



Free Spirit
ESCAPES

**WILD SWIM
& DIP
HOLIDAYS**

www.freespiritescapes.com



Feel Free Love Life Let Go



Swim



Dip



Chill

Welcome to Free Spirit Escapes...

I'm Sarah, I love swimming and dipping in beautiful natural places! I founded Free Spirit Escapes to share this with others. Free Spirit Escapes are passionate about the communities and environments we visit. We are a small independent travel company and are determined to provide fantastic affordable holidays that support local business and contribute to local environmental initiatives. Free Spirit Escapes are for swimmers, swimblers, dippers and nature lovers. Our holidays are completely unique and bring people together to share the joy of swimming and dipping in amazing natural places – I hope you love them as much as I do!

Sarah x

Our Escapes

Free Spirit Escapes are for anyone who loves swimming and dipping in beautiful natural places. We offer fabulous, authentic experiences in stunning locations for groups of 8 -12 people. Our escapes are perfect if you're travelling solo, in a couple or with friends. The vibe is friendly, non-competitive and everyone is welcome, we take care of everything so our guests can just swim, dip and chill.

Swim Dip CHILL

A 6 night escape that's all about swimming, dipping, jumping and paddling in gorgeous warm lakes, turquoise bays and exhilarating ocean waves. Escape with us to southwest Turkey to enjoy incredible boat trips to the best swim spots, gorgeous nutritious food and good company. From £685, DATES : 1 - 7 October

Swim Dip CHILL & YOGA

A 4 night/5 day swimming and yoga escape to southwest Turkey specially designed to make you feel instantly relaxed. Swim and dip every day in beautiful natural lakes and hidden coves, enjoy morning and evening yoga classes in the garden, chill in the hammock and revive yourself with amazing nutritious food and juices. From £575 DATES: 2-6 / 8 - 12 June

Swim Dip BESPOKE

We are happy to talk to you putting together a bespoke group escape – just let us know what you're looking for!



Dalyan is one of the most beautiful and unspoilt places in Turkey. Situated on the southwest coast between the stunning Lake Koycegiz and the incredible Iztuzu Beach, it's surrounded by lush forests, mountains and pristine cold-water springs. It's a unique natural environment where you can often see beautiful kingfishers and loggerhead turtles (*Caretta Caretta*). Dalyan is also home to the amazing Lycian Rock tombs and the famous hot springs and mud baths which are said to have rejuvenating powers.

It's only 30 minutes from Dalaman airport and has a bustling village centre with great bars and restaurants.

The accommodation is a traditional family run pension situated in the heart of Dalyan in a stunning location right on the river. The pension has a beautiful garden terrace with sun loungers and a hammock. The rooms are simple, clean and are all air conditioned with an en-suite bathroom. You can order drinks and freshly prepared food anytime from the garden bar and restaurant. There is free WiFi throughout the pension.



Our amazing hosts, Feridun and Hatice, provide delicious home cooked food made from fresh locally grown produce (some of it directly from their own garden!). Their Turkish breakfast is legendary! Freshly prepared daily and includes eggs, tomatoes, cucumber, olives, cheese, cherry jam, honey and freshly baked bread alongside cereal. We include a number of delicious Turkish BBQ meals which comprise a huge selection of freshly prepared vegetarian and vegan meze along with BBQ chicken, meatballs or fish.

You can enjoy a vast array of wonderful fresh food while you're in Turkey and will also get the chance to try out some of the fabulous local restaurants.

What's Included?

Swim Dip

CHILL

6 nights' accommodation in an authentic Turkish pension in a stunning riverside location (all rooms ensuite and air conditioned)

Daily Turkish breakfast (legendary!)

2 x home cooked group dinners in the pension

2 x evening meals on the boat

2 x lunches on the boat

5 x boat trips on our gorgeous private boat:

Dalyan river and lake Koycegiz (including lunch)

Iztuzu Beach to dip in the evening waves (including beach BBQ)

Hot volcanic lake to plunge into the warm water (including breakfast on the boat)

Moonlight trip to Lake Koycegiz – dip under the stars (including evening meal)

Sea trip to secluded coves – swim in the clear turquoise water (including lunch)

Swim Dip

CHILL & YOGA

4 nights' accommodation in an authentic Turkish pension in a stunning riverside location (all rooms ensuite and air conditioned)

Daily Turkish breakfast (legendary!)

1 x BBQ lunch (on the boat)

2 x evening meals (on the boat)

5 x yoga sessions

4 x boat trips on our gorgeous private boat:

Iztuzu Beach to dip in the evening waves (including beach BBQ)

Hot volcanic lake to plunge into the warm water (including breakfast on the boat)

Moonlight trip to Lake Koycegiz – dip under the stars (including evening meal)

Sea trip to secluded coves – swim in the clear turquoise water (including lunch)

Optional activities (additional cost):

Cold mountain springs – the thrill of the chill, plunge into the icy springs (approx. £10)

The Hammam – Turkish bath and massage

Kargicak beach club – beautiful secluded bay and restaurant (including sea kayak adventure)

Caunos – visit the ancient city of Caunos

Bicycle hire

Iztuzu - beach walk and visit the Sea Turtle Foundation

Equipment included:

Tow floats and night lights

Yoga mats

What's not included:

Flights

Transport from airport (the pension owner will arrange transport and you can pay him directly)

Insurance

Drinks

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 a charitable donation every trip



I'm a nature lover, wild swimmer and traveller, living in Liverpool with 2 almost grown up sons and cats Ziggy, Herbie and Ninja. I love the wonderful sense of community amongst wild swimmers and enjoy swimming in incredible places in the UK and further afield. Southwest Turkey is a treasure trove of swim spots! I am so delighted to share some of the special places I have discovered on my travels and look forward to welcoming you to Free Spirit Escapes!

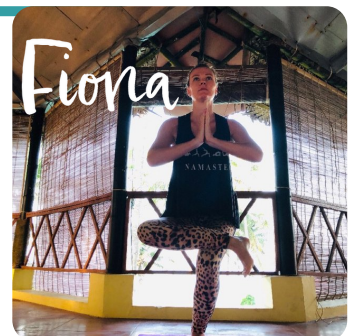


Feridun and Hatice are the perfect hosts. and run their beautiful riverside pension together. Hatice is a wonderfully versatile cook, making the most of the fresh locally grown produce to cook vast array of tasty dishes.



Feridun is our Captain and the owner of a fabulous boat, Marvel 2. We are in safe hands sailing around the Dalyan delta and out to sea – he knows the best possible swim spots! Feridun and Hatice are happy to share their fantastic local knowledge and will give you a warm Turkish welcome.

Fiona will offer daily yoga in the garden (on our yoga hols !). Sessions will be a mix of vinyasa and yin – yinyasa! Starting the day with a dynamic flow to get your bodies moving and feel energized for the day ahead. Before dinner she'll offer a mellow flow to wind down for the evening. All sessions will be suitable for beginners, so don't worry if you've never done yoga before! Fiona hopes to inspire you to connect with your mind, body and soul so you feel amazing !



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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 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 you own thing.

Are flights included?

Flights aren't included but there are several budget airlines that regularly fly to Dalaman. Please check out Skyscanner: Cheap Flights, Hotels, Car Hire & Last Minute Holidays | UK Travel for the best prices. Prices fluctuate from around £100 - £300. The best prices are usually from the following airports (but do check your local airport as things tend to change!)

Dublin: Ryan Air

Belfast: Easy Jet

Glasgow: Easy Jet

London Gatwick: Easy Jet, Corendon

Bristol: EasyJet, Jet 2

Manchester: Corendon, Jet 2, Easy Jet

Liverpool: Easy Jet

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?

Feridun, 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 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. 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.

Additional Quick Questions (Just FOR THE YOGA HOL)**I haven't done yoga before is this a problem?**

Not at all – it's a great place to try it! The yoga is for all levels – you don't need to be experienced or flexible!! We'll ask you to complete a short health questionnaire to inform the sessions so any necessary adjustments can be made.

Do I need a yoga mat?

We will provide yoga mats although you are welcome to bring your own if you prefer.

I have an injury and/ or health needs; can I still take part?

Most yoga postures can be adjusted to keep you safe and enable to work at your own level. We'll ask you to complete a short health questionnaire so we can advise and adapt sessions. In some cases, depending on the injury, we may ask for a GP's letter confirming you can take part.

I'm not keen on yoga can it sit it out?

Of course! All of our activities are optional 😊



Swim
Dip
Chill

What if Turkey or the UK change their entry requirements due to Covid 19

If travel restrictions imposed by the Turkish or UK Government prevent us from running the trip, you will receive a full refund within 5-10 working days.

If testing requirements are changed in Turkey or the UK, we will still run our trips and you will not be entitled to a refund.

What if I test positive or have to isolate before the holiday

If you test positive for Covid-19 and/or are required to self-isolate before the trip, we will reschedule your booking to the same trip on a future date, either in 2022 or 2023:

- as long as there is availability on your chosen alternative date
- with the understanding that you will pay the difference if the trip you move to is more expensive than the trip you originally booked
- We will need to see proof of a positive PCR test or requirement to self-isolate from NHS Test & Trace

If you choose to cancel instead:

- If Free Spirit Escapes are able to fill your spot with another guest: We will arrange a refund, minus a 20% fee on the full balance cost.
- If Free Spirit Escapes are unable to fill your spot no refund will be available.

You should have adequate travel insurance that covers you for cancellation due to Covid-19, many companies now offer this.

Travelling to Turkey Covid-19 FAQ

What are the entry requirements to Turkey from the UK?

The guidance can change frequently – at the time of writing (February 2022) this information is correct. Please check here to confirm this guidance still applies Entry requirements - Turkey travel advice - GOV.UK (www.gov.uk)

You will need to complete the online form (Form for Entry to Turkey), a maximum of 72 hours before travelling, to enter Turkey.

If you're fully vaccinated, you can enter Turkey without needing to test or quarantine. You must present proof of vaccine status and at least 14 days must have passed since your second dose. See Entry requirements - Turkey travel advice - GOV.UK (www.gov.uk) for more details.

If you're not fully vaccinated, you'll need to show proof of a negative PCR test (taken no more than 72 hours before entry), rapid antigen test (taken no more than 48 hours before entry), or proof of a recent recovery from COVID-19 within the last six months, when entering Turkey. See information on getting a test before entry and Entry requirements - Turkey travel advice - GOV.UK (www.gov.uk) for more details.

Getting back to the UK

Fully vaccinated – from 11 February (this information is up-to-date February 2022) please confirm current guidelines and find more information here: Travel to England from another country during coronavirus (COVID-19) - GOV.UK (www.gov.uk)

If you qualify as fully vaccinated for travel to England, you:

- will not need to take a COVID-19 test before you travel to England or after you arrive
- will not need to quarantine when you arrive
- will need to complete a passenger locator form before you travel to England.

Not fully vaccinated – from 11 February

If you do not qualify as fully vaccinated for travel to England, you will need to:

- show proof of a negative COVID-19 test – test to be taken in the 2 days before you travel to England
- book and pay for a COVID-19 PCR test – to be taken after you arrive in England
- complete a passenger locator form before you travel to England

You will need to book the PCR test before you travel.

Terms & Conditions



BOOKING

You may pay in full at time of booking or alternatively by deposit of £150. Until we have received your payment or the deposit we cannot confirm your booking. Your booking is not secured until you have received written confirmation from us confirming receipt of payment. Where only a deposit is made at the time of booking, full payment of the balance is due 60 days before the escape commences upon receipt of an invoice. Free Spirit Escapes Ltd reserves the right to cancel your booking if full payment has not been received in full 60 days prior to arrival. In the event that you need to cancel your escape, please read the cancellation charges as set out below. Bookings made 60 days prior to arrival must be paid in full at time of booking.

CANCELLATION

Once you have booked your Free Spirit Escape your deposit is non-refundable. In the event that you need to cancel your retreat, the following refund policy applies.

Cancellation more than 120 days before the start date of the retreat: full refund minus deposit.

Cancellation 90 – 119 days before the start date of the retreat: 75% refund minus deposit.

Cancellation more than 60-89 days before the start date of the retreat: 50% refund minus deposit.

Cancellation less than 60 days before the start date of retreat: No refund, at our discretion we may put the balance paid towards another escape.

If an outbreak of Covid-19 either in Turkey or here in the UK prevents us from travelling then we will look to either book alternative dates and transfer your booking or provide a refund of monies paid. You will be required to deal directly with your airline with regards to a refund of your flight. Should you choose not to cancel because of Covid-19 but the escape is still able to go ahead then you will be subject to the standard cancellation terms in the T&C's above.

In the unlikely event that we have to cancel an escape for any reason, you will receive a full refund. However, we are not able to cover additional travel expenses or responsible for any consequential expenses incurred as a result of any cancellation. It is your responsibility to have a travel insurance policy that will protect you should you need to cancel or in the unlikely event Free Spirit Escapes Ltd has to cancel.

INSURANCE

It is a condition of your booking with Free Spirit Escapes Ltd and your responsibility to ensure that you have suitable travel insurance cover for the travel arrangements and activities that you have booked with us. You must hold a valid comprehensive insurance cover for travel, swimming, lost luggage, medical costs, cancellation and any other activities you intend on doing outside of your escape package. Your policy must include medical expenses (including transportation), emergency repatriation, travel illness and personal accident on the tour. You will be asked to provide us with your insurance details (company name, policy number and 24-hour contact).

PRE-EXISTING MEDICAL CONDITIONS AND MEDICAL CONCERNS

The escape is undertaken at your own risk. You must make Free Spirit Escapes Ltd aware at the time of booking of any pre-existing medical conditions, treatments, surgeries that you have had, allergies and intolerances upon booking. Failure to notify Free Spirit Escapes of any pre-existing medical conditions, treatments, surgeries that you have had, allergies and intolerances in your booking form may result in you not being able to take part in the escape.

In some circumstances it is necessary we may require a letter from your GP/Specialist stating that they are happy for you to go ahead with the escape.

LIMITATION OF LIABILITY

We are not liable to you for any dissatisfaction, loss of enjoyment, loss, injury or damage which results from your Free Spirit Escape. We take all reasonable care in arranging your Free Spirit Escape. However, we are dependent on other organisations, which we do not own or operate, for the provision of accommodation and boat trips. Consequently, we shall not be liable for loss, damage, inconvenience, death or personal injury due to neglect, act or omission of any other company or caused by an event beyond reasonable control.

We also have no liability to you for any consequential loss which you may suffer in relation to any arrangements which you book to coincide with your Free Spirit Escape, including travel, accommodation arrangements and additional activities.

ITINERARY

We reserve the right to change the published itinerary at any time. Your enjoyment and safety is of the utmost importance to us and we may need to adapt our itinerary in the event of adverse weather conditions or any other circumstances beyond our control. Our local guide or boat captain knows the area well enough to ensure we dip in the finest and safest places.

GENERAL

Free Spirit Escapes Ltd works with various local suppliers for accommodation, boat trips, and catering. We review these suppliers on a regular basis to ensure they comply with local health and safety standards and your escape is of the highest quality. Please bear in mind that occasionally some facilities or services may be withdrawn by our third-party suppliers due to circumstances beyond our control, for example, weather conditions or lack of demand.

Where changes are significant we will endeavour to inform you as soon as possible.

We are not held liable for any flight costs.

It is the customer's responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport in time.

We can accept no responsibility for delay or cancellation of any flights, train, buses or other forms of transport.

We reserve the right to alter any facility accommodation or activity.

The customer must comply fully with all health and safety regulations introduced by us.

We are not liable for any injuries to the customer in his/her use of our facilities or participation in activities.

We cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.

We shall not be liable for any failures beyond its control. This covers natural disasters, war, 'acts of God', closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors.

We accept no liability for loss, damage, injury or illnesses which maybe received during the customers stay or travelling to and from our Escapes.

These terms and conditions shall be governed by UK Law and the parties consent to the exclusive jurisdiction of the UK courts in all matters regarding them.

INCLUSIONS AND EXCLUSIONS

Free Spirit Escapes Ltd can recommend extra activities during your escape but it is your responsibility to pay for any extras and Free Spirit Escapes Ltd will not take any responsibility for any issues associated with the extras arranged outside of what is included within the escape package.

The package will include:

- Your accommodation
- Linen and towels in your accommodation
- Boat trips
- Yoga (only on Swim Dip and Yoga Escapes)
- Catering as specified

Exclusions:

- Travel insurance
- Travel expenses to Dalaman (car, train or flights unless specified otherwise)
- Transfers Dalaman to your accommodation
- Any extra activities/travel outside of those set out in our escape package
- Our escape will specify what meals are included

SWIMMING ABILITY

All participants must be able to swim at least 100m



BOOK NOW

www.freespiritescapes.com
info@freespiritescapes.com



Free Spirit
ESCAPES

