



retreat | recreate

Türkiye Textiles and Handcrafts tour 31 August – 15 September 2026

Useful Information

Please make a point of re-reading the Trip Notes prior to departure for details of currency, weather, general health, vaccination, safety, mobile phone and WIFI communication (eSIMs/SIMs/roaming/data etc), etc

www.retreatrecreate.com

GENERAL

- Türkiye is a large peninsula that bridges the continents of Asia and Europe. It is surrounded on three sides by the Black Sea, the Mediterranean Sea, and the Aegean Sea.
- Istanbul is the country's largest city and the economic centre. It is located on the Bosphorus seaway.
- Ankara is Türkiye's capital and its second largest city.
- Officially a secular state, Turkey has a Muslim-majority population.
- Population: 87.9 million
- Languages: Turkish, also Kurdish, Arabic, Zaza, Circassian, Laz
- Time zone: GMT+3
- Currency: Turkish Lira (TRY). As at June 2026, TRY 100 = AUD 3.06 = USD 2.15 = EUR 1.87 = GBP 1.62.
Download the XE currency exchange App to your smartphone or use the convert function on your iPhone calculator for up to date currency exchange rates.
- Electrical plug/adaptor: Round two-prong European style

USEFUL CONTACTS

Please add to your phone contacts

- Please install WhatsApp on your phone and add the following to your phone contacts at least one week prior to departure
- Please ensure you have mobile data at all times during our tour, not just at our hotels. Refer also to the WiFi/internet section of the Trip Notes.
- The **retreat|recreate host** on this trip is **Susan Keeble**. Her WhatsApp number is **+61 407 835 922**.
- Our local **tour leader's** mobile/WhatsApp number will be added to our WhatsApp group on day 1.

EMERGENCY CONTACTS

- **In the case of a genuine emergency, our tour operator's** number is: +90 850 309 68 76. Please quote trip code: TR-RR-260831
- The **International world-wide Emergency number** is 112 for police, fire, rescue and medical emergencies - credit or local SIM not required.
- In Istanbul there's a dedicated **Tourist Police unit** on +90 212 527 4503
- Consult your home **government's travel advisory** website for latest health updates, news, travel restrictions, entry requirements etc.

HEALTH AND SAFETY

Please also refer to the Trip Notes

- Refer to your home government's travel advisory website for the latest health recommendations and updates.
- Consult your travel doctor regarding recommended vaccinations
- Avoid raw and uncooked food. Take sensible precautions with foods you are unused to, to avoid travellers' diarrhoea
- If you suffer from **motion sickness**, consider bringing ginger tablets, Travacalm, Kwell or similar for our bus and boat journeys
- Tap water in Türkiye is not safe to drink. Drink only filtered or bottled water. Please bring a reusable water bottle and refill with safe bottled drinking water as we travel.
- **Stay hydrated!** With so much to see and do while travelling, it's sometimes easy to forget to drink enough water. **Carry rehydration tablets/sachets with you.**
- Carry and wear sunscreen, sunhat, sunglasses and insect repellent.
- Carry your own full medical kit at all times (refer to the What to Bring list).

GENERAL ETIQUETTE

- Meeting and Greeting: When women meet women a light handshake is appropriate unless they are friends and then they may kiss each cheek. For a woman meeting a man, take your cue from the other person; a handshake is generally appropriate.
- Members of the opposite sex do not touch each other in public.
- When visiting bazaars or carpet sellers, be prepared to haggle and drink tea with the shopkeeper. As a guideline, offer 25-50% lower than the vendor's first price then negotiate until both parties reach a price that is acceptable. Bargaining is also common when negotiating the price of a long taxi journey. In other circumstances, you're expected to pay the stated price.
- Dress modestly (covering shoulders to below knees as a minimum). Take note of what the local women are wearing (rather than what other tourists are wearing) as conservatism and appropriate dress may vary between cities and regions.
- Cover your head (always have a lightweight cotton shawl/scarf handy) and remove your shoes before entering a mosque. Most mosques will provide a robe and head covering to visitors if they decide that you are not suitably dressed.
- Türkiye is a nationalistic country: Turkish flags and portraits of Atatürk, the founding father are abundant. Please be tactful and respectful as Turks are extremely proud; criticism of

Turkish nationalism is not taken lightly. It's illegal to 'insult' Türkiye, the Turkish flag, the President or government, and the country's founder, Mustafa Kemal Atatürk. It's also illegal to photograph military sites.

- English is widely spoken in Istanbul and touristed parts of western Türkiye, however there will be occasions when you'll encounter non-English speakers. Locals will appreciate your efforts to use at least a few basic phrases in Turkish. A short list of useful words and phrases you may wish to learn as a courtesy to the locals is provided on the next page.
- Please always ask permission before taking a photo of another person and if the answer is 'no', fully respect this. If you wish to photograph children, you should always seek permission from the parent/guardian.
- Tip between 5% to 10% in restaurants, cafés, and bars. Taxi drivers generally do not receive tips, but it's customary to round up the fare. For luggage porters, the standard tip is around 20 TL per bag, or more if the service was particularly helpful or your luggage is heavy. At hamams (Turkish baths) consider tipping 10-20% of the total bill, divided between the attendants who assisted you.

USEFUL PHRASES

Although English is widely spoken in major cities, we will encounter locals who don't speak English. We encourage you to learn at least a few basic words of Turkish out of both respect for the local culture and as a courtesy to the people we will meet.

Hello/Goodbye Mer-ha-ba

Good Morning Günaydin

Please lewt-fen

Thank you (formal) Te-shek-ker-ederim

Thanks Te-shek-u-lar

Yes e-vet

No ha-yuhr

My name is... Be-neem a-duhm...

How are you? Na-suhl-suh-nuhz

Fine, and you? Ee-yee-yeem ya seez

Very good Chock ee-yeem

Beautiful gu-zel

Delicious ne-fees-tee

Water su /soo

Excuse me ba-kar muh-shu-nuhz

Sorry er-zewr dee-le-reem

Where is ...? ... ne-re-de?

How much is it? ne-ka-dar?

Cheers she-re-fe

No meat/without meat Et-seez

I am vegetarian Ben bir vejetaryen

Do you have any dishes without meat?

Et-seez yeh-mek var muh?

Vegan Vegan

Gluten-free Glutensiz

Lactose intolerant Lactoz intoleransi olan

I'm allergic Alerjim var

Travellers with **gluten-free** and **coeliac** dietary restrictions may wish to download the translation cards from the link below, particularly for use during your pre/post tour travels and free time.
<https://www.celiactravel.com/cards/turkish/>

Suggestions for free time and pre/post tour days

Please note: the following list is the result of many hours of research and is made available to retreat|recreate Türkiye tour participants as an additional resource.

Please respect our request for it not to be shared with others.

Note: Opening days/times and entry fees can change. Check venue websites before you visit.

*Venues marked with an asterisk are included in our itinerary

ISTANBUL - SIGHTSEEING

You may wish to pre-purchase tickets for **each site** via website links. Pre-purchased tickets generally allow you to skip entry ticket queues. You can also buy tickets upon entry, but may have to queue.

Museum Pass:

<https://muze.gen.tr/MuseumPasses>

Passes offer discounted entry to several museums for a limited period. Ticket holders also get to skip queues. Details and conditions are at the link above.

- **Basilica Cistern** – Descend below the streets of Sultanahmet into this majestic underground reservoir which dates back to the 6th century. Also called the Sunken Palace, it is the largest cistern from Istanbul's Byzantine era still standing, and something that James Bond fans might recognize from the film, 'From Russia with Love'. The underground chamber has over 330 distinctive marble and granite columns believed to have been salvaged from nearby buildings, the most famous being the two Medusa heads.
Open daily 9am-6.30pm, 7.30pm-11.50pm (10pm on Fridays). A self-guided entry ticket costs EUR58
<https://www.basilicacisterntickets.com/>

- **Bosphorus Cruises** – there are many options including short and long daytime cruises, cruises including lunch, sunset cruises etc. Here are a few:

- **Velena Travel** -

<https://www.velenatravel.com/daily-cruises.html>

- **Tur Yol** - Dinner cruise

<https://bosfordinnercruise.com/>

- **Şehir Hatları Bosphorus tours:** Choose from their Short Circle Bosphorus Cruise, Full Bosphorus Cruise, and the Full Bosphorus Cruise by Night. The sales offices are located on the left docks of Eminönü when coming off the Galata Bridge. The ferry leaves Eminonu at 10.35 daily from the second terminal building on the seaward side of the Galata Bridge. The ticket office on the side of the building facing the bridge opens at 10am. Get there before 10 am and queue for a ticket then queue again to get on the boat. Chilly on the top deck so wear warm clothes but worth it. Toilet and small cafe on board. For the Short Bosphorous tour tickets cost TRY340 for tourists.
<https://sehirhatlari.istanbul/en/timetables/bosphorus-tours>

- **Chora Mosque and Museum** (Turkish Kariye Müzesi, Camii yahut Kilisesi) is considered to be one of the most beautiful examples of a Byzantine church. The church is situated in the western, Erdinekapı district of Istanbul. In the 16th century, the church was converted into a mosque by the Ottoman rulers and

became a secular museum in 1948. The interior of the building is covered with fine mosaics and frescoes. Open daily 9am-7pm excluding prayer times (refer to website for timings) Last entry is at 6.30pm. Admission = free. Standard mosque visiting etiquette required. Head and body coverings are available at the entrance at various prices. Check details at <https://muze.gen.tr/muze-detay/kariye>

- **Dolmabahce Palace**

<https://www.millisaraylar.gov.tr/Lokasyo>
n/3/Dolmabahce-Sarayı

- **Egyptian Bazaar/Spice Bazaar** – Built in 1664, as part of the Yeni Camii (New Mosque) complex this very colourful and aromatic market selling spices, nuts, numerous varieties of Turkish delight, dried figs, fruit and floral teas; herbal remedies; dried fruits such as apricots, figs, dates, and even strawberries and kiwis; honey and nut soaked baklava; olive oil soaps; Turkish coffee and much more. Some prices are marked but a little haggling is expected as prices can be higher here than in spice shops around the city. Located on the Golden Horn, at the southern end of the Galata Bridge and opposite Yeni Camii. Open daily 9am-7pm.

- **Galata Tower Museum** – First built by the Byzantine Emperor Justinian in 507-508 AD, the tower is one of the most important structures that make up the silhouette of Istanbul. Considered among the oldest towers in the world, it was used as a long-term fire watchtower and in 2013 was included in the UNESCO World Heritage Temporary List. Open daily 8.30am-6.15pm. Admission fee = EUR 30 <https://muze.gen.tr/muze-detay/galatakulesi>

- **Hagia Irene Museum** - The original meaning of Hagia Irene is 'sacred peace'. It is the second largest church in Istanbul after Hagia Sophia and the birthplace of Turkish museology. Constructed in typical Byzantine architectural style, Hagia Irene was built on top of an older temple, out of timber in 330. During the reign of Emperor Justinianus, the Nika Revolt in 532 led to the devastation of both Hagia Sophia and the Hagia Irene, and two of them were rebuilt together. Open daily 9am-6pm. Admission = TRY1050. Address: Cankurtaran, Topkapı Sarayı, No:1, 34122 Fatih, Istanbul. <https://muze.gen.tr/muze-detay/ayairini>

- **Istanbul Archaeology Museums** - A compound of museums which consists of three major sections; The Archaeology Museum, The Museum of the Ancient Orient, The Tiled Kiosk Museum. These three separate main units are located in the same garden and house the palace collections. Istanbul Archaeological Museum, which is first regular museum appearing in the history of Ottoman Empire and in Türkiye, has about a million artifacts from a variety of cultures, brought from the imperial lands. Open daily 9am-6.30pm. Admission = EUR 15. Address: Alemdar Cad. Osman Hamdi Bey Yokuşu Sk. 34122 Gülhane/Fatih, Istanbul. <https://muze.gen.tr/muze-detay/arkoloji>
- **Istanbul Museum of Modern Art** (Istanbul Modern Sanat Müzesi - Kılıçlı Paşa, Tophane İskele Cd. No:1/1, 34433 Beyoğlu/. - Embracing a global vision, Istanbul Collection of modern and contemporary art, photography, design, architecture, and new media. Acting as an intermediary in the sharing of Türkiye's cultural identity with the international art environment, the museum supports

artists in their production and efforts to form partnerships abroad. Open Tue, Wed, Thu, Sat Sun 10am-6pm and Friday 10-8pm. Closed Monday. Admission = TL 900 Refer to website for instructions on how to get there.
<https://www.istanbulmodern.org/en/visit/museum>

- **Museum of Innocence:** The Museum of Innocence is both a novel written by Nobel-prize winning author, Orhan Pamuk and a museum created by the author. The novel was published in 2008, and the museum was opened in the spring of 2012. The romance novel tells about the life of Istanbul between the years 1950-2000, together with the memories of two families, one rich and one middle-aged. In the museum, the things used by the heroes described in the novel are displayed in carefully arranged boxes and showcases. Famous art historian, Simon Schama described this museum as "The most powerful, the most beautiful, the most human and the most impressive contemporary art work in the world". Open: Tue-Sun 10am-6pm. Closed Mon. Admission = TRY 800. Çukurcuma Street, divers Stalemate, 2, 34425, Beyoglu, Istanbul.
<https://www.masumiyetmuzesi.org/>
- **Rumeli Fortress Museum** - situated on the Tracean side of the Bosphorus, it was built by Sultan Mehmet the Conqueror in 1452 to prevent aid from north reaching Byzantine. It took 4 months to build with 1000 masons and 2000 workers. The three towers were built by Çandarlı Halil Pasha, Saruca Pasha and Zaganos Pasha and are named after them. The fortress has 5 gates and lies over an area of 30.000 m². Enjoy wonderful views of the Bosphorus from the fortress' lush garden. Open daily 9am-6pm. Admission = EUR6.

Address: Rumeli Hisari, Yahya Kemal Cad. No:42 34470 Sariyer, Istanbul. Refer to the website for instructions on how to get there.
<https://muze.gen.tr/muze-detay/rumeli>

- **Topkapi Palace Museum** - Construction of this Ottoman palace began in 1460 and was completed in 1478. One of Istanbul's iconic sites, the opulent palace compound houses courtyards, harem, pavillions and gardens with stunning architecture and seriously beautiful tiling.
Extract from the official website: *Libidinous sultans, ambitious courtiers, beautiful concubines and scheming eunuchs lived and worked here between the 15th and 19th centuries when it was the court of the Ottoman empire. A visit to the palace's opulent pavilions, jewel-filled Treasury and sprawling Harem gives a fascinating glimpse into their lives.* Open daily 9am-6pm Address: Cankurtaran Mah. Babi Hümayun Cad. No:1 34122 Sultanahmet/Fatih, Istanbul
<https://muze.gen.tr/muze-detay/topkapi>
Topkapi Palace, Harem & Hagia Irene
Combined admission = TRY 2750.
- ***Turkish and Islamic Arts Museum** we'll visit here on day 1 of our tour. This was the last museum opened during the Ottoman Empire Period. Containing 1,700 pieces, the museum's carpet collection is the most important in the world. The Ethnography section contains the 'Istanbul Women's Clothing' collection and various items reflecting the life of the Turkish populace such as the hammam, coffee and Karagöz shadow plays. Superb ceramics, gypsum plaster relief work, woodwork and inlay are also displayed. Open daily 9am-6.30pm. Admission = EUR 17. Address: Binbirdirek Mah. At Meydanı Cad. No:12, 34122 Sultanahmet.
<https://muze.gen.tr/muze-detay/tiem>

ISTANBUL FOOD TOURS AND COOKING CLASSES

- **Cooking Alaturka:**
<https://cookingalaturka.com/>
- **Culinary Backstreets** (formerly Istanbul Eats):
<https://culinarybackstreets.com/culinary-walks/istanbul/>
- **Istanbul on Food:**
<https://istanbulonfood.com/>
- **Turkish Flavours:**
<https://www.turkishflavours.com/>

ISTANBUL CULTURAL SHOWS

- **Hodjapasha Cultural Centre**
Performances on Tuesdays, Thursdays & Saturdays at 20:30. Duration: 65 minutes. Tickets @ USD42 per person should be pre-booked online at the website below. The building was once a large 15th-century hamam (Turkish bath), and now welcomes visitors under its high dome ceilings to showcase some of the best of Turkey's traditions such as Ottoman harem dances, charming traditional dances and exotic belly dances. Watch highly energetic and moving dances with fascinating modern choreography. Enjoy rhythm and fire shows and amazing costumes. You may enjoy also the Dervish Experience Exhibition in the foyer area before the show.
<https://hodjapasha.com/en/rhythm-of-the-dance-show/>

ISTANBUL – TEXTILE SHOPPING

- **Cashmere House** – seller of superb silk, cashmere, shahtoosh (wool from chiru/Tibetan antelope) goods in the Grand Bazaar. Address: Keseciler Cd.49-51-55-57 <http://cashmerehouse.com.tr/>
- **EthniCon and Dhoku** – These sister shops in the Grand Bazaar are run by a third generation carpet seller and sell handmade, ethnic, and contemporary carpets of the highest quality materials. Each carpet tells a unique story and is sold after extensive hard work and intent by the designers. All of the carpets sold are manufactured, dyed, and designed by EthniCon and Dhoku. Address: Takkeciler Sk. No.58-60, Grand Bazaar.
<http://www.dhoku.com/>
- ***Grand Bazaar** – We'll visit here on day 2. A vast labyrinth of 61 covered passageways hosting more than 4000 stalls, first opened its doors to traders in 1461. You'll find everything from designer jeans to silk carpets, brass lanterns to tea-making accoutrements, jewellery and leather to antiques. Some streets of interest are: Halicilar Sokak (bathware and textile shops), Takkeciler Sokak (skullcap makers), Zenneciler Sokak (clothing sellers) and Sahafilar Carsisi (paper and book market). Open daily 8.30am-7pm. <https://kapalicarsi.com.tr/>
- **Iznik Art** – Beautiful tiles and ceramics. Halicilar Street. No:18, Grand Bazaar
<https://www.iznik-art.com/>
- ***Jennifer's Hamam** - We'll visit here on day 3. Quality towels, peshtemal (Turkish towels), scarves and bathrobes, all made on old-style shuttled looms with natural and sustainable threads (cotton, linen and silk). Owned and operated by Canadian

born Jennifer, this store commissions and stocks high quality products produced by the last of traditional weaving artisans, thereby maintaining traditional handcraft practices. Jennifer has made it her mission to breathe new life into this endangered art. Open 7 days: 8.30am-10.00pm. No 135 Arasta Bazaar, Sultanahent, Fatih, Istanbul
<https://www.jennifershamam.com/>

- **Nahil** - Operated by KEDV social enterprise, Nahil showcases the products made by over 600 women. The felting, lacework, embroidery, all-natural soaps and soft toys in this lovely shop are made by economically disadvantaged women and women's cooperatives in rural areas from all over Türkiye. All profits are returned to them, ensuring that they and their families have better lives. Open Mon-Sat 10am-7pm. Location: Martyr Muhtar Neighborhood, İstiklal Cad. Bekar Sk, No: 17, 34435, Beyoğlu, Istanbul. Phone: 0212 251 90 85 / 0534 646 64 18
<https://www.nahil.com.tr/>
- **Punto of Istanbul: Rug Culture** – Proudly run by the Punto family for five generations, this shop offers genuine, high quality, handmade carpets and rugs, a 'no pressure' sales experience and a range of products from moderately priced to the finest new and antique oriental carpets available. The shop is an amazing ancient Caravanserai which for centuries has been a centre for traders along the Silk Road. Address: Nurosmeniye, Gazi Sinanpasa sokak. Vezirhan No 17, Istanbul.
<http://www.puntocarpets.com/>

ISTANBUL – DINING

- NB. There are many, many places to choose from. Turkish cuisine can be quite meat-heavy, however there are generally vegetarian and 'less' meat options available on most menus. Istanbul has a growing number of **vegetarian and vegan** restaurants. Those with **gluten-free and coeliac** dietary restrictions, may wish to download translation cards at the following link.
<https://www.celiactravel.com/cards/turkish/>. A list of gluten-free friendly restaurants is available here:
<https://www.tripadvisor.com.au/Restaurants-g293974-zfz10992-Istanbul.html>
- **Çiya** - Güneşlibahçe Sk. 43, 44 and 48/B Kadıköy, Istanbul. Open daily 11am-10pm. Delicious *meze* and kebabs with vegetarian options.
<http://www.ciya.com.tr/>
 - **Community Kitchen**: 35A Kumbaracı Yokuşu, Istanbul. Tel: +905385032736 Open Sun-Thu 12:30-11.30pm, Fri-Sat 12:30pm-1am. Tucked away on a side street off İstiklal Caddesi, Community Kitchen acts as a living room for both residents and tourists, where the owner welcomes each guest and offers recommendations. The kitchen is famous for creating vegan versions of Turkish classics, such as *köfte* (meatballs), *iskender kebab* (thinly sliced meat in tomato sauce) and baklava. It also bakes pastries on Saturdays; the vegan brownies are always a hit. Stop by during the day or enjoy a special evening menu prepared daily at 7.30pm, for which a reservation is needed.
 - **Falafel Köy**: 69 Kumbaracı Yokuşu, Istanbul. Open daily 1pm-10pm, Wed and Sun 2-10pm. On the same street as Community Kitchen, Falafel Köy serves up

some of the best falafel in town. Everything on this menu is vegan, except for the *ayran* (a yoghurt-based drink). Try platters with hummus, baba ganoush, fattoush and tabbouleh salad, and also the falafel *dürüm* and burger. Limited seating is available. However, do take a table outside if one is free, and enjoy the sounds of footsteps on the surrounding cobbled street. Keep in mind that only cash payments are accepted and that the opening hours can differ from day to day.

- **Galata Lilly Cafe - Luleci Hendek Caddesi 69/A.** Open Wed 11am-11.45pm, Thu-Sat 10.30am-11.45pm, Sun-Tue 12am-11.45pm. Has views of Galata Tower to the left and the Bosphorus to the right. International and Turkish cuisine with vegetarian and vegan options.
- **Meşhur Çiğköfteci Ali Usta - 6 Muhzirbaşı Sokak, Istanbul.** Try *çiğ köfte* – a type of vegan street food and one of the cheapest dishes in Türkiye. Made of spices and bulgur wheat, formed into balls and served in a wrap with lettuce, parsley, pomegranate sauce and lemon juice - perfect for a light lunch. Usually, *çiğ köfte* can be found around every corner, but this venue attracts special attention. The long queue moves fast, and customers usually get a sample while the owner prepares the dishes. Located on a side street near Sirkeci tram station and a short walk from the Spice Bazaar.
- **Otantik – Alemdar, Çatalçeşme Sk. 29/E.** (near Aya Sophia) Open 8am-11.30pm. Turkish, Mediterranean cuisine with vegetarian and gluten-free options. <https://www.otantikcaferestaurant.com/>
- **Salon Galata - Bankalar Caddesi No:3/A Karaköy Beyoğlu.** Open daily: 9am-11.30pm. Modern Turkish menu with vegetarian and gluten free options,

BEYOND ISTANBUL

As we have limited time for independent exploration in other cities, only a few recommendations are provided below. Our local tour leader will provide recommendations for places to eat and shop once we arrive at each location.

BURSA - SIGHTSEEING

- **Karagoz Antique shop:** Eski Aynali Carsi 12. Open Mon-Fri 9.30am-6.30pm, Sat 9.30am-6.30pm and Sun 12-6.30pm. A lively place to see puppets and watch an impromptu performance.
- **Karagoz Museum:** Cekrige Caddesi 59 opposite the Karagoz monument. Tel 0224-232-3360. Open Tue-Sun 9.30am-5.30pm. Performances at 11am on Wednesday morning. This museum was founded by puppeteer Sinasi Celikkol. The collection includes magnificent Turkish, Uzbek, Russian and Romanian puppets and puppet-making tools. Karagoz shadow puppet theatre developed in Bursa and spread throughout the Ottoman empire.
- ***Koza Han –** We visit here on day 5. Uzunçarşı Cd, Osmangazi. Open Mon-Sat 8am-7.30pm, Sun 10.30am -6.30pm In the historic caravanserai (han), once a major site for trading silk and other rare goods on the famous Silk Road, there are many shops selling silk products and clothing. The central courtyard has a variety of cafes and outdoor seating.
- **Turkish and Islamic Arts Museum - Yeşil Caddesi 56.** Open 8.30-12, 1-7 Tues-Sun. Housed in the former medrese of Yesil Camii. Here you'll find 14th-16th Century Iznik ceramics, mihrab (block print) curtains, jewellery, embroidery, calligraphy, dervish artefacts and Karagoz puppets.

KAS - DINING

- **Bi Lokma, AKA Mama's kitchen**, Hukümet Cad. No. 2 Pazar Yeri Karşısı, Kas Open daily 8.30am-11.45pm.
Run by a mother and daughter and offers some vegetarian options.

ANTALYA - SHOPPING

Our hotel is located in **Kaleiçi** district where you'll find many shops selling antiques, rugs, jewellery, handcrafted boxes, felt etc plus an endless assortment of cafes and restaurants.

- **Aydede** – Kılınçarslan Mah, Hidirlik Sokak, No 27, Kaleiçi – for quality towels, blankets, peshtemal etc
- **İki Kapılar Hani (Old Bazaar)** – between Kazım Özalp Cadessi and İsmet Paşa Caddesi, just north of the Kaleiçi district. A sprawling covered bazaar dating back to the late 15th century where you'll find jewellers, metal merchants, textiles, tiles and spices.
- **Lidya Suzani Carpet Gallery** Barbaros, Hesapçı Sk. No:16, Muratpaşa. Open daily 9am-10pm. Carpets, embroidered shawls, ikat, silk, suzani, clothing and more.
- **Osmanlı Sultan Çarık** – Hesapçı Sokak 3. Open 9am-6pm. The 'Ottoman Sultan Slipper' shop sells leather goods – slippers, sandals, boots and bags.

ANTALYA – SIGHTSEEING

- **Antalya Museum** – There's the option to visit on day 11. This superb museum is one of Türkiye's best! History, art and archaeology enthusiasts will love the exquisite statues and artefacts from the civilisations of Lycia, Perge, Rome, Byzantium and more.

- **Sarıs Beach** - The women's only beach has a day spa complete with a traditional hammam (considered one of the best in Antalya) as well as beauticians, boutiques and cafes, all exclusively for women. Beach workers can only be women ie. lifeguards, guards, all employees in cafes and restaurants. Photography is prohibited. Toilets, showers and changing cabins are free for visitors. Sun loungers and umbrellas are for hire (approx. TRY 5) and there are picnic tables under pine trees. It is forbidden to bring your own food and drinks and bags are checked upon entry, however there are many reasonably priced restaurants, cafes and pastry shops. The beach serves women only from 08:00 to 19:00, but is open to the public from 19:00 to 24:00. It's an easy bus ride (no 8) from the city centre to the last bus stop in the Konyaaltı district.

ANTALYA – DINING

- **Sim Restaurant** – Kaledibi Sokak 7, Kaleiçi. Open 11am-10pm. Homestyle Turkish favourites served at this charming, friendly, family-run venue. In fine weather, dine under the canopy in the narrow passageway at the front, wedged against Byzantine walls.
- **Tarihi Balık Pazarı Unlu Mumülleri** - Kılınçarslan, Zafer Sokak 2. Open 24 hours. This excellent bakery churns out a huge array of sweet and savoury baked goods.
- **Yemenli** – Zeytin Sokak 16, Kaleiçi. Open 11am-1am. Dine on Turkish favourites either inside the charmingly renovated stone house or in the leafy garden courtyard.

KONYA - SIGHTSEEING

- ***Mevlana museum** – We visit here on day 12. The former lodge of the whirling dervishes and a holy place for muslims. Cover head, shoulders and legs.
- **Dervish Dowry Museum** – Aslanlı Barracks St, No 6/1 Karatay, Konya - Located within the Irfan Civilization Research Center (IRFA); reconstructions of the clothes used for centuries by different religious orders. Includes items such as the crown, cloak, surrender stone, alem, kanberiyeye, habbe, palheng, rosary, staff, keşköl, teber, tiğbend, pitcher, and shoes. The term "dervish dowry", which is used especially for clothes, has been included in studies in time to refer to other dowries used in religious orders. The concept of "the dowry of a dervish", which is based on the life of the Prophet (pbuh) and other prophets, the lives of the sage of the order and the elders of the path, and the etiquettes and rules of the path, covers a very wide area, from clothes to items used in rituals and kitchenware.

CAPPADOCIA – SHOPPING

There are numerous carpet and ceramic shops to choose from in this region.

- ***Tribal Collections - Rugs, Kilim and Textiles:** Time permitting, we plan to visit here on day 15. Köse Cıkmazi No 1 Göreme. Owned and operated by New Zealander and self-professed rug lover, Ruth Lockwood. Ruth has lived in Türkiye for 30+ years and has a vast knowledge of carpets and kilims which she's happy to share. Her products are ethically sourced and her store offers a 'no pressure to buy' service.

<https://www.tribalcollectionscarpets.com/>

CAPPADOCIA - DINING

- **Fat Boys Restaurant** - Turgut Özal Meydanı, No:38, Göreme. Open daily 8am-12am. Traditional dishes plus vegetarian, vegan halal and gluten free options
- **Tik Tik Kadın Emeği** (Knock Knock Women's labour) - Yeni Cami, Ürgüp/Nevşehir. Open 10am-6pm. Delicious homestyle local cooking, vegetarian friendly, run by local women.
- **Top Deck Cave** - Hafız Abdullah Efendi Sokak No 15, Göreme. Open Wed-Mon 5pm-11pm. A small family-run place in a cave with both floor and table seating. It's very popular so book in advance. There are a few main courses that change every day, including a vegetarian option. <https://www.facebook.com/TopdeckCave>
- **Nazar Borek and Cafe** - Aydınli - Orta, Karamizrak Sk., 50180 Göreme/Nevşehir. Open Tue - Sat 12pm -10pm. Family run business serving good food at reasonable prices.
- **Old Cappadocia cafe** - İsalı - Gaferli - Avcılar, İçeridere Sk. no:8, 50180 Göreme/Nevşehir. Open daily 11am-12am. Vegetarian Friendly, Vegan Options, Halal, Gluten Free Options. Gets very good reviews for food, service and staff.
- **Ürgüp Deringoller Breakfast & Cafe** - Dedeli Başı Sk. No:10, Urgup. Open daily 8am-5pm. Great coffee, food and views.