

## Full Itinerary & Trip Details

# 5 Day Abant - Cooking Tour - Turkish Bath

Abant is located by the calm waters of a national park, surrounded by lush forests and a beautiful landscape. Located in Bolu, famous for its cuisine and well-known chefs across the country, Abant has the same name as the lake and offers numerous natural beauties to anyone who wants to spend time in nature. If you would like to see something different in your life and if you like cooking or want to learn how to cook, we offer you a very special itinerary to learn very good Turkish cuisines with smiley and friendly Turkish people. Then we leave ourselves to the relaxing and relaxing effect of the Turkish bath. Bath and sauna, soap massage, shock shower, scrub. All land of Abant is a natural wonder that reveals different natural landscapes in every season. Visitors in the area can go on expeditions or participate in various outdoor sports.

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**PRICE STARTING FROM**

€0 € 0

**DURATION**

5 days

**TOUR ID**

23212

**ITINERARY**

**Day 1 : Abant Arrival Day**

Meet at the Bus Station and transfer to your hotel. You will be given your room key and the rest of the day is yours to explore Abant. Overnight in Abant.

**Day 2 : Paradise Lake & Abant Lake Tour**

## Breakfast Included

After breakfast, we take our guests from the hotel and start our Paradise Lake tour. Here you will witness the unique beauty of Lake Paradise. Our guests can photograph the beauties around the lake and take a walk around the lake in the free time zone that will be given here. Then we gather at the specified time and move towards Abant lake. You can be sure that your memories will remain one of the most beautiful when you take the unforgettable photo frames during your walk around the lake in the free time zone we will give when we arrive at the Abant lake. Those who wish can shop in the village market, they can take a carriage ride known as the symbol of Abant (extra). Overnight in Abant.

## **Day 3 : Cooking Lesson & Shopping Tour**

### Breakfast and Lunch Included

After breakfast, we take our guests from the hotel and depart to a local restaurant for your professional cooking lesson. You participate in your first Turkish cooking lesson: During our Abant cooking tour, you will taste various flavors of Bolu and in the menu Abant Kebap , Mengen Rice ( Local Rice ) and a dessert , preparing lunch which you will enjoy!

After lunch you will depart to city center for free time and shopping before return your hotel.

After the tour drop back to your hotel. Overnight in Abant.

## **Day 4 : Turkish Bath**

### Breakfast Included

Turkish Bath, called “hamam” in Turkish which has been present in Turkey for thousands of years.

The tradition of the Turkish bath extends far back, to a time before Turks had reached Anatolia.

When the Turks arrived in Anatolia, they brought with them a bathing tradition and were confronted with another, that of Romans and Byzantines, with certain local variants.

After we pick you up from your hotel, we will take you to one of the traditional Baths in Bolu, which has historical buildings. There is a few main procedures during the bath. When you arrive, the staff will provide you a cubicle in which you take off your clothes and wear the waist cloth.

After changing, you will be taken to the Sicaklik (Hot Room) of the Turkish Bath that would help your muscles loosen up and you will continue to the warm room of the bath, The staff (tellak for men and natir for women) will scrub you down using Turkish soap and a special cloth that gets out all your old skin blocking your pores. Once you are finished, you will be taken to the Sogukluk (Cold Room) and given towels to wrap yourself in.

Then, you can pay for having a massage or you can just relax and order some tea or other drinks as you would like. As last, after you get dressed, you will feel your skin renewed like a baby skin. That's the magic of Turkish bath. Overnight in Abant.

## **Day 5 : Abant – End of Tour**

### Breakfast Included

After breakfast, you will have free time in Abant. Today is the last day of our tour and we are sadly returning home. Depend on your bus departure time we will transfer you to Bus Station.

We hope your tour is an unforgettable tour and we would like to meet again on one of our tours in the future.

Thank you for choosing a good trip and us.

## **Includes**

- Professional English - speaking tour guides
- All entrance fees mentioned in the itinerary
- Transportation in a fully air - conditioned, non - smoking coach
- 3 open buffet breakfasts
- Turkish Bath
- 3 nights hotel in Abant
- Guided Abant Golcuk Lake Tour
- Cooking Lesson
- Return transfer to Coach Station in Bolu
- Arrival transfer from Coach Station in Bolu

## **Excludes**

- International flights
- Insurance: All types
- Turkey entry visa
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry
- Any others expenses which are not mentioned at the included section

## **Routes**

## **Available On Dates**

21 September, 2020 - 31 March, 2022 Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

## **Hotels**

SILVER TOUR PACKAGE CATEGORY HOTELS BIG ABANT HOTEL GOLD TOUR PACKAGE  
CATEGORY HOTELS 5\* BIG ABANT HOTEL