the famous poet, Rumi.

Pm: Continue to Antalya, which is the gateway to the Turkish Riviera and also a lovely city in its own right. Situated on the Gulf of Antalya (Antalya Körfezi), the city is both classically beautiful and stylishly modern. The old city wraps around a splendid Roman-era harbour with clifftop views

Try delicious Cappadocian testi kebab



of hazy-blue mountain silhouettes that are worth raising a toast to. At leisure to explore or relax in the evening.

Day 7: Antalya (Mon 20 Sept)

B L D

Bread: the daily miracle

Am: Take part in a bread making class at Puf Café-Bakery, using mature sourdough starters and traditional grains, and enjoy the results for lunch.

Pm: Walking tour of the old city of Antalya, including visiting Hadrian's Gate, Hidirlik Tower, Ottoman-era houses and gardens and Republic Square.

Eve: Enjoy dinner at a meyhane restaurant in a delightful alfresco courtyard with a pool and orange trees, in a relaxed but upmarket atmosphere.

Day 8: Antalya / Gulet cruise

(Tues 21 Sept)

B L D

Bounty from the Sea

Am: Enjoy a wonderful Turkish breakfast at Cinaralti before heading on to Demre, a coastal town on the Teke peninsula, where you'll see how the local soft borek is made.

Pm: Board the gulet to begin the cruise. Sail to the gorgeous village of Simena, accessible only by boat. It's a breathtaking journey through crystal clear waters, with views of pine-forested cliffs and coves, ancient ruins and charming stone houses. On the way, you'll pass the island of Kekova (its name means "thyme") and see the sunken remains of a Lycian city. Simena itself is a sleepy village, where the waterfront is lined with small restaurants and tavernas. A steep path leads up to a Knights of St John fortress, which gives spectacular views of the coastline. Enjoy locally made ice cream as you make your way back to the gulet, then sail across the bay to the pretty fishing village of Ucagiz where you'll meet with local fishermen. Enjoy delicious fresh seafood dinner at a local restaurant in the evening.

Day 9: Gulet cruise (Wed 22 Sept)

B L

Food and Family

Am: Cruise to the quaint village of Kas, stopping on the way for a swim. Head into Kas for a cooking lesson in a local family's

Learn to cook Turkish food



home. Learn how traditional recipes and cooking secrets are passed down by women to women. Enjoy a home-cooked village meal including soup and gozleme for lunch.

Pm: In the afternoon explore the old fishing town with its cobbled streets and white-washed houses covered in bougainvillea. See its well-preserved ancient theatre and Lycian rock tombs. Those who prefer a slower pace can return to the gulet to swim or relax on the beach.

Day 10: Gulet cruise (Thurs 23 Sept) B L D Feasting and Fasting

Am: Wake up in beautiful Butterfly Valley, a canyon that reaches almost 2000m above sea level, and have breakfast. Take the opportunity to relax on the beach, snorkel and swim or explore the Valley itself, which is home to many species of butterflies. Continue on to Oludeniz and the Blue Lagoon.

Pm: Enjoy lunch on board before visiting St. Nicholas Island to explore the ruins of a Byzantine settlement and discover the history of the local pirates. Have a swim in the afternoon before transferring to the old town of Fethiye for a meal at its atmospheric local fish markets.

Day 11: Gulet cruise / Selçuk (Fri 24 Sept) B L Food for all Seasons

Am: Check out of the boat in the morning to have a traditional village Turkmen breakfast in Ciflik, consisting of many dishes of locally grown produce. Meet the owner of the restaurant and hear about the history of the area, his restaurant and museum. Continue to Selçuk.

Pm: Stopover in Cine to have the traditional lunch of çöp şiş. Arrive in Selçuk, check into the hotel and at leisure.

Day 12: Selçuk (Sat 25 Sept) B D Liquid Gold

Am: Early start to visit the ruins of Ephesus, one of the most significant archaeological



The stunning views from Nisanyan restaurant in Sirince

sites in the Mediterranean. Learn about its place on ancient trade routes and how this part of Western Anatolia developed its own rich culinary culture. Return to the hotel.

Pm: Free time at lunch before a mid-afternoon visit to Oleatrium museum, where you will learn of the 2500-year-old history, manufacture and use of olive oil. Continue to Yedi Bilgeler vineyards to sample their award-winning wines.

Eve: Dine alfresco amongst the vines at the vineyard, enjoying delicious local fare with expert wine pairing to bring out the best in both food and wine.

Day 13: Selçuk (Sun 26 Sept) B L D The world on a plate

Am: Explore Izmir (formally Smyrna) and take part in a culinary walking tour of this coastal city influenced by the Levantine culture.

Pm: Return to the hotel.

Eve: Farewell dinner at the excellent Nisanyan restaurant, one of the finest in Sirince, with beautiful views over the town.

Day 14: Selçuk (Mon 27 Sept) B **Am:** Depart Selçuk.



The pool at Celsus Hotel, Selçuk

Hotels

Karakoy 10 Hotel (Istanbul)

This charming and very comfortable hotel is situated within a historic, neoclassical building in an excellent location, in an area where artisan workshops share narrow streets with chic cafes and art galleries, both quiet and central to the Old City. Breakfasts are delicious and the roof terrace provides wonderful views of Sultanahmet and the Golden Horn.

Hotel Mira (Cappadocia)

This beautiful hotel is situated within a restored Greek mansion with high vaulted ceilings in the old city of Avanos, which overlooks the longest river of Turkey, the Kızılırmak (Red River). The rooms are comfortable, light and airy, and the hotel is a few minutes walk from the centre of town. The welcome is warm and personal and the breakfast exceptionally good.

Char Me Hotel (Antalya)

Nestled in the beautifully preserved Old Town district of Kaleici, this charming boutique hotel features a seasonal outdoor pool, a bar and stylish, comfortable décor using warm, natural materials.

Celsus Hotel (Selçuk)

Ideally located in the historic city centre, this

is an excellent boutique hotel with more than its fair share of charm. Rooms are spacious and beautifully decorated, the welcome is warm and the breakfast is top quality. There is also a small private pool within its garden.



Terrace views from Karakoy 10 Hotel, Istanbul (top);
A room at the lovely Hotel Mira, Cappadocia (above)



The Grand Alaturka at sea

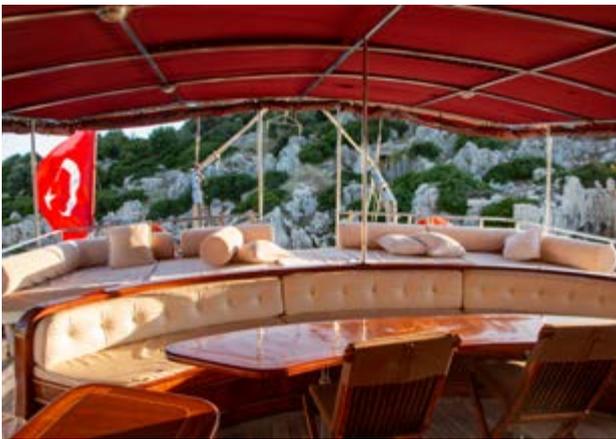
Gulet

Grand Alaturka is a striking 30-metre gulet with 8 en suite cabins with air conditioning. The cabins use a traditional, highly polished wood with subtle colour variations, and have large windows and portholes that make them feel spacious and light filled. There is also the option to sleep on deck.

There are double and twin cabins which come with storage and access to individual bathrooms so everyone can enjoy their own private space. The interior saloon has booth style seating with its own bar, ideal for relaxing inside.

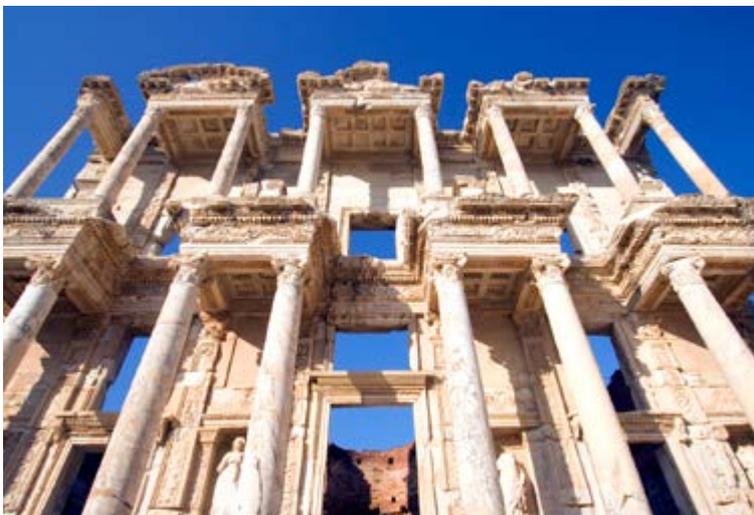
The rear deck has a set of three comfortable settees and tables with a large lounging seating for groups to relax together and enjoy the panoramic view. Midship offers a raised sunbed area with space for all guests to relax and enjoy the beautiful weather.

The front area of the deck is split with a long sofa-style seating for relaxing and a large banquet-style dining table to allow all passengers space to enjoy the alfresco dining experience.



The rear deck of the Grand Alaturka (top);
Enjoy a Turkmen breakfast (above)





The Grand Bazaar, Istanbul (top); Breakfast at Butterfly Valley; Turkish ice-cream; Library of Celsus, Ephesus (above)

The cost of the tour is: USD \$4,995

The cost includes:

- Comprehensive briefing notes
- Services of English-speaking Turkish national guide throughout the tour
- Services of tour leader, Lucy Malouf
- Private specialist visits as per the itinerary
- Ten nights' accommodation in twin or double bedrooms in medium grade hotels* and boutique accommodation

Single supplement in the hotels only: \$785

- Three nights' accommodation with private facilities on the *Grand Alaturka* gulet

Single cabin supplement: on request

- Breakfasts daily
- Lunches, dinners, tastings, food tours, culinary demonstrations, cookery classes, tastings and culinary experiences as per the itinerary
- Admission fees where applicable
- All tips

The cost excludes:

- International flights and transfers
- Meals not mentioned
- All personal extras such as laundry, inoculation fees
- All optional excursions, tours and visits
- Travel insurance and visas (if required)

** Cabins on the gulet are available on a twin-share basis only. However, it may be possible to arrange for guests to join the gulet activities but spend nights in a hotel on shore during the gulet period, if the gulet fills to capacity.*

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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The Blue Mosque, Istanbul (top); Sample Turkish ice-cream;
Explore the lovely streets of Kas; Fethiye (above)



Jon Baines
tours

