

## 7 Days Training Camps in ANTALYA During Winter from November to May



Antalya is a port city along the Mediterranean Coastline of Turkey. Antalya enjoys the sunshine for 300 days a year. The average day time temperature is between 10 and 24 degrees Celsius from November to May.

There are lots of cheap and direct flights from European cities to Antalya International Airport all around the year.

We plan and organize weekly or longer training camps in these periods every year. Around Antalya, we have 12 maps within 15-

70 km. distances from city center.



Dear Friends,

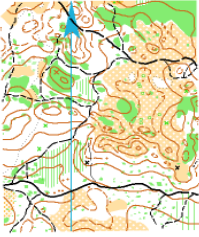
When you are in Antalya you will enjoy the sunshine, and very detailed and technical terrains in very short distances from your hotel. We will be pleased to give you all the services in your training camps. Please contact us and we will take care of every single detail for you and your group. This will be a worry-free and fun training camp for every member of the group. See you soon.

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# Orienteering Maps in ANTALYA

## 1) Manavgat



There are 2 big maps in Manavgat. One of the maps is hilly terrain with pine forest, and the other one is flat, easily-run, and technical terrain with beach pine forest. Manavgat is 70 km. east of Antalya.

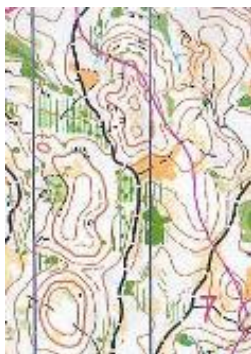
## 2) Elsazi

There are 2 big maps in Elsazi (Isparta). This area offers a terrain from easy to run to hard-to-cross. Difference of height at one slope can be up to 70 m. Passability is from good to poor. In some places there is thorny undergrowth. Elsazi is 75 km. north of Antalya.



## 3) Kursunlu

It is a very detailed terrain with soft running ground. This area offers a terrain easy to hard-to-cross. Passability changes from good to the poor and especially impenetrable in distant sections of map. In some places there are thorny undergrowths. It is near to Kursunlu Waterfall. After running in the forest the waterfall is waiting for you. It is 25 km from Antalya.



#### 4) Gebiz

It is a very detailed and fantastic terrain. There is no vegetation on the ground like velvet. It is one of the best terrains for technical orienteering. It is 40 km from Antalya.



#### 5) Tonguclu

It is a soft and flat terrain without vegetation under pine forest.

It is 5 km before Gebiz map and 35 km. from Antalya.



#### 6) Antalya Ataturk Park

It is one of the sprint maps. The park is located on a cliff overlooking Antalya Gulf. The map is at the heart of Antalya.



#### 8) Duzlercami

This map is so flat and wonderful to run with compass. It is a part of Termessos national park and 25 km. northwest of Antalya.



### 9) Cakirlar

This map is A3 size at 1:10.000. There are lots of stones, boulders, and big hills. It is perfect for hilly training. This area offers a terrain easy to hard-to-cross. Difference of height at one slope can be up to 100m. Passability changes from good to the poor. This terrain is 25 km. west of Antalya.



### 10) Lara beach

This map is 1:5000. The terrain is covered beach pine forest. In some parts there are passable vegetations and difficult to run sand dunes. It is a very technical terrain with lots of similar features hard to follow. It is 10 km. from the city center of Antalya.



#OF DAYS	TIME	7 DAYS SAMPLE TRAINING PROGRAM	MAP AREA	LUNCH	DINNER	DISTANCE IN KM
DAY 1		Travel day, arrival in Antalya- transfer to the hotel			Hotel	10
DAY 2	1000	Control picking + corridor	Kursunlu	Lunch pack	Hotel	20
		Visit Kursunlu waterfalls and Perge				
DAY 3	0900	Middle distance	Elsazi	Lunch pack	Hotel	75
	1500	Control picking	Elsazi			
DAY 4	0900	Routechoice	Manavgat 1	Lunch pack	Hotel	70
	1500	Butterfly O	Manavgat 2			
DAY 5	1000	Sprint	Townpark	No lunch	Hotel	5
		Afternoon, visit Antalya Museum and the old city				
DAY 6	0930	Long Distance	Gebiz	hotel	Hotel	25
		Free time				
DAY 7	0900	Compass + control picking	Duzlercami	Lunch pack	Hotel	25
		3-4 hour hiking in Termessos National Park				
DAY 8	0900	Chasing start	Lara	Hotel	not incl.	5
	1500	Line-O	Lara			5
DEPARTURE	1730	Travel home, departure from Antalya				

Red color means training with control flags and SI units

Yellow color means training with control flags

Green color means training with tapes

**This is a sample program and can be modified and changed in accordance with your requests.**

**PRICE LIST FOR 7 DAYS SAMPLE TRAINING CAMPS**  
**FROM NOVEMBER 2009 TO APRIL 2010**

**Prices in Euro per person staying in a double room, and for single room please add single supplement on the base prices per person.**

**4 STAR HOTEL CATEGORIES**

**1. BED AND BREAKFAST ACCOMMODATION, BB**

<b>BB PRICE IN EURO</b>	<b>GROUP SIZE</b>	<b>16</b>	<b>20</b>	<b>24</b>	<b>28</b>	<b>32</b>
<b>PER PERSON IN DOUBLE ROOM</b>		<b>469</b>	<b>431</b>	<b>405</b>	<b>387</b>	<b>374</b>
<b>SINGLE SUPPLEMENT</b>		<b>69</b>				

**2. BREAKFAST AND DINNER INCLUDED, HB**

<b>HB PRICE IN EURO</b>	<b>GROUP SIZE</b>	<b>16</b>	<b>20</b>	<b>24</b>	<b>28</b>	<b>32</b>
<b>PER PERSON IN DOUBLE ROOM</b>		<b>499</b>	<b>465</b>	<b>440</b>	<b>422</b>	<b>408</b>
<b>SINGLE SUPPLEMENT</b>		<b>69</b>				

**3. BREAKFAST, LUNCH, AND DINNER INCLUDED, FB**

<b>FB PRICE IN EURO</b>	<b>GROUP SIZE</b>	<b>16</b>	<b>20</b>	<b>24</b>	<b>28</b>	<b>32</b>
<b>PER PERSON IN DOUBLE ROOM</b>		<b>543</b>	<b>504</b>	<b>479</b>	<b>461</b>	<b>447</b>
<b>SINGLE SUPPLEMENT</b>		<b>69</b>				

What is included?

- Hotel accommodations as indicated itinerary- 4 STAR HOTEL
- All meals as indicated: B=Breakfast (7 breakfasts), L=Lunch (4 lunch packages and 2 lunches in the restaurant), and D=Dinner (7 dinners, one of them in a special Turkish Restaurant).
- Bottled water with meals is included
- 5.00 o'clock tea breaks in the hotel
- Professional, English-speaking staff with their own transportation
- Renault Kango or Clio or similar type car rental with full insurance and taxes
- Hotel tips only
- Group flight transfers
- Complete program of the tours as described in the itinerary. All entrance fees for Termessos, Perge, Kursunlu Waterfall, and Antalya City Museum and parking fees
- Three trainings with control flags, four trainings with control flags and SI, and three trainings with tapes
- All the map printings, control flags and SI units
- All the special permissions from the local institutions, Orienteering Federation, National Forestry, and Local Police Departments.

What is excluded?

- International airfare, airport taxes and fuel surcharges
- Alcoholic and non-alcoholic beverages during the meals
- Visa (can be obtained on arrival at airport in Turkey)
- Gratuities for staff
- Personal expenses such as minibar, telephone, laundry, etc.
- Travel and health insurances