



## **Culinary Tour in Turkey June 24 - July 14, 2009**

From the beginnings of agriculture, to the rise of multi-cultural empires with exotic foods, to religions and peoples who defined themselves by their diets, Turkey has played a pivotal, largely unsung role in the history of cuisine. Join us as we explore the the amazing variety of natural and human ecologies which have shaped these rich and varied cuisines. Our course of study will use foods and cooking techniques as a way to better understand ourselves, our pasts and our futures. Hands on cooking classes, market visits, ancient monuments and sites, hot springs and a luxurious yacht cruise give flavor and color to our travels.



### Day 1: Wednesday, June 24

Leave SFO 6:50 PM British Airways

### Day 2: Thursday, June 25

Arrive at Ataturk International Airport in Istanbul

**Accommodations:** Osmanhan Hotel, Sultanahmet <http://osmanhanhotel.com>

### Day 3: Friday, June 26

Walking Tour of Istanbul

Roman Hippodrome, Blue Mosque, Hagia Sofia Basilica, Bascilica Cistern, Topkapi Palace Complex, Istiklal Street, Marble Turkish Baths

### Day 4: Saturday, June 27

**Flight to Nevsehir** (right in **Cappadocia**) . Tour awe-inspiring natural rock formations utilized for everything from housing to churches and even complete underground villages - Cappadocia is as magical today as it was when early farmers discovered the fertile powers of the volcanic ash that covered the area thousands of years ago.

**Overnight:** Uchisar Kaya Hotel

<http://www.uchisarkayahotel.com/eng/>

### Day 5: Sunday, June 28

Underground city of **Derinkyu** , **Pasabag** site, **Turasan winery**, **Avanos** and local crafts center.

Lecture/demo: the Islamic Food Revolution

### Day 6: Monday, June 29

Carpet workshop in **Aksaray**, learn about all aspects of this traditional Turkish craft, **Seljuk caravanserai** - Sultan Hani.one of the largest and most magnificent on the old Silk Road. Konya (ancient Iconium), one of the oldest cities in Anatolia

**Mevlana Tekke** Tomb of Mevlana Rumi, founder Mevlevi Order of Whirling Dervishes. **Esrefoglu Camii**, Anatolia's finest example of the Seljuk Turkish flat-wooden-ceiling and wooden column-style of mosque construction

**Beysehir:** experience rural Turkey. Meet local people, have a home-made dinner and stay overnight at a village house.

### Day 7: Tuesday, June 30

Drive from **Beysehir** to the coast. Visit the ancient theater of **Aspendos** enroute. Lunch in **Antalya**. Head for seaside resort hotel on the edge of a huge national park. Visit the natural eternal flame in the hills of **Olympos**.

**Overnight: Hotel Odile, Çirali**

<http://www.hotelodile.com/eng/otel.php>

### Day 8 : Wednesday, July 1 ;

Wander around **Olympos**.Explore down the coast

Overnight in **Kas**.

**Overnight: Gardenia Hotel**

### Day 9: Thursday, July 2

Stop by ancient **Myra** (Demre).where St. Nicholas (Santa Claus) was bishop.

**Blue Cruise out of Fethiye**

[www.beforelunch.com](http://www.beforelunch.com) At the harbor of **Fethiye** we will embark on a gulet (traditional Turkish yacht) The captain of our ship is a fabulous cook, very open to sharing his techniques.

### Day 10: Friday, July 3

The real, non-touristy side of Turkey . Relax, cruising around, stopping in at coves and bays a for swimming and snorkeling through the underwater ancient ruins. Walks to ruins and sights, including a Greek ghost town.

### Day 11: Saturday, July 4

Red Island, Flat Island, Bedri Rahmi Bay, Tersane Bay, Hamam Bay, Cold Water Bay.

### Day 12: Sunday, July 5

Return to **Fethiye**.

**Dalyan River** a small river boat, takes us upriver to the mud baths.

**Mugla** university town with a good market and great sense of everyday Turkish life.

**Overnight** : Yücelen Hotel Mugla

[www.yucelen.com.tr/eng\\_otel/mugla.php](http://www.yucelen.com.tr/eng_otel/mugla.php)

**Day 13: Monday, July 6**

Through the mountains to **Aphrodisias**, ancient temple to Goddess of Love, then to **Pamukkale**, arriving afternoon. Visit the Heiropolis site and museum.

**Overnight:** Pamukkale - Öztürk Hotel

**Day 14: July 7**

Swim in warm champagne springs among marble columns, in travertine pools.

Head to **Selçuk/Ephesus**

**Overnight:** Kalehan Hotel

<http://www.kalehan.com/uk/index.htm>

**Day 15: July 8**

**Ephesus ancient site**, one of the best preserved Roman cities, the **House of the Virgin Mary**, and the **Ephesus Archeology Museum**.

Market Crawl, Lectures and class in Ancient Roman cuisine

**Day 16: July 9**

**Bergama** - visit Acropolis & Asceplion healing center

Adatepe village.**the museum of olive oil** -

**Assos**, looking out over the island of Lesbos

**Overnight:** Nazlihan Boutique Hotel, Assos

**Day 17: July 10**

Drive to **Troy**, wonderfully developed site.

Hike and relax. then bus/ferry back to

**Istanbul**. Dinner at Kurdish restaurant in Yali

**Overnight: Osmanhan Hotel**

**Day 18: July 11**

**Istanbul:** Çiya Sofrasi Fabulous restaurant outside Istanbul in Kadiköy which is more or less a practicing culinary museum.

[http://www.ciya.com.tr/index\\_en.php](http://www.ciya.com.tr/index_en.php)

**Day 19: July 12**

**Istanbul:** Shop for Turkish cooking restaurant equipment outside Spice Market. Cruise up the Bosphorus to Sariyer domestic arts museum. Cooking class/party with a master of Turkish cuisine.

**Day 20: July 13**

**Istanbul:** We've barely scratched the surface of what there is to see in Istanbul..A day to take it easy or to pack in more sightseeing

**Day 21: July 14:** Return to the US



**3 week trip includes:**

Pre-trip meetings, film screenings, reading lists.

- 19 nights in first class/3 to 5 star hotels, Turkish gulet yacht & 1 village house
- 28 meals including 17 full breakfasts, 3 lunches 10 dinners -Istanbul (2),Cappadocia (2), Beyshehir village, Çirali, On board gulet yacht, Assos
- All transportation in modern, air-conditioned minibuses with professional driver, including one group arrival transfer and one group departure transfer, bus parking and tolls; drivers expenses.
- Luggage portage at all hotels and airports (clients will not need to tip; it's included)
- All admission fees to sites and museums listed in the itinerary
- Professional, licensed English-speaking tour guide for Days 3 - 8 and Days 11 - 17 o
- Flight from Istanbul to Nevsehir, Cappadocia.
- Lecture/demonstrations, cooking classes, market visits, shopping expeditions

\$4895 per per person double occupancy (Land Only available)

\$775 single supplement for any who prefer single accommodations.

**Not Included:**

Some lunches and dinners

Alcoholic beverages

For More Information & SignUps:

[www.indiajoze.com](http://www.indiajoze.com)

