

# HUZUR VADISI at SULEYMAN'S GARDEN

## YOGA HOLIDAYS TURKEY

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## 2014 GENERAL INFORMATION

### Travel day and transfers

Generally (unless stated otherwise) Monday is travel day and yoga courses start on Tuesday morning.

**FOR INFORMATION ON FLIGHTS PLEASE SEE THE TRAVEL PAGE ON OUR WEBSITE**

### Transfers

Suleyman's Garden is 1.5 hours from Dalaman airport. We can arrange a minibus or taxi transfer for you. The price depends on your arrival time and numbers. It may involve linking up with or possibly waiting for others to arrive.

#### **PRICES PER PERSON ONE WAY**

(2013 prices as a guide...there may be a little variation)

1 passenger	160TL
2 passengers	80TL each
3 passengers	55TL each
4 passengers	45TL each
5 + passengers	35TL each

**Prices are in set in Turkish Lira, but you can pay in sterling or euro, either by cash or bank transfer on the final day of your holiday.** The price depends on exchange rates on the day. With some groups it is possible to average the total transfer cost between participants, so that everyone pays the same. This can be decided when flight information is received.

We will let everyone know the most convenient and least expensive options for travel to Suleyman's when we have all the flight information for your group. We recommend trying to book on flights with other guests, please ask your organiser about others' flights on your course.

- Please make sure your organiser has your flight number and arrival time so that transfers can be arranged in advance and everyone informed. ***It's important for us to have your flight number in case of delayed flights***

\*The final 20 minutes of the transfer is on a small, mountainous, coastal road...don't worry about where you're going if you arrive after dark!

- Please make sure you have our phone numbers (above) in case of any problems on arrival

To meet our driver, exit the airport into the car park. Follow the path straight ahead, passing all the holiday company booths, to the area on the left signed 'INDIVIDUAL MEETERS' (sic) Our driver will have a **Suleyman's Garden** sign.

There will be someone to meet you at Suleyman's Garden at whatever time you arrive, but if possible we ask that you book a flight arriving not later than 9:00 pm.

## **NEW ONLINE VISA REGULATIONS**

Anyone travelling to Turkey is now required to purchase an online visa before entering the country - this can be purchased from the following website: [www.evisa.gov.tr](http://www.evisa.gov.tr)  
(As opposed to buying a visa stamp at the airport)  
The fee is \$20 USD  
The visa needs to be printed and taken with you to show at passport control.

## **Currency Exchange**

Generally you will get a better rate of exchange in Turkey. This can be done with cash almost everywhere, or withdrawn from ATM cash machines. There is an ATM just outside the airport, also several in nearby Olu Deniz (20 minutes away) As you may not want to go out to get cash you may want to make sure you have enough to settle for any extras (bar bill, massage, boat trip etc)

## **Massage**

We have a good resident therapist, Gianna, who offers a range of treatments, including back massage, Indian head massage, reflexology, facial massage and reiki starting at £40. You can book sessions with her on arrival. She accepts payment in Turkish lira, sterling or euro, cash please.

Our cook's wife, Aysegul, also offers a traditional Turkish herbal steam and mud pack facial treatment.

## **Extras at Suleyman's and payments**

Extras at Suleyman's Garden include transfers, bar bills, massage and excursions. These are all paid for at the end of your stay.

We have a self-service honesty book system in our bar.

Your bill can be paid in **sterling, lira, euros** (or a combination) but **cash only** please, or by online bank transfer.

**We don't have credit card or UK cheque facilities in Turkey.**

## **How much money will I need?**

Most people spend an average of £100 - £175 on extras, which includes transfers, boat trip (£40), massage sessions, trips to town, drinks, etc

## **Things to Bring**

- BEACH TOWEL** We provide towels for showers, but please bring your own beach towel.
- TORCH** You should bring a torch for paths at night.
- WALKING SHOES** A pair of walking shoes or strong sandals if you want to take advantage of the lovely coastal and mountain walks.
- INSECT REPELLANT**
- SUN CREAM**

## **Yoga Mats**

No need to bring a yoga mat, we are fully equipped with mats, belts, blocks and bolsters.

## **Clothing**

As we are oriented to outdoor living, if you're coming during April/early May or October in addition to your usual summer clothes it's advisable to bring a layer of warm clothing and a light waterproof – although normally warm and sunny, if it rains it can feel cool. You will also need an extra layer for early morning yoga.

## **Plugs**

Turkey has 2-pin plugs, so you will need to bring an adaptor.

## **Internet Connection and Mobile Phones**

We have wi-fi and mobile phone connections

## **Special Diets**

We can cater for people with food allergies or intolerances, although please note gluten free flours and bread are not yet available locally in Turkey, nor are the usual substitutes for dairy ie tofu and other soya 'dairy' products. Imported soya milk is available and can be provided for people with dairy intolerance, but we don't provide it simply as a preference.

We suggest bringing gluten free bread or snacks, or any other specialities with you if you think you'll need them. We can keep any dietary items you may bring in the fridge if required.

The diet is vegetarian by default, but we also offer fish or chicken once or twice during the week if the group requests it, but we don't cater for meat, chicken or fish on an individual basis.

If you have an allergy to a particular ingredient, let us know, and a separate dish can be made for you.

If you have a severe reaction to an allergen, in which a very small amount i.e. on a kitchen knife or surface can trigger a reaction, we cannot guarantee to be free of cross contamination.

## **Travel Insurance**

It is a condition of booking that you take out travel insurance.

## **Arriving early or staying on**

Gocek is a good place to stay from where you can be easily collected on one of our Monday transfers to all three of our venues. Your hotel will pick you up from the airport if you ask.

We will let you know details of our Monday pick up times from the hotel closer to your departure.

Gocek is a charming, small yachting resort only half an hour from Dalaman airport, with a laid back atmosphere, good shopping and nice places to eat.

[www.olivegardenapart.com](http://www.olivegardenapart.com)

[www.nirvanaapartotel.com](http://www.nirvanaapartotel.com)

Other Gocek hotels can be found on [www.Booking.com](http://www.Booking.com) with reviews and recommendations.

**There is further useful information on the FAQ's page of our website**

**or please contact Jane or Rowan at [huzvad@gmail.com](mailto:huzvad@gmail.com)**

**Looking forward to meeting you**

**[www.huzurvadisi.com](http://www.huzurvadisi.com)**