

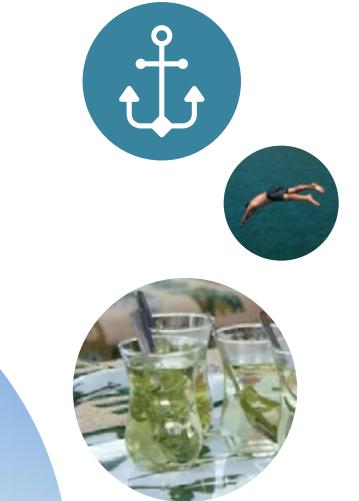


www.mdfvoyage.com
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About MDFV

A boutique vacation experience yachting through the Mediterranean that features:

- Hikes and briefings led by a credentialed tour guide
- Locally sourced Mediterranean food prepared by a private chef
- Customized fitness classes led by a certified instructor



The yacht

You will sail through the Mediterranean on-board our wooden 16-passenger Turkish gulet. This boat will be your home for 7-nights and 8-days while you explore, workout, feast, relax and play. Some common questions:

- **What's a gulet?** A gulet is a traditional two-masted wooden sailing vessel built in the Turkish Riviera, where there has been a vibrant boat construction culture since antiquity.
- **Are there private bathrooms?** Yes. Each of the 8 guest cabins has an en-suite bathroom.
- **Is there hot water?** Yes! Our water tanks are solar heated.
- **Is there WiFi?** Yes! We have WiFi on-board whenever there is cellular reception.



Itineraries 2015



Choose from three exciting itineraries

THE
Blue
VOYAGE

The Blue Voyage takes you through the Turkish Mediterranean coastline of Gocek, between the Fethiye and Marmaris marinas.

THE

Greek Island
VOYAGE

The Greek Islands Voyage explores the coves and islands around Rhodes, Greece.

THE

Combination
VOYAGE

The Turkey and Greek Islands Combination Voyage explores the coves and islands around Rhodes, Greece and Marmaris, Turkey.

Itineraries 2016



Choose from five exciting itineraries

Blue
VOYAGE

Greek Island
VOYAGE

Combination
VOYAGE

Land
VOYAGE

Lucian
VOYAGE

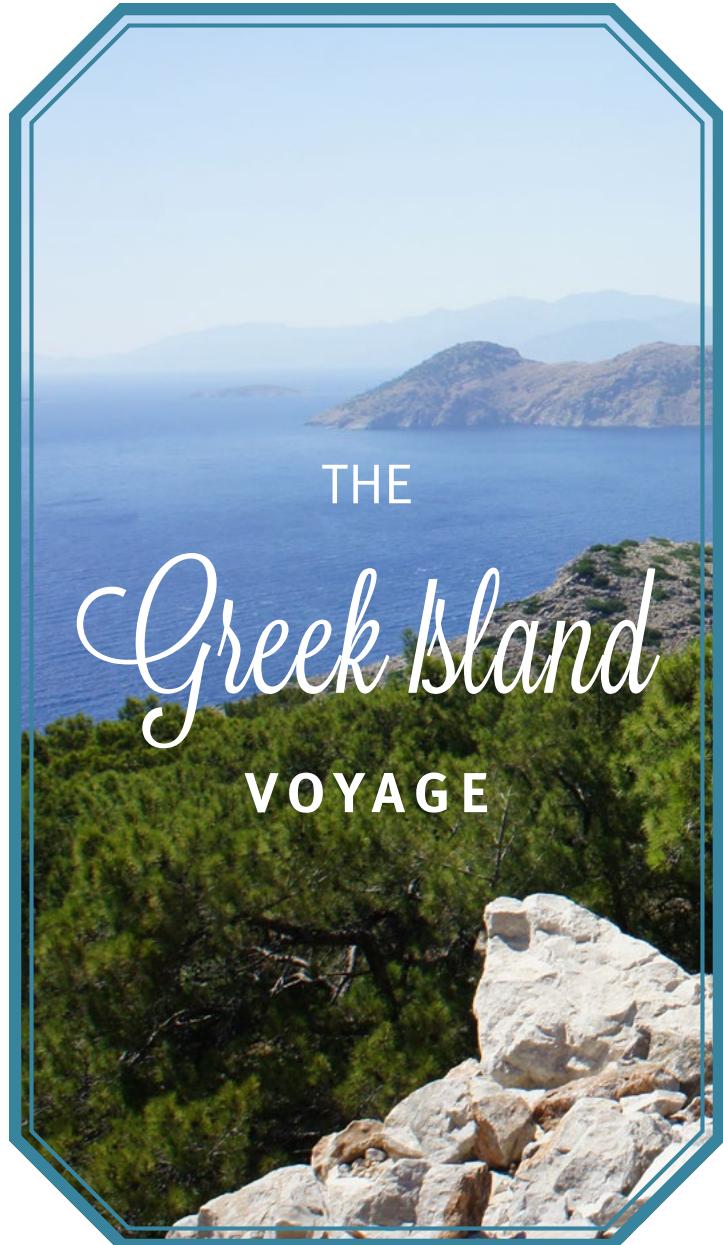


THE
Blue
VOYAGE

Itineraries

- A hamam (Turkish Bath)
- Beautiful hikes, including one to an ancient city and one to visit a nomad
- Crab and beer lunch in front of ancient tombs
- Raki tasting
- Iztuzu beach (fresh and salt water)
- Mudbath in Dalyan
- Tours of two ancient cities (Kayakoy and Caunos)





THE
Greek Island
VOYAGE

Itineraries

- Beautiful hikes
- Swimming in up to 10 coves
- Tavli lessons and ouzo tasting
- Tour of Rhodes
- Visit up to 7 Greek islands including Rhodes, Symi and Kos



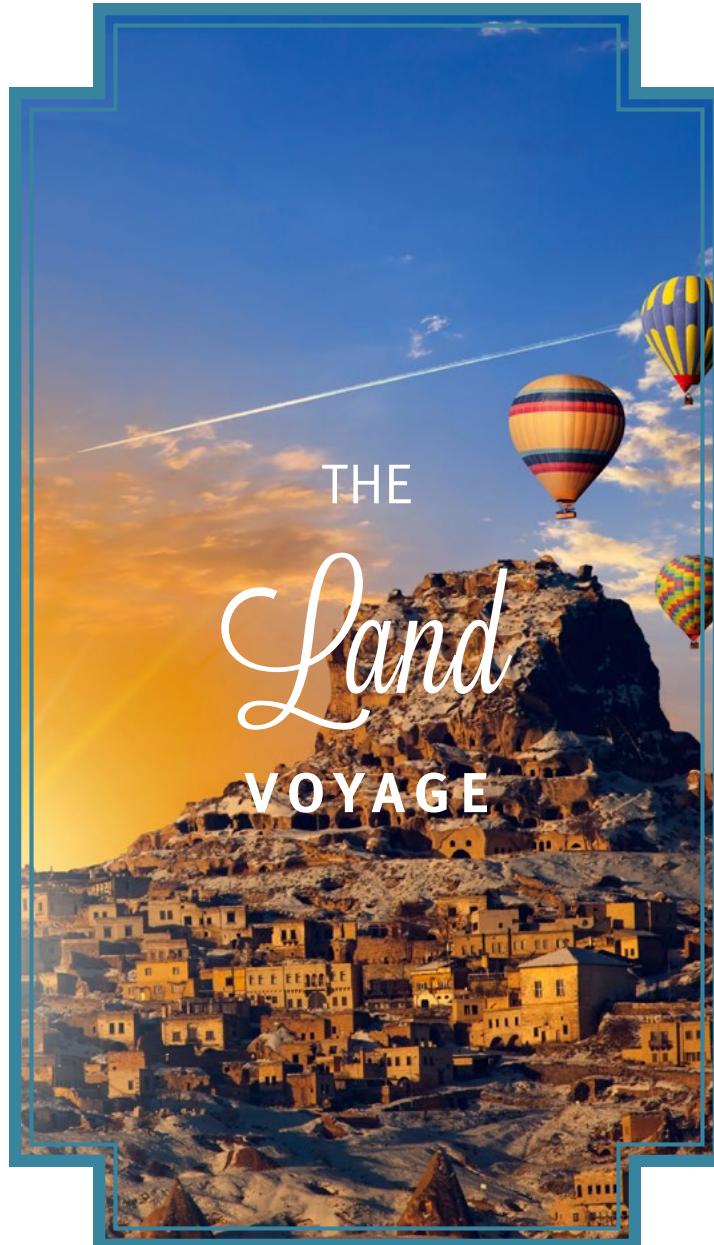


THE
Combination
VOYAGE



Itineraries

- The best of each!
- A hamam (Turkish Bath)
- Beautiful hikes
- Ouzo and raki tasting
- Tour of Rhodes

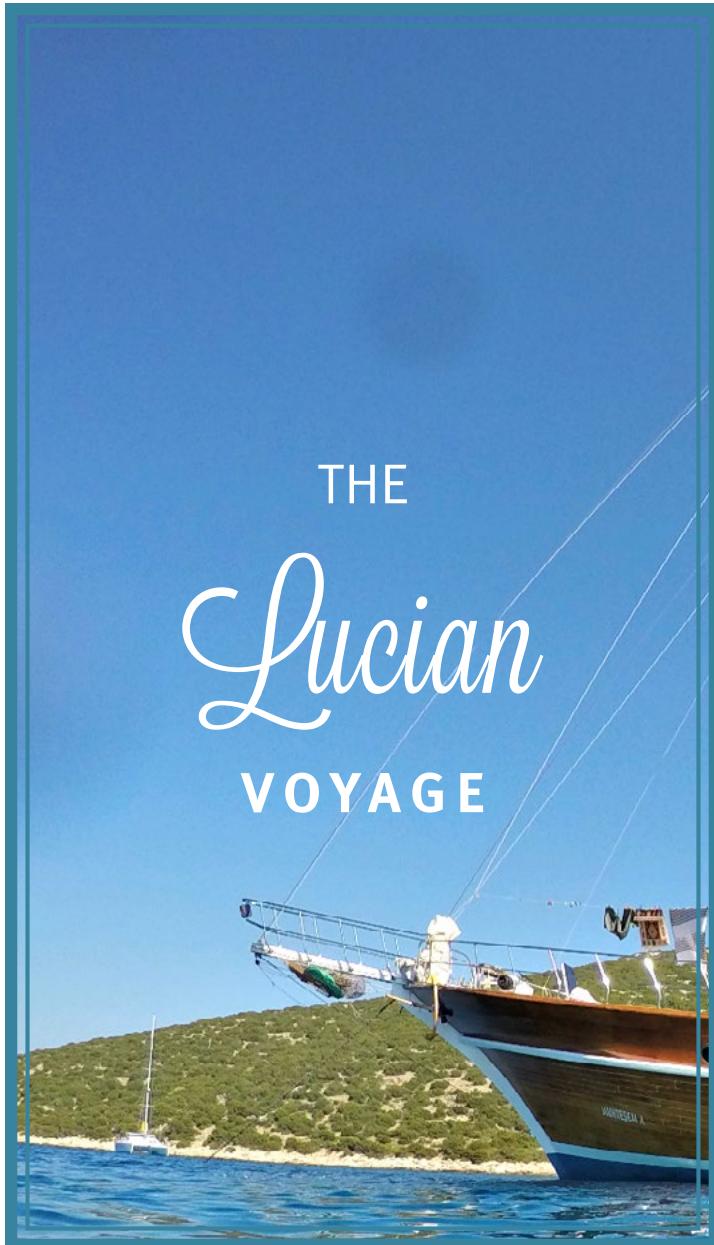


THE
Land
VOYAGE



Itineraries

- Visit the highlights of Istanbul & Cappadocia
- Backgammon lessons and raki tasting
- Cooking class & street food tour of Istanbul
- Daily fitness classes (the composition of the classes varies, and can be yoga, Pilates, circuit training, etc.)
- Hikes through the magical fairy chimneys in Cappadocia
- Note: There is not a gulet in the Land Voyage but hotels and domestic airfare to Cappadocia are included



THE
Lucian
VOYAGE



Itineraries

- One week onboard our gorgeous gulet hiking the coastline between Antalya and Fethiye
- Backgammon lessons and raki tasting
- Cooking class onboard
- Daily fitness classes (the composition of the classes varies, and can be yoga, Pilates, circuit training, etc.)
- Daily hikes along the historical Lycian Way, consisting of Roman roads and old footpaths
- Swimming and watersports in private coves
- Tour of Antalya

Additions in 2017



In 2016, Mediterranean Delights Fitness Voyage will add two additional itineraries:

- **PAMUKKALE, TURKEY**
- **MONTENEGRO**



Feast on the fresh food



Our five-star chef uses wholesome ingredients with traditional cooking methods. You'll feast on healthy Mediterranean-style foods to ensure you are fully sustained while we relax, exercise and explore beautiful new lands.

- On each voyage we offer a cooking class
- And, we send you home with the recipes of the Mediterranean treats you enjoyed on board



Fitness Focus



We have guest instructors for each Voyage who teach the group classes and are available for private sessions.

Beyond the hiking and swimming, we offer daily workouts designed to compliment our hiking with foundation-building strength training, muscle-recovery stretching and yoga. Our fitness program on board is suitable for all levels. Our workouts will vary and integrate the following:

All of our instructors are certified fitness professionals who offer their own unique programs and flavors!

Total Body Alignment: From the bottoms of the feet to the top of the head, we will wake up every body part while encouraging spinal alignment.

Strength and Cardio Circuit: Using the body as resistance while alternating between upper and lower body exercises.

Flexibility with Range of Motion: Fusing the art of stretching with strength movements will ensure muscles are flexible and strong with every range of motion for daily life and sports-specific training.

Yoga: This practice will focus on mindfully connecting breath with body movement, which encourages both relaxation and increased body awareness.

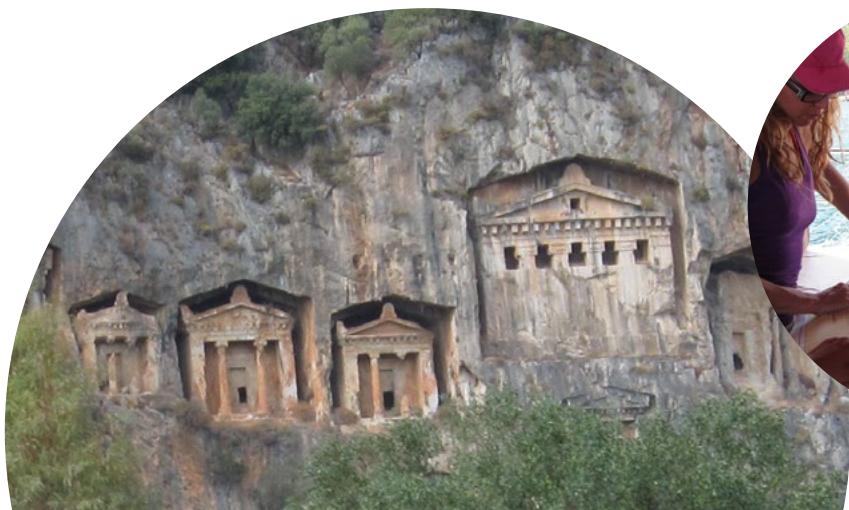
Fun: Whether it is a belly dancing class, wine Pilates, or water yoga, some of the best core workouts come from laughing until you cry.

Explore history & culture

Ali Yalcin, owner of the Gulet Adventure Company, designs and runs our land operations.

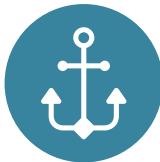
“Experiencing, Enjoying and Exploring” is the motto Ali lives by and with which he encourages clients. Tailoring guided adventures to individuals is his specialty.

Ali and his team lead our hikes, teach the history and explain the culture.



Why us?

Mediterranean Delights Fitness Voyage sprang from a shared passion for active travel. Because we're drawn to water, the Mediterranean is the ideal venue for us to share this love with others in intimate, personalized retreats.



Business Director

Cynthia Paulauskas has been world traveling to off-the-beaten-path places her whole life. She's currently COO of a tech/media startup in Chicago, and continues to believe that exploring other cultures is the best education money can buy.

Operations Director

Ali Yalcin has is a professional tour guide in Turkey, and also leads tours showing Turks the rest the of the world.



*Interested?
Get in touch!*

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