

Turkey Itinerary

October 1-15, 2022

DAY 1 - OCTOBER 1, 2022

Arrival in Turkey

Welcome to Turkey!

Upon your arrival, you will be greeted at airport with a sign with your name on it and transferred to your hotel. Orientation will take place at 6pm followed by dinner. Overnight in Istanbul.
(Dinner)

DAY 2 - OCTOBER 2, 2022

Yoga Session & Old City Tour (Duration 4-5 hrs)

We will start our day with a yoga session with Krista. After yoga, we will enjoy breakfast and have time to shower before our day of sightseeing begins. We will then be picked up from our hotel for a full day tour of Istanbul.

Highlights: Hagia Sophia Museum, Topkapi Palace, Blue Mosque, Hippodrome

We will visit Hagia Sophia Museum which was largest church in the world during the Roman Empire in the 6th century. From there, we will visit the Topkapi Palace, which was the center of Ottoman Empire as early as the 15th century. After we explore the Topkapi Palace, our guide will take us to the Blue Mosque, the most unique mosque in Turkey with six minarets. We will finish our tour exploring the ancient Roman Hippodrome, where chariot races were held beginning in the 3rd century during the Roman Empire. After our tour, we will be transferred back to our hotel. The rest of the evening is yours to enjoy on your own, grab dinner at a nearby restaurant or walk the streets of Istanbul to take it all in. Overnight in Istanbul.

(Breakfast and Lunch)

Day 3 - October 3, 2022

Yoga & Meditation Session, Bosphorus Cruise Tour & Canakkale

We will start our day with a meditation and yoga session with Krista. After yoga, we will enjoy breakfast and have time to shower before our day of sightseeing begins. We will then be picked up from our hotel for another memorable day in Istanbul.

Highlights: Bosphorus Cruise on boat, Canakkale

Once we are picked up from the hotel, we will see the best side of the city, known as Bosphorus, the point between Europe and Asia. While on the Bosphorus Cruise, we will see Dolmabahce Palace, Ciragan Palace, Ortakoy, Bosphorus bridge and houses. We will enjoy lunch during the cruise.

Once the Bosphorus tour ends, we will return to our bus and make our way to Canakkale City. Overnight in Canakkale.

(Breakfast, Lunch and Hotel Dinner)

Day 4 - October 4, 2022

**Yoga & Meditation Session,
Troy Tour & Canakkale to
Ida Mountain (Kaz dag)**

This morning we begin with a peaceful meditation and yoga session with Krista in Canakkale. After yoga, we will enjoy breakfast in our hotel and have time to shower before we begin our day of traveling back in time. We will be picked up from our hotel to catch a ferry to relive the glory of ancient Troy, uncover the myths and legends of Achilles, the Trojan Horse and Helen of Troy. There will be time to explore this UNESCO-listed archeological site, learning about the city's long history, which dates back as early as 3500 BC.

After our tour of Troy, we will continue our journey as we make our way to legendary Mt. Ida (Kazdağı, the ancient Mount Ida). North of Edremit in northwestern Anatolia, in the area known in ancient times as the Troad ("land of Troy"), Mt. Ida (Kazdağı) is cloaked in legends and history. Today Mt. Ida (1774 meters, 5820 feet) is an excellent place to get away from it all, hike or mountain bike, go horseback riding, take a nature walk, and relax in the midst of natural beauty. Once we arrive, we will settle into our hotel and enjoy dinner as a group.

Overnight in Ida Mountain.

(Breakfast, Lunch and Hotel Dinner)

Day 5 - October 5, 2022

**Yoga, Meditation &
Journaling Session, Free
Day to do as you wish or
join the Hiking tour on the
Mountain or Jeep Safari to
Ida Mountain (Kaz dag)**

We will start our day with a yoga, meditation and journaling session with Krista. After breakfast you'll have a free day to enjoy one of the optional tours or go off on your own to explore Mt Ida.

1) Optional Jeep Safari Tour: Kazdağları Jeep Safari tour starts at 10am. On Land Rover Jeeps, set off towards the Big Mountain peninsula, Kaz Mountain, known as "Ida Mountain" in ancient times, separating the Aegean Region and the Marmara Region. The first stop is Hasanboğuldu, located in Kazdağı National Park. You'll hear the sad love story of legends Hasan and Emine (also the subjects of movies), followed by Sutüven Waterfall. After that, you'll enjoy a relaxing lunch by the water. The tour continues with Sarıkız and Kazdağları Ethnography Gallery, where nature meets culture. See the works reflecting the life of the people of the region, the legends of Kazdağlar. Next is Adatepe, an old Greek village. While walking among the stone houses, you'll hear the story of the beautiful Refika of Adatepe. We complete our village tour and sit under the centuries-old plane tree in the village square, drinking coffee and tea. From there we head to the Zeus Altar, from which, as legend states, the wars of Zeus were directed. The magnificent Gulf view greets us, followed by a bird's eye view of Edremit Bay. Next comes the Olive Oil Museum, where we'll learn how olive oil is made (in the past and present) and visit the shop. We'll take in the fresh air of the Kazdağ mountains, as we view the green mountains and the blue gulf. Our tour finishes at 7pm, at sunset. After tour transfer to hotel. Overnight in Ida Mountain.

(Breakfast, Lunch and Hotel Dinner)

2) Optional Hiking Tour: Kazdağı, the ancient Mount Ida, is north of Edremit in northwestern Anatolia, in the area known in ancient times as the Troad ("land of Troy"). Suffused with legends and history, Kazdağı (KAHZ-dah-uh, 1774 m, 5820 ft) is an excellent place to get away from it all, hike or mountain bike, go horseback riding, walk in nature, and relax in the midst of natural beauty After tour transfer to hotel. Overnight in Ida Mountain

(Breakfast, Lunch and Hotel Dinner)

Day 6 - October 6, 2022

**Yoga Session & Ida
Mountain to Pergamon
& Sirince Village**

We will start the day with yoga practice with Krista. After breakfast and a shower, we will meet with our guide and start our full day tour of Pergamum. After mythical times, Pergamum was the scene of several cultures, ranging from those of the Stone and Bronze Ages until the Archaic and Classical Periods. Among the temples, palaces and agoras, the Asclepion, which were constructed in the course of one century, belonged the big Zeus Altar and the Parchment Library. There you'll explore the impressive Acropolis, the actual ancient city and see the Altar of Zeus, which is mentioned as the throne of Satan, Temple of Trajan and the third biggest library of antiquity. Next: Asklepion; known under the name of "The Pergamum God of Health". Asklepius, the deity of health and medicine, served the people for several hundred years, thus making Pergamum a medical centre of great importance. Famous medical scholars, like Hippocrates and Galenus, were born in Pergamum and worked there. After Pergamum, we drive to Sirince Village, which means "pretty". Today the village is a perfect synthesis of Turk-Greek culture. Your guide will take you around the village, following the narrow streets in between the old Greek houses. We will get to enjoy some free time to walk around, observing villagers selling their handicrafts, needle works and more. Once we finish the tour, we will begin our drive to Kusadasi.

(Breakfast, Lunch and Hotel Dinner)

Day 7 - October 7, 2022

**Yoga Session & Ephesus
Tour & Virgin Mary House**

This morning we will enjoy yoga with Krista, followed by breakfast. Then we will be picked up at the hotel to start our day of touring in which we will visit one of the best preserved ancient cities, Ancient Ephesus. You will walk through history. You'll see theater, library, agora, baths, temples and more. Ephesus theater is the biggest Roman theater and the library of Ephesus was the third biggest library in the world during ancient times. After lunch, you will visit house of Mother Mary, where it is thought she spent four years on the Bulbul Mountain. In 1967, Pope Paul VI visited the House of Mary in Ephesus. After the tour, we will drive to hotel. Overnight in Kusadasi.

(Breakfast, Lunch and Hotel Dinner)

Day 8 - October 8, 2022

**Yoga, Meditation &
Journaling Session,
Kusadasi to Bodrum &
Bodrum Castle, The
Bodrum Museum of
Underwater Archaeology**

We begin our morning with yoga, meditation, and journaling. After breakfast we will be picked up from our hotel and transferred to Bodrum. Upon our arrival, we will explore this port town. The Archaeology Museum exhibits a collection of fascinating relics from the lives of ancient shipwrecked mariners, with glassware, copper-ware and gold items from the ships on display. The Bodrum Museum of Underwater Archaeology is also home to the world's oldest known shipwrecks. After tour transfer to hotel. Overnight in Bodrum. This evening you are on your own for a wonderful dinner, views, locals, and the good vibes of Bodrum. Tomorrow is a Full Moon, a day of rest from yoga practice. So enjoy your evening and your walk by the ocean.

(Breakfast and Lunch)

Day 9 - October 9, 2022

Full Moon Journaling & Meditation Session, Bodrum Boat Trip

Today is a Full Moon day so we take rest from Yoga Asana. For those who enjoy meditation, Krista will be doing a guided Full Moon Meditation and Journaling session for us to enjoy! After breakfast, we will be picked up from our hotel for our Bodrum Boat Trip. The tour takes around 7 hours with lunch. After tour transfer to hotel. Overnight in Bodrum. This evening you are on your own to enjoy the views, shops, restaurants of Bodrum.

(Breakfast and Lunch)

Day 10 - October 10, 2022

Yoga Session & Bodrum to Pamukkale & Pamukkale Tour

This morning we will enjoy a yoga session with Krista before departing from Bodrum. After breakfast we will make our way to Pamukkale. We will visit what is known as White Heaven, in Turkey known as Cotton Castle, also called Pamukkale in Turkish. Once we arrive in Pamukkale, we will visit White Terraces and walk and swim in natural water. Even though it is a very full day, we will also squeeze in a visit to Hierapolis Ancient City. After tour drive to hotel. Overnight in Pamukkale.

(Breakfast, Lunch and Hotel Dinner)

Day 11 - October 11, 2022

Yoga Session & Pamukkale to Cappadocia via Konya & Konya Tour

We will start our day with yoga and meditation with Krista in beautiful Pamukkale! After breakfast, we will drive to Cappadocia via Konya to visit the Mevlana Museum, from the 12th century during the Selcuklu Empire in Konya. We will get to visit the Old Medrese and Tomb, and in the museum we will see the handwriting which the KURAN comes from in the 15th century. On our way to Cappadocia, we will visit Sultanhan Kervansarai. After our tour of Cappadocia, we will end our evening at the hotel. Overnight in Cappadocia.

(Breakfast, Lunch and Hotel Dinner)

Day 12 - October 12, 2022

Yoga Session & Cappadocia Tour

We will begin this glorious morning with a grounding yoga practice with Krista. After breakfast, we will be picked up from our hotel by our guide to start the Cappadocia Tour, including Goreme Open Air Museum, Pasabagi also called the Monks Valley (because Christian hermits chose to inhabit cells and churches in this location, within three-headed pinnacles), Devrent Valley, also known as "Imagination Valley" (a most surreal-looking landscape), Avanos (lunch and pottery making), Ozkonak Underground City (one of the best preserved and deepest underground cities), and Pigeon Valley (picture stop). Overnight in Cappadocia.

(Breakfast, Lunch and Hotel Dinner)

Day 13 - October 13, 2022

**Yoga Session & Cappadocia
Hiking Tour**

This morning we enjoy yoga and breakfast before we start our tour at 9:30am. We will begin the tour by hiking down through Meskendir Valley to Red and Rose Valleys where you can see different natural rock formations, as well as man-made ones, in the form of rock-cut churches with their magnificent murals. You also visit three churches, the Meskendir Kilise, the Kolonlu Kilise (Church with columns) and Haçlı Kilise (Church with a cross). After a short stop above Rose Valley, you'll continue walking along Red Valley to Çavuşin, where we will have lunch. After lunch we will explore the old village of Çavuşin and visit the oldest and biggest church in Cappadocia, St John the Baptist Church. From Çavuşin we will continue walking through picturesque vineyards to Paşabağ, where highly remarkable mushroom-shaped rock formations can be seen in the middle of a vineyard, hence the name which means 'Pasha's vineyard'. 'Pasha' means 'general', a military rank, in Turkish. This sight is also called Monks' Valley. The name came from the high tuff stone columns which stand apart, looking like monks. The tour finishes with a cup of tea, apple tea or coffee. The total distance covered is about 12 km of relatively easy hiking. As it involves a lot of going up and down the hills, wearing comfortable walking shoes with a good grip is essential. Trekking poles can be supplied on request. Overnight in Cappadocia.
(Breakfast Lunch and Hotel Dinner)

Day 14 - October 14, 2022

**Cappadocia & Istanbul
Departure & Istanbul Tour**

This morning we will enjoy our last yoga and meditation practice in Cappadocia before transferring to the airport to fly to Istanbul. But it's not over yet! Once we arrive in Istanbul, we will enjoy a tour of the Galata Tower. Galata Tower, topped with a distinctive witch's-hat roof, is one of the most impressive and popular landmarks in Istanbul. Dating back to the 14th century, the tower is an old Genoese tower overlooking beautiful Istanbul and has a massive cone shaped structure that was built to approximately 38 meters above sea level and rises to a height of 62 meters above its base. From the top of the tower, there is an amazing view of the Historical Peninsula, Golden Horn and Bosphorus through Princes' Islands. The second place we will visit is the Dolmabahçe Palace, which was the first European palace of the Ottoman Empire near Bosphorus, where you will see the largest crystal chandelier, built in 1843. Overnight in Istanbul.
(Breakfast, Lunch and Dinner)

Day 15 - October 15, 2022

Istanbul Departure

According to your personal flight time, you will be picked up from the hotel and transferred to airport for your flight home.

Thank you for sharing a magical two weeks with us!
(Breakfast)