



Frequently Asked Questions

- **What is the Free Spirits Ethos?**

We are a small independent travel company and are absolutely committed to supporting the communities we visit. We only work with local businesses to ensure that local people benefit rather than faceless global corporations. We support local environmental initiatives and have pledged to raise awareness of issues and make charitable donations to local environmental projects.
- **I'm new to wild swimming, is this for me?**

Our escapes are the perfect introduction to wild swimming. The water in Turkey in June, September and October is about 24 degrees. As long as you are able to swim 100m, you can enjoy swimming and dipping safely in some amazing swim spots. For your safety, we also provide you with floats and tow floats.
- **Do I need to be a strong swimmer?**

As long as you can swim 100m you will love our Escapes. They are totally non-competitive and although there will be some opportunities to swim longer distances around the lake, our focus is on enjoying the water and beautiful natural environments.
- **I'm travelling solo, is that OK?**

Yes! Our Escapes are for small groups of 8-12 people, so you can get to know one another. The emphasis is on enjoyment and being with like-minded people. There are plenty of group activities but also time to do your own thing.
- **Are flights included?**

Flights aren't included but there are several budget airlines that regularly fly to Dalaman.
- **Do I need a visa for Turkey?**

British and Irish nationals no longer need a visa to visit Turkey for less than 90 days.
- **Can I stay longer than the 'Escape' days?**

Yes, we can usually book an extra couple of days for you in the pension or find accommodation nearby – just drop us a line and let us know when you want to come.
- **What other activities are available?**

The pension owner will be able to organise other trips for you. We definitely recommend the cold mountain springs (about a 30-40 min drive) – it's an amazing trip, you can dip in pristine icy springs and have lunch in the mountains. Kargicak bay is also incredible. It's a remote bay with a gorgeous beach and decking extending into the sea. There is just a restaurant on the beach. You can take a taxi there over the mountain – not for the faint hearted! You can also organise sea kayaking from Kargicak with Caunos Tours. Feridun and Hatice can order you a water taxi to the Iztuzu beach at

any time – this is cheap and a lovely ride, you can walk the length of Iztuzu beach and visit the turtle sanctuary.

It is also great to explore the area by bike, just ask Feridun to order one for you. There are many walking trails in the area as it's an area of special environmental protection, and there are some amazing walks to be had – please visit www.ecotrails.com for more information.

The ancient city of Caunos is just a short trip across the river. Just take the little ferry across to wander amongst the ruins, visit the amphitheatre and if you're feeling energetic, climb mount Caunos!

There are many other excursions available in Dalyan including: swimming with horses, waterfall hikes and jeep safaris.

- **Do you cater for vegans?**
Yes! There is a huge range of both vegan and vegetarian food available in Turkey.
- **Can I book a private escape for less than 12 people?**
Yes! Let us know how many people, and we can work out a price. All our group prices are based on groups of 12 people so it will cost a little more for fewer people.
- **Do you provide a swim guide?**
No. We swim in many amazing spots and stay near our boat. Our escapes are focused on dipping in special places rather than long-distance swimming.
- **Do I need a wetsuit?**
You do not need a wetsuit but if you prefer to wear one, please feel free to bring your own! The water temperature in June and October is around 24 degrees.
- **Do you provide a tow float?**
Yes, we provide everyone with a tow float and also lights for our night swim.
- **Can we swim in the river?**
You can swim in the river at your own risk. There is some boat traffic on the river and sometimes strong currents. If you do decide to dip in the river, we advise you to use a tow float and stay close to the riverbank.
- **Can you organise an airport transfer?**
If you let us know what time you're arriving, we will let the pension owner know and he will organise a taxi to meet you at the airport. You can pay the pension owner directly for this.
- **Are there any age restrictions?**
Anyone over 18 who can swim 100 m can come on our escapes.
- **Is there a single person supplement?**
Solo travellers can share a twin room or have your own room. Your own room will cost a little more but we have tried to keep prices as reasonable as possible.