



Free & Easy Traveler - Travel Prep Guide

20 Days in Turkey: Where East meets West

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The Basics

Duration: 20 Days

Start: Dalaman, Turkey

Finish: Istanbul, Turkey

Adventure Type: Backpackers (age 18 to 27)

Trip Size: 15 – 22 (+2 group leaders)



Epic Experiences

Included in the Price

- Visit the Blue Mosque
- 4 day Mediterranean Cruise on our private house boat (all meals incl.)
- Istanbul walking tour (Blue Mosque, Basilica Cistern, Grand Bazaar, Spice Bazaar, and Topkapi Palace)
- Bus tour to visit Derinkuyu (8 story underground cities), Salem Monastery, and Ihlara Valley hike.
- Beach entrance and walking to ruins of ancient Patara
- Sangria beach day
- Sunset on desert dunes
- Camping trip 2300m high at a beautiful lake
- 1 of the 7 ancient wonders: the Ancient City of Ephesus in Turkey
- Experience the off the beaten path part of Turkey and several beach towns
- Arrive off the cruise in the Ancient village and gorgeous beach of Olympos

Optional Activities

- Ride in a Hot Air Balloon
- Go to a Turkish bathhouse
- Go paragliding
- Blue Lagoon entrance
- Rock climbing
- Chimera Flame tour
- Jeep safari/tubing trip
- Canoeing trip

Trip Details

What's included?

- Breakfast incl. in all locations in Turkey
- All Taxes (GST, PST, Airport tax)
- Return international flights and airport transfers***
- Accommodations for your 40-day Free & Easy experience
- Group travel between destinations
- 2 knowledgeable and fun Free & Easy leaders
- Free and Easy Travel Guidebook
- 15 years of trip leading experience

***Land Only prices do not include your international flight, airport taxes or transfers

What isn't included?

- All meals and drinks (except those mentioned above)
- Activities outside of the ones listed above

- Any Visa or Visa fees

Travel Budget (Canadian \$)

Your personal spending on your Turkey the trip will include your food, drinks, shopping, entertainment and any activities outside of those included your FNEZ adventure.

For the entirety of our 20 Day Turkey Trip -- "Where East Meets West", we would recommend a budget of \$700 - \$1300. Any travel budget will fluctuate between personalities, so ask yourself: "What type of traveller are you?"

The Hippie

Brings about \$700-\$900 for the 20 days. Eats local food, bargains well at the market, finds good prices on drinks and picks, and chooses their optional activities wisely! Often likely to continue travelling after their FNEZ trip is complete.

The Backpacker

\$900-\$1100 spending money. A bit more frivolous, but is aware of their budget. Takes in most activities they are interested in, without going too extravagant. Likes to party, but always looking for a good deal.

The Rock Star

\$1100 - \$1500: Not too worried about their budget, they'll do almost everything, including lavish amounts of shopping and partying often. There won't be too much holding them back from activities, as this is their trip and don't want to let anything pass them by.

To help you work out your own budget, here are some examples of prices in Turkey.

Food and Drink:

Turkish Meal: \$2.50 - \$4

Western Meal: \$5 - \$8

Beer (750ml): \$1.50

Wine (1L): \$8

Cocktail: \$4

Entertainment & Activities:

Ancient City of Hierapolis Hike and Viewpoint: \$4

Paragliding: \$75

Off-Road Jeep and River Tubing Adventure: \$16

Sunset and Bon Fire Boat Trip: \$5

Saklikent Gorge Hike: \$35

Rock-Climbing 1/2 Day: \$25

ATV Rental: \$42

Trip Leaders

Every Free & Easy trip is accompanied by at least two leaders. We like to call them “Leaders” and not “Guides” because they are essentially your well traveled, experienced friends! We hire out guides when the situations occurs (a temple for example) who know all the history, and speaks the language of the locals. Our Leaders main goals are to ensure everyone on the trip is having the best time possible. The leaders will arrange the group transportation between destinations, sort out rooms at the accommodations, plan any group meals or activities and assist in any additional activities that anyone may wish to take part in, and ultimately show you the best that each destination has to offer. They know the trip locations well, and have great relationships with all our contacts in each destination. Not to mention they are all extremely fun and easy going people who continue to showcase the essence of what makes us Free & Easy!

Flying to Turkey

Upon registration you can chose between booking your own flights or requesting Free & Easy to book flights for you.

If you book flights with Free & Easy:

- A flight itinerary will be emailed to you approximately 2 – 3 months before your trip’s departure. (Assuming you have paid enough money on your account)
- One or both of your leaders will be at the airport in Dalaman to pick you up and arrange transport back to the guesthouse.
- Transportation will be arranged for you to get from the guesthouse at the end of the trip to get to the airport to catch your flight.
- You can also ask for any custom flights, and our flight team will give you a price quote for booking this for you.

If you don’t book flights with Free & Easy:

- You will contacted with information on meeting up with your group for the start of the trip in Dalaman.

Meals

The ability to experience local food, whether it’s from a street vendor, a home stay, or a restaurant, is a huge part of travelling. You’ll be able to ask your guides for great options to check out at every destination we go, but for the most part, the journey finding the food, tends to be just as good as the food itself! There will be times that meals will be provided for you, if you have any allergies or food preferences, i.e. vegetarian, please let your guides know!

Allergies!

For the most part allergies in Turkey wouldn’t be much different than at home. Come prepared! Bring Antihistamines for mild allergies and keep an Epipen on hand if your

allergies are severe. You can also check out [Killer Peanut](#) to get any allergy you're worried about translated into Turkish.

Types of Transportation on this trip

- Mini buses: for short trips between Patara and Oludeniz no longer than 1.5 hours and very comfortable.
- Night Coach buses: Very comfortable buses often with Wifi, always with AC and frequent stops every 2 hours if people should choose to stretch out or they can continue to sleep. Eye masks and Neck pillows make these journeys considerably better.
- Blue Cruise Sail boat: 2 people per room on the boat although most sleep on top of the deck together, Very comfortable and exceptionally fun!

Accommodations

We have a wide range of accommodations on this trip from beautiful bed and breakfasts to wicked hostels on the coast to private houses. We have chosen each of our accommodations based on quality, location, and relationships with the establishments. Our accommodations on this trip are something to brag about, but, there is so much to do on this trip you won't be spending much time in your room! ;)

All of our accommodations are based on at least two-person occupancy. If you wish you have your own room you can pay an additional fee in order to do so. Please contact travel@fnez.com before your trip begins if you are interested.

Solo Travelers

Lots of solo travelers come on our trips and it's a great way to step outside your comfort zone and make lots of new friends. Since all our accommodation is based on at least two-person occupancy you will be rooming with other members of the same sex in your group.

Packing Suggestions

The shopping is cheap in Turkey so you may want to only pack half of your backpack, leaving room to buy new stuff once you arrive. Clothing is very cheap, and you can always find a good variety of stuff that is ideal for the diverse climate. Most people end up regretting how much they packed when they realize how easily they could have bought new clothes once they arrived.

It is good to properly prepare supplies for the trip, but don't stress out too much about having everything you think you might need because chances are that you will be able to find whatever it is during your trip.

In general, you want to avoid packing things that you really don't need to have. There are definitely certain luxuries that are good to have, but you don't want to lug something

around for 20 days unless you are going to use it. Also, consider that the weight of your bag will likely be INCREASING throughout the trip, and having a lighter backpack simplifies life immensely. Honestly, look at what you have and cut it in half and you're probably good to go. You're gonna buy lots of new stuff.

Here's some ideas for what you might want to pack:

Travel Essentials

- Passport (digital and hard copies)
- Travel insurance (digital and hard copies)
- Airline tickets (digital and hard copies)
- Credit or debit card
- Any entry visas, additional passport photos or vaccination certificates required
- Cover for backpack/ziplock bags for travel essentials

Electronics/Entertainment

- Alarm clock
- Headlamp
- iPods, tablets
- Books, eReaders
- Camera (bring a few memory cards)
- Speakers
- All chargers

Clothing

- Swim wear
- Walking shoes/sport sandals
- Shorts
- Church attire (something to cover your knees and your shoulders)
- Long sleeve shirt
- Pants
- Shirts/T-shirts
- Underwear
- Sarong (travel towel)

First-aid kit

- All can be purchased in Turkey

Toiletries

- Girls bring feminine hygiene products as they can be hard to find.

Laundry

Laundry facilities are offered by some of the places we stay. Ask your leaders to point out the best places to get laundry done. There will be times when there are no laundry facilities, however your guides will tell you this in advance.

Travel Essentials

There is nothing more important than your health and safety so make sure you read this carefully!

Passports

Everyone **MUST** have a passport for international travel. If you already have a passport, double check to make sure that it is still valid for at least 6 months from the return date of your trip. If it is not valid for a full 6 months from the day you plan on returning to your passports issuing country, you'll have to apply for a new passport before you leave.

The application process for getting a passport may seem simple, but for most people it ends up taking longer than it first appears. Sometimes it can take a few weeks to complete the entire process, so we definitely recommend not leaving it to the last minute.

There are passport offices in most major Canadian cities. Typically, if you bring in your application it takes 10 business days to process your application. For those of you who do not live close to a passport office, you can also mail your application but you should expect that this would take longer.

Insurance

Everyone **MUST** have Travel Medical Insurance of some kind and bring proof with you for this trip. You might not need to purchase a medical insurance policy though because you may already be covered through some other way:

- Your parent's work health plan.
- With a credit card.
- Through a student or work health plan.
- Through private insurance.

While you are away traveling with us, if you decide to extend your plane ticket, you also have the ability to purchase an extension to your insurance policy. **PLEASE NOTE:** It is your own responsibility to be making any extension to your insurance so you cannot expect this will automatically happen when you extend your plane ticket.

If you need to extend your TIC insurance please call 1-800-670-4426

Please Note: At this time we only provide Travel Medical Insurance for individuals with a valid Canadian Citizenship.

Immunizations

For none of the countries we visit are there immunizations that are ‘required’ for entry into the country (please see your specific adventure’s guidebook for any specific country information). For your own safety, there are some shots that are always recommended for travel to tropical countries.

- Hepatitis A.
- Hepatitis B.
- Tetanus.
- Up to date on ordinary Flu shots.

We also want to warn you that sometimes travel clinics are over cautious to the extreme and try to sell you everything under the sun. If you want a second opinion about something, do some more research online or contact us. Often they will say that you should take malaria pills. We suggest you try to learn more about the exact locations of any malaria danger before you commit to taking the pills. We can say truthfully, that currently none of the Free & Easy staff or owners take malaria medication when we are on any of our adventures. The feeling amongst many people is that the side effects of the pills are not worth the minimal risk in the regions we travel to. Rather than subject ourselves to the medications we choose to be cautious with mosquito repellent whenever they are present. Since we are not medical professionals we urge you to do your own research and make your own informed decision.

Banking & Money

The easiest way of getting and carrying your money is to simply use the bank machines in the country you are travelling. You can use your regular bank card, using your regular pin number, and the money will come out in the local currency (You need to make sure that you have “cirrus” or “plus” written on the back of your card). At nearly every destination on our trips, you’ll have easy access to a bank machine. This also means you won’t have to get local currency before you leave. Once you arrive, you can just use a bank machine right there at the airport.

Every time you need to make a transaction your account will be charged approx. \$5 fee from your bank and then a possible fee from the local bank. It can get a bit pricey if you’re making withdrawals every few days—so it makes more sense to take out a large sum and then just watch your spending! Although theft does happen sometimes we have found that it is quite rare. So we, ourselves, practice this method.

Be aware that if you are pulling money out on your credit card that this counts as a “cash advance” and you will immediately be charged interest on this amount and not have a grace period or get reward points like you typically would with other credit card purchases. Additionally, you will still be charged those \$5 fees from your bank and the

local bank. With this in mind the best option is always to pull out money using your debit card instead of your credit card.

Another suggestion we would like to reinforce is that we highly recommend that you have online banking during the trip. It allows you to check your balances, transfer money, and monitor your transactions from any internet café. In case of any issue with your bank card, online banking always simplifies a situation since you can easily transfer money to another traveler in your group who could then pull out money for you.

Another little helpful hint is signing over power of attorney to someone you trust (i.e., a parent). This means that they can have access to your accounts while you are away. This can help if you lose your bankcard, or there is a problem with it while overseas. It is also useful if you need someone to pay your bills, or make money transfers while you are away.

Turkey Travel Visas

All travellers must obtain their Turkish visas electronically prior to departure.

You must have 6 months validity on your passport from your arrival in the country right through your planned departure back to Canada. For Canadians - your travel visa will cost 70 USD. Other nationalities usually pay less than Canadians but don't blame the Turks - they reflect their visa costs for each country based on what each country charges them for visas. Apparently, we are expensive! Americans only pay \$20!

Please visit this [link](#) to apply for your 90 day multiple entry Visa (applies to all countries).

Communication + Payment

Questions

Phone: 1-800-403-5208

Email: travel@fnez.com

Communication

So you have signed up for a Free & Easy adventure and we hope to help make this the easiest travel experience of your life. We want to help you out with anything you need help with. However, there are always things that you will need to take care of yourself and we will make it as easy as possible to explain these things. So we need to have a bit of cooperation from your part and it start with actually **READING** our emails :). Please, make sure you read the emails we send leading up to your trip because we are sending them to make sure that you are as ready as you can possibly be for this travel adventure.

Most of the information we send will be coming through your "Your Trip" account. Please make sure that you have all of the requirements taken care of prior to your trip as well

you can also view your account and balance owing and a place for us to give you your downloads and hear news of the upcoming trip. You should receive an email in your inbox notifying you when we do post something on there. Please notify us if you find that you're not getting the notifications.

Making Payments

Follow this link for a full outline of our payment options.

Check [here](#) for the payment schedules for all our trips.

The \$200 deposit reserves your placement on a trip. For all the trips, we have arranged the payment dates to allow you the maximum time to pay for your trip. If you would prefer to pay for the entire trip all at one time, that is no problem. You can also make larger payments earlier whenever it is convenient for you. The payment dates that we have listed are just guidelines that state the last possible date by which payments should be made.

We would greatly appreciate that all payments be made on time. Meeting this simple request makes our job much easier because it allows us to always be looking forward and preparing for the trips, rather than figuring out who and where we need to collect money from. If you expect that a payment will be late, please email us to explain when we can expect the payment. Payment schedules for each of the trips can be reached by clicking the link above.

PLEASE NOTE: All additional costs (for flights, insurance, fees & extras) will be added to your statement of account on the 'your trip' page. Please, ensure that you add any additional charges to your final payment unless we require it sooner.

Cultural

Quick Facts on Turkey

- The first church built by man (St. Peter's Church) is in Antioch (Antakya), Turkey.
- The oldest known human settlement is in Catalhoyuk, Turkey (7th Millenium B.C.)
- St. Nicholas, also known as Santa Claus, was born in Patara and became the bishop of Demre, on Turkey's Mediterranean Coast.
- Turks introduced coffee to Europe.
- Turks gave the Dutch their famous tulips.
- Istanbul is the only city in the world built on two continents.
- Istanbul is named by the European Union as the European Capital of Culture in 2010.
- Writing was first used by people in ancient Anatolia. The first clay tablets in the ruins of Assyrian Karum (Merchant Colony) date back to 1950 B.C.
- The first Neolithic paintings found on man-made walls are in Catalhöyük, Turkey.
- The first church dedicated to Virgin Mary is in Ephesus.

- Cherry was first introduced to Europe from Giresun (Northern Turkey)
- Turkey has hundreds beaches and marinas which have the "Blue Flag" (A European award for the best clean water) on the Mediterranean and Aegean.
- The most popular sport in Turkey is soccer (football). The Turkish Football team came third in the 2002 FIFA World Cup. Basketball and volleyball are also popular sports.
- Every fit Turkish male is required to serve in the military for some time. His can range from 3 weeks to 15 months, depending on the education of the person.
- Turkey is divided into 81 different provinces.
- Over 71 million people live in Turkey.
- 95% of Turkish people believe that there is a God. 99% of people identify themselves as Muslim.
- The average life expectancy is just over 73 years.
- Over 30 million tourists visited Turkey in 2008.
- July and August are the driest months in Turkey. May is usually the wettest month.
- Every Turkish citizen over the age of 18 has the right to vote.
- In Turkey, you drive on the right hand side of the road.
- Turkey became an associate member of European Union 1963 and reached a customs union agreement in 1995.
- Turkey is one of the few countries in the world that is agriculturally self-sufficient.
- Turkey provides 70% of the world's hazelnuts; the nut in your chocolate bar was most probably grown in Turkey

Ideas for Reading

Buying some sort of guidebook on Turkey would be a good idea, it will have lots of info on things like culture, history, and geography. It'll have maps and in-depth info on traveling the country. Books like the Lonely Planet or the Rough Guide are especially good if you are planning to travel on your own after the trip because they have all sorts of info on how to get around, where to stay, what to do, and how much things cost. There are also other books like National Geographic and the Insider Guide that have lots of pictures and are better for giving a more in-depth- background on Turkey in general. If you don't need the practical travel information, a book like this might be better.

A good place to start is Amazon, Chapters-Indigo or your favourite local book store

Trip Locations

Day 1: Dalaman

Day 2&3: Oludinez

Day 4-6: Patara

Day 7-9: Blue Cruise**Day 10-13: Olympos****Day 14-16: Goreme, Cappadocia****Day 17-20: Istanbul**

PLEASE NOTE: The above itinerary is tentative. You will receive your confirmed Free & Easy Traveler trip itinerary with the exact routing at least 30 days prior to your departure.

Please be advised we are constantly keeping an eye out for warnings and are well informed on the happenings in the places we go. Our ground team is frequently sending us first hand updates, ensuring the destinations we bring our groups to are safe!

Community Forests International (CFI)

Free & Easy Traveler has joined forces with Community Forests International (CFI) to turn the joy of world travel into an act of global conservation. Travel is an extremely important part of our lives, getting to see and experience the world is what keeps us all connected and reminds us that we all live in the same world and deal with the same problems. But traveling around the world comes at a price and we are well aware of the many buses, planes, ships, etc. that we use to travel that harm the environment. Greenhouse gas emissions are driving increasingly dangerous climate change to the point that some of the places we love most are under threat and we don't want to contribute to the continuing destruction. So we decided to take action.

We Travel Carbon-Free

By tracking the flights of our staff members and calculating the resulting greenhouse gasses, we support CFI to go out and protect and manage a forest in Canada to pull those gasses back out. These emissions become securely stored at CFI's Whaelghinbran Farm. Read more about how CFI offsets our carbon [here](#).

One Traveler, One Tree

But we didn't stop there. Much of the work that CFI does supports community tree planting efforts in Africa and Canada. This work is having incredible results, and we wanted to strengthen their efforts so we decided that for each traveler that comes on a trip with us, we'll provide CFI with the support to plant a tree to help offset that traveler's carbon emissions.

These trees are being used as tools of environmental and social restoration. In Canada, some of these trees were planted along a degraded watercourse and will go on to provide habitat for salmon, trout, hawks and king fisher, just to name a few. In Africa, where CFI was born, these trees were planted as a part of ongoing restoration of

degraded lands on the island of Pemba, Tanzania. These trees rebuild the soil that was too poor to grow crops, allowing for trees like mangoes and cassava to thrive and produce food.

We look forward to continuing our relationship with CFI and, along with your help, making the world a greener place to live and travel in! If you want to offset your travel emissions with CFI, or want to support tree planting around the world, find out how [here](#).