



**MEDIA INVITATION:
KATE CLOW ON TREKKING IN TURKEY – NEW LONG-DISTANCE
TRAILS**

Saturday 6 February, Theatre 1 @ 11:00

Destinations London Holiday & Travel Show: 4-7 February 2010, stand E1

The Turkish Culture and Tourism Office are delighted to invite you to hear Kate Clow, author of *The Lycian Way* and *St Paul Trail* reveal her insights on these two marked trails she founded, as well as to unveil the new routes planned in Turkey, including the Evliya Çelebi and Yenice Forest routes. Hear the latest news on the various trails of Turkey, which offer opportunities for combined trek and adventure holidays, soft trekking for families and boutique places to stay across coastal trails, high mountain trails, trails following Roman roads, trails through old-growth forest, canyon trails and lakeside trails for all seasons.

Talk Highlights:

- ❖ Lycian Way: there will be a review of how this 10-year-old route has expanded and is now being served by over 150 tour operators
- ❖ St Paul Trail: this route, now 5 years old, which will be re-waymarked by volunteers and protected by the Turkish government;
- ❖ New routes: there will be a quick look at Turkey's new routes – the Evliya Çelebi Route (between Istanbul and Izmir); the Kaçkar and Yenice Forest;
- ❖ International routes in the planning stage: Abraham's route (Turkey to Jerusalem); The Sultan's route (Istanbul to Vienna); The Via Egnatia (Rome to Istanbul).

About the trails

Lycian Way This is a 500-km way-marked footpath around the coast of Lycia in southern Turkey from Fethiye to Antalya. Highlights include spectacular walks on the slopes of Baba Dagi beneath the flight path of paragliders; a stunning descent to Faralya above the cliffs of Butterfly Valley; the 12km beach at Patara; spectacular views over the coast from above Kas and Kalkan; the castle, harbour and sunken ruins at Ucagiz; the church of the Angel Gabriel in the hills above Myra; climbing Mount Olympus at 2388m; and the ruins of hidden Lycian cities set against the Mediterranean sea.

St Paul Trail This 500-km long-distance footpath follows much of St Paul's journeys in Anatolia, which went onto become important Christian pilgrimage routes. It runs from Perge, 10km east of Antalya on the Mediterranean coast, to Yalvac, northeast of Lake Egirdir in the Turkish lakes region; a second branch starts at Aspendos, 40km east of Antalya, joining the first route at the Roman site of Adada. Highlights include the Aksu river crossing and waterfalls at Uçansu; the huge pines and firs on the route above Oren; the views from the route above the Candir canyon; the medieval paved road

around Sarp peak; the beautiful village of Beydili; following a Roman aqueduct into Yalvac; and the ruins of Roman cities. It has been proposed that the route could be extended to Greece and Italy in the west and Syria in the east.

About Kate Clow Kate Clow first moved to Turkey in 1989 to sell computer systems, relocating to Antalya in 1992 when she started to explore ancient roads which linked the cities of the Greek and Roman periods. Since 1995 she has connected a series of paths to make Turkey's first long-distance walking route. The Lycian Way opened in 1999 and was followed in 2004 by the St Paul Trail. She then turned her attention to northeastern Turkey and in 2008 produced a walking guide to the Kaçkar Mountains. Kate is also a freelance writer and leads trekking and bird and wildflower tours. Returning to the Lycian Way time and again, she finds it unspoiled and enjoyable though she's still dreaming of life on a self-sufficient *yayla* (summer house) in the mountains.

Recommended reading

Lycian Way, Kate Clow & Terry Richardson, 1999 (3rd edition)

St Paul Trail, Kate Clow & Terry Richardson, 2004

The Kaçkar, Kate Clow, 2008

NB: Please note that the talk will be held on a first come first serve basis so we recommend arriving 15 minutes early to avoid disappointment.

www.trekkinginturkey.com

www.gototurkey.co.uk

www.destinationsshow.com