

Walking the Wild - June 22, 2022 - 7-8:30PM

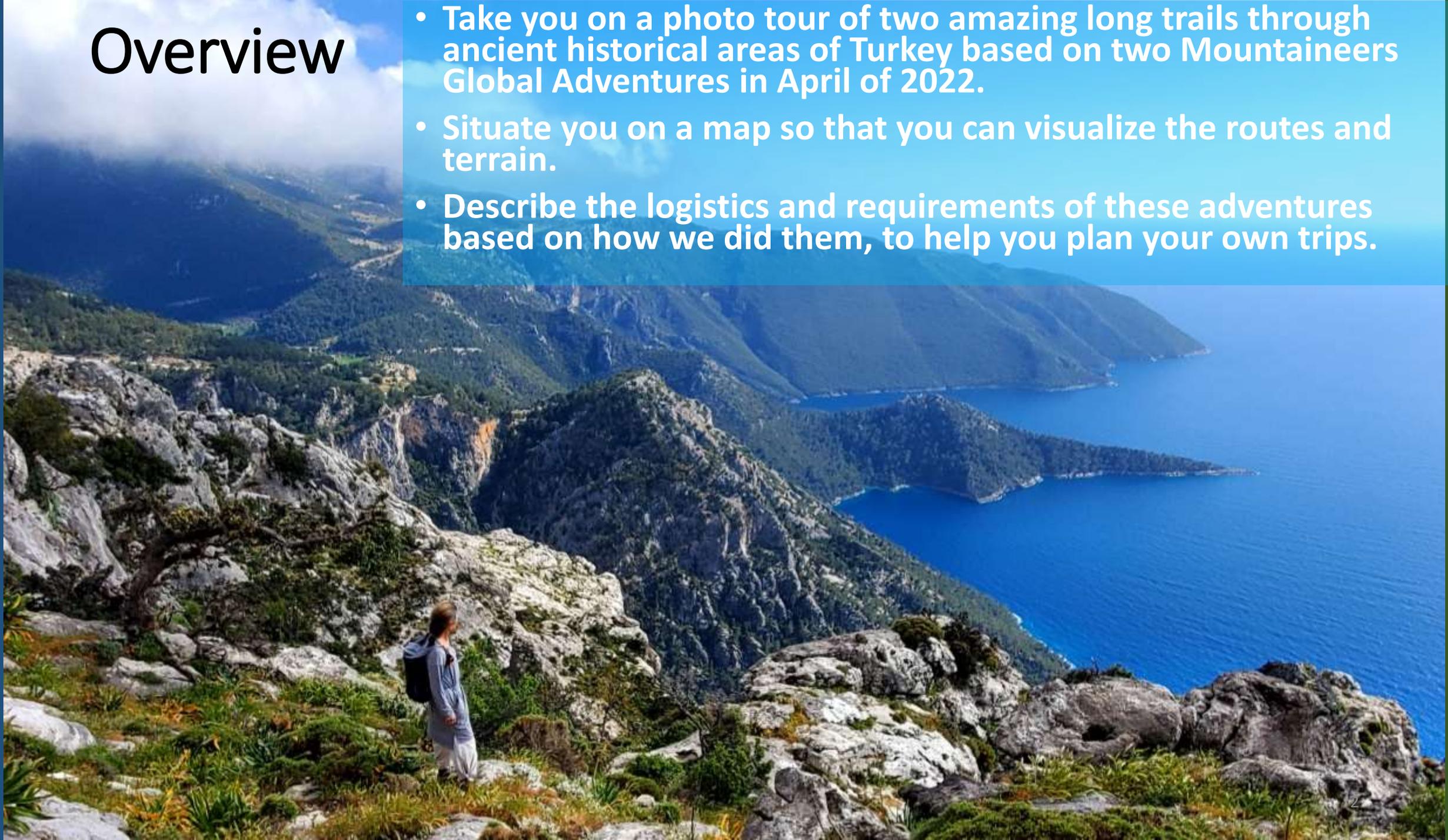


**Walk through Ancient History on Turkey's Carian Trail and Lycian Way
with Cheryl Talbert**

Please mute your audio and turn off your video. The presentation will begin at 7PM.

Overview

- Take you on a photo tour of two amazing long trails through ancient historical areas of Turkey based on two Mountaineers Global Adventures in April of 2022.
- Situate you on a map so that you can visualize the routes and terrain.
- Describe the logistics and requirements of these adventures based on how we did them, to help you plan your own trips.



A dedication



To Patti Polinsky (a part of our 2015 Turkey GA group)

- Who gave so much of herself to The Mountaineers and to her many friends.
- And who taught me and so many others how to find the maximum joy, beauty and fun in every day.

Coverage of TURKEY 1:100,000
All of the land area of Turkey is covered by Soviet topographic maps.
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**Istanbul –
4 days**



**Selçuk-Ephesus-
Aphrodisias –
3 days**



**The Lycian Way -
14 days, 70 mi**

**The Carian
Trail - 7 days,
57 mi**

Our 2022 Turkey Global Adventures:

- Istanbul – April 1-6, 2022
- Selçuk-Ephesus-Aphrodisias – April 6-8, 2022
- Carian Trail– April 9-17, 2022
- Lycian Way adventure – April 17-30, 2022



About Turkey (Türkiye)





ISTANBUL



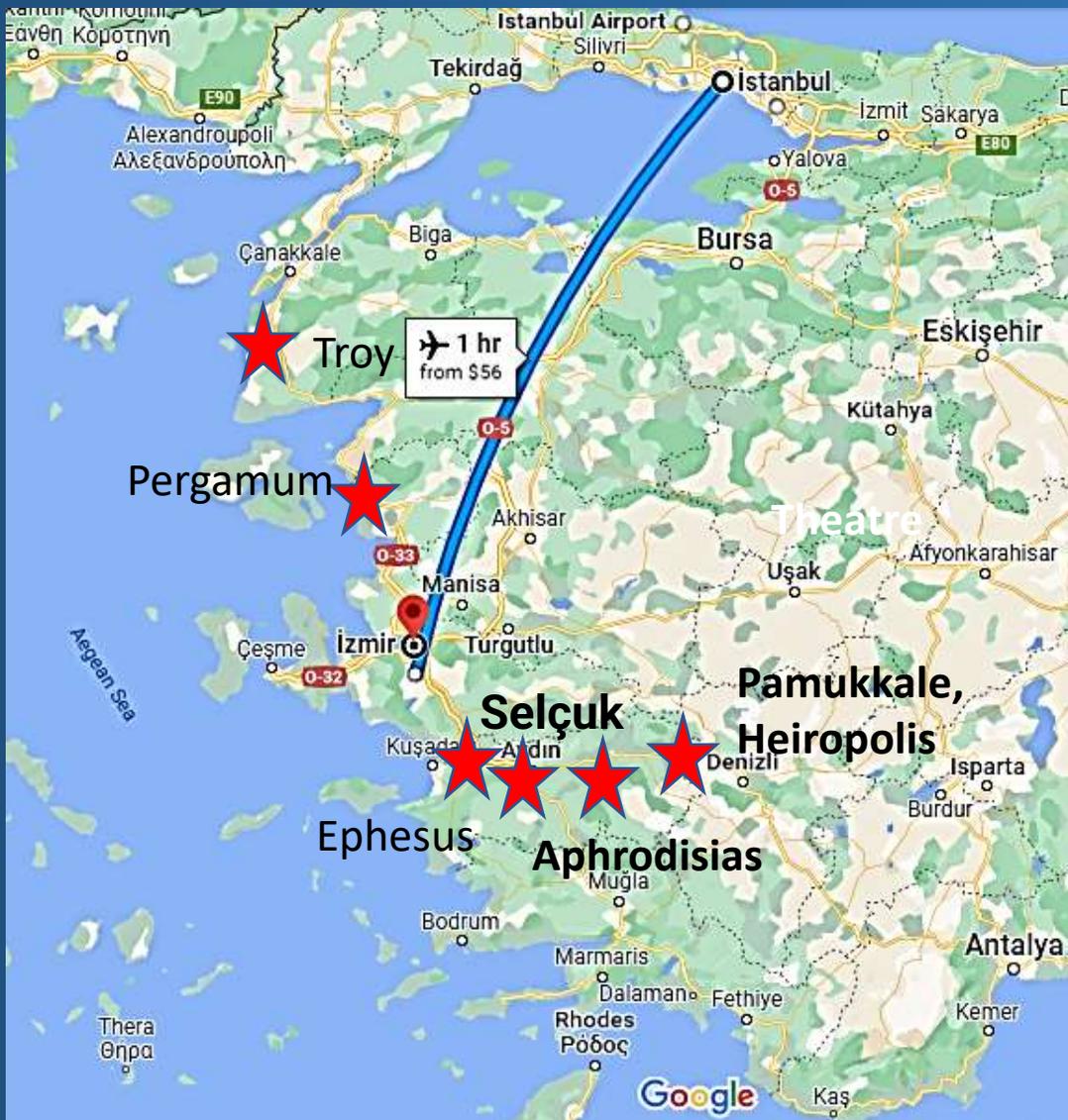
Galata and Beyoğlu

Old Greek-Jewish Quarter

Sultanahmet

Kadıköy

Ancient sites of Aegean Turkey – Apr 6-8, 2022



Library, theatre and Temple of Hadrian, Ephesus



Basilica and burial place of St John, Selçuk



Magnificent marble sculpture, Aphrodisias

Let's jump into our April 2022 trekking adventures in Turkey!

- On the Carian Trail: April 8-16, 2022, 8 days, ~57 miles, ~11,000 feet of gain & loss
- On the Lycian Way: April 17-29, 2022, 13 days, ~70 miles, ~20,000 feet of gain and loss



The Carian Trail (one of Nat Geo's 2021 Best Adventures of the World!)

The Carian Trail consists of six sections:

1. Bozburun Peninsula: 148 km
2. Datça Peninsula: 155 km
3. Gulf of Gökova: 243 km
4. Latmos Mountains: 185 km
5. Mugla Environs: 119 km

TOTAL 850 km

- First opened in 2013
- Named for the province of Caria which developed from a federation of cities from the earliest Greek settlements in 13th century BC



The Lycian Way – Turkey's First Long-Distance Trekking Route



- 540 km way-marked footpath from Fethiye to Antalya, researched and designed by British expat Kate Clow in 1999 .
- The trail consists mainly of Roman roads, old footpaths and mule trails.
- Full trail is usually done in 29 days.



Named for the Lycians, the peoples of this region known to history since the late bronze age. The Lycian League was one of the world's earliest representative governments.

Trekking the Carian Trail and Lycian Way

- Best trekking in April and May. September and October also good but dry. Summer is too hot.
 - Running fresh scarce in some sections even in the early season, though fountains and cisterns are around for livestock
- Paper guides and maps are limited for detailed local navigation. GPX series for both trails are available to upload.
 - Signage and waymarking better for the Lycian Way; patchy for Carian Trail.
- The Carian Trail has fewer services and very remote sections with limited public transport → need to camp and carry your own food. The Lycian Way has access to many more services and public transport, though still some remote sections.
- Outfitters are available to organize transport, lodgings and guides (handy if your time is limited or if you want a deeper dive into the history and culture as you go)
 - I would recommend Middle Earth Travel

Lodgings along the trails

- Carian Trail: Mostly nice seaside hotels to resorts on sea or lakeshore— but only in larger towns, widely scattered
 - Book ahead ; be prepared to camp most of the way
- More basic village lodgings on the Lycian Way plus luxurious coastal resort towns
 - Rooms in private homes
 - Cabins built adjacent to a home
 - Nice hotels in seaside towns and near tourist areas
- Breakfasts and dinners typically offered with rooms (very high standard)
- Wifi and cell service, electricity even in simplest lodgings
- Wild camping is free and abundant on both trails. Most wild camps have no services, but Lycian Way now has some privately run camps with services (for a fee).

Food in Aegean and Mediterranean Turkey



Mezes

Gozleme



Seafood



Kebaps



Turkish wines



Turkish tea



Turkish coffee



Villages and people



Culture, language and safety in rural western Turkey

- Dress and behavioral norms are modest but western tourists and expats have been here a long time and we never felt judged or out of place.
 - Be respectful of local norms – full coverage plus headscarf in mosques
- Women are respected and have visible, important roles.
- The areas we visited had many mosques with regular calls to prayer but society seemed conspicuously secular.
- Away from tourist areas not a lot of English is spoken (but everyone gets by nicely with Google Translate!).
- American tourists are not common here (mostly Europeans and Russians); some curiosity but very polite.
- We always felt safe (of course need to be more careful in the cities).

Our Mountaineers Global Adventure trip

- ✦ We chose to work with an outfitter, Middle Earth Travel, who provided a guide, van and driver, and lodging bookings, and helped me develop a custom itinerary
 - One of the original partners in mapping, & waymarking the Lycian Way and Carian Trail
 - Connected us with rural lodgings that we couldn't have booked ourselves
 - Our English speaking guide has a masters in history, lives in the area, and connected us to the culture, food and in-depth understanding of the history
 - Provided emergency communications and transport – peace of mind in remote areas and in the world of covid
- ✦ We stayed in hotels or village homes every night.
- ✦ With a private driver we picked the sections of trail we wanted to do, as well as ancient sites and experiences that were off the main trail.

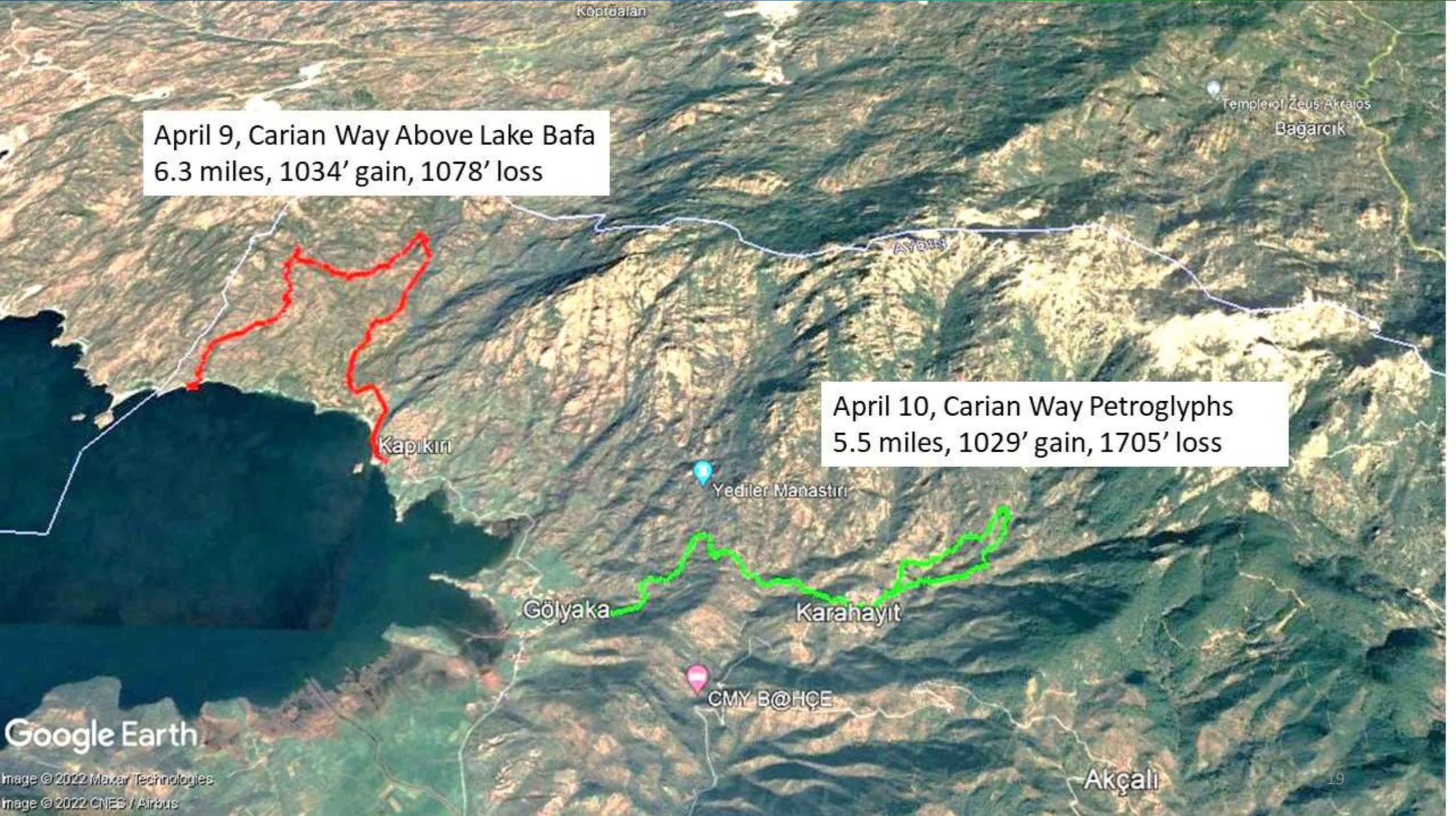
Mountaineers 2022 Sections on the Carian Trail

DATE	MILES	GAIN (FT)	LOSS (FT)
9-Apr	6.3	1034	1078
10-Apr	5.5	1029	1075
11-Apr	5.7	1219	890
12-Apr	8.7	1694	1640
13-Apr	4.3	1022	1081
14-Apr	8.8	1646	2278
15-Apr	8.3	1462	1785
16-Apr	9.3	1849	1905
	56.9	10955	11732



April 9, Carian Way Above Lake Bafa
6.3 miles, 1034' gain, 1078' loss

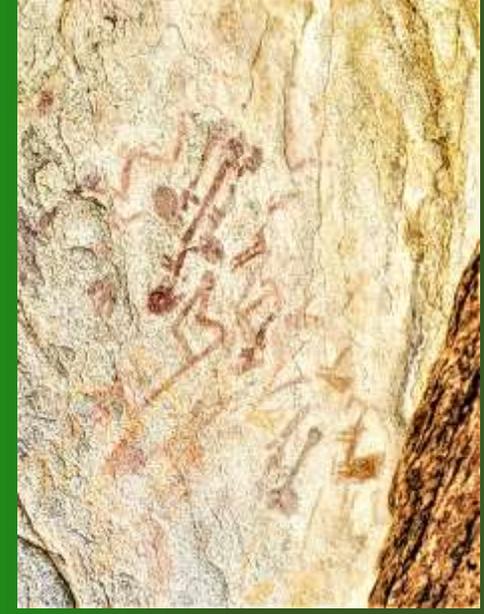
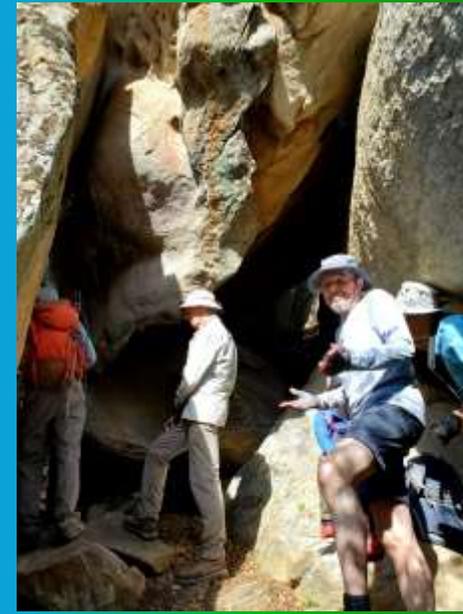
April 10, Carian Way Petroglyphs
5.5 miles, 1029' gain, 1705' loss



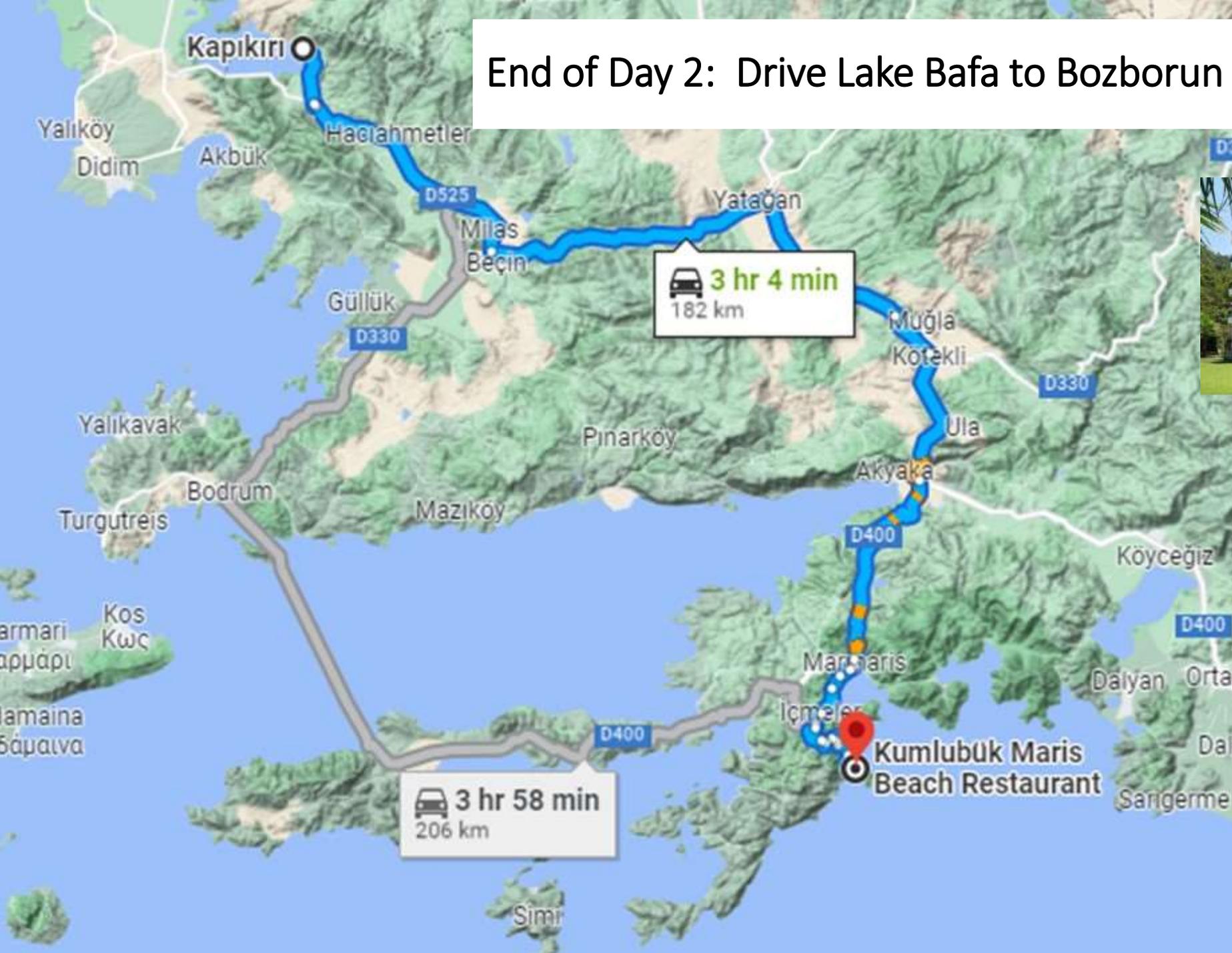
Day 1 on Carian Trail – in the Latmos Mtns above Lake Bafa

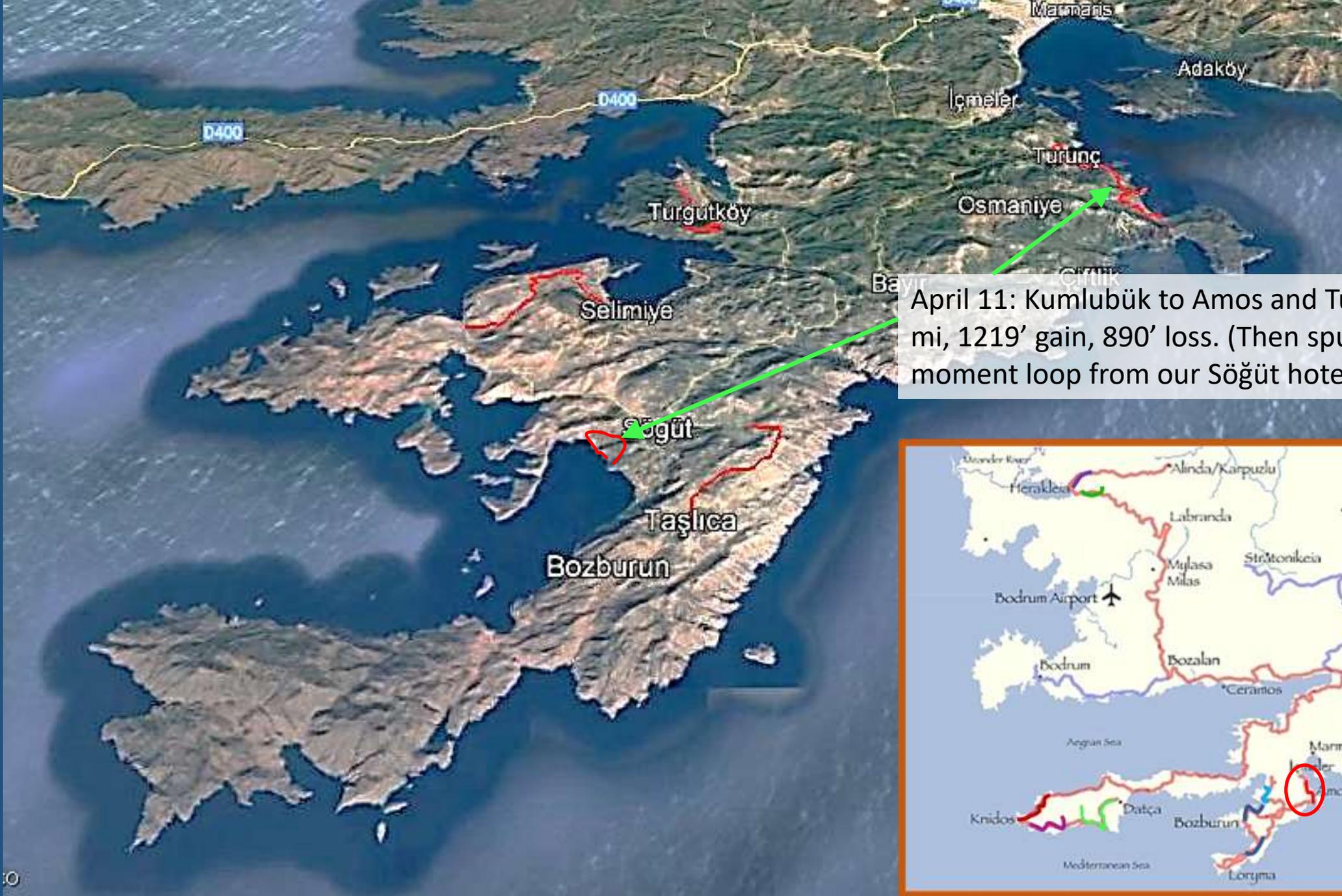


Day 2 on Carian Trail – neolithic cave paintings in the Latmos Mtns



End of Day 2: Drive Lake Bafa to Bozborun Peninsula





April 11: Kumlubük to Amos and Turunç, 5.7 mi, 1219' gain, 890' loss. (Then spur-of-the-moment loop from our Söğüt hotel)

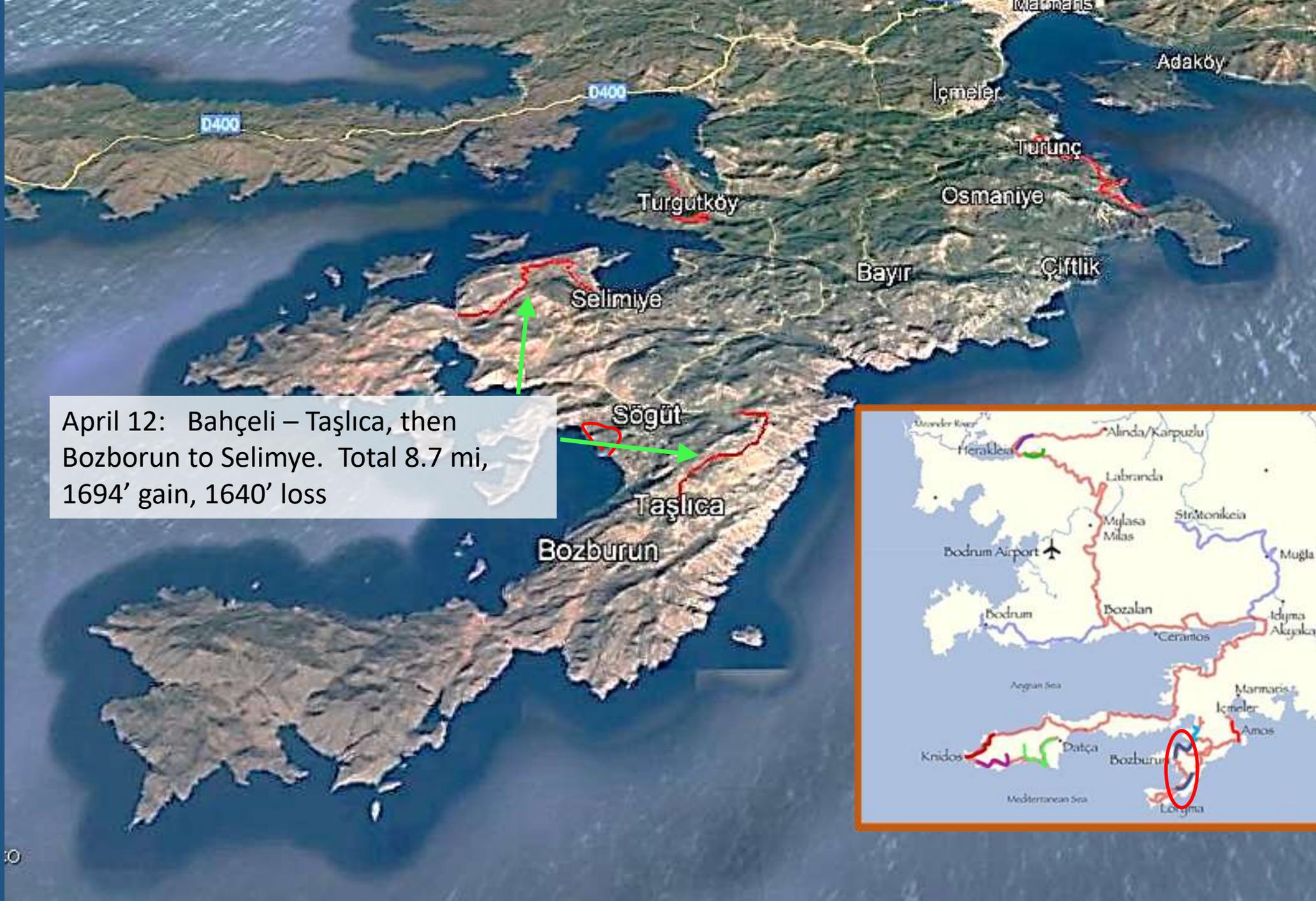


Day 3 on Carian Trail – Kumlubük, Amos and Söğüt



A shout out to Suna House in Söğüt





April 12: Bahçeli – Taşlıca, then Bozburun to Selimiye. Total 8.7 mi, 1694' gain, 1640' loss



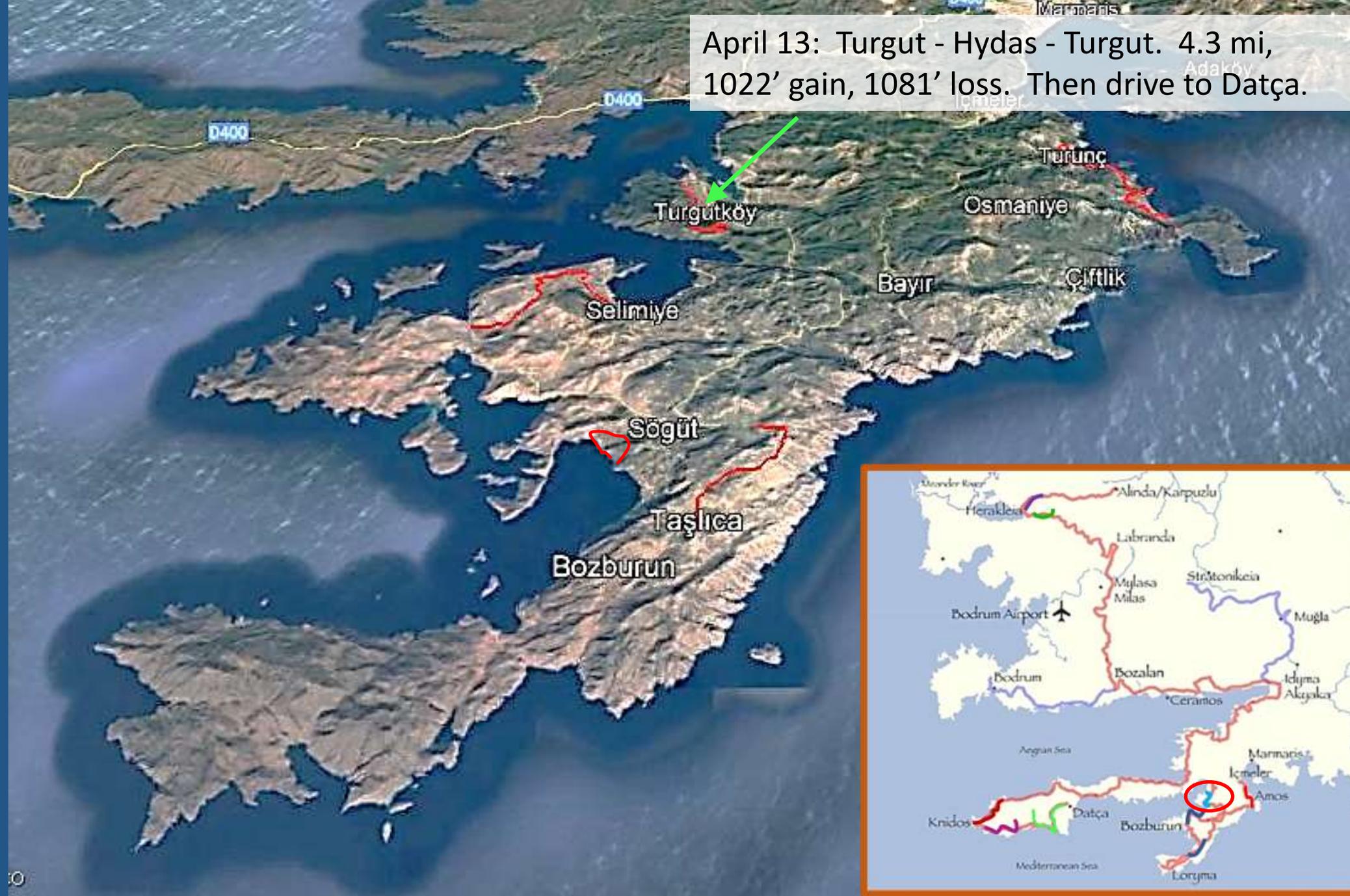
Day 4 on Carian Trail – Part 1, Bahçeli - Taşlıca



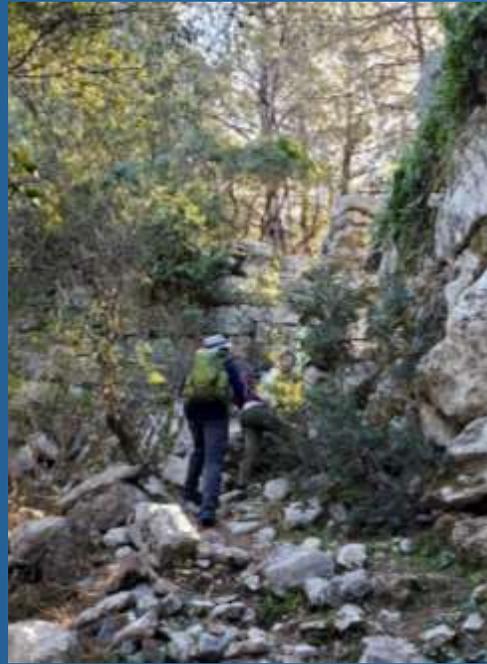
Day 4 on Carian Trail – Part 2, Bozborun to Selimye



April 13: Turgut - Hydas - Turgut. 4.3 mi, 1022' gain, 1081' loss. Then drive to Datça.



Day 5 on Carian Trail – Turgut to Hydas ruins; drive to Datça





Datça City on the Datça peninsula





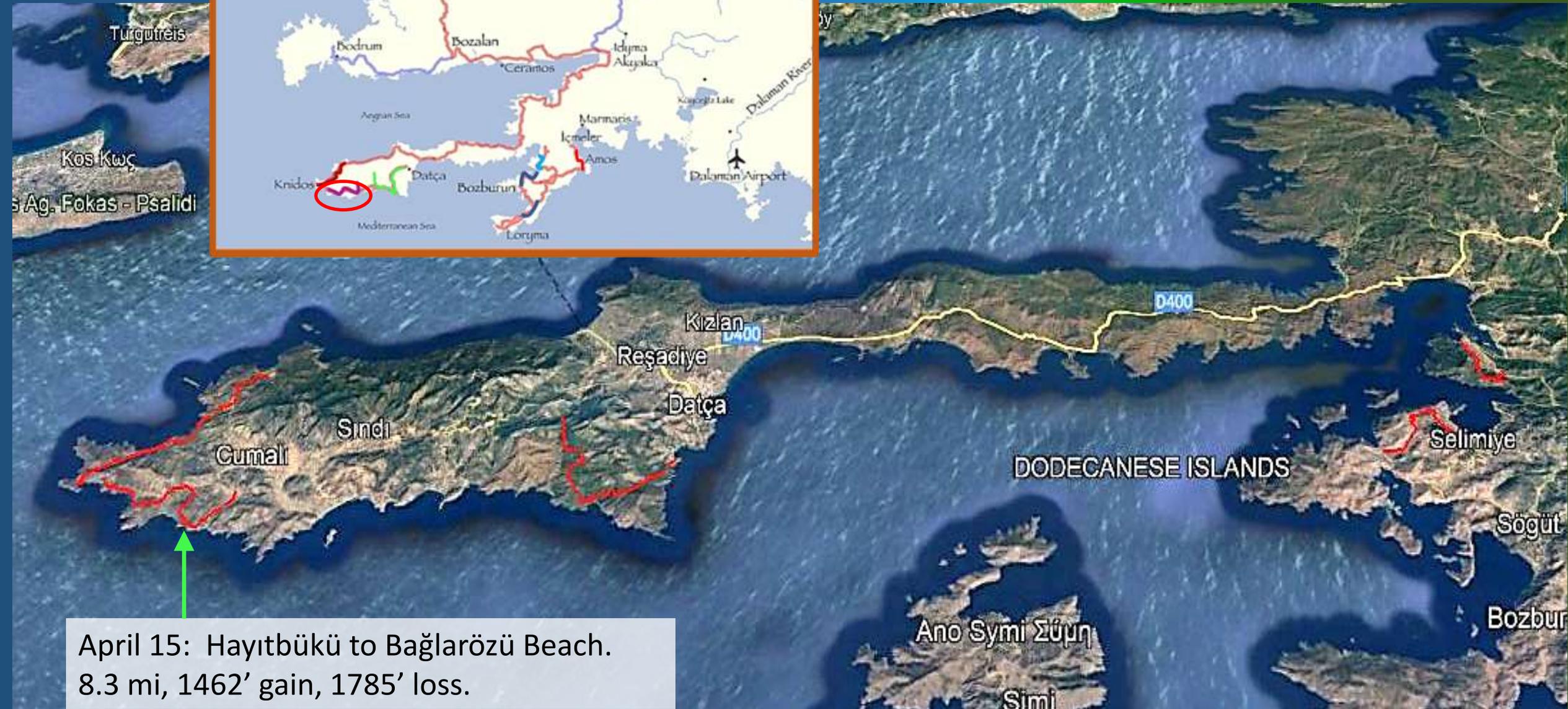
April 14: Domuzçukuru – Hayıtbükü.
8.8 mi, 1626' gain, 2278' loss.

Day 6 on Carian Trail – Domuzçukuru – Hayıtbükü.



Hayıtbükü Bay and our Pension





April 15: Hayıtbükü to Bağlarözü Beach.
8.3 mi, 1462' gain, 1785' loss.

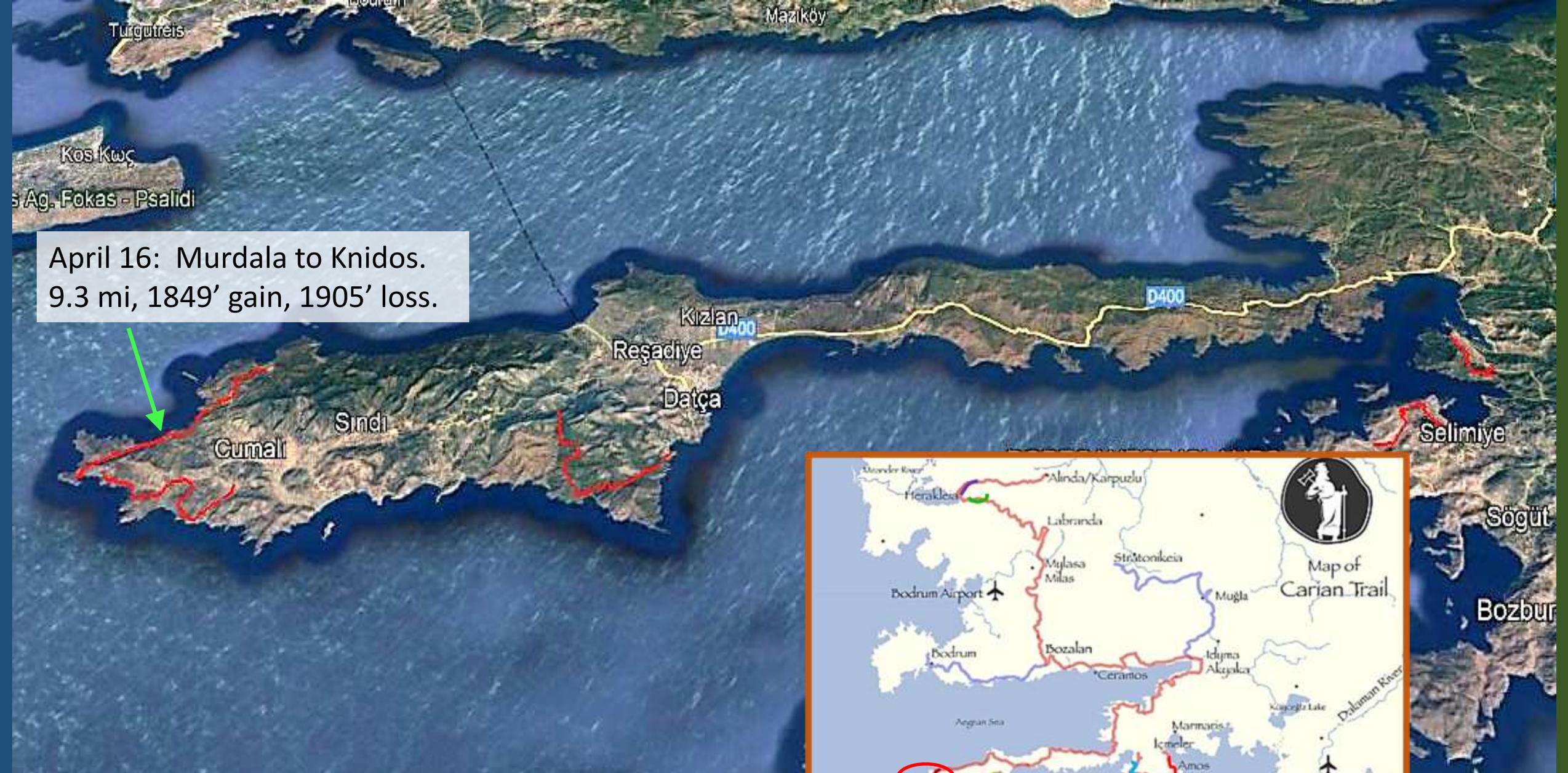
Day 7 on Carian Trail – Hayıtbükü to Bağlarözü beach.



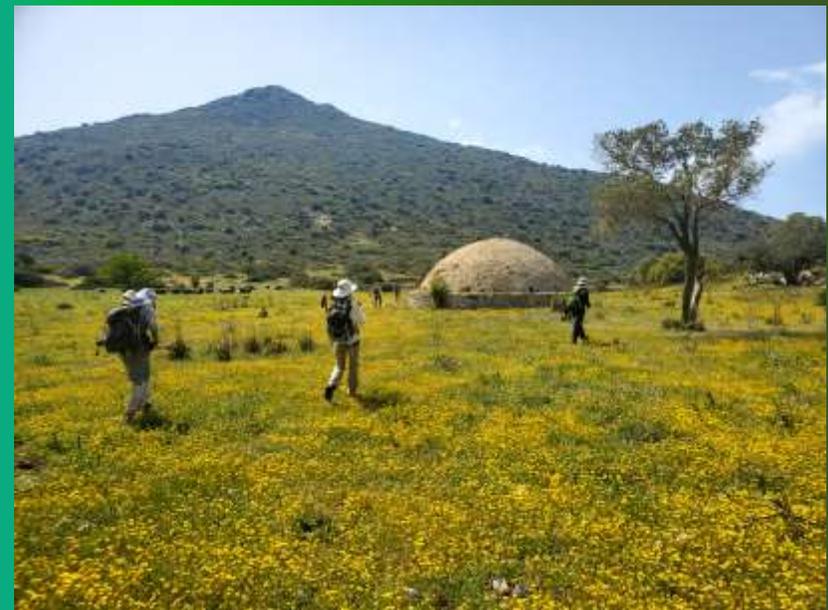
Day 7 on Carian Trail – Hayıtbükü to Bağlarözü Beach (continued).



April 16: Murdala to Knidos.
9.3 mi, 1849' gain, 1905' loss.



Day 8 on Carian Trail – Murdala to Knidos.



Day 8 on Carian Trail – Murdala to Knidos (continued).



Ancient city of Knidos



On April 17th we said goodbye to our Carian Way group, and transferred to Dalaman to drop them off and pick up our Lycian Way group!

