

# Türkiye

TRAVEL  
GUIDE



**TravelLab.**  
conscious travels



*Welcome to Türkiye*

### **A Culinary and Cultural Odyssey with TravelLab**

Embark on a journey of discovery through the enchanting lands of Turkey, where ancient history, vibrant culture, and delectable cuisine converge to create an unforgettable travel experience. In this comprehensive guide, curated by the experts at TravelLab, we invite you to delve into the heart of this captivating country, uncovering its hidden treasures, iconic landmarks, and culinary delights along the way.

At TravelLab, we believe that travel is not just about visiting destinations; it's about immersing yourself in the rich tapestry of sights, sounds, and flavors that make each place unique. With our deep passion for exploration and commitment to responsible tourism, we have meticulously curated this guide to showcase the best of Turkey, from its bustling bazaars and ancient ruins to its picturesque coastlines and vibrant cities.

Whether you're drawn to the majestic beauty of Istanbul's skyline, the mystical allure of Cappadocia's fairy chimneys, or the pristine beaches of the Turquoise Coast, our guide offers insider tips, expert recommendations, and personalized itineraries to help you make the most of your Turkish adventure. And of course, no journey through Turkey would be complete without indulging in its world-renowned cuisine – from savory kebabs and aromatic spices to sweet baklava and strong Turkish coffee, the flavors of Turkey are sure to tantalize your taste buds and leave you craving more.

Join us as we embark on a voyage of discovery through the captivating lands of Turkey. With TravelLab as your trusted guide, the journey promises to be as unforgettable as the destination itself.

A handwritten signature in black ink that reads 'Remo'.

TravelLab Founder

# Table of Contents

**05**

HISTORY, FACTS & CULTURE

**07**

FAQS

**16**

SOCIAL CUSTOMS, LANGUAGE AND FOOD  
TOP RESTAURANTS & TURKISH COFFEE

**27**

ISTANBUL: SIGHTS, SHOPPING & RECOMMENDATIONS

**34**

CAPPADOCIA & OTHER POPULAR DESTINATIONS



**Türkiye at a Glance**



# Türkiye at a Glance

The Republic of Türkiye is in the Northern hemisphere and while most of it is situated in Asia, there is a smaller area in Europe as well.

- Language: Mainly Turkish but Kurdish, Dimli and Azeri are also spoken
- Capital: Ankara
- Government: Parliamentary Republic
- Founder: Mustafa Kemal Atatürk
- Size: 779.452 km<sup>2</sup>
- Currency: Turkish Lira (TL)
- Time Zone: EET (UTC)
- Neighbouring countries include Georgia, Armenia, Greece, Bulgaria, Azerbaijan, Iran, Iraq, and Syria
- Surrounding seas include the Mediterranean on the South coastline; Aegean Sea on the West coast and the Black Sea to the North.



"Turkey is a European country, an Asian country, a Middle Eastern country, a Balkan country, a Caucasian country, a neighbour to Africa, Black Sea country, Caspian Sea, all these."

*Abdül Kadir Paşa*

"There are two great virtues that glorify a human being. Man being brave, woman being fair and honest. Apart from these two, there is one virtue for both men and women. To be loyal to their home and their country and even give their life for it. Turks are heroes having this virtue. Because of this, we can always kill Turks. But we can never defeat them."

*Napoleon Bonaparte*

# *Brief History of Türkiye*

Türkiye, a land where history and modernity dance seamlessly together, offers a tale as rich and diverse as its landscapes. Straddling two continents, Europe and Asia, its strategic location has made it a crossroads of civilizations, each leaving an indelible mark on the country's fabric.

The story of Türkiye begins in antiquity, with the Hittites, who established one of the Middle East's earliest empires. Their legacy, along with that of the Phrygians, Lydians, and countless others, set the stage for the classical era, when the city-states of Ionia contributed significantly to the development of Greek science, philosophy, and democracy. The epic battles of Troy, immortalized by Homer, were fought on what is now Turkish soil.

The rise of the Roman Empire saw Türkiye become the stage for monumental historical events. The Byzantine Empire, Rome's eastern successor, centered its capital in Constantinople (modern-day Istanbul), a city that would stand as a beacon of Christian civilization for over a thousand years. Its architectural marvel, the Hagia Sophia, remains a testament to the empire's grandeur and sophistication.

The Seljuk Turks' arrival in the 11th century marked the beginning of Turkish dominance in the region. They laid the groundwork for the Ottoman Empire, which, at its zenith under Suleiman the Magnificent, stretched across three continents. The Ottomans were masterful architects, statesmen, and warriors, leaving a rich cultural heritage that includes palaces, mosques, and laws that shaped the region for centuries.

The 20th century heralded a new era for Türkiye with the founding of the Republic by Mustafa Kemal Atatürk in 1923, following the collapse of the Ottoman Empire after World War I. Atatürk introduced sweeping reforms that modernized Turkish society, including the adoption of the Latin alphabet, secular education, and equal rights for women. His vision propelled Türkiye into the modern age, balancing its deep historical roots with an eagerness for progress and innovation.

Today, Türkiye is a vibrant tapestry of ancient traditions and contemporary life, a country that proudly celebrates its past while looking forward to its future. From the bustling bazaars of Istanbul to the lunar landscapes of Cappadocia, from the ancient ruins of Ephesus to the sun-soaked beaches of the Aegean, Türkiye offers a journey through time, where every stone tells a story, and every sunset brings the promise of a new day.

# FAQS

## **Is a visa required to travel to Türkiye?**

Yes, most visitors require a visa to enter Türkiye. However, citizens of certain countries may be eligible for visa-free travel or can obtain an e-visa online before arrival. ***U.S. citizens do not need a visa to enter Türkiye for less than 90 days for tourism***

## **What are some popular tourist destinations in Türkiye?**

Türkiye offers a wealth of attractions, including Istanbul with its historic sites, Cappadocia's unique landscapes, the ancient city of Ephesus, Pamukkale's stunning terraces, and the beautiful beaches of Antalya.

## **Is it safe to travel to Türkiye?**

Türkiye is generally a safe destination for travellers. However, it's important to exercise caution and stay informed about any local security issues. It is advisable to follow travel advisories and stay aware of your surroundings.

## **Do women have to wear a hijab?**

No, absolutely not. Türkiye is quite liberal and guarantees the freedom for women to dress the way they wish. You will see locals that wear the hijab, as well as women who would not look out of place in a European city. It's all about personal freedom at the end of the day.

## **Are there any cultural customs I should be aware of in Türkiye?**

Türkiye has its own unique customs and traditions. For example, it is polite to remove your shoes before entering someone's home, and it is customary to greet others with a handshake. Respect for elders is also highly valued.

## **Can I drink the tap water in Türkiye?**

It is generally not recommended to drink tap water in Turkey. It is safer to consume bottled water, which is readily available. Additionally, be cautious with consuming uncooked or unpeeled fruits and vegetables to prevent any stomach discomfort.

# FAQS

## **How LGBTQ+ friendly is Türkiye?**

Türkiye's attitude toward the LGBTQ+ community can vary. While there is a LGBTQ+ presence, particularly in Istanbul, it is important to exercise discretion and be aware of the local social and cultural norms.

## **Is Türkiye accessible for travellers with disabilities?**

Türkiye is working towards improving accessibility for travelers with disabilities. However, accessibility standards may vary, and it is advisable to research specific accommodations and attractions in advance. Liquor stores will be closed across the country, but many restaurants and hotels' bars can still serve alcohol (depending on the hotel's policy).

## **What safety precautions should women traveling alone take in Türkiye?**

Women traveling alone in Türkiye should take common-sense safety precautions, such as avoiding isolated areas at night and dressing modestly in conservative areas. It's also advisable to inform someone about your travel plans and stay in well-lit and populated areas.

## **What should I pack?**

### **For Men:**

**Lightweight and breathable clothing:** Pack comfortable t-shirts, shirts, and shorts for the summer months, especially in coastal areas. For the cooler seasons, include long-sleeved shirts and pants.

**Swimwear:** If you plan to visit beaches or enjoy swimming, pack swim trunks.

**Light jacket or sweater:** Even in summer, evenings can be cooler, so having a light jacket or sweater is advisable.

**Comfortable walking shoes:** Bring a pair of comfortable shoes for walking and exploring, as you'll likely spend a lot of time sightseeing.

**Sun hat and sunglasses:** Protect yourself from the sun by packing a hat and sunglasses.

**Travel adapter:** Turkey uses Type F electrical outlets, so bring a suitable travel adapter for charging your devices.



# FAQS

## **For Women:**

**Modest clothing:** As Turkey is a predominantly Muslim country, it's respectful to dress modestly, particularly when visiting religious sites. Pack lightweight, loose-fitting tops, long skirts, or pants.

**Scarf or shawl:** Carry a lightweight scarf or shawl to cover your shoulders or head when necessary, especially when visiting mosques.

**Swimwear:** If you plan to swim or visit beaches, bring appropriate swimwear, such as one-piece swimsuits or modest bikinis.

**Comfortable walking shoes:** Pack comfortable shoes for walking and sightseeing.

**Sun hat and sunglasses:** Shield yourself from the sun by bringing a hat and sunglasses.

**Travel adapter:** Ensure you have a suitable travel adapter (Type F) to charge your devices.

## **General Packing Tips:**

**Travel essentials:** Don't forget your travel documents (passport, visa, etc.), insurance information, and a photocopy of important documents.

**Weather-appropriate items:** Check the weather forecast before your trip and pack accordingly. Consider bringing a compact umbrella for unexpected rain showers.

**Toiletries and medications:** Carry essential toiletries, including sunscreen, insect repellent, and any necessary medications.

**Travel-sized items:** Opt for travel-sized toiletries to save space in your luggage.

**Day bag:** Bring a small day bag or backpack to carry your essentials during day trips and city explorations.

**Money and cards:** Carry a mix of cash (in the local currency) and cards for convenience.

# FAQS

## What is the food like?

Turkish cuisine is renowned for its rich flavors, diverse ingredients, and culinary traditions influenced by Middle Eastern, Mediterranean, Balkan, and Central Asian cuisines. Here's an overview of the food in Turkey:

**Kebabs:** Turkey is famous for its kebabs, which are grilled or roasted meats served with rice, bread, or vegetables. Some popular kebabs include döner kebab (thinly sliced meat cooked on a vertical rotisserie), shish kebab (skewered meat), and adana kebab (spicy minced meat).

**Meze:** Meze refers to a selection of small dishes served as appetizers or as part of a shared meal. Common meze dishes include hummus, baba ghanoush (smoky eggplant dip), dolma (stuffed grape leaves), cacik (yogurt and cucumber dip), and various salads.

**Lahmacun:** Lahmacun is a thin and crispy flatbread topped with minced meat (usually lamb or beef), tomatoes, onions, and spices. It's often rolled up with fresh herbs and served as street food.

**Pide:** Pide is a boat-shaped flatbread topped with various ingredients such as cheese, ground meat, vegetables, or eggs. It's similar to pizza and is popular throughout Turkey.

**Menemen:** Menemen is a traditional Turkish breakfast dish made with sautéed onions, peppers, tomatoes, and scrambled eggs. It's often flavored with herbs and spices and served with bread.

**Baklava:** Baklava is a sweet pastry made with layers of thin filo dough filled with nuts (often pistachios or walnuts) and soaked in sweet syrup or honey. It's a popular dessert in Turkey.

**Turkish Tea and Coffee:** Turkish tea ("çay") and Turkish coffee ("Türk kahvesi") hold a special place in Turkish culture. Tea is served in small tulip-shaped glasses, while coffee is strong and often accompanied by a small glass of water.

**Turkish Delight:** Turkish delight, or "lokum," is a chewy and aromatic gel-like sweet treat often flavored with rosewater, lemon, pistachio, or other flavors. It's commonly enjoyed with tea or as a gift.

**Pilav and Kuru Fasulye:** Pilav refers to the Turkish-style rice, often flavored with spices and cooked with butter or oil. Kuru fasulye is a traditional bean stew made with white beans, tomatoes, onions, and spices. It's often served with rice and pickles.

**Seafood:** Being surrounded by seas, coastal regions of Turkey offer a wide variety of fresh seafood dishes, including grilled fish, octopus, shrimp, and calamari.

# FAQS

## **Is English spoken throughout Türkiye?**

Yes, English is taught at all local schools and is widely spoken in Türkiye especially in the cities, and tourist towns. English is the second language after Turkish.

## **What is the local currency in Türkiye?**

The local currency in Turkey is the Turkish Lira (TRY). Currency exchange services and ATMs are widely available. Visitors to Jordan are required to fill a declaration form and obtain the free QR code that shall be presented upon boarding.

## **Can I drink alcohol in Türkiye?**

Cultural sensitivities: While alcohol is available, it's important to respect local customs and cultural sensitivities, particularly in more conservative areas or during religious festivals.

Restricted areas: There are restrictions on the sale and consumption of alcohol in certain public areas, such as parks or near mosques. It's advisable to check for any local regulations or signage.

Ramadan: During the holy month of Ramadan, which is observed by Muslims, there may be more conservative practices regarding alcohol consumption. Some restaurants or bars may have limited alcohol service or be closed during fasting hours.

Non-Muslim tourist areas: In popular tourist areas, coastal resorts, and larger cities, alcohol consumption is generally more prevalent and accepted. These areas often have a vibrant nightlife scene with bars and clubs catering to both locals and tourists.

As with any travel destination, it's important to drink responsibly and be aware of your surroundings. If you have specific questions or concerns about alcohol consumption in a particular region or establishment in Turkey, it's advisable to ask locals or staff for guidance. an answer to this item.

# FAQS

## What is the climate like in Türkiye?

Türkiye has a diverse climate due to its geographical location, with varying weather conditions across different regions. Here's a general overview of the climate in Turkey:

**Mediterranean Climate:** The coastal regions of southwestern Turkey, including popular destinations like Antalya and Bodrum, have a Mediterranean climate.

Summers are hot and dry, with temperatures often exceeding 30°C (86°F). Winters are mild and rainy, with temperatures ranging from 10-15°C (50-59°F).

**Aegean Climate:** Similar to the Mediterranean climate, the Aegean region, including cities like Izmir and Kusadasi, experiences hot, dry summers and mild, wet winters. Temperatures in summer can reach 30-35°C (86-95°F), while winter temperatures range from 10-15°C (50-59°F).

**Continental Climate:** Central Anatolia, including cities like Ankara and Cappadocia, has a continental climate. Summers are hot and dry, with temperatures occasionally exceeding 35°C (95°F). Winters are cold and snowy, with temperatures dropping below freezing, often reaching -10°C (14°F) or lower.

**Black Sea Climate:** The northern coastal region along the Black Sea, including cities like Istanbul and Trabzon, has a temperate, humid climate. Summers are mild and relatively wet, with temperatures around 25-30°C (77-86°F). Winters are cool and rainy, with temperatures ranging from 5-10°C (41-50°F).

**Eastern Anatolian Climate:** The eastern part of Turkey, including cities like Van and Erzurum, has a harsher climate. Summers are short and mild, while winters are long, extremely cold, and snowy. Temperatures in winter can drop well below freezing, often reaching -20°C (-4°F) or lower.

It's important to note that these are generalizations, and regional variations can occur within each climate zone. Altitude and proximity to mountainous areas can also influence local weather patterns.

When planning your visit to Turkey, it's advisable to check the specific climate conditions for your intended destination and time of travel to pack accordingly and prepare for any variations in weather.



# FAQS

## **Important Information**

Country Code: +90

Dialing Instructions:

From abroad to Turkey: +90 followed by the local number.

Within Turkey: Just dial the local number.

## **Emergency Numbers:**

Police: 155

Ambulance: 112

Fire Brigade: 110

Embassy Numbers: It's recommended to check with your country's foreign affairs website or contact the embassy directly. For U.S. citizens, the U.S. Embassy in Ankara can be reached at +90 312 455 5555.

## **Holidays in Turkey:**

National Sovereignty and Children's Day: April 23

Labor and Solidarity Day: May 1

Commemoration of Atatürk, Youth and Sports Day: May 19

Democracy and National Unity Day: July 15

Victory Day: August 30

Republic Day: October 29

Additionally, there are religious holidays like Ramadan Feast and Sacrifice Feast whose dates change based on the Islamic lunar calendar.

## **Opening Times of Establishments:**

Banks: Generally open from 9 am to 5 pm, Monday to Friday.

Government Offices: Typically from 8:30 am to 5:30 pm, Monday to Friday.

Shops: Usually open from 10 am to 10 pm.

Restaurants: Many start around 11 am and can go until late at night.

Prescription Medications: Bring your doctor's prescription if you're carrying medications, and ensure your medicine is legal in Turkey.

Best Months to Visit: April, May, September, and October are pleasant months for travel as temperatures are moderate, and the crowds are less.

# TRAVEL TIPS

## MONEY EXCHANGE

Cash is exchanged without commission in most exchange offices, banks, or hotels. Cash point machines (ATM) are available in most busy areas. They accept worldwide cards and some cash points display instructions in English. Inform your bank in advance that you are travelling to Turkey as some automatically prevent use to combat fraud. Turkish newspapers and the Internet publish exchange rates daily.

## WATER

Tap water in Turkey is high in minerals and can upset the stomach so use bottled water instead. Some upper-class hotels offer complimentary bottled water while others will charge. Most shops sell bottled water and you can still brush your teeth with tap water but do not swallow.

## BUSINESS HOURS

Working Hours & Public Holidays:

Offices and banks are generally open from 9:00 AM to 5:00 PM, Monday to Friday, with a break from 12:00 to 1:30 PM.

Touristic shops, restaurants, and bars usually open until late at night.

## OFFICIAL HOLIDAYS

- April 23 National Sovereignty and Children's Day
- May 19 Ataturk Commemoration and Youth & Sports Day
- August 30 Victory Day (victory over invading forces in 1922)
- October 29 Republic Day (anniversary of the declaration of the Turkish Republic)

## TOILETS

Western Style flushing toilets are used in hotels, restaurants, museums and public toilets in Western Turkey while traditional "squat" toilets are often found in bus stations and more rural areas, especially Eastern Turkey. Many public toilets in Turkey require payment (normally around 1 Turkish Liras).

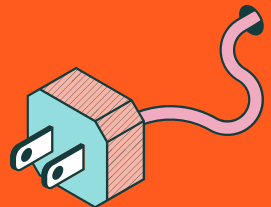
## VISITING MOSQUES

Foreign visitors should remove shoes and show the same respect they would to any other house of worship. Avoid visiting mosques during prayer time. Women should cover their heads and arms, and not wear miniskirts. Men should not wear shorts.



## TELEPHONE

When using a phone in Türkiye, remember to dial the country code +90 before the local number. For travelers, purchasing a local SIM card is a convenient option, readily available at airports and major cities, enabling easy access to affordable data and local calls. While public phones are less common nowadays, they can still be found in some tourist areas and major transportation hubs.



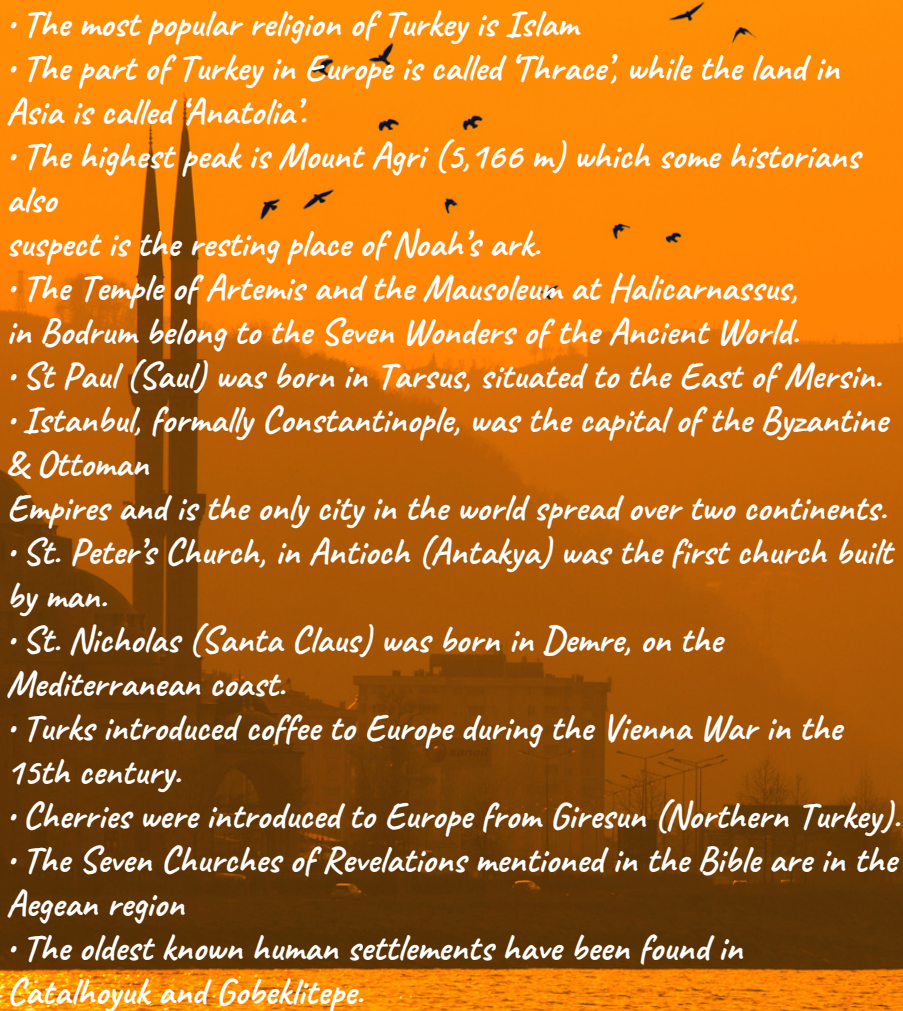
Turkey has 220 V power systems and adapters are needed because plug sockets are two prong.



Most tour and hotel staff appreciate small tips given with discretion but it is not mandatory. Taxis do not expect tips but rounding up the fare for convenience is common. In restaurants, the normal amount to tip is 10% of the bill depending on how happy you are with

A glass of Turkish tea (çay) sits on a silver tray in the foreground. The tea is a deep red color. In the background, the Maiden's Tower (Kız Kulesi) is visible on the water, with a city skyline and a sunset sky in the distance. The text "Facts About Türkiye" is written in a cursive font over the image.

# *Facts About Türkiye*

- 
- The most popular religion of Turkey is Islam
  - The part of Turkey in Europe is called 'Thrace', while the land in Asia is called 'Anatolia'.
  - The highest peak is Mount Agri (5,166 m) which some historians also suspect is the resting place of Noah's ark.
  - The Temple of Artemis and the Mausoleum at Halicarnassus, in Bodrum belong to the Seven Wonders of the Ancient World.
  - St Paul (Saul) was born in Tarsus, situated to the East of Mersin.
  - Istanbul, formally Constantinople, was the capital of the Byzantine & Ottoman Empires and is the only city in the world spread over two continents.
  - St. Peter's Church, in Antioch (Antakya) was the first church built by man.
  - St. Nicholas (Santa Claus) was born in Demre, on the Mediterranean coast.
  - Turks introduced coffee to Europe during the Vienna War in the 15th century.
  - Cherries were introduced to Europe from Giresun (Northern Turkey).
  - The Seven Churches of Revelations mentioned in the Bible are in the Aegean region
  - The oldest known human settlements have been found in Catalhoyuk and Gobekli-tepe.



# Turkish Social and Cultural Traditions

Turkish social and cultural traditions are deeply rooted in history and heritage, blending influences from various civilizations that have inhabited the region over millennia. Hospitality is a cornerstone of Turkish culture, with guests often treated with utmost respect and generosity. Family plays a central role in Turkish society, with close-knit bonds and multigenerational households being common.

Traditional Turkish cuisine, renowned for its rich flavors and diverse dishes, is a cherished aspect of daily life, often enjoyed communally with family and friends. Additionally, Turkish festivals and celebrations, such as weddings, religious holidays, and cultural events, provide opportunities for community bonding and the preservation of age-old customs. Throughout Turkey, traditions are upheld with pride, serving as a link between the past and the present, and shaping the vibrant tapestry of Turkish society.

## Greetings

In Turkey, interpersonal interactions are characterized by warmth, respect, and a strong sense of etiquette. When greeting one another, it is customary to shake hands, with a gentle nod of the head or a slight bow as a sign of respect. In more informal settings, such as among friends or family, greetings may involve cheek kisses or hugs, particularly between women.

Politeness and courtesy are highly valued in Turkish culture, with people often using formal titles and honorifics when addressing others, especially elders or those in positions of authority. It is customary to remove one's shoes when entering a home or a mosque as a sign of respect.

During meals, it is polite to wait for the host to begin eating before starting your meal, and it is customary to express gratitude by saying "afiyet olsun" (meaning "may it be good for you") after finishing. Overall, Turkish social interactions are characterized by a blend of warmth, hospitality, and adherence to traditional customs and formalities.



## Special Considerations

For tourists visiting Turkey, it's important to be respectful of local customs and traditions while also enjoying the warm hospitality of the Turkish people. When greeting locals, a friendly smile and a simple "merhaba" (hello) or "selam" (hi) are usually well-received, although shaking hands is also common. It's advisable to dress modestly, particularly when visiting religious sites, and to remove shoes before entering mosques or someone's home.

When dining out, it's customary to wait for the host or server to seat you and to express gratitude by saying "teşekkür ederim" (thank you). Learning a few basic Turkish phrases, such as "please" ("lütfen") and "thank you" ("teşekkür ederim"), can go a long way in showing appreciation for Turkish culture. Overall, approaching interactions with an open mind, a willingness to learn, and a respectful attitude will help tourists navigate the social and cultural nuances of Turkey with ease.



# Practicing the Language

## English

Hello

How are you?

Good and you?

Thank you

You are welcome

Please

Good-Bye

Where is the washroom?

How much does it cost?

Too expensive

Yes

No

Cheers

Okey

Very Beautiful

One

Two

Three

I don't know

Help me!

## Turkish

Merhaba

Nasilsin?

İyiyim. Sen?

Teşekkürler

Birşey değil

Lütfen

Güle Güle

Tuvalet Nerede?

Ne Kadar?

Çok Pahalı

Evet

Hayır

Şerefe

Tamam

Çok Güzel

Bir

İki

Üç

Bilmiyorum

Yardım Lütfen

## Pronunciation

MARE-HA-BA

NA-SEL-SIN

EE-IM-SEN ?

TE-SH-QU-EER-LER

BEER-SHEY DEY-EEL

LUTE-FEN

GUU-LEH GUU-LEH

TOO-WALET-NER-REYDE

NAY KAD-AR?

CHOC-PAR-HALA

EV-ET

HI-EAR

SHEREFAY

TAM-AM

CHOC-GOOZ-EL

BEER

EE-CHE

OOCH

BILL-ME-YOUR-UM

YARD-IM LUTE-FEN



# Holy Month of Ramdan



In this section of our guide to Turkey, we delve into the significance of Ramadan and Eid, two of the most important religious observances in the Islamic calendar. As a country with a rich tapestry of cultural diversity, Turkey provides a unique backdrop for experiencing these sacred traditions. Join us as we explore the meaning of Ramadan, the customs associated with fasting, and the joyous celebrations of Eid al-Fitr, all while highlighting the importance of respectful engagement and cultural sensitivity in this multireligious society.



# RAMADAN

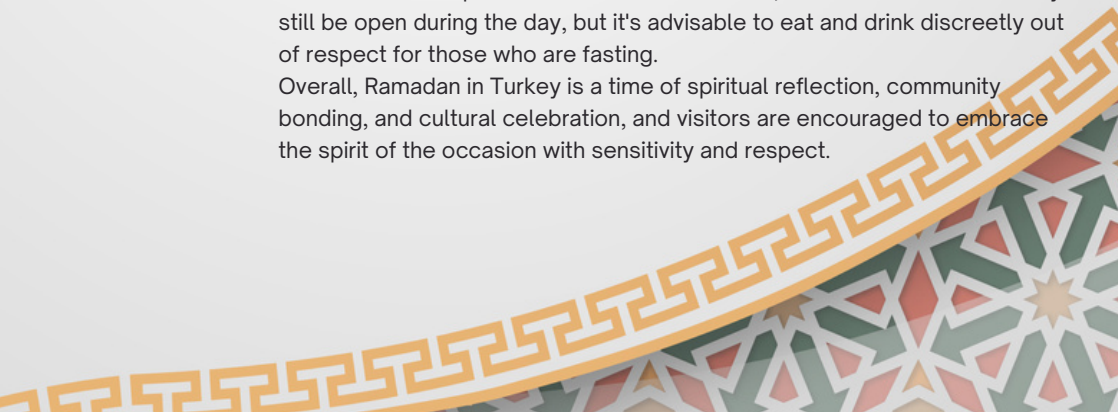


**Ramadan**, the ninth month of the Islamic lunar calendar, holds great significance for Muslims around the world. It is a time of fasting, prayer, reflection, and spiritual growth. Lasting for 29 or 30 days, depending on the sighting of the moon, Ramadan commemorates the month during which the Quran, the holy book of Islam, was revealed to the Prophet Muhammad. During Ramadan, Muslims fast from dawn until sunset, abstaining from food, drink, smoking, and other physical needs as a means of purifying the soul, practicing self-discipline, and empathizing with those less fortunate. The pre-dawn meal before the fast begins is called "sahur," while the meal to break the fast at sunset is known as "iftar." These meals are often shared with family and friends, fostering a sense of community and solidarity.

**Eid al-Fitr**, the festival of breaking the fast, marks the end of Ramadan and is celebrated with prayers, feasting, and charitable giving. It is a joyous occasion that brings families together to express gratitude, seek forgiveness, and share blessings.

**In Turkey, where Islam is the predominant religion** but the country is also home to diverse religious communities, Ramadan is observed with reverence and respect. It's important for non-Muslim visitors to be mindful of local customs and etiquette during this holy month. Avoid eating, drinking, or smoking in public during daylight hours, especially in more conservative areas. Be considerate of those who are fasting, and refrain from loud or disruptive behavior. In tourist areas, restaurants and cafes may still be open during the day, but it's advisable to eat and drink discreetly out of respect for those who are fasting.

Overall, Ramadan in Turkey is a time of spiritual reflection, community bonding, and cultural celebration, and visitors are encouraged to embrace the spirit of the occasion with sensitivity and respect.





# A Gastronomic Journey Through Turkey

Experience the tantalizing flavors of Turkish cuisine, where centuries-old recipes and vibrant spices converge to create a culinary paradise. Indulge in traditional delights such as succulent kebabs, aromatic baklava, and savory börek, each dish a testament to the country's rich culinary heritage. From bustling street markets to cozy family-run eateries, every meal in Turkey promises a symphony of tastes and textures that will leave you craving more. Prepare to embark on a gastronomic adventure like no other, as you discover the diverse and delectable world of Turkish food.



*Explore the iconic dishes that define Turkish cuisine*

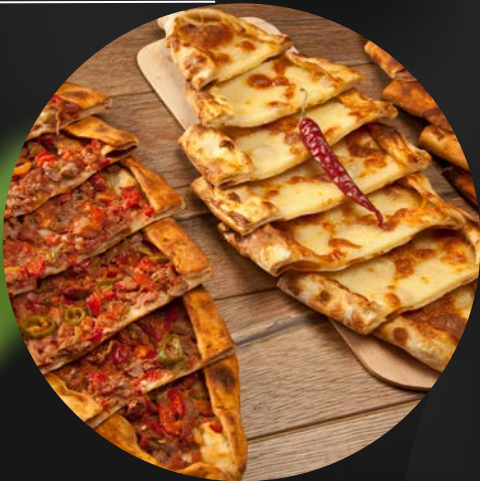


Doner Kebab



Sis-Kebab

Pide- Turkish  
Thin Pizza



Borkek



## Dining Etiquette

Learn about the customs and etiquette of dining in Turkey, such as:

- Removing your shoes before entering a home or mosque.
- Using your right hand for eating and greeting.
- Expressing gratitude by saying "afiyet olsun" (may it be good for you) after finishing your meal.

## Where to Eat

Discover the best places to sample Turkish cuisine, from local eateries and street food stalls to upscale restaurants and food markets. Don't miss the chance to dine in a traditional Turkish meyhane (tavern) or lokanta (eatery) for an authentic taste of Turkish hospitality.

- Kebab: Indulge in a variety of succulent grilled meats, such as shish kebabs, köfte (meatballs), and döner kebabs.
- Mezze: Start your meal with a selection of flavorful appetizers, from stuffed grape leaves (dolma) to creamy hummus and smoky eggplant dip (baba ghanoush).
- Lahmacun and Pide: Savor thin, crispy lahmacun topped with minced meat and spices, or enjoy boat-shaped pide stuffed with cheese, vegetables, or meat.
- Turkish Breakfast: Experience a traditional Turkish breakfast spread, featuring a variety of cheeses, olives, fresh bread, honey, and jams.
- Turkish Delights: Treat yourself to the sugary delights of Turkish desserts, including baklava (layered pastry with nuts and syrup), künefe (shredded pastry with cheese and syrup), and lokum (soft, chewy candies).



## Regional Specialties

Discover the diverse regional cuisines of Turkey, each offering its own unique flavors and ingredients. From the seafood-rich dishes of the Aegean and Mediterranean coasts to the hearty stews of central Anatolia and the spicy flavors of southeastern Turkey, every region has something special to offer.

# Turkish Coffee

Turkish coffee refers not to a type of coffee, but to the way in which it is prepared. Unfiltered, the coffee grounds are never completely dissolved. When drinking Turkish coffee, the trick is to keep gently swirling your cup. Otherwise, you will drink weak coffee and end up with a thick layer of grounds at the bottom of the cup or in your final gulp. Locals prefer Turkish coffee without sugar but if it is your first time tasting the coffee; it is wise to add sugar because it is very bitter and a strong taste.

## HOW IT'S MADE

*Traditionally, ground coffee is added to cold water in a copper pot (some use hot lukewarm water, to speed up the process, but the difference in taste is obvious. Turks call this hasty version "dishwater." The coffee and water mixture is stirred and slowly heated over medium heat. Just before the water boils, the pot is set aside and its contents are allowed to settle. Then the pot is put back on boil.*

*This time, half is poured into a cup, while the rest is reheated and then used to top off the drink. Locals have a traditional saying to indicate whether the coffee is of decent quality. In some regions, an age-old tradition when choosing a bride was to judge her on the quality of her Turkish coffee. The intended family of the groom would be invited to her family's house and she would serve everyone coffee. An engagement and wedding would only be agreed to if the coffee tasted delicious!*

Enjoy!



# Top 8 Istanbul Restaurants



## 2024

### MIKLA

Located in the heart of Istanbul, Mikla offers a contemporary fine dining experience with stunning views of the city skyline. Chef Mehmet Gürs combines Turkish and Scandinavian flavors to create innovative dishes.

### NEOLOKAL

Situated in the historic Karaköy district, Neolokal offers a modern interpretation of Turkish cuisine using locally sourced ingredients. Chef Maksut Aşkar combines traditional flavors with innovative techniques.

### ASITANE

Specializing in Ottoman cuisine, Asitane offers a unique dining experience with dishes inspired by centuries-old recipes from the Ottoman palace kitchens. The restaurant is known for its flavorful kebabs, stews, and desserts.

### NICOLE

Situated in the historic Beyoğlu district, Nicole offers a sophisticated dining experience with French-inspired cuisine. Chef Aylin Yazıcıoğlu creates seasonal tasting menus that highlight the best of Turkish ingredients.

### ULUS 29

Perched atop a hill overlooking the Bosphorus, Ulus 29 offers upscale dining with panoramic views. The menu features a mix of Turkish and international cuisine, with an emphasis on fresh seafood and grilled meats.

### CIYA

A beloved institution in Istanbul, Ciya serves authentic Anatolian dishes inspired by regional culinary traditions. The menu changes daily based on seasonal ingredients, offering a diverse array of flavors.

### NUSR-ET STEAKHOUSE

Founded by celebrity chef Nusret Gökçe, also known as Salt Bae, Nusr-Et Steakhouse is renowned for its high-quality cuts of meat and theatrical presentation. The restaurant has several locations in Istanbul, each offering a stylish and lively atmosphere.

### ŞEHZADE ERZURUM CAG KEBAB

Known for its specialty cag kebab, Şehzade Erzurum Cag Kebab offers a unique dining experience in the Sultanahmet area. The restaurant's signature dish is prepared on an open fire and served with traditional accompaniments.





A wide-angle, eye-level shot of a bustling pedestrian street in Istanbul, likely the Nispetiye Bazaar. The street is filled with people walking in both directions. The buildings on either side are multi-story, with ornate architectural details. Numerous neon signs and billboards are visible, including one for 'YURTDIŞI EĞİTİM' and another for 'ENGLISH TIME'. Festive light decorations, including a large, ornate green and gold light structure hanging over the street and strings of white snowflake lights, are strung across the street. The sky is a soft, hazy blue, suggesting dusk. The overall atmosphere is vibrant and lively.

# Exploring Istanbul: A Shopper's Paradise

Istanbul, the vibrant metropolis bridging two continents, offers a shopping experience like no other. From bustling bazaars and vibrant markets to modern malls and chic boutiques, the city caters to every shopper's desire. Join us as we embark on a journey through the diverse shopping scene of Istanbul, where ancient traditions meet contemporary trends.



## *Where to Shop?*

**“Shopping in Istanbul is not just about buying, it's about embarking on a journey through time, culture, and tradition, where every purchase tells a story of centuries-old craftsmanship and vibrant bazaar culture.”**

### **Traditional Bazaars**

Step back in time and immerse yourself in the bustling atmosphere of Istanbul's historic bazaars. Explore the labyrinthine alleys of the Grand Bazaar, one of the oldest and largest covered markets in the world, where you can haggle for everything from carpets and ceramics to spices and textiles. Don't miss the colorful chaos of the Spice Bazaar, where the air is filled with the scent of exotic spices, dried fruits, and Turkish delight.

### **Modern Malls**

For a more contemporary shopping experience, head to one of Istanbul's modern shopping malls. Istinye Park, Zorlu Center, and Kanyon are just a few of the city's upscale malls, offering a wide range of international and Turkish brands, as well as restaurants, cafes, and entertainment options.

### **Trendy Neighborhoods**

Explore Istanbul's hip and trendy neighborhoods, such as Beyoğlu, Karaköy, and Nişantaşı, where you'll find a wealth of chic boutiques, designer shops, and concept stores. Browse the latest fashion trends, discover unique handmade crafts, and indulge in gourmet delights along the way.



# Top 10 things to Buy

1. **Turkish Carpets and Kilims:** Renowned for their intricate designs and vibrant colors, Turkish carpets and kilims make for exquisite souvenirs and cherished mementos of your time in Turkey.
2. **Turkish Tea and Coffee:** Take home the flavors of Turkey with a selection of aromatic Turkish tea and coffee. Look for traditional çay (tea) glasses or finely ground Turkish coffee to recreate the experience at home.
3. **Turkish Delights (Lokum):** Treat yourself to the sweet delights of Turkish lokum, also known as Turkish delight. These chewy candies come in a variety of flavors, including rose, pistachio, and orange blossom.
4. **Spices and Turkish Delicacies:** Explore the bustling markets of Turkey and discover an array of spices, herbs, and Turkish delicacies such as dried fruits, nuts, and traditional sweets like baklava and halva.
5. **Ceramic and Pottery:** Browse through the colorful bazaars of Turkey to find beautifully hand-painted ceramic plates, bowls, and tiles, as well as traditional Turkish coffee sets and decorative items for your home.
6. **Evil Eye Talismans (Nazar Boncuğu):** Protect yourself from the evil eye with a traditional Turkish nazar boncuğu, or evil eye talisman. These blue glass beads are believed to ward off negative energy and bring good luck.
7. **Turkish Bath Essentials:** Bring home a piece of the Turkish hammam experience with luxurious olive oil soaps, peshtemal towels, and kese scrubbing mitts used in traditional Turkish baths.
8. **Turkish Leather Goods:** Istanbul is famous for its leather craftsmanship, so why not pick up a stylish leather jacket, bag, or pair of shoes as a souvenir of your visit to Turkey?
9. **Turkish Musical Instruments:** Immerse yourself in Turkey's rich musical heritage by purchasing a traditional Turkish musical instrument such as a saz (long-necked lute), darbuka (hand drum), or ney (reed flute).
10. **Turkish Jewelry:** Adorn yourself with exquisite Turkish jewelry, including intricate silver filigree designs, colorful enamel work, and stunning pieces featuring semi-precious gemstones like turquoise and amber.



# ISTANBUL



Istanbul is unquestionably one of the world's great metropolises. The city formerly known as Constantinople has served as a capital of great civilizations including the Roman and Ottoman Empire. Ankara usurped it as the seat of government when the Republic of Turkey was formed in 1923, but it remains the biggest city by far. Straddling Europe and Asia on both sides of the Bosphorus, it is an endlessly and compelling blend of East and West.

Historic sites such as the Blue Mosque and Topkapi Palace are vivid reminders of the city's long run of glory, while teeming bazaars and ancient Turkish Baths also offer a window into the past.

Its history is not the only lure. International press have been talking up Istanbul for many years. There are numerous innovative boutiques, bars, galleries, clubs, and restaurants as there are Ottoman mosques. In a city of so many interesting sights, it can be difficult to know where to start so here are some suggestions.

## The Hagia Sophia Museum

Originally built as a Christian church between 532 and 537 AD by the emperor Justinian, it became a mosque in 1453 when the Ottomans conquered Constantinople. It remained as such until 1935, when it became a museum. For 1,000 years, its dome was the world's largest – 98ft in diameter, surpassed only in the 16th century with the construction of St. Peter's in Rome.

## Topkapi Palace and the Spoon makers Diamond

The world's seventh largest diamond was allegedly found on a rubbish heap in 1669 and bartered to a spoon maker who, in turn, sold it to a jeweler. It sits in the Topkapi Palace that was completed during the 15th century and home of Ottoman sultans for centuries.



# ISTANBUL



## Museum of Turkish and Islamic Arts

A must-see place if you have a passion for textiles and calligraphy. The floor-to-ceiling Usak carpets and beautifully illuminated Qurans are housed in a building that was originally the palace of Ibrahim Pasha, Grand Vizier to Suleyman the magnificent.

## Kariye Church

An extraordinary Byzantine church dating from the 11th Century. Inside are truly unparalleled mosaics and frescoes depicting the lives of Christ and Mary.

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## Suleymaniye Mosque

Often mistaken for the Blue Mosque by first time visitors, Suleymaniye Mosque dominates the Istanbul skyline and provides a magnificent landmark for the entire city.



## Istanbul Archaeological Museum

Divided into three buildings, this museum contains artefacts from the Hittite empire, Pre-Islamic Ottoman relics, Egyptian and Lycian sarcophagi and galleries of statues.



# RECOMMENDED ACTIVITIES



## Ceremony of Whirling Dervishes

The Ceremony of Whirling Dervishes is a mesmerizing Sufi ritual performed by members of the Mevlevi Order, founded by the followers of the 13th-century Persian poet and mystic, Rumi. During the ceremony, dervishes whirl in a graceful, meditative dance known as the Sema, symbolizing a spiritual journey towards enlightenment and union with the divine. Accompanied by traditional music and chanting, the ceremony is a captivating blend of music, movement, and mysticism that continues to inspire audiences around the world.

## Tour the Idyllic Princes Island

A 90-minute ferry ride from Istanbul brings you to Buyukada, largest of small islands collectively known as the Princes' Islands. For centuries, these were places of exile but now, tourists visit to enjoy the serenity of the leafy, traffic-free lanes.

## Eat Istanbul Cuisine in Ortakoy.

Indulge in the rich and diverse flavors of Istanbul cuisine in the charming neighborhood of Ortakoy. From mouthwatering street food stalls serving up savory kebabs and fresh seafood to cozy cafes offering traditional Turkish delights, Ortakoy is a food lover's paradise waiting to be explored. Whether you're craving classic Ottoman dishes or modern interpretations of Turkish cuisine, Ortakoy's culinary scene promises a memorable dining experience that will tantalize your taste buds and leave you craving more.

## Feel Real Istanbul Life in Beyoglu

Istanbul's modern centre is bustling with coffee shops, quirky boutiques, and galleries. Spend the afternoon exploring the area by foot,- talking in the unobstructed views by strolling down Istiklal Caddesi.





# BEST LOCAL EATIERIES

**Hamdi Kebab** Restaurant has popular terrace views of Galata Tower and the Golden Horn.

*Address:* Kalçin Sok. 17, Eminonu

*Reservation:* 0212 528 0390

*Recommended Dishes :* Meze Platter, Findik Lahmacun, and Fıstıklı Kebab or Spicy Adana Kebab, Baklava

**Ciya Sofrası** is a humble eatery, headed by Musa Dagdeviren, formerly of the California branch of the Culinary Institute of America. Located up a busy market street near the Kadiköy ferry stop (on the Asian side; take the ferry to Kadiköy from Eminönü), it serves delectable and rare regional creations.

*Address :* Günesli Bahçesi Sok.

43-44, Kadiköy/Istanbul Asian Side

*Reservation:* 0216 330 3190

**Balıkçı Sebahattin** is one of the few consistently good, high-quality restaurants in a neighbourhood of amateurs.

*Address:* Seyit Hasan Koyu Sok. 1

Sultanahmet (behind Armada Hotel)

*Reservation:* 0212 458 1824

**Asitane Restaurant** is famous for its authentic Ottoman Cuisine. The menu consists of specialties prepared from recipes obtained from Palace archives. The outdoor dining area overlooks the lovely Kariye Museum.

*Address:* Kariye Cami Sok. No:6  
Edirnekapi/ Fatih

*Reservation:* 0212 534 8414

**Degustasyon Lokantasi** is in the midst of the confusion of Galatasaray Fish Market in Beyoglu and it serves a huge selection of mezes.

*Address:* Sahne Sok. 41,  
Balikpazari, Beyoglu

*Reservation:* 0 212 292 0667

**Banyan Sea-Side Restaurant** is a hot spot taking full advantage of its view overlooking Ortaköy and the Bosphorus. In colder months, the terrace is heated

by an open fire pit.

*Address:* Salhane Sok 3, Muallim Naci  
Cad Ortaköy

*Reservation :* 0 212 259 9060

*Recommended Dishes :* Fried Calamari, Grilled Sea-Bass fillet and Tahini Halva Dessert



# Unveiling the Enchantment of Cappadocia

Nestled in the heart of Turkey lies a land of surreal landscapes, ancient history, and timeless charm - Cappadocia. Renowned for its otherworldly rock formations, fairy chimneys, and underground cities, Cappadocia beckons travelers from around the globe to embark on an unforgettable journey through its mystical terrain.







LOST IN THE MAZE OF CAPPADOCIA'S ENCHANTING ROCK FORMATIONS - WHERE EVERY TWIST AND TURN UNVEILS A SURREAL WONDERLAND CARVED BY NATURE'S HAND

Cappadocia's landscape is truly one-of-a-kind, characterized by its unique geological formations shaped over millions of years. The region is famous for its fairy chimneys - towering rock pillars that stand sentinel across the horizon, resembling something out of a fantasy novel. These whimsical formations, sculpted by wind and water erosion, create an ethereal landscape that seems to defy reality. Visitors to Cappadocia can explore the labyrinthine valleys and canyons that crisscross the region, marveling at the natural beauty that surrounds them at every turn.

Cappadocia's history is as rich and diverse as its landscape. The region has been inhabited for thousands of years, with evidence of human settlement dating back to the Hittites and beyond. One of the most remarkable aspects of Cappadocia's history is its underground cities - vast networks of tunnels and chambers carved into the soft volcanic rock.

These underground cities served as hiding places for early Christians fleeing persecution, as well as defensive strongholds against invaders. Today, visitors can explore these fascinating underground complexes, gaining insight into the lives of Cappadocia's ancient inhabitants.

Cappadocia's cultural heritage is a vibrant tapestry woven from centuries of tradition and innovation. The region is home to a rich tradition of arts and crafts, including pottery, carpet weaving, and stone carving. Visitors can immerse themselves in Cappadocia's cultural heritage by visiting local workshops and galleries, where skilled artisans continue to practice age-old crafts passed down through generations. Additionally, Cappadocia's culinary scene is a reflection of its diverse cultural influences, with dishes that blend Ottoman, Persian, and Central Asian flavors to create a unique and delicious cuisine.



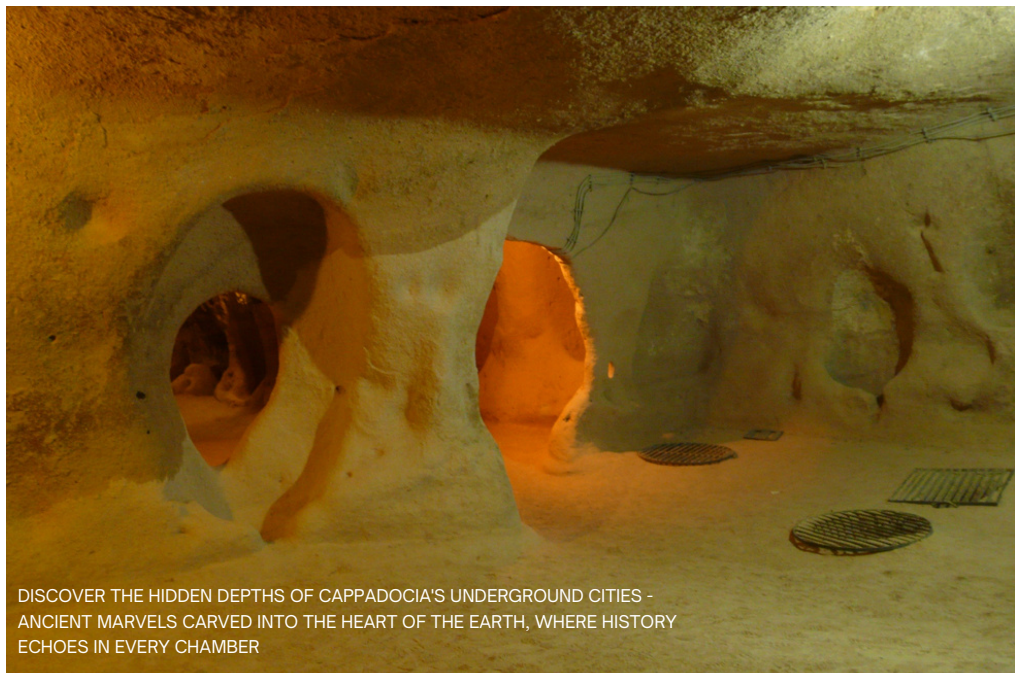
## Underground Cities

Archaeologists believe the Hittites were the starters of the underground communities and in the 6th and 7th century, they were expanded by early Christians with the addition of air shafts, kitchens, living quarters, churches, water wells, horse stables and wine cellars.

Christians used the elaborate subterranean systems as both a shelter and a safe place to worship. You should not miss a visit to Derinkuyu underground city that is the largest of 36 in the area. It covers 4 square kilometers and sheltered 2,000 households on seven floors reaching a depth of 70 to 85 meters.

## Cave Churches & Goreme Open Air Museum

There is more to Cappadocia's otherworldly landscape than meets the eye. Take a closer look and you will discover hidden dwellings and subterranean churches, for it was here that early Christians escaping from persecution lived and worshipped. Of an estimated 3,000 cave churches in the area, some are open to the public, the most impressive of which are located in the Goreme Open Air Museum. The Tokali and Karanlik church, are among the best preserved with vivid frescoes.



DISCOVER THE HIDDEN DEPTHS OF CAPPADOCIA'S UNDERGROUND CITIES -  
ANCIENT MARVELS CARVED INTO THE HEART OF THE EARTH, WHERE HISTORY  
ECHOES IN EVERY CHAMBER





# Hot Air Balloon Experience

Rides over the unique lunar landscape and strange rock formations are popular. The region can be explored on foot, but to experience the breath-taking beauty of this remarkable area, take a hot- air balloon flight in Cappadocia at sunrise.





# Kusadasi

Nestled along the stunning Aegean coast of Turkey, Kusadasi beckons travelers with its captivating blend of sun-drenched beaches, rich history, and vibrant culture. This charming coastal town serves as a gateway to some of Turkey's most renowned ancient sites, including the awe-inspiring ruins of Ephesus, where visitors can wander through millennia-old streets and marvel at the grandeur of ancient temples and theaters. Beyond its archaeological treasures, Kusadasi offers a myriad of experiences for every traveler, from leisurely strolls along its bustling waterfront promenade to exhilarating water sports in the azure waters of the Aegean Sea. With its welcoming atmosphere, diverse attractions, and picturesque landscapes, Kusadasi invites visitors to immerse themselves in the beauty and history of Turkey's Aegean region.





WALKING IN THE FOOTSTEPS OF ANCIENT CIVILIZATIONS AT EPHEBUS - WHERE EVERY STONE TELLS A STORY OF ANTIQUITY'S GRANDEUR.

## EPHEBUS

Steeped in history and brimming with architectural wonders, Ephesus stands as a testament to the grandeur of ancient civilizations. Located in modern-day Turkey, this ancient city was once a bustling metropolis and a center of trade and culture in the Mediterranean region. Visitors to Ephesus can wander through its well-preserved streets, marvel at its magnificent monuments, and imagine life in antiquity amidst the remnants of grand theaters, majestic temples, and ornate facades.

Highlights of a visit to Ephesus include the Library of Celsus, the Great Theatre, the Temple of Artemis, and the Terrace Houses, where intricately decorated frescoes offer a glimpse into the daily lives of Ephesian elites. Stepping back in time, visitors to Ephesus are transported to an era of architectural brilliance and cultural sophistication, where the echoes of the past still resonate today.



The ruins of Ephesus are one of the biggest attractions in Turkey. Once the second largest city of the Roman Empire, it is estimated there is still more than 60% of the city to excavate. Visitors have a marvelous insight of this former seaport city. Walking down the cobbled agora street, they pass the public toilets and baths, temples and terraced houses of rich Roman citizens. The street leads to the impressive Celsus library that at one time, held more than 12,000 scrolls. To the left of this magnificent monument is the grand amphitheatre.

Originally used by performing artists, the discovery of a nearby gladiator's graveyard reveals that eventually it was an arena of death for enjoyment.

Situated in the hills above Ephesus is a small and humble house yet its existence is of major significance.

Suspected to be the last resting place of the Virgin Mary, the house is now run by the Roman Catholic Church who opened it up to the public.

## Ephesus Today



- |                                    |                                  |                         |                             |
|------------------------------------|----------------------------------|-------------------------|-----------------------------|
| 1. Harbor Street.                  | 8. Hillside houses.              | 15. Trajan's Fountain.  | 22. Freshwater pipes.       |
| 2. Theater.                        | 9. Public toilets.               | 16. Curtes Street.      | 23. The Fountain of Pollio. |
| 3. Commercial Agora.               | 10. Latrines.                    | 17. Hercules Gate.      | 24. Prytaneon.              |
| 4. Library of Celsus.              | 11. Scholastica Baths.           | 18. Memmius Monument.   | 25. Odeon.                  |
| 5. Gate of Mazeus and Mithridates. | 12. The Mosaic - Paved sidewalk. | 19. Temple of Domitian. | 26. Isis Temple.            |
| 6. Marble Street.                  | 13. Entrance Scholastica Baths.  | 20. An altar.           | 27. Stage Agora.            |
| 7. Brothel.                        | 14. Hadrian's Temple.            | 21. The list of Curtes. | 28. Baths of Varius.        |





# Pamukkale: A True Natural Wonder





GOLDEN HOUR MAGIC AT PAMUKKALE, AS THE SETTING SUN CASTS A WARM GLOW OVER THE SURREAL TRAVERTINE TERRACES

Nestled in the southwestern region of Turkey, Pamukkale is a captivating natural wonder renowned for its stunning white travertine terraces and thermal springs. Meaning "cotton castle" in Turkish, Pamukkale's unique geological formations were formed over thousands of years by the cascading mineral-rich waters that flow down the mountainside.

Visitors to Pamukkale can soak in the thermal pools, believed to have healing properties since ancient times, and admire the surreal landscape of gleaming white terraces against the backdrop of the surrounding mountains. The nearby ancient city of Hierapolis offers further exploration opportunities, with its well-preserved ruins, including a theater, necropolis, and Roman baths. Whether relaxing in the warm waters of Pamukkale's travertine pools or exploring the fascinating history of Hierapolis, a visit to this natural wonder promises an unforgettable experience of beauty and tranquility amidst Turkey's stunning landscapes.

People have bathed in the spa water pools for thousands of years. Indeed, the Romans redirected water to the nearby city of Hierapolis as a centre of healing for wounded soldiers.

In ancient Greek, the name Hierapolis meant "holy city." Founded in the 2nd century BC, as well as being a centre of healing, many people chose to retire or even travel there so it could be their last resting place. Eventually the city was given to the empire of Rome, and along with places like Ephesus, Christianity became strong in the region.

Visitors today can view a gymnasium, library, the Domitian gate, and baths that were constructed using just stone and no cement. One of the most respected attractions though is the large amphitheatre. Nestled into the hillside, it is suspected to have been built in AD 60 with a capacity to seat 15,000 spectators. As often seen in other historical sites, there is also a Temple of Apollo. Pamukkale and the city of Hierapolis are UNESCO World Heritage Sites



# Wonders of the Hellenistic World

**Pergamum** was an ancient Greek city on the north side of the river Caicus and named in the book of Revelations as one of the seven churches of Asia (Revelation 2:12). Today, the main site of ancient Pergamon is near the small coastal resort of Bergama.

**Asklepion** was built in the name of Aesculapius, the god of Health and Medicine. It contains ancient sites such as a small theater with a capacity for 3,500 people, rooms where patients were cured, the temple of Asklepion and the library.

**Priene** was formerly on the sea coast, built overlooking the ocean on steep slopes and terraces. Today, after several centuries of changes in the landscape, it is an inland site. Priene possessed a great deal of famous Hellenistic art and architecture. It is believed around 4 to 5 thousand inhabitants occupied the region.

**Miletus** is located near Akköy at the mouth of the Meander River. It was one of the largest cities in Anatolia with a population of between 80,000 and 100,000. Highly prosperous, it was the home of the 6 BC philosophers Anaximander, Anaximenes and Thales, the town planner Hippodamus and architect of Hagia Sophia, Isidorus. Having a prominent position, Miletus became the most important port in this area and it was the most active member of the twelve cities of the Ionian Confederation.

**Didyma:** The word Didyma means “twins” and it was associated by some as being the meeting place of Zeus and Leto to have their twins Apollo and Artemis. Didyma was famed as a prophecy center dedicated to Apollo, which served a similar purpose as the Delphi of Anatolia. It was not a city but a sanctuary linked to Miletus by Milesians with a 19 km sacred road.



An aerial photograph of the Antalya coastline in Turkey. The image shows a long, curved beach with many people and umbrellas. The water is a deep blue, and the city of Antalya is visible in the background, nestled at the foot of the Taurus mountains. The word "Antalya" is written in large, orange letters on the left side of the image.

# Antalya

Nestled along the stunning turquoise coastline of southwestern Turkey, Antalya is a city that seamlessly blends rich history with breathtaking natural beauty. With its picturesque old town, ancient landmarks, and pristine beaches, Antalya offers a diverse array of attractions that appeal to every traveler.

**Old Town Charm:** Wander through the narrow cobblestone streets of Antalya's charming old town, known as Kaleiçi, and immerse yourself in its timeless atmosphere. Discover historic Ottoman-era houses, quaint cafes, and vibrant bazaars selling everything from handmade crafts to local delicacies. Don't miss the iconic Hadrian's Gate, a beautifully preserved Roman triumphal arch that marks the entrance to the old town.



An aerial photograph of the Bodrum harbor in Turkey. The water is a vibrant turquoise color. Numerous white and light-colored boats of various sizes are docked at long, straight piers that extend into the water. A prominent curved pier with a stone breakwater runs along the top and right sides of the harbor. The town of Bodrum is visible along the bottom and left edges, with buildings and a paved promenade. The word "Bodrum" is overlaid in large, bold, orange letters in the center of the image.

# Bodrum

Bodrum, nestled on the azure shores of the Aegean Sea, is a picturesque coastal town in southwestern Turkey renowned for its rich history, stunning beaches, and vibrant culture. From its iconic Bodrum Castle, built by the Knights of St. John, to its charming old town alleys lined with whitewashed houses and bougainvillea, Bodrum offers a blend of ancient landmarks, modern amenities, and Mediterranean allure. With its lively waterfront promenade, bustling bazaars, and crystal-clear waters, Bodrum beckons visitors to indulge in leisurely days by the sea and immersive cultural experiences amidst its timeless beauty.



# Marmaris Peninsula

Nestled along the picturesque coastline of the Aegean Sea, the Marmaris peninsula is a captivating destination in southwestern Turkey known for its pristine beaches, turquoise waters, and stunning natural beauty. From the bustling harbor of Marmaris town to the tranquil bays and coves scattered along the peninsula's coastline, visitors are treated to a diverse array of attractions and activities. Explore ancient ruins, enjoy water sports, or simply relax on sandy shores while soaking in the Mediterranean sun. With its charming seaside villages, vibrant nightlife, and scenic landscapes, the Marmaris peninsula offers an unforgettable escape for travelers seeking both adventure and relaxation amidst Turkey's coastal splendor.



We hope this guide has provided valuable insights and inspiration for your journey through Turkey's enchanting destinations. At TravelLab, we are committed to curating unforgettable travel experiences that immerse you in the beauty and culture of each destination. Thank you for entrusting us with your travels, and may your adventures be filled with joy, discovery, and cherished memories.

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