

## DAGSPROGRAM

Under veckan kommer att vi springa alternativt vandra olika distanser på varierande höjd. Vi startar veckan med 13 km löpning och tar oss därefter genom Turkiets spännande historia.

Total Distanse: 140 km

Total Stigning\*: 5700 m

Total Fallhöjd\*: 6280 m

\* These totals are not 100 % accurate.

### Day 1. Arrive at Antalya Airport. Transfer to Sundance Nature Camp, Tekirova (1hr 15min)

RUN or HIKE (Optional): Transfer to Asagi Kuzdere (15min). Our first run of the trip begins by following the Lycian Way on a mixture of paths and forest roads. The route also passes by the coastal ruins of the ancient city of Phaselis and ends by the sea at the hotel.

It is also possible to do a shorter run/hike from the hotel to Alacasu, through the ruins of Phaselis, and back the same way. In which case it is a 9 km run.

#### Accommodation: Sundance Nature Village

Distance: 13 km

Elevation Gain: 675 m

Elevation Loss: 700 m

### Day 2. RUN or HIKE - Sundance - Çirali

The day starts directly from the hotel with a 4 km warm up run on asphalt before merging onto a secluded and scenic dirt road which we'll follow for most of the remainder of the run. There is no car access after km 4; that means no CP along the route so we'll have to bring all our food, water, and supplies. Our day ends with a swim at Çirali Beach, a 3 kilometer long pebble beach with a gorgeous mountain backdrop.

#### Accommodation: Çirali

Distance: 23.7 km

Elevation Gain/ Loss: 922 m

### Day 3. RUN or HIKE Cirali - Olimpos - Adrasan

Today's route starts with a few kilometers jog/walk on the beach before reaching the ancient city of Olympos. Here we will have a quick tour of the ruins before heading up Moses Mountain (Musa Dagi) on a shady path winding up through the forest. After reaching the scenic mountain top, the foliage changes from humid maquis to tall pines as we head down towards Adrasan. Last and the only CP before running along the coast and onto the beach to finish today's route.

#### Accommodation: Adrasan

Distance: 18.3 km

Elevation Gain/ Loss: 850m

### Day 4. RUN or HIKE - Adrasan - Gelidonya - Karaöz

This run is one of our favorites. Starting on a dirt road, we'll ascend from the beach through the forest before merging onto steep but run-able single track. Descending and ascending again, multiple scenic viewpoints await us after the second climb. We'll then descend down to the iconic Gelidonya Lighthouse on a slightly rockier path, then merging onto a dirt road where our only CP of the day will be waiting. The last 7 km are run on a quiet forest road before reaching the beach at Karaöz.

#### Accommodation: Karaoz

Distance: 21.5 km

Elevation Gain/ Loss: 930 m

### Day 5. TRANSFER near Trysa (1hr20min). RUN or HIKE Trysa - Hoyran - Kapaklı - Simena.

After our morning transfer, we'll get dropped off near the main road and run up to the scenic ancient city of Trysa perched high on a hill. The rocky but easily navigable path merges onto a narrow dirt road, descending down the other side of this hill and continuing on a mixture of path and road to Hoyran. After a break to refuel and enjoy the view we'll descend on an ancient trade path, zigzagging down the cliff side before reaching Kapaklı. Another 6 km on narrow path through carob and olive trees leads us to our final destination of Simena, accessible only by boat and on foot, here we'll have the chance to swim, visit the castle, and walk around the village.

#### Accommodation: Simena

Distance: 24.3 km

Elevation Gain: 585 m

Elevation Loss: 1150 m

### Day 6. RUN or HIKE - Simena - Aperlae - Apollonia - Bogazcik

Today's run is full of ruins. We start on path running back through the ruins of Simena, then merge onto a dirt road leading to the village of Ucagiz. We'll continue on a coastal path to the ancient port settlement of Aperlae. We can stock up on cold drinks and water here at a small café, from there the route follows a rocky path uphill, passing the remains of the ancient city of Apollonia before ending the day at our hotel in the village of Bogazcik.

#### Accommodation: Apollonia Lodge (no pool, no swimming)

Distance: 18.9 km

Elevation Gain: 768 m

Elevation Loss: 484 m

### Day 7. RUN or HIKE - Bogazici - Limanagzi - Kas

Our final route takes place mostly on rocky path, ascending up to low passes and down to remote beaches several times along the undulating coastal terrain. We'll have one CP along the way before passing Limanagzi, a small harbor turned tourist destination accessible only by boat or on foot. The last kilometers of our trip follow a road into the picturesque seaside town of Kas. We'll spend the evening explore the cobblestone streets, shops, bars, and restaurants, after a post-run swim, of course.

#### Accommodation: Kas

Distance: 19.6 km

Elevation Gain: 648 m

Elevation Loss: 930 m

### Day 8. TRANSFER back to Antalya (3hr).