

ANCIENT LYCIA

THE MAJESTY OF MEDITERRANEAN TURKEY

*A healthful vacation for the wholesome of Spirit
May – October 1994*

*Turkey/Anatolia/Asia Minor. Where East meets West. Cradle of many civilizations.
Where the Romans and Ottomans walked. Where history and mythology intersect.
Where, legend says, Noah's ark ran aground. Add your peaceful footsteps.*

Journey to an ancient land, mythical Lycia, home of the Goddess Leto, where Cleopatra honeymooned, Apollo lived, Alexander the Great vacationed and where Santa Claus was born. Where the mountain collides with the sea. Experience the elements of nature in their purest forms. Drink the water running down the snow-capped mountain. Stroll in shaded solemnity in pine forests.

Boat to beach and nature preserve where endangered Loggerhead turtles, who've roamed the oceans for 95 million years, lay their eggs.

Cruise by yacht the pristine Turquoise Coast of the Mediterranean for 4 nights and 5 days, stopping at archeological sites to relive the histories of older civilizations and Lycian mythology.

Safari to the majestic Taurus Mountains and visit with nomadic tribes.

Visit a sunken city.

Spend 3 days in a Turkish village hosted by villagers who'll be serving traditional meals. Experience the soul of the Turkish people.

These 14-day tours are organized by a group of holistic-minded Turkish people who have founded a Center for Natural Living and Healing Arts in Phellos, north of the ancient Lycian city of Antiphellos, the present day Kas, in Southern Turkey. Yoga and Shiatsu will be offered.

Food

The food will be vegetarian. Macrobiotic fare, fresh fish and dairy are available. Fruit is plentiful and pickable.

Children

Activities include donkey rides, mud baths, picnicking, swimming, snorkling, traditional Turkish village games and folk dancing.

Upcoming Tours

May – Blossom time. Field trips and hikes to explore centuries-old herbal traditions, studying flowers and wild plants.

December – 21-Day Trip. Istanbul. Cappadocia. A week in Konya, the center of Sufism. Christmas celebration at the birthplace of St. Nicholas.



Tours are for groups of 16-20 people. Limited space available. Register Now!

For more information, contact:

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