

# TIPS AND TIDBITS

*A fact sheet about your*

## Walking Greece & Turkey

**Adventure**

### ADVENTURE TIPS – THINGS TO DO NOW!

#### PASSPORT AND VISA REQUIREMENTS

- **Greece**
  - \* Greece requires your passport to be valid at least 3 months beyond the end of your stay. No VISA is required for North Americans traveling to Greece.
- **Turkey**
  - \* Turkey requires your passport to be valid only for your length of stay.
  - \* A VISA is required to enter Turkey, but is obtainable at the airport upon arrival, the most convenient and cost-effective way to obtain it. VISA cost at time of publication was \$20 per person. Make sure you have at least \$20 in cash with you when you enter Turkey.
- **How to get passports**
  - \* Passports can be obtained at your town's main post office. It often takes at least six weeks to process the application, so don't delay!
  - \* If you need extra pages for your passport, the State Department now charges for this service. Allow plenty of time to mail your passport to the State Department to have pages added to your passport.
  - \* **IMPORTANT:** Make a photocopy of the photo page of your passport and birth certificate and store them in a separate place in your luggage from your passport. These copies become invaluable in the replacement process should you lose your passport!

#### TIPS & TIDBITS - AT A GLANCE

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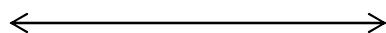
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#### AIR TRAVEL

- **Air travel should already be purchased!**
  - \* If you don't have your air tickets, it is a good idea to take care of this important detail pretty soon! Debbi Custer is a travel agent we work closely with who is familiar with the logistics of this Adventure. You can contact Debbi by:
    - ◇ Phone: (888) 276-0925 -OR- (503) 231-9507
    - ◇ Email: [debbi@wtpdx.com](mailto:debbi@wtpdx.com)
- **Notify us please**
  - \* If you have not already done so, please send us a copy of your itinerary by mail, fax, or email. We need this information to make sure someone with a happy, smiling face is there to meet you when you arrive on the other end.

**NOTE: Some information is generally true for most of our Adventures. Text in bold represents information that is specific to this Adventure only.**

- **Jet lag advice**
  - \* Please refer to the Air Travel Tips listed on page 8. In addition, on the day of travel,
    - ◇ Eat as little as possible while in transit and eat high carbohydrate foods if you must eat;
    - ◇ Get up and walk around the plane when you can;
    - ◇ Do isometric exercises (flex and relax your muscles) occasionally; and
    - ◇ Adjust your sleep schedule to the local time as soon as possible (we'll help you with that).
  - \* We particularly recommend the last two bullet points. Over the years, several of our travelers have experienced circulation problems during the tour after long flights.



## ADVENTURE TIPS - THINGS TO KNOW BEFORE YOU GO!

### HEALTH HABITS

- **Immunizations**
  - \* We are not qualified to give medical advice, but we do suggest that you consult a medical professional for advice on immunizations recommended for travel in Turkey. In general, travel health clinics are more reliable sources of information in this matter than general practitioners or the Center for Disease Control. You can find travel health clinics in the yellow pages or online. Two examples are: [www.ushealthworks.com](http://www.ushealthworks.com) and [www.passporthealthusa.com](http://www.passporthealthusa.com).
  - \* Remember to take your Adventure brochure with you so you can show the medical staff where we are traveling.
  - \* **We are not aware of any specific shots recommended for travel in Greece.**
  - \* **General immunizations normally recommended for travel in developing countries like Turkey include the following:**
    - ◇ **Hepatitis A**
    - ◇ **Hepatitis B**
    - ◇ **Measles/mumps/rubella (MMR)**

- ◇ **Typhoid**
- ◇ **Tetanus & Diphtheria**

- **General Health**

- \* **Cold Prevention:** One of the realities of group travel is that we share a lot of things – including germs. As a result, cold nasties can quickly travel through the bus looking for weak immune systems to attack. There are several supplements and behaviors that can make a significant difference in your ability to resist these bugs and preserve a healthy Adventure, including the following:
  - ◇ Use additional Vitamin C or other immune system booster beginning a week before and during the tour to beef up your immune system .
  - ◇ Maintain the use of a good multi-vitamin both before and during the tour.
  - ◇ Wash your hands thoroughly and frequently (carrying a waterless hand cleaner is highly recommended).
  - ◇ If/when you cough, cover your mouth as completely as possible to avoid the spread of germs.
  - ◇ Avoid touching your face and rubbing your eyes.
  - ◇ Be sensitive to your health and particularly your need for rest. Guard against fatigue by monitoring your participation in tour activities and allowing yourself necessary “down time.”
- \* **Imodium:** As always when traveling abroad, it is good idea to take along Imodium or some type of remedy against diarrhea.
- \* **Prescriptions:** Though we have not had problems with prescription drugs at customs, some sources recommend a note from your doctor verifying your need for any prescription drugs you will bring on the tour.
  - ◇ If you transfer medications out of the container they came in, make sure you bring the prescription labels. In addition to making your case if questioned by customs, medical staff will need to know what you are taking in the event you need medical care.

## MONEY MATTERS

- **General Recommendations:**

- \* **Use of ATMs: Greece and Turkey have modern banking systems and a network of ATM's (automatic teller machines).**

Debit cards at ATM's have become the most practical way to manage cash needs when traveling in most parts of the world and we strongly recommend using them to simplify your money management. If your debit card is lost or stolen, most banks have protections that limit losses to a nominal amount. Ask your bank about their policy.

- ◇ If hesitant to use an ATM card linked to your bank account, consider AAA's (Automobile Association of America) credit/debit card designed for travelers. You can load the card with a specific amount of cash in advance, further limiting your losses should the card get lost or stolen. Log on to [www.aaa.com/prepaidcards](http://www.aaa.com/prepaidcards) or call your local AAA branch for more information.

- \* **Where to purchase foreign currency:** If you are having trouble purchasing foreign currency from your local bank, try Thomas Cook, AAA, or some of the new internet outlets ([www.travelex.com](http://www.travelex.com)). A last resort would be to buy some in the airport on the day of departure, but airport rates are almost always less than favorable.

- \* **Try not to bring foreign currency home:** The rate is generally 2-3% less favorable for selling the foreign currency back to the bank when you get home than the rate you paid to purchase it. All things being equal, it's better to spend the money overseas than to bring it home and exchange it back into dollars.

- \* **Use of Traveler's checks:** We do not recommend traveler's checks for this type of travel. They cannot be used like cash as they are here in the USA, you must have a bank to exchange them for cash, banks usually charge significant fees to ex-

change them, and banks are not always handy and open when you need money. Please leave home without them!

- \* **Make Photocopies:** Be sure to make photocopies of all the credit/debit cards you intend to take. These photocopies should, of course, be kept separate from the cards themselves.

- \* **Keep eggs in two or more baskets:** Store money, and any debit or credit cards, in more than one place to minimize the risk of loss. When going out for a walk or an outing, take only the cash and credit cards you think you might need for the outing and leave the balance hidden in your luggage or in the hotel safe.

- **Specific recommendations**

- \* **Exchange rates**

- ◇ **Greece:** The Greek currency is the Euro and the rate of exchange at the time of publication is \$1 = .75 Euro.

- ◇ **Turkey:** The Turkish currency is the Lira and the rate of exchange at the time of publication is about \$1 = 1.50 Turkish Lira.

- \* **Money strategies**

- ◇ **STRATEGY #1 – RECOMMENDED – THE ATM APPROACH:**

**Purchase a nominal amount of foreign currency – \$30 to \$50 each of Euros and Turkish Lira here in North America before departure.** Then use your debit card en route as your primary method of obtaining cash in each country.

**Emergency fund: Take along about \$300 US in \$10's and \$20's as backup in case you can't find an ATM and need to exchange dollars for local currency.** Expect to bring this money home with you – it is only intended for emergency purposes.

Make sure you contact your bank in advance to inform them that you will be in Greece and Turkey and verify that your ATM card works there (most do).

◇ **STRATEGY #2—ALTERNATIVE—THE CASH APPROACH:**

If you are not comfortable using an ATM, or simply prefer to have your foreign currency purchased in advance so you don't have to deal with it during the trip, your situation is a little more complicated. We suggest you purchase as much of your foreign currency as possible in North America, as suggested below, before departure. In addition, we recommend that you bring an additional \$200-\$300 USD as backup emergency cash. WARNING: You will likely experience a less favorable rate of exchange by purchasing it in North America.

It is often difficult to purchase small amounts of foreign currencies, and some currencies are not available at some banks. If you are not able to purchase foreign currency, we recommend you take along \$500-\$750 US dollars to exchange upon arrival in Greece and Turkey (\$520 is the approximate equivalent of the minimum budget for both Greece and Turkey recommended below).

\* **Applicable to both Strategy #1 and #2:**

◇ **Bring foreign money!** We do NOT recommend that you arrive in Greece and Turkey with no foreign currency – i.e. only with US dollars to exchange. Try to have some local currency with you upon arrival.

◇ **Meals: All breakfasts and dinners are included in Greece, and all breakfasts and all but 2 dinners are included in Turkey. Drinks at dinners are NOT included.**

◇ **Gratuities:** Tips for group meals and lodging are included in the cost of the Adventure. In addition, the Adventure price also includes the tip for the coach drivers and any local guides that serve us.

◆ Tips NOT included:

- **Optional excursions :** Generally we recommend the equivalent of about

\$1 per person for the person who serves you on these excursions that are not included in the tour price.

- **Maid service:** We recommend about \$1 per day per room.
- **Meals on your own: Widespread confusion about tipping expectations makes it difficult to give advice. In Greece, however, a service charge is generally included in your meal bill. Most people then only round the bill up (a Euro or two) to recognize good service. The same advice applies in Turkey. Round the bill up to reflect a 5 to 10% "thank you" tip. Do NOT use American standards of tipping – you only raise expectations for the travelers who follow you.**

◇ **Cash budget:** The *minimum recommended cash budget*, for the Adventure, *NOT including amounts listed below for optional excursions is:*

- ◆ **200 Euros (equivalent of about \$270)**
- ◆ **350 Turkish Lira (equivalent of about \$250)**

This recommended amount is the minimum, no-frills amount you would need if you intended to do no shopping. Many travelers spend double or triple this amount.

\* **Security recommendations:** Over the years, WAI travelers have been fortunate, for the most part, in avoiding scams, and we'd like to keep it that way!! Following are reminders about this unpleasant reality of life, and a few ideas to help minimize your chances of becoming a victim.

◇ **Beware of Distractions:** Any kind of distraction is a huge "red flag."

- ◆ Con artists and pickpockets need distractions to get your attention (and your hands) where they want them. As soon as you become aware that something unusual is going on (e.g. someone spills something on you), be on your guard. Do not participate. Do not interact with locals that seem to

appear from nowhere to “help you.”  
Get away from the surroundings.

- ◆ Why would locals ask you, someone who probably does NOT look like a local, for directions? Asking for directions is a common lead-in to a scam.
- ◇ **Diversify Your Money:** DO NOT carry all of your money in one place! If you ARE the victim of a theft/pick-pocket, and you do not have all your money in your pockets, you will not be entirely cleaned out.
  - ◆ One approach is to carry only \$30 to \$100 worth of the local currency with you. Keep another batch of funds and a debit card and credit card in a body wallet under your clothes. A third batch of funds and credit cards is hidden in your luggage in your room. To my knowledge, we have never had a confirmed incident of theft from a hotel room, but you may prefer to use the hotel safe.
  - ◆ Credit cards: Minimize your exposure by only bringing one or two credit cards.
- ◇ **Use a Money Belt:** Your pockets should only be used for nominal sums.
  - ◆ Though not always convenient, we suggest you BE PREPARED to move any credit cards or larger sums under your clothes whenever you are in a high-risk environment. Any big city can be a high-risk environment.
  - ◆ As mentioned above, keep a little of your money in a secure pocket, so you don't have to make a scene getting out your money belt each time you need to use money. This is a smart, low-risk practice.
- ◇ **Use an ATM Card:** Nothing in life is perfect, but learning the simple steps to using an ATM card is one of the best things to come along in the area of travel money management.
  - ◆ You should NOT rely completely on access to ATM's, but having this tool in your travel money tool box means

you are much more likely to be able to replace money as necessary, and can therefore bring less money with you.

- ◆ Many travelers are uncomfortable or distrustful of ATM machines and rely on credit cards as a back up to cash. This is usually not a practical way to gain access to cash because 1) bankers' hours seem to generate an even narrower window of accessibility overseas than at home, 2) credit card fees greatly exceed debit card fees: money withdrawn is generally treated as a loan with interest due, and 3) all the risks of a debit card are already inherent in a credit card, so why not use a system that is more practical and mobile?
- ◆ When accessing ATM machines, try to use machines that are inside banks. Those outside can be subject to other kinds of scams involving videotaping your PIN number. If using outside ATMs, cover the keypad with one hand while inputting the PIN number with the other.
- ◇ **Blend in and Be Aware:** though it is usually very difficult to conceal the fact that we are visitors, our advice is always to do your best to be a small target.
  - ◆ Blending in is more difficult in some cultures/circumstances than others, yet the more conspicuously foreign you appear and act, the more attention you will get from the unscrupulous who prey on foreign visitors. They always look first for the easiest prey; how you dress and behave can tip them off.
  - ◆ Do NOT wear conspicuous jewelry, and no jewelry is best – leave your Rolex watch at home!
  - ◆ Be wary of carrying expensive-looking camera gear.
  - ◆ Shorts, t-shirts, and white tennis shoes are usually dead giveaways that the wearer is American, and therefore likely carrying significant amounts of

money, and likely more naïve than locals. We have nothing against casual dress. On the road, however, we wear dark-colored walking boots, pants with zip-off legs which are almost always left attached in the cities, and long sleeve button-down shirts, partly to blend in and partly to shield the arms from sun. Outside of cities, we are more relaxed about attire.

- ◆ Be aware of your surroundings, especially if walking alone. If approached by someone, be wary. Be prepared to be rude and move away quickly if they invade your personal space.

Remember that we seldom have problems with theft and scams overseas. And we are certainly not advocating a posture or attitude that requires constant tension to maintain. In this case, however, an ounce of prevention is worth many pounds of cure (apologies to Ben Franklin). Be safe, be smart, and enjoy the Adventure!!

## POINTS ON PACKING

- **Clothing suggestions**
  - \* Europeans tend to dress more formally than Americans. Fortunately, tourists are given plenty of latitude in this area. While on tour, there is no need to feel obligated to dress like the locals; tourist attire is acceptable almost universally in Europe and Turkey. Most of the time, we are dressed in our walking clothes. You may wish to bring along a set of casual non-walking clothes for the odd occasion when you feel like dressing just a bit more formally.
  - \* As mentioned above, our own strategy is to take two or three pairs of quick-dry pants with zip-off legs along with several quick-dry t-shirts and nylon or tri-blend travel shirts. We supplement this with a quality set of breathable raingear which we also wear for warmth when the temperatures are a bit cool. Additionally, we also take along a light jacket and/or silk or high performance fabric undershirts to use as additional layers. In any case, we

have found that packing lightweight layers of clothing is the most practical strategy.

- \* **Churches and mosques:** Also, be advised that you may not be able to visit some churches in Greece or mosques in Turkey if you are wearing shorts. Especially in Turkey, neither men nor women should wear shorts or sleeveless shirts when visiting mosques. Women should wear long pants or a below-the-knee skirt and a long sleeved shirt. Pullover warm-up pants or zip off pant legs are especially handy both for a quick cover-up and a safeguard against getting chilly at night.
- **Weather**
  - \* In this part of the Mediterranean, average high temperatures in April run between 60° and 70°. Evenings can be cool, so you should pack a light jacket or sweater, and be prepared to layer your clothing according to weather. At this time of year, it is possible to get rain occasionally; it's always wise to have light rain gear along.
- **Laundry**
  - \* Europe generally doesn't use our self-serve laundromat concept. As a result, having laundry done is very costly. We recommend one of two approaches: 1) pack a few feet of clothes line and maybe some liquid detergent and do your laundry in your room, or 2) pack tightly and bring enough essentials so that you don't need to do laundry until you return home.
  - \* Be advised that Old World hotels do not provide washcloths (the locals don't use 'em), so take your own if this is something you would miss.
- **Electricity:**
  - \* **Household current in Greece and Turkey is 220 volts.** There are two issues to deal with to use your electric appliances overseas:
    1. **Transformer:** Does electricity need to be converted from the higher voltage (220)

- to our lower voltage (110) and
2. **Wall adaptor:** What kind of adapter do you need to plug your plug into the foreign wall outlet?
- \* Most electronics (camera's, laptop computers, etc) are designed with a transformer built into the electrical cord. If you look on the back of the adapter that is inline on the cord, it says what voltage it can handle and it is usually 110 to 240, or something similar. **If so**, you don't need a transformer; all you need is a wall adaptor for the wall outlet in Greece and/or Turkey. **If not**, you need an electric transformer to convert the 220 power in the wall to the 110 voltage of your electronics.
  - \* Travel transformers for the current and adapters for the plugs can be obtained from most AAA offices or anywhere travel accessories are sold.
- **Hair Care**
    - \* Most hotels will have hair dryers — sometimes you can request them from the reception desk.
    - \* If bringing curling irons from home, make sure it works on 220 volts (better) or that you have a transformer to convert the power (acceptable).
  - **Luggage Restrictions**
    - \* **On the plane:** Airlines have been going back and forth with luggage charges. To avoid surprises, check with your airline before you finish packing to see what their current policies are on fees and weight restrictions for checked luggage.
    - \* **On the bus:** To ensure space for everyone's luggage in the storage bay of the coach, please limit yourself to one large suitcase.
    - \* **At the hotel:** Getting the luggage to your room at the hotels is the traveler's responsibility. Be aware that elevators are often quite small in Greece and Turkey. Sometimes there can be a lineup, and your WAI guide may propose that we use the elevator as a freight elevator to transport luggage faster, asking travelers to use the stairs and rendezvous with their luggage
- on their floor.
- **Phoning home:**
    - \* Using international telephone systems can be quite a challenge. One way to simplify things is to purchase a pre-paid phone card that works in Greece. It may be harder to find one that works in Turkey.
      - ◇ Make sure you bring with you the access phone numbers that apply to Greece and Turkey.
      - ◇ Be careful to ask if the hotel has additional charges to call from the room.
  - **Partial packing list**
    - \* Though by no means comprehensive, following is a list of things you should consider bringing with you on this walking adventure.
      - ◇ Passport
      - ◇ Photocopy of passport & birth certificate
      - ◇ Airline tickets/itinerary/receipt
      - ◇ Foreign currency and US dollars
      - ◇ Photocopies of credit/debit cards
      - ◇ Medical insurance ID card
      - ◇ Sense of humor
      - ◇ Clothing that can be layered
      - ◇ Rain gear
      - ◇ Two pairs of walking shoes (or boots)
      - ◇ Swimsuit
      - ◇ Washcloth
      - ◇ Walking stick
      - ◇ Water bottle
      - ◇ Sun screen
      - ◇ Sun glasses
      - ◇ Sun hat or visor
      - ◇ Insect repellent
      - ◇ Walking credit books (AVA or CVF)
      - ◇ WAI walking journals from prior trips
      - ◇ Sense of Adventure
      - ◇ Ear plugs
      - ◇ Electrical transformer
      - ◇ Adaptors for wall outlet
      - ◇ Camera (with extra batteries)
      - ◇ Extra film or memory cards for camera
      - ◇ Travel binoculars
      - ◇ Mini-flashlight
      - ◇ Country or area maps
      - ◇ Highlighter for marking maps
      - ◇ Toilet paper (for your daypack)

- ◇ Cold/flu remedies
- ◇ Handiwipes or waterless hand cleaner

## LIFE-LONG LEARNING—THINGS TO READ BEFORE THE ADVENTURE

- We know that “life-long learning” is a core value for many WAI travelers. Check out your local library or the internet at [www.amazon.com](http://www.amazon.com) or [www.longitudebooks.com](http://www.longitudebooks.com) to preview the following list, or find a new gem about this fascinating region of our world. In addition to the suggestions below, we recommend that you obtain a good guidebook such as those published by Lonely Planet, Moon, or DK Eyewitness.

### GREECE

- ⇒ The Iliad and The Odyssey by Homer (various translations available)
- ⇒ The Greek Treasure by Irving Stone  
*A biographical novel of Henry and Sophia Schlieman, who together followed Homer’s epic story to create an epic of their own—the discovery of ancient Troy and Mycenae.*
- ⇒ A Traveller’s History of Greece by Timothy Boatswain and Colin Nicolson  
*A nicely-written survey from prehistory through the 1990s: wide-ranging, accessible and necessarily condensed.*
- ⇒ Culture Smart! Greece by Constantine Buhayer  
*A concise, no-nonsense guide to local customs, etiquette and culture with a short overview of the land and people along with practical travel advice*
- ⇒ Greece, A Traveler’s Literary Companion by Artemis Leontis  
*A collection of 24 stories by modern Greek writers, organized geographically -- and a wonderful introduction to Greek people, culture and landscapes. Editor Artemis Leontis is an adjunct professor of modern Greek at the University of Michigan. She includes stories by Odysseus Elytis, George Seferis, Nikos Kazantzakis and Vassilis Vassilikos.*
- ⇒ National Geographic articles
  - Minoans and Mycenaean, February 1978
  - Santorini, May 1972
  - Ancient Greece (Mycenae and Troy), December 1999

### TURKEY

- ⇒ Crescent and Star: Turkey Between Two Worlds by Stephen Kinzer  
*An insightful, anecdotal report on contemporary life, culture and politics in Turkey. Kinzer, who was the New York Times bureau chief in Istanbul from 1996-2000, is especially attuned to the powerful geographic position of Turkey and its multiple identities in Europe, Asia and the Middle East.*
- ⇒ Culture Smart! Turkey by Charlotte McPherson  
*A concise, well-illustrated and practical guide to local customs, etiquette and culture.*
- ⇒ A Traveller’s History of Turkey by Richard Stoneman  
*An accessible, well-written overview of Turkish history from the Paleolithic to the present. It includes a chronology of major events, a list of native rulers, further recommended reading, and a gazetteer.*
- ⇒ Ataturk: The Biography of the Founder of Modern Turkey by Andrew Mango
- ⇒ Lords of the Horizons by Jason Goodwin  
*An entertaining history of the Ottomans, rich in anecdote and personality. A wonderful writer and journalist, Goodwin artfully combines his modern travels with scholarship, history and reflection, capturing the outrageous personalities, events and vagaries of the 600-year-old Ottoman empire. Goodwin has also written an account of his adventures on foot in the Golden Horn.*
- ⇒ 1453, the Holy War for Constantinople and the Clash of Islam and the West by Roger Crowley  
*Crowley recounts the dramatic events leading up to and surrounding the fall of Constantinople to the Ottoman Turks in 1453 in this nicely paced history. He (like many before him) writes not only of Europe’s loss of the Eastern Roman capital but also of the polyglot, tolerant Ottoman city which took its place.*
- ⇒ National Geographic article
  - Cappadocia, January 1958

## ADVENTURE TIPS— THINGS TO KNOW DURING THE ADVENTURE

### UP, UP, AND AWAY—AIR TRAVEL TIPS

Airlines continue to change policies and technology continues to impact the pace of our lives and

how we get things done. Here are a few tips to hopefully ease the process of getting from home to our destination:

- **Check in online:** Most airlines now allow on-line check-in via their websites starting 24 hours before departure. This is a very good idea for the following reasons:
    - \* You can check your seat assignment and/or change it;
    - \* You can check [www.seatguru.com](http://www.seatguru.com) for information on the configuration of your plane to improve your seat selection;
    - \* You can check baggage online;
    - \* You can add passport information, streamlining the process once you arrive at the airport;
    - \* On domestic flights and some international flights, depending on the airline, you can print boarding passes;
    - \* It saves time at the airport since you can avoid the longer line for those who have not checked-in online and use the shorter lines at the electronic check-in kiosks instead;
    - \* If there is a problem with the reservation, you will be able to identify it the day before the flight, rather than at the airport at the last minute! Then you have a full day to obtain the help of your agent to correct it.
  - **If you don't have a computer, call for help!**
    - \* If you do not have access to a computer, and you booked your flight through Debbi Custer, call Debbi the day before the flight during business hours and she will check you in online. Your boarding pass will then be ready for you to pick up at the airport. If you need help after-hours, or you booked with an agent who does not offer this service, call the airline directly to confirm your flight. You cannot "check-in" over the phone, but you can at least identify that your booking is solid and check/change your seat assignment.
  - **Confirm departure details again on the morning of departure - changes can occur at the last minute**
- **Arrive at the departure airport early**
    - \* Since requirements change from time to time and can differ between airports, check with your departure airport for the latest guidelines.
    - \* The general standard is to arrive 2½ hours before departure for international travel and 1½ hours before departure for domestic travel.
  - **What to do if you get "bumped"**
    - \* Sometimes airlines overbook, and it is possible to find yourself being "bumped" to later flights that are not in your best interests. If you arrive at the airport and have trouble with your reservation, call the agent who booked your flight immediately. Debbi Custer's service also offers a 24/7 emergency line to use if it's after-hours. Your agent will probably have better leverage to get accurate information and plead your case for you. NOTE: Having the ability to communicate by phone within the airports, both going and coming, is a good reason to take your cell phone with you.
  - **Consider how far to check your bags**
    - \* If your first flight is an international flight, check your bags to your final destination. It is usually not a good idea to retrieve and re-check luggage in a foreign, layover airport unless you are required to.
    - \* If your first flight takes you across North America to a North American layover airport AND you have a long (greater than 3 hours) layover AND you are changing airlines for your next flight, strongly consider claiming your luggage and physically rechecking it onto the next flight. Chances of your luggage getting lost increase with 1) the number of flights and 2) the number of airlines handling your bags.
  - **Pack your carry-on as if you had to live out of it for a few days**
    - \* Wear your walking shoes.
    - \* Remember to include any electronic and electrical adapters needed for cameras,

etc., in your carry-on rather than your luggage.

\* If possible, avoid checking *any* luggage. This takes some practice, but several WAI travelers travel this way successfully on an ongoing basis.

- **What about confirming the return flight?**

\* Your reservation should be solid on the return flight since you've already "tested it" on the outbound flight. However, if you can get to a computer, either at your hotel or an internet café in the area, it is still a good idea to check in.

- **Keep the faith**

\* The life-changing rewards of travel still far outweigh the hassle factor of "getting there". We'll meet you with a smile on the other side!

## HOW ABOUT HOTELS?

- **Hotel Standard**

\* Accommodations used in Greece and Turkey are 3 and 4-star hotels, sometimes referred to as superior tourist-class accommodations. Hotels will vary in setting and ambiance, but are generally selected for their strategic locations or for their Old World ambiance. A few may be selected simply as a practical base from which to pursue our itinerary.

- **Bed types for couples**

\* Some hotels may lack rooms with large two-person beds — "matrimonial" queen or king sized beds — and instead will have two twin-sized beds pushed together.

- **Single rooms**

\* Single rooms are available for a supplement. The supplement reflects the fact that one person using a room alone receives a similar amount of hotel space and service as two people using the same room.

◇ In most cases, a single room will be the same size as a double room. In some cases, however, a single rooms will be smaller. The single supplement entitles

single travelers to their own room but not necessarily to a double-sized room.

◇ The supplement reflects only what WAI is charged by the hotels — we do not price the single supplement to make a profit.

- **Smoking/non-smoking**

\* **Much of Europe and the developing world still considers smoking to be an acceptable practice in public places. We request non-smoking rooms when available. Generally, hotels are good about providing rooms that are acceptable to non-smokers.**

- **Street noise**

\* It's not always possible to predict how quiet a given hotel will be on a given night. **The Greeks tend to be night owls, and you may hear the Muslim call to prayer early in the morning in Turkey. In addition, Old World hotels often have lively restaurants and/or bars which provide a good percentage of their income.** If you're a light sleeper, we recommend a supply of earplugs to help you get a full night's sleep.

- **Variety in room type**

\* As mentioned above, some of our hotels are Old World vintage. As a result, it is not uncommon for rooms within the same hotel to differ widely in spaciousness, décor, and view. It is not practical or even possible for us to anticipate these differences and fairly assign rooms throughout the tour. Room assignment is entirely at the discretion of the hotels, so we can take neither the credit for a great room you were assigned nor the blame for the mediocre room you received on the night your neighbors have more interesting rooms. Hopefully, things will balance themselves and you will enjoy the variety of hotels we have selected.

- **Communicating with home**

\* Beware of outrageous charges for using the phone in your hotel room. Many hotels charge for use of the phone even if

you are using a pre-paid phone card to call a toll-free number.

- \* Emails can be a good alternative to using a phone. Many hotels have computers in the lobby for this purpose, either complimentary to hotel guests or for a charge that is less than placing a phone call.
  - ◇ Internet cafes can sometimes be found near the hotel for less expensive internet use.
- \* Alternatively, prearrange before leaving home, or by email while en route, to have loved ones call you at an agreed upon time.
- \* **Time differences: We are traveling in only one time zone in Greece and Turkey. Both countries are GMT (Greenwich Mean Time) + 2 hours. When it is noon in Greece and Turkey, it is 5 am on the USA East coast and 2 am on the USA Pacific coast.**

## WALKING WISDOM

- **General description**
  - \* Walks provide a variety of venues that feature the delights of rural Greece, the geological phenomenon of Santorini, bustling Istanbul, archeological treasures of Ephesus and Pergamum, and the natural beauty of Cappadocia's badlands formations.
  - \* All walks will be guided and will be led by a local guide and two WAI guides. One WAI guide will be "the sweep" and will generally be in contact, as necessary, with the lead guide by 2-way radio.
- **Walking gear**
  - \* **Walking boots** with good ankle support are strongly advised. Though most of our walks are not in difficult terrain, a few are challenging.
  - \* **Walking sticks** are advisable for segments of the walks that have challenging footing.
  - \* **Hats** for shade from sun should be standard walking apparel for an international trip such as this.
  - \* Carrying a **water** bottle on the walks is mandatory. The Mediterranean climate is

normally dry during spring and fall and dehydration can occur quickly.

- **Walk difficulty**
  - \* Walk distances and difficulty ratings are listed in the Adventure brochure.
  - \* We use the American Volkssport Association's (AVA) difficulty rating system of 1 to 5, with 1 representing flat, smooth walk routes and 5 representing very difficult hikes. **Walks in this Adventure are rated between 1 and 4** using the following description of ratings listed by the AVA:
    1. An easy walk on pavement or well-maintained trail with no significant hills.
    2. A moderately easy walk, may be on pavement or on trails. No significant difficulty with hills.
    3. A moderate walk in any setting with some difficult terrain, one or two substantial hills and/or steps.
    4. A more difficult walk. Most likely in a natural setting with poorly maintained paths and steeper or hilly inclines. Participants with certain health problems should take caution.
    5. A very difficult walk. All in rough fields or woods. Many steep hills or high altitude trails, or very rough, uneven terrain, steep or unstable inclines. Not suitable for any person who is not in good health.
  - \* **Preparing for walks**
    - ◇ We generally allow 3 hours per 10 kilometers (6.2 miles) of walking, assuming a venue that does not involve presentations by our guide. Most walks on this tour include some kind of interpretive presentation by our local guides, so walks may be slower paced. Walkers should, however, be able to comfortably walk 10 kilometers of flat, level trail in 2 1/2 hours.
    - ◇ Your enjoyment of this travel experience will be in direct relation to your level of physical fitness.
- **What is volkssport or volkswalking?**
  - \* Volkssport is a club activity that began in

Germany, Austria, and Switzerland in 1968. There are four primary activities: walking, biking, swimming, and cross country skiing. Walking is, by far, the most popular and well developed. A volkswalk is walked at a steady pace through a scenic and/or historic area over a pre-marked route (usually 10 km, which is 6.2 miles). Normally, it is hosted by a local group of volunteer club members. It is noncompetitive, and aims to involve people of all ages. Everyone who participates is declared a WINNER! Presently, there are walks in all 50 states and more than 30 countries worldwide.

- \* **Walk sanctions:** Though there was some uncertainty about the sanctioning of walks in Greece when we published the tour brochure, it now appears that we will receive IVV stamps for all walks in both Greece and Turkey.
- \* **Distances:** WAI takes a relaxed view on clocking the requisite 10 kilometers for each walk. Though we strive for walks of a respectable volkssport distance, we believe trail conditions, setting, and quality should determine walk distance. We therefore do not force an 8 kilometer walk into 10 kilometers by adding filler distance. Several walks on this Adventure will be less than 10 kilometers.

#### HEALTH HABITS ON TOUR

- **Water potability:** In Greece, water is technically safe to drink from the tap. However, you can eliminate one of the many adjustments your body has to make during international travel by drinking bottled water. In Turkey, you should never drink water from the tap!
- **Street vendors:** It is generally wise to avoid eating or drinking products sold by street vendors. Hot coffee and hot tea and canned or bottled soft drinks and beer are okay.

#### FELLOW TRAVELER FACTS

- **Group size:**
  - \* Generally, we close the trip at no more than 30 people. Where we spend signifi-

cant time on coaches, we strive to ensure that we have extra room – about 20% of the seats empty. On this Adventure, driving times are short, so we may not have this additional space in every case.

- **Average age:**
  - \* Most of our travelers fall between 50 and 70 years of age. This seems to be the age bracket that has the time and means to travel. However, we always have travelers that fall outside that range, from the 20's up into the 80's. Walkers are characteristically great traveling companions – positive, cheerful, and appreciative of the opportunity to see the world. As we travel and observe other tour groups, we are always pleasantly surprised at the difference in mobility and energy level/enthusiasm between our travelers and the typical group of “tourists”.
- **What if I don't have a roommate?**
  - \* It's always best to register for the trip with your own roommate, but we do offer to help match travelers up with others needing roommates. We provide contact information for potential roommates and allow travelers to contact each other and make their own decisions.

#### MOTORCOACH MESSAGE:

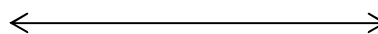
- **Seat rotation system:** Because we will be on the bus for shorter distances, and will be changing buses frequently each time we fly to a new location, we will not use our seat rotation system.
- **Rest stops:** The bus will be air conditioned, but toilets may NOT be available on buses. Rest stops are spaced every 1½ to 2 hours.
- **Bus snacks:** We do our best to schedule consistent meal times, but it's a good idea to carry non-messy fruit or munchies to manage your snack-attacks.
- **Seat Reservations:** Sorry, but it is not possible to reserve seats on the coach. The front two seats must be reserved for the guide team so they can do their job, but all other seats are open on a first-come-first-serve

basis.

## CULTURAL COLOR

- **Smoking:**
  - \* **Unfortunately, a general awareness of the damages of ingesting large quantities of smoke has not made much of a dent in Greece and Turkey yet. The Marlboro Man is alive and well in Mediterranean countries.**
  - \* We request non-smoking hotel rooms wherever possible and find that normally we do not have a problem with the cleanliness of rooms.
  - \* **Smoking in public spaces can be an issue at times. We do our best to shield you from this uncomfortable reality, but to some extent, it becomes part of the cultural experience.**
- **Vendor alert and bargaining – Turkey:**
  - \* **Interacting with street vendors and in the bazaar can be a ton of fun in Turkey. Be careful, however, that you understand fully what you are purchasing, and have a general idea of its value.**
  - \* **Many items in Turkey have a listed price and a negotiated price – bargaining or haggling is an expected part of shopping outside of established storefronts. Try to get a feel for a fair price before you begin to bargain, then offer about 50% of that fair price and come up. Make sure you are offering a price you are willing to pay. If the vendor accepts your offer, you are “honor bound” to carry through with the purchase.**
  - \* **Also be alert during the exchange of money to ensure that you are certain how much you are paying. If your vendor is not honest, it is much easier to avoid a scam if you are sure yourself of how much money you handed the vendor.**
  - \* **Do your best to pay in bills that require the least amount of change, preferably none. Sometimes it is hard to get change and you may receive pressure to apply the change towards another purchase.**
- **Photography:**

- \* Often in our travels, the local people become the highlight of the trip. Usually people are happy to have their photo taken, and using a discreet approach from a distance poses no problem. If you want a conspicuous photo of a person, however, it is best to ask by gesturing to your camera. They will usually nod “yes” and may enjoy seeing the results on your digital camera if possible.
- \* We do NOT recommend paying locals for the photo. When visitors hand out money in situations like this, it creates an expectation of being paid that spoils the experience for others and tempts the locals to use their smile as a source of income. We seek their photograph because they are beautiful or special or unique to us. That respect and delight should be payment enough. We propose that feeling guilty because of the difference in our standards of living is not a good reason to pay them for a photo, and does not change their circumstances, only their attitude.
- \* Don’t take photographs of police, airports, or other military bases or installations.
- \* We suggest that you bring more film or memory cards than you expect to need! In the new age of digital photography, we often hear travelers lamenting the lack of space on their memory cards.
- \* If purchasing videos, remember that most of the world uses a different format (PAL/SECAM) than the USA (NTSC). The PAL format will not play in our video/DVD players in the USA.



## TRAVELER'S PERSPECTIVE:

As with most things in life, the benefit you receive from this experience will depend to a large degree on the frame of mind you have at the outset. If you've not traveled outside North America before, here are a few things to be aware of:

- Though we attempt to eliminate it as much as possible, travel always contains an element of uncertainty. Being ready to adjust will enhance your experience.

Greece & Turkey Tips & Tidbits—continued

- To varying degrees, hotels, food, and local customs are different in other countries. This can be uncomfortable...and exciting!
- Though we continue to look for ways to slow the pace of our “Adventures,” we still believe in providing a full day’s opportunities for our travelers. Some days are therefore quite full and it is your job to manage your participation and energy level.
- Group travel, by its nature, involves giving up a certain degree of individual convenience. Though we strive for added flexibility for the individual, much of the time we all need to be “headed in the same direction.”

We hope we've covered your questions. If not, feel free to contact us and we'll be glad to fill in the gaps. We look forward to *Walking Greece & Turkey* with you!



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