

Information & conditions for retreats 2022



LYKIA lodge, our small, idyllic retreat Centre in Turkey, is situated only 90 kilometres west of Antalya on the Lycian coast. 10km from Olympos. Nestling in wonderful extensive gardens, with views over Adrasan bay. The bungalows with 2 or 3 bed rooms are located directly in the garden.

Until now our clientele is mainly from Germany, Switzerland and Austria. Since 2018 Lykia wanted to open up for more international guests, as the guest-relation team speaks English fluently as well. Our guests are on average 30- 55 years old, single female and male travellers, mother and daughters/ fathers and sons (kids only from 14 years up), couples or friends. Lykia stands for sustainable travel for both the environment and the people. For healthy

nutrition with vegetarian & vegan cuisine and a mindful environment and interaction with each other.

Quick overview of the Lykia lodge:

- A 10,000 sqm area, with 33 rooms ins tiny-houses, set in wonderful gardens below the main house and pool
- The mountains surround the location and the sea lies below.
- 24 double rooms (30s qm), 9 single rooms (20 sqm), all with their own bathrooms and air conditioning/ heating as well as an own terrace. All windows are equipped with fly screens.
- 1 x 120 sqm seminar hall, 1 x 80 sqm covered seminar room, which can be fully opened in the summer months (both rooms can be heated in cooler season). Both rooms are equipped with CD and Bluetooth, yoga mats, blocks, straps, pillows and blankets.
- 1 x 35 sqm practice platform (under trees, with extra shading and privacy screens available), ideal for small groups of up to 10 participants + teacher, or individual practice.
- 120 sqm terrace with sea views for mealtimes in the sunshine or sunbathing
- spring water pool
- Main house with lounge area with open chimney for sitting, eating, drinking and hanging out.
- 1800 m. away from the sea (flat path), several daily bus transfers, free of charge.
- Sleepy bay with small restaurants and cafes.
- Swimming temperature in the sea from April to December.
- Smoke free house. We offer a large, attractive smoking area with sofas and blankets and rain / sun protection.
- 3 km from Adrasan village, 90 km Westside from Antalya, 5 x timetabled transfers available on Sundays from Lykia-airport-Lykia



A week in Lykia, why here?

Situated on a hill, hugged by mountains, with the sea at its feet, freedom, room to breathe and space in all its aspect. Green forests cover the hills all around. The garden fills the air with perfume and invites one to spend a little time here.

All around us are the five elements: water, earth, wood, air and the fire of the sun and the Chimera. These elements give the area and to Lykia a special energy. This life force, the lush abundant natural surroundings and the peace and quiet, provide the perfect atmosphere to focus on the truly important things.

The Lykia team is looking after the group and provides everything that seminar leaders can work with their students with more pleasure than feel of work here, as they can just focus on the issues raised by the seminar. A real pleasure for all involved.

All these you will find 100 km away from Antalya airport, in a little valley, 12 km from the nearest motor way, at Lykia lodge.



Staying here

5 time tabled, free pickups from the airport bring the participants to Lykia.

Set in lush gardens, with the main house and pool, as well as the hidden spacious tiny-houses, with double or single occupancy available. All with own bathroom, terrace, air conditioning and heating.

For Yoga, Meditation or Coachings

Two large seminar rooms, one 80 sq. metre and the other one 120 sq. metre, are available. High ceilings, wooden floors, music systems with CD, AUX and Bluetooth, chairs, flip charts, yoga mats, meditation cushions, blocks, belts

Perfect for all sorts of retreats to take place here.

In the summer months, the 80 sq. metre room under shady trees, is opened up and immerses you deep in nature and yet be sheltered within. In the cooler months, both rooms are well heated. For small groups up to 10 participants, we offer in the summer month, a 35 sq. metres platform, provided with shade and privacy, hugged by the trees around.





Eating & drinking in Lykia Turkish vegetarian cuisine



In Lykia you can enjoy all the culinary delights of Turkish cuisine, in a vegetarian/ vegan way, cooked and served by our professional kitchen team. The cuisine in Lykia is simply delicious! Refined and fresh tasting, spicy, hot, sweet, eastern influenced, surprising and sometimes all of the former and latter together. The vegetarian/ vegan full board delights every day with rich buffets.

Our buffets three times a day makes everybody happy.

For Breakfast you can find: fruit salad, muesli, homemade jams and spreads, local delicacies, yoghurt, eggs of every description, cooked to order, Turkish cheeses, olives, cucumbers, tomatoes and freshly squeezed orange juice. Our

omelettes are especially popular!

Our in-house bakery and patisserie spoil us with the fresh, homemade breads and pastries, and a wide variety of ever-changing Turkish.

Vegans and participants with food allergies as lactose, gluten or nuts, please let us know at least one week before arrival of your requirements. For other allergies, please consult us before booking. If necessary, catering is not possible or only possible at an extra charge.

Price and booking requirements for groups 2022

For partial use of the Lykia, maximum 15 rooms:

- 635 Euro per person and week, sharing a double room with own bathroom, air conditioning/ heating, terrace
- 30% of the booked rooms shall be occupied as double rooms with full occupancy (2 people), (10 double rooms and 2 single rooms should be as follows: 4 double rooms with 2 people sharing, 6 double rooms with single occupancy, and the 2 single rooms)
- 60 Euro supplements for a small single room (20 sqm)
- 120 Euro supplements for single occupancy of double room (30sqm)
- From 10 double bedrooms, 2 single rooms can be booked additionally from 12 double rooms up, 3 single rooms can be booked additionally.
- One teacher is free of charge from 10 participants upwards, the second teacher gets a 50% discount sharing a double room.
- Arrival/ departure is always on Sunday, from 13th March – 27th November 2022 (last arrival date) - in the week of November 20th to 27th, there is the possibility to extend the retreat for more than 7 days.
- The retreat spaces can be used from Monday morning to Saturday evening. Also available upon request: Sunday 18.00 till Sunday 11.00
- Children only from the age of 14 upwards
- The use of both retreat spaces and the outdoor platforms depends on the group's size. The Lykia team will endeavour to meet any requirements wherever possible.
- In the case of very cool weather in March/ April and October/ November it may be necessary for the retreat and the house group to use a yoga space in turns. In this case, the following two time-sets are available:
 - o A) 10:30 – 20:00 o'clock
 - o B) 06:00 – 16:00 o'clock





Scope of service:

- All rooms are equipped with komfort beds, for even better sleep.
- In addition, all double rooms (for single use) are equipped with lightproofed curtains, and sofa area.
- 7 nights accommodation
- Vegetarian/ vegan full board, meat & Fish on Saturday evening
- Spring water, teas, fresh fruit and pastries available all day, filter coffee mornings and midday
- Use of the seminar halls
- Transfer pick up and drop off from/ to Antalya airport, available at 5 fixed time slots on Sundays



Transfer schedule:

Summer times: 27.03.-23.10.2022:

- From the airport: 11:15 am / 2:30 pm / 4:00 pm / 6:00 pm / 8:00 pm
- From Lykia: 06:30 am / 09:00 am / 10:30 am / 1:00 pm / 3:30 pm

Winter times: 13.03. -20.03.2022 und 30.10. -27.11.2021

- From the airport: 12:15 am / 2:00 pm / 4:00 pm / 6:00 pm / 8:00 pm
- From Lykia: 06:15am / 08:00 am / 11:00 am / 1:30 pm / 3:30 pm

Please note: from landing to terminal exit it takes approximately 45-60 minutes!

The pick-up transfer can be departed a maximum of 15 minutes later than planned. Please make sure to provide mobile phone details for emergencies.

An employee from our transfer partner will wait directly in front of the terminal exit with a Lykia sign in his hand. If you can't see anybody, please wait outside the terminal, he will arrive shortly. There are 3 terminals in Antalya Airport, which are traversed in turn. The good news is: we have not forgotten anybody at the airport yet!

For the return to the airport, please **plan 4.5 hours from departure Lykia to flight departure**. This means for a flight departing at 11.00, you need to take the 06.30 transfer from Lykia.

Extraordinary transfers are on offer 7 days, 24 hours, for 60 Euro per person/ way. From 2 - 5 persons it's 30 Euro per person/ way. An extraordinary transfer for the whole group will cost 20 Euro per person, one-way.

Please note the following important things to remember

- **At least 2 weeks before travelling** the programme details have to be finalized with the Lykia team. This includes excursion wishes, practice times and any other help necessary for the participants.
- Please send the room occupancy and the names of the participants, with complete flight details, at least 3 weeks before arrival. We provide a template for the information summary. We kindly ask for your understanding that no other form can be used for this purpose.

Payment/ cancellation policy

- For group reservation up to 15 rooms: 300 Euro down payment. The down payment will be subtracted from the final bill.
- If the retreat will be cancelled up until 10 weeks before the start of the event, it will only be a cancellation fee equal to the reservation fee of 300 Euro.
- For cancellations from 10 weeks before the beginning of the retreat, cancellation fees will be charged as follows:

- 300 Euro reservation fee, plus cancellation fee per room according to cancellation policy terms and conditions, 20% -85%

In order to avoid cancellation fees for the retreat, the Lykia will check with the retreat if Lykia is in need of rooms. Then the retreat can hand back rooms to Lykia from their contingent or put a guarantee on the rooms. We kindly ask you to respond within 24 hours. If you hand back the rooms to Lykia there will be no costs incurred. If you want to keep the rooms, you have to guarantee them. Then Lykia will charge for the rooms even if you do not sell later. When you are guaranteeing a room, all remaining free rooms are automatically guaranteed. So far, no seminar leader has ever had any costs for rooms left over.

Not included: Tourism fee

From November 2020, as in many other Mediterranean countries, a tourism fee is raised in Turkey. This is 2% on the net hotel, pension or campsite bill. It must be paid by the guest directly on site. In Lykia, this happens during the final settlement. Lykia pays the amount directly to the tourism industry. The amount of the fee depends on the program and amounts between 6 € and 9 € week / person. It may be that in case of ongoing COVID regulations that this fee will not be charged in 2022.

For payment, we offer the following two possibilities:

- Lykia can provide a group invoice to the retreat organiser, for the entire costs of the retreat
- OR**
- The participants pay their rooms separately in cash (we do not take EC or credit cards) when they arrive in Lykia. If the participants want personalised bills with address, then we need their details together with the flight details at least 2 weeks before start of the seminar. If the participants want to transfer the bill, additional costs of 10 Euro will be charged.

Block booking Lykia with all 33 rooms

At certain times during the year the whole LYKIA lodge can be fully booked (especially before or after the season). By renting the complete Lykia during the season, at least 15 rooms have to be a double occupancy. For full occupancy, the Lykia gladly fits to your desires regarding mealtimes & food, (possibly for an extra charge). Please agree with us on all of this in advance of the booking.

55 participants can use our large hall comfortably, but not under COVID distance regulations auf 1,5 metres.

Terms and conditions:

- 1 retreat leader free of charge. 2nd trainer sharing a double room free of charge, or in single room for +60€/ +120€ big room.
- 1,000 Euro deposit for a binding reservation, outside the season 500 Euro. This will be subtracted from the final bill.
- For cancellations up to 16 weeks before start, the cancellation fee will incur the height of the deposit payment.
- For cancellations of the entire seminar / rooms from 16 weeks before start, cancellation policy is as follow:



Regular Cancellation fee in amount of the down payment as well as each rooms as named in following relay:

- Up to 98 days before travel 30% of the room price with full occupancy
- From 97 to 84 days before travel 40% of the room price with full occupancy
- From 83 to 56 days before travel 50% of the room price with full occupancy
- From 55 to 21 days before travel 60% of the room price with full occupancy
- From 20 to 6 days before travel 80% of the room price with full occupancy
- From 5 days before travel 90% of the room price with full occupancy
- Remaining empty rooms will be charged at 90%

Depending on the retreat and requested arrangements less or over and above the normal offer, Lykia will try to sell the empty rooms so that a minimum cancellation fee has to be charged. However, this cannot be guaranteed. We can only do this when **at least 10 rooms** are still available for sale and if the offered retreat program does not coincide with the needs of the houseguests. We would need to be **informed at least 10 weeks before start of the seminar**. In case 12 or more rooms are returned 10 weeks before start of the seminar, cancellation fees will be charged from the 13th room on as stated above, if Lykia is not able to sell more than 10 rooms.

The Lycian Coast - a piece of pristine Turkey

Also for the time outside the retreat times, the location and the surroundings of the Lykia offer a lot. Our German-Turkish team organizes and accompanies excursions for larger seminar groups from 15 person on, for example a tour to the ancient Lycian port city of Olympos. or walks on the Lycian Way, excursion to the Eternal Fire of the Chimaera, a boat tour along the coast (only in season from about the beginning of May until the end of October), a trip to the ancient site Phaselis (in the low season) or to Arikanda in the mountains with lunch in a turkish family. An idyllic dinner in the nearby river restaurant (only in season) "Paradise" can be arranged as well. In the cooler season, a hamam visit can also be arranged.

Small retreat groups can join the excursions of the house program (prices as below).

- ✓ Boat trip for one day, lunch –with fish as wished for-included: up from 55 €
- ✓ Trip to the Eternal Flames „Chimaera“: up from 35 €
- ✓ Trip to the antik town Arikanda: 35 €
- ✓ Trip to the antik town of Phaselis: 35 €
- ✓ Trip to the antik town Rhodiapolis: 25 €
- ✓ Half-day walking tour, silent walk: 10-35 €
- ✓ Trip to Olympos, antik town & beach: 15 €



Additional program benefits in Lykia:

Different massages can be booked in Lykia from 30-95 €.

Contact and booking over our booking manager for seminars:

Nina Güngör: nina@lykia-lodge.de

For programme and excursion details, and participant data, with room allocation and flight plans, latest 2 weeks before arrival date, please direct all correspondence to us: nina@lykia-lodge.de

Nice pictures for your flyer and advertisement auf the retreat you will find

here: <https://www.dropbox.com/sh/n3sjxj422k0m7z5/AACMSfsgEKonlhvnOnOVog0a?dl=0>

We are happy hearing from you soon!