



# WELCOME

Your travel details

*for a really lovely retreat time*

A group of people are sitting on mats on a paved area next to a swimming pool, participating in a yoga or meditation session. They are facing away from the camera, towards a line of trees and a building in the background. The scene is outdoors and appears to be a resort or retreat location.

HELLO AND  
WELCOME!

## WELCOME

Before your retreat starts, we want to share some helpful information with you.

Take a little time to check this out, as we're here to answer the questions that people ask the most!

## GET IN TOUCH

If you need to get in touch with us. You can reach us at ARRIVAL (also WhatsApp & Signal):

**0090-532-726 00 16**

Please **ONLY CONTACT US ON THIS NUMBER** on the day of your arrival.

We won't be able to check our emails on the day you arrive.

Please also let us know your mobile number before you arrive so we can get in contact with you if needed.

## PICKUP

A driver from our transfer partner will be waiting for you right outside the terminal exit at the transfer time. The meeting point for arrivals is always **counter number 25**.

Please stay at the meeting point so that the driver can find you.

If you are arriving **from or via a Turkish airport**, you will land at the **Domestic Terminal**. In this case, please **go to counter number 13**.

He will be waiting for you with a 'LYKIA' logo sign (golden sun), 2x DIN A4 size. There are 3 terminals in Antalya, so please be patient for 10-15 minutes if he is not directly at your counter.

The journey time to LYKIA is 1.5-2 hours.

## DETAILS ABOUT THE SHUTTLE TIMETABLE

In the event of flight delays: Please let us know from the airport if your flight is running late. (Phone number, page 1) Our shuttles stick to their schedule and will wait for a maximum of 15 minutes.

If your flight is delayed, please contact us so that we can arrange a new transfer for you. The last shuttle will wait for a maximum of 30 minutes, if this is not unreasonable for the other guests.

Otherwise, we will order an extra shuttle for you at an additional charge. All guests will be brought safely to LYKIA.

### TIP

*Hiking around  
Lykia is a truly  
special adventure.*



# SHUTTLE-FAHRPLAN

Our shuttles operate on a set schedule every Sunday:

## **Summer schedule 29.03. – 18.10.2026 (summer season)**

### **From Antalya Airport straight to LYKIA:**

11:30 / 14:30 / 16:00 / 18:00 / 20:00

### **Departing from LYKIA straight to Antalya Airport:**

6:00 / 9:00 / 10:30 / 12:30 / 16:00

## **Winter schedule 15.03. – 22.03.2026 and 25.10.2025 - 03.01.2027 (winter season)**

### **From Antalya Airport straight to LYKIA:**

12:15 / 14:45 / 16:00 / 18:45 / 20:00

### **From LYKIA straight to Antalya Airport:**

6:15 / 9:00 / 10:15 / 12:45 / 16:45

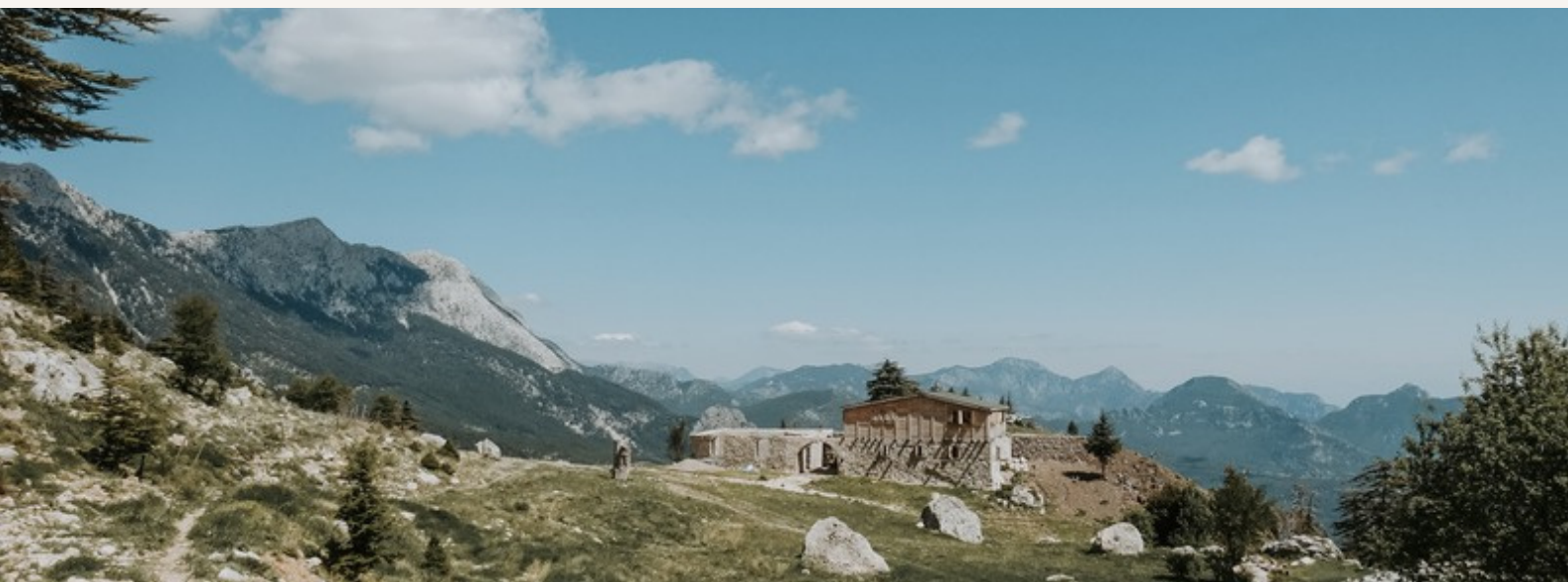
## **Extra-Shuttle**

- Available for booking every day at your preferred times
- One person 80 € / 2 people 40 € each
- Landing at 10:00 PM - 6:30 AM and departure at 2:30 AM - 9:30 AM
- One person 100 € / from 2 people 50 € each

Please allow 45 minutes from landing to transfer. For the return journey to the airport, please calculate 4.5 hours from departing LYKIA to the time of flight departure.

## TIME GAP

Our local time is Turkey Time (TRT), which is set UTC+3. Please note that this is 1 hour ahead of Central Europe (Germany) during summer time, and 2 hours ahead in winter time.



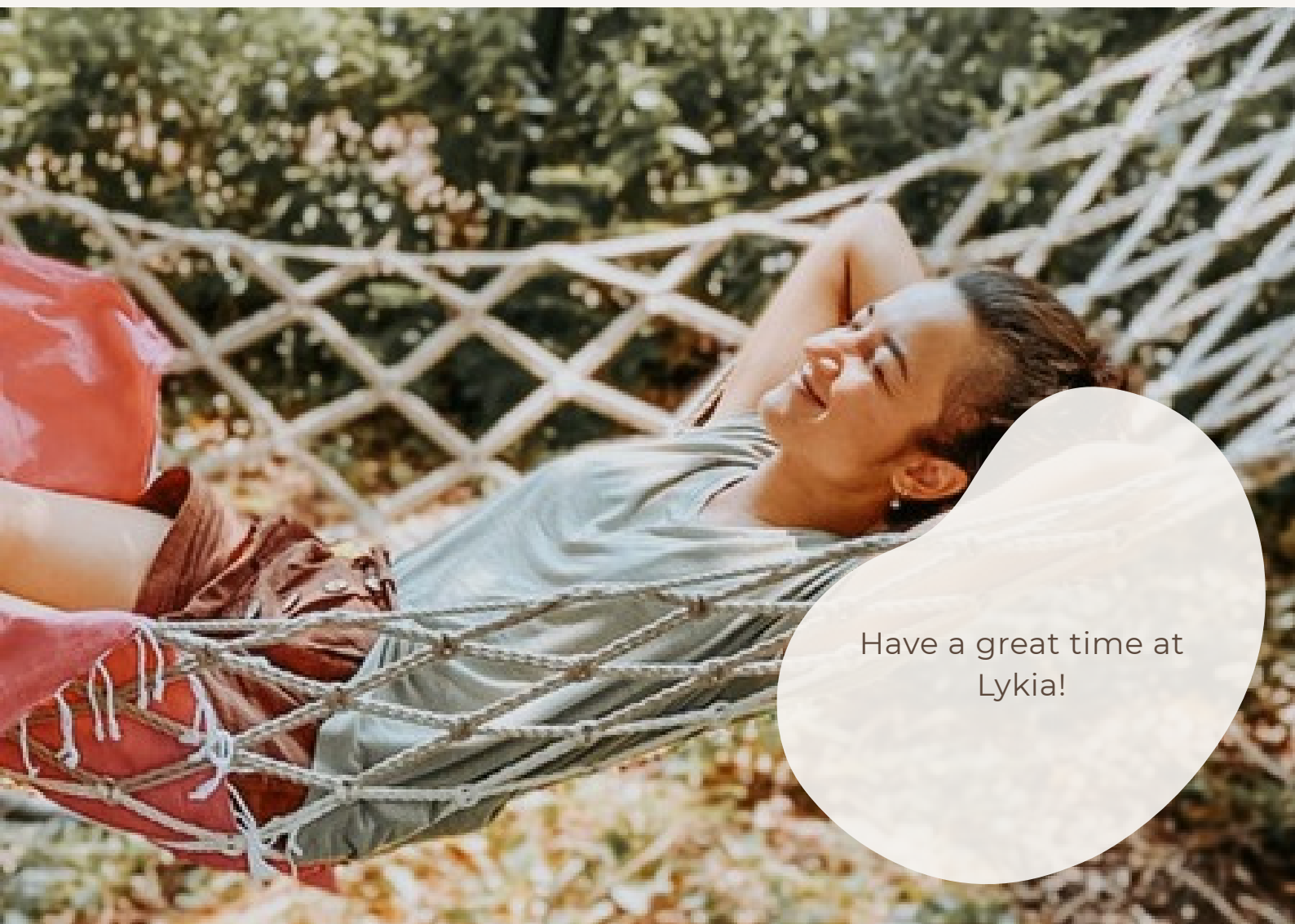
## CURRENCY EXCHANGE AND ON-SITE PAYMENT

You don't have to worry about exchanging money ahead of time. But keep in mind that Turkey still relies a lot on cash. For your needs while you're here, we have a handy "pocket money" service. You can get lira at the reception just by signing, and there are no exchange fees—plus, it's at a fixed rate! This way, if you have any lira left over, you can easily return it. When your vacation wraps up, we'll only charge you for the lira you actually used.

Just like in many other places, at LYKIA, you can only pay with cash, using EURO, CHF, or Turkish Lira.

The reception is open on the day you arrive and can help with payments or keep your valuables safe in the safe.

In Adrasan, there are a few ATMs that we happily use once a week for our guests. Just a heads up, there are usually some fees involved.



Have a great time at  
Lykia!

# WHAT MUST YOU DEFINITELY PACK IN YOUR SUITCASE?

- Cozy clothes for yoga and meditation.
- Strong shoes with a great grip – hiking boots are best for adventures or strolls.
- flashlight
- Water bottle for filling up with our spring water right here.
- Beach towel.
- If you're sensitive to noise, try using earplugs, since nature isn't always peaceful.

## **During the summer:**

- Headgear
- plenty of sunscreen and bug spray.

## **During winter:**

- Snuggly sweater and warm socks
- waterproof jacket

## **• Additionally for your retreat:**

- Appropriate clothing and equipment for your booked retreat
- Writing materials
- Required documents

At the LYKIA Lodge, you'll find towels in the rooms and by the pool, along with cozy bed linens.

You can borrow a hairdryer at the LYKIA. Yoga mats are ready for you in the yoga hall.



# ENTRY GUIDELINES

Those arriving with a passport from Germany, Austria, Switzerland, or England.

For German and Swiss citizens, an identity card works just fine. Don't forget to hang on to the white, stamped slip you get when you arrive! If you have a German, Swiss, Austrian, or British passport, you'll get a 90-day visa as soon as you arrive. This visa lets you come and go as you please within a 180-day period, starting from the day you leave.

For people from other countries, we suggest reaching out to the appropriate consulate or checking online: <https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

## **Self-drive**

It's doable, but not the best idea since cars are typically parked in our lot. We're here to help you find a local car rental for your adventures. Prices are around €45-60 each day.



Enjoy the beautiful  
bays, majestic  
mountains, and  
sparkling sea in Lykia!

# RETURN FLIGHT AND TRAVEL TAX

## **Flight confirmation / return trip**

Please take a moment to check your emails again for any messages from the airline or tour operator before your trip back.

There might be a few updates to your return flight.

The LYKIA team usually aims to leave 4.5 hours ahead of the scheduled departure time for the trip back.

(2 hours for the trip to Antalya and 2.5 hours for check-in and security checks).

## **Travel tax**

The anticipated 2% of net hotel costs (as of September 2025) will be included. This "Konaklama Vergisi" (tax) has been due from every hotel, guesthouse, or campsite guest since March 2020. This money will support the Turkish tourism industry.

You can pay for your whole travel time in **CASH** when you get your final bill.

## **Safety / Traveling solo**

You can get around easily and safely here. Hospitality means a lot in Turkey. The folks here are super friendly, and you'll even catch a peek into their daily lives.



whether it's yoga, a  
massage, or a fun  
creative break-  
At Lykia, you make time  
just for you!

# FOOD AND BEVERAGES

At LYKIA, we offer a full board that's all vegetarian and vegan! Our talented Turkish kitchen team is excited to treat our guests to delicious seasonal and regional dishes from their beautiful homeland.

A delicious breakfast and dinner buffet awaits you, along with a smaller lunch buffet that offers a great variety from fresh veggies to tasty cooked meals. Seasonal fruit buffet available all day. On Saturday nights, you can also request fish and meat!

Also complimentary: the beloved Turkish çay (black tea), spring water, ginger, lemon, and a variety of fresh and dried herbs for teas. For breakfast, we offer filter coffee and freshly squeezed juice (orange or pomegranate, depending on the season). In the afternoon and evening, there's also a delightful sweet buffet.

You can enjoy a variety of drinks for a fee, including soft drinks, fresh juices, smoothies, turmeric lattes, coffee specialties, beer, rakı, and wine, all at local prices. Just a heads up, alcohol does have high taxes in Turkey.

**For a totally VEGAN diet, we kindly request information at least 7 days before your arrival.**

## **Food sensitivity / allergy**

We're glad to help with lactose/milk and gluten intolerance, along with nut intolerances. Just give us a heads up when you make your reservation!

As a cozy little spot serving up delicious Turkish dishes, along with vegetarian and vegan options in a buffet style, we're unable to make any more changes.



# HEALTH

## **Shots and coverage**

No vaccinations are needed to enter Turkey. It's a good idea to be protected against tetanus, diphtheria, polio, and, if available, hepatitis A. We suggest getting a foreign health insurance certificate from your health insurance provider, just to be safe. This certificate needs to be activated with the Turkish statutory health insurance provider, the SGK, in case of an emergency. To be extra cautious, it's a good idea to also have private travel health insurance and repatriation insurance. Plus, we think travel cancellation insurance is a smart choice, just in case.

## **Medicines available at LYKIA**

Joining our programs is all about your own choice and comfort. Before you head out, make sure you're feeling good for some exercise and fun activities, and that your mind is in a happy place too. Just a friendly reminder, our programs aren't a substitute for medical care or therapy.

Yoga and relaxation exercises aren't always the best idea when you're on strong medication (like psychotropic drugs). So, we really encourage you to chat with your therapist about it first.

In this situation, it would be great if you could let our team know when you arrive for your own benefit.

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## **Medicines in Turkey**

Homeopathy isn't well-known in Turkey, and naturopathic remedies are mostly hard to find. So, it's a good idea to make sure your favorite remedies are packed in your first-aid kit.

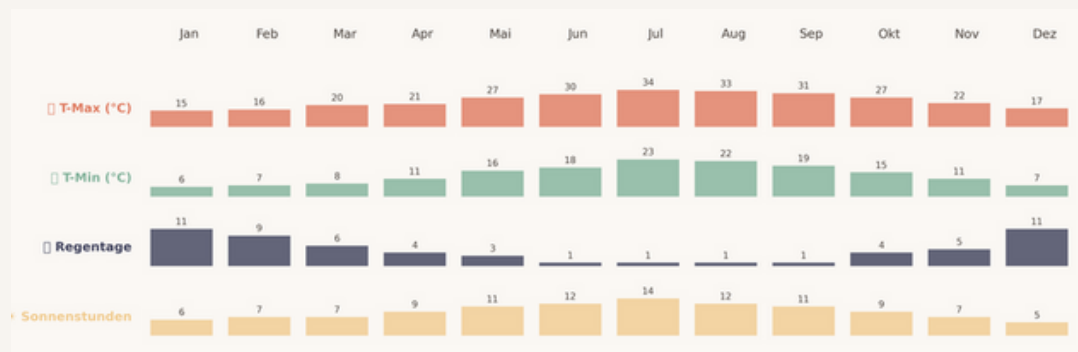
If you take medicine regularly, please keep this in mind. Many medicines aren't available in Turkey, or they might be sold under a different name or have a different formula.



# OUR PLACE ADRASAN

## Weather and climate

The Lycian coast really has just two seasons: summer and spring. Adrasan is nicely sheltered and enjoys its own little microclimate, so the weather is often even nicer than what the forecast says. Plus, even during the warmer months, a gentle breeze is always around, making it comfortable even in July and August. Swimming is great from April to November. From mid-November to March, you might see some heavy rain, but it usually doesn't last long.



## Beach and Lake

The 1.5 km long Adrasan Bay is tucked away between two headlands that rise sharply from the sea. This makes the water warm up pretty quickly. You can stroll along easy paths with mostly light traffic, passing by orange groves and quaint little farms, which takes about 15 to 25 minutes. The beach features several cozy cafés, a few small supermarkets, and a diving center. You can rent parasols and sun loungers on the beach for a small fee during the season.

## Nature that deserves our care around Adrasan

Nature in Turkey is wonderfully diverse, captivating, and definitely deserves our care. Adrasan is nestled in the Beydağlı Nature Reserve, where many spots remain pristine. The Taurus Mountains wrap around the town, and their gentle slopes reach down to the sea. This area is home to seals, dolphins, and big sea turtles.

## Must-see

What you definitely shouldn't miss in summer are the lovely riverside restaurants. You can sit or lounge on platforms right above the river, daydreaming in the shade, savoring tasty food, and just unwinding. At "Paradise," the name really says it all!

# EXTRA DEALS

## **Relaxation deals**

You can book massages anytime with our skilled masseur. Prices start at €45 and go up to €90. Plus, we have a variety of massages, therapies, and coaching sessions available at different prices.

## **Explore culture and powerful places!**

We have a wonderful variety of trips to explore ancient sites, magical spots like the Eternal Fires of the Chimera, fun boat tours, and exciting hikes, all depending on the week and season. Prices are between €30 and €75/€85.

## **Fun and games in and around Adrasan**

Canoe rentals available in the summer at the beach.

You can enjoy diving, climbing, and tandem paragliding flights with our partner companies!

# OUR PLACE

## **Energy source**

The voltage is 220 V AC, just like in Germany. You won't need an adapter for German plugs. However, Swiss and English plugs do need an adapter. Power fluctuations and outages can happen from time to time because of power line issues in this countryside area, so it's a good idea to bring a flashlight along.

The LYKIA lodge has a generator that we turn on during important moments.

## **Animal life in Lycia**

All of our rooms are free of pets. The Lykia is also a cozy home for many animals. A group of chickens helps keep the bugs away, while goats and tortoises lend a hand to the gardeners, and our friendly cats offer extra comfort to many guests. Our resident dog, Hermes, also drops by the Lykia from time to time.

# OUR PLACE

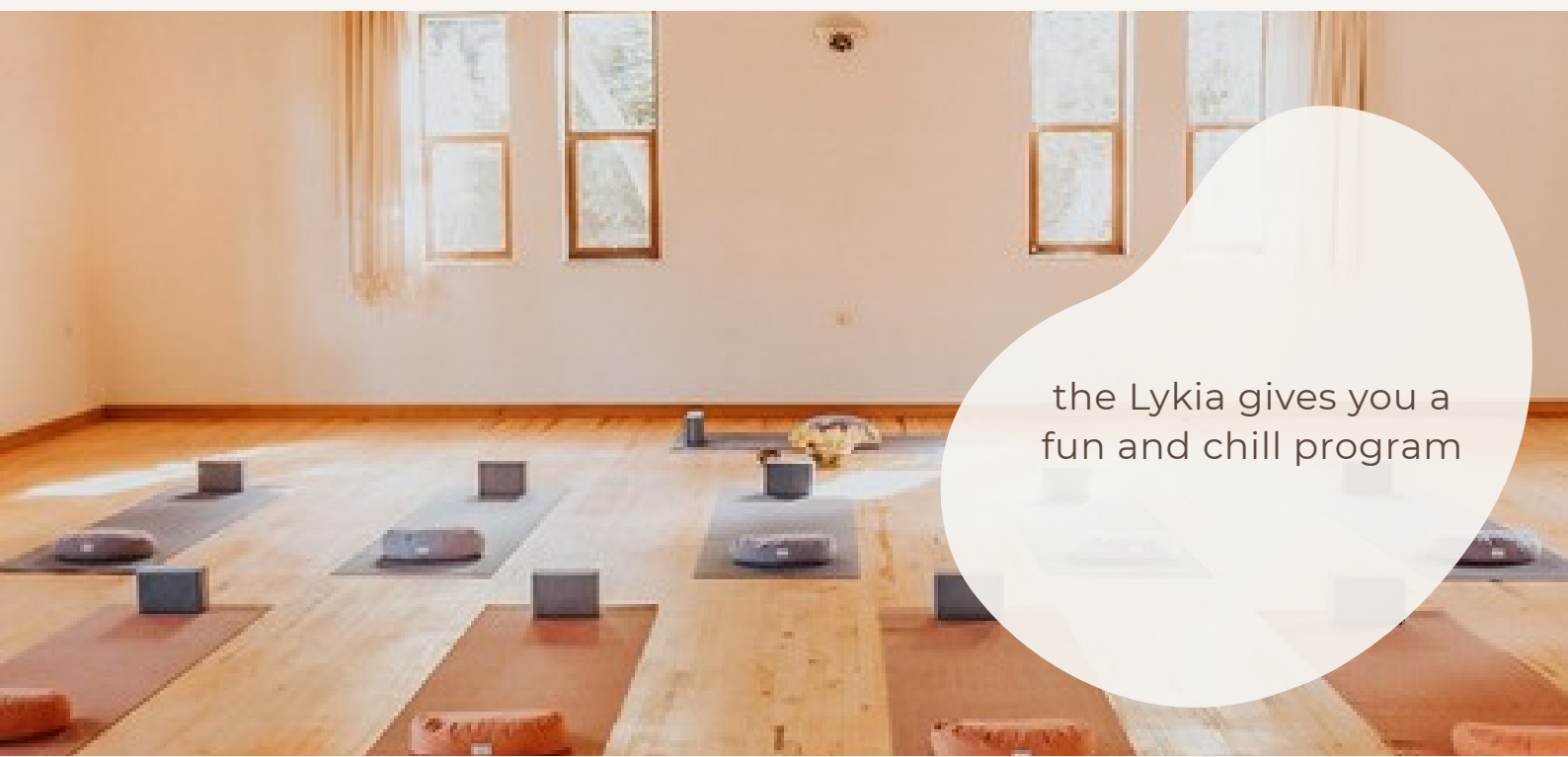
## **Accessibility**

Unfortunately, the LYKIA isn't accessible for everyone, so it might not be the best fit for wheelchair users. Because of its location and the natural surroundings, it can also be a bit tricky for those who have trouble walking or seeing. There are a few rooms close to the main building, so please ask for those ahead of time. Guests who have hearing impairments might find it a little harder too, since none of the staff know sign language. We kindly ask that you reach out to us beforehand.

## **Sustainability at LYKIA**

Sustainability really matters to us! We generate our central hot water supply using solar energy, and during the cooler months, we also warm it up with a heat exchanger pump. LYKIA Lodge has its very own biological wastewater treatment plant. Some of our vegetables are grown using biodynamic methods. We steer clear of cans and plastic bottles; instead, we love using reusable glass bottles!

We offer handmade soap that's great for your hair too, right in the rooms. Fresh spring water, the finest drinking water, flows straight from the tap. Our chickens and cats help keep the area free from pesky parasites. We make sure to separate our waste and send it to Antalya for recycling. We've received the sustainability certificate!



the Lykia gives you a  
fun and chill program

# COMMUNITY

## **Together with kindness**

To make sure everyone feels at home with us, we kindly ask you to follow a few easy rules: All guests and our team should always treat each other with kindness and respect. Honesty and trust are super important for enjoying a relaxed and friendly atmosphere together. We appreciate the variety of experiences and viewpoints and honor everyone's boundaries. Discrimination of any kind just doesn't belong here. By being thoughtful and connecting with one another, you can help create a warm and welcoming community too.

## **"Yavaş yavaş"**

Take it easy, take it easy... or even better: Enjoy the moment! Finding peace and calm, savoring each second, and not always being too serious are all part of daily life here. What we folks from the West are eager to embrace is woven into the culture, just like the kindness and friendliness we experience. So, things might feel a bit different from home, but just like any adventure, there's always something to learn and ways to grow.

We hope you're feeling excited and have a wonderful trip!  
Our team in Adrasan can't wait to see you!

**See you soon!**

## **Ismail, Nina and the team at LYKIA lodge**

**LYKIA LODGE**  
HOME OF HAPPINESS

## **Adress**

LKYIA lodge  
Likylilar tur. Sem Yat Tic Ltd Sti  
Adrasan Mahallesi, Deniz Caddesi 178  
07350 Kumluca, Antalya, Türkiye

