

#### Republic of Turkey Governorship of Düzce

www.duzce.gov.tr ISBN: 978-605-359-602-8

> November 2017 4. Edition

#### **Editor**

Özcan BUDAK – Director of Culture and Tourism **Prepared by** 

Sabahattin PARLAK - Provincial Culture and Tourism
Deputy Branch Manager
Ahmet BOZDEMİR – IT Branch Office
Reşat CAN – Provincial Directorate of Culture and
Tourism
Aynur GÜCLÜ - Provincial Directorate of Culture and

Tourism Contributors and Photographs

Ömer BAŞER
İbrahim BİLGİN
Gökçen CIDAM
Nuray ÖZENER
İlhami AKTÜRK
Yrd.Doç.Dr.Necmi AKSOY
Ayhan DOĞRU
Yasemin ŞİMŞEK
M.Sait ULUSAL
Mustafa Kemal GENÇ
Gülcan ACAR

## **Printing and Binding**



Matbaacılık San. ve Tic. Ltd. Şti. Kazım Karabekir Cad. Kültür Çarşısı No: 7/56-57 İskitler-Ankara Tel: 0.312 341 22 06-07- Fax: 0.312 34110 56

THIS BOOKLET HAS BEEN PREPARED BY DÜZCE PROVINCIAL DIRECTORATE OF CULTURE AND TOURISM. DÜZCE PROVINCIAL ADMINISTRATION WAS SUPPRESSED IN THE CONTRIBUTIONS OF.

## **FOREWORD**

Düzce is the rising star of West Blacksea Area with its climate, natural resources, natural environment, history, cultural assets, local life style and traditions, its closeness to main markets and important destinations with its geographical situation, suitability to alternative tourism, four seasons tourism opportunities.

Düzce is a tourism heaven with its springs flowing to Blacksea in its own area, rich water potential with its waterfalls, rivers, lakes region, its green highlands and forrests layed in the same parallel, its history carrying the traces of different civilizations and culture.

Our province also carries big potentials in terms of ecotourism. Mountains and highlands surrounding Düzce Plain have natural values and resources to become ecotourism destinations.

The routes mentioned in this book prepared with 'Heaven of Nature Düzce, Offers Everything as you Wish" slogan are the routes which makes people return to their selves and embrace nature and unite with eco-system. Firendly faces you will encounter during your journey, the forest villagers who will embrace you with love will make you forget the stress of the city life and every detail will take you to a new wrold.

"Düzce Nature Walking Paths" book is prepared with special efforts and works for nature lovers. All coordinates of the routes mentioned in the book are taken with GPS and direction plates are erected, cultural assets, nature monuments and points to be considered you will encounter on your routes to be followed are detected one by one and described in detail.

I congratulate all my friends who put their efforts for preperation of this book which aims to contribute and raise awareness to tourism sector and wish that this product can contribute to presentation of our Düzce and will be beneficial to everyone.

Zülkif DAĞLI Governor of Düzce



## **CONTENTS**

FC	PREWORD	3
1.	INTRODUCTION	13
2.	GEOGRAPHICAL STRUCTURE	16
	2.1 Western Black Sea Region	16 16 17
3.	CLIMATE	32
4.	BIOLOGICAL DIVERSITY	33
	4.1. Flora, Fauna	
5.	THINGS TO CONSIDER IN TREKKING TRIPS	
	5.1. Clothing for Trekking	
	5.2. Accommodation in Tents and in Nature	
6.	DÜZCE TREKKING ROUTES	70
	6.1. Akçakoca Trekking Routes	74 76
	Dokuzdeğirmen-Melenağzı6.3. Çilimli Trekking Routes	80 82
	Çilimli-Kaplandede-Şifalısu6.4. Gümüşova Trekking Routes	86
	6.5. Gölyaka Trekking Routes Lake Efteni-Güzeldere Waterfall	90 94
	Güzeldere Waterfall-Balıklı Plateau Aksu Creek-Kardüz Plateau	98
	Topuk Plateau-Abant Kaynaşlı-Sazköy-Samandere	104

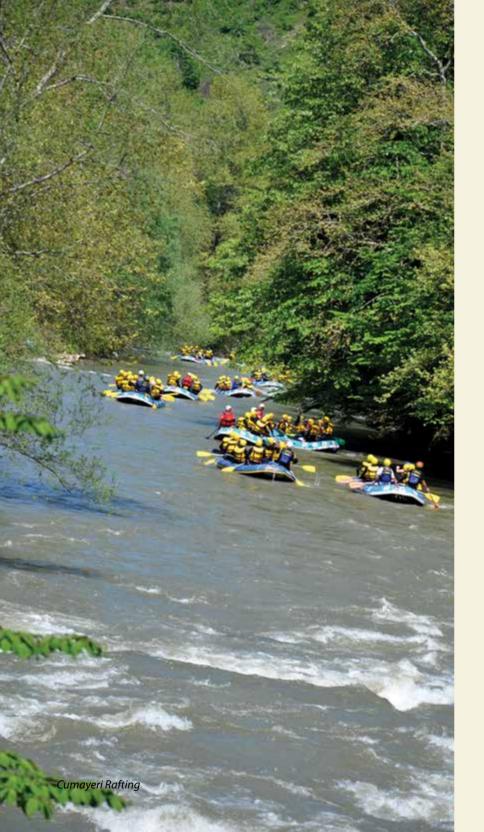
# **CONTENTS**

	Muncurlu-Sarıçökek Village	108
	6.7. Düzce Central Trekking Routes	118
	Konuralp-Kemerkasım Village	122
	Aydınpınar Village-Waterfalls	124
	Odayeri and Derebalık Plateaus	126
	Odayeri Yaylası and Torkul Pond	128
	Beyköy-Samandere Waterfall	130
	Derdin Village-Şehirli Plateau	132
	Samandere Waterfall-Abant	134
	6.8. Yığılca Trekking Routes	136
	Hasanlar Village and Dam	140
	Yığılca-Sarıkaya Cave	
	Yığılca-Yedigöller	
	Yığılca-Saklıkent Waterfall	146
7.	OTHER ALTERNATIVE OUTDOOR SPORTS	148
	7.1. Rafting	148
	7.2. Diving	149
	7.3. Rock Climbing	150
	7.4. Riding	151
	7.5. Sailing	151
	7.6. Off-Road	
	7.7. Cycling and Mountain Cycling	152
	7.8. Motocross	153
	7.9. Camping	154
	7.10. Paint-ball	156
	7.11. Orienteering	156
	7.12. Photo Safari	158
	7.13. Bird Watching	
	7.14. Flora-Fauna	
	7.15. Handline Fishing	163
8.	TRANSPORTATION AND ACCOMMODATION	176









## 1. INTRODUCTION

Imagine a landscape with high mountains, great forests, steep valleys, waterfalls, lakes, plateaus and hundreds of colorful flowers. If you'd like to see such a place, you need to come to Elmacık Mountains lying in eastwest direction to the south of Düzce and to Lake Efteni at the foot of these mountains.

Due to its geographical location and geomorphological structure, Düzce has a very rich plant diversity. It is located in the Melen River Basin which stems from its own soil. Melen Havzası is located between basins of two large rivers, Sakarya and Filyos. It is surrounded by Elmacık Mountains extending toward the Abant Mountain Series in the south, Bolu Mountains in the east and Akçakoca Mountains in the north. Due to their rich flora and water resources, Elmacık Mountains make up one of the most important natural resource reserves of the West Black Sea Region. With the latest projects, Great Melen Çayı has become the most important water source of İstanbul.

This special geography where Black Sea and Mediterranian flora intersect, is joined by Central Anatolian steppes stemming from Mudurnu in the south. This offers Düzce a very rich plant diversity. Divided into closed basins and steep valleys due to its varying geomorphological structure, Düzce Melen Basin is a host to rare and endemic plants specific to this region thanks to its micro-climatic features.

On Elmacık, Akçakoca and Bolu Mountains which have regional plant transition zones, the region hosts rich flora and fauna ecosystems, natural monuments and rare and important plant habitats such as Aksu Creek, Uğur Creek, Melen Creek, Asar Creek, Altınçay Creek, Akkaya Creek Valleys and Topuk, Eğrelti, Sakarca, Sinekli, Çiçekli, Koca, Şehirli, Torkul, Odayeri, Balıklı, Sırıkyanı,

Derebalık, Hira, Pürenli, Kardüz Plateaus and Güzeldere, Samandere, Aydınpınar, Yoğunpelit, Aktaş, Sarıyayla, Saklıkent, Kurugöl, Tahirli, Harmankaya, Bakacak, Efteni, Gölormanı Waterfalls.

When it comes to Elmacık Mountains, its emerald green forests come to mind. The most famous of these forests is the Oriental Beech (Fagus orientalis) forest in Çiçekli and Balıklı Regions. Abies (Abies bournmuellerina) forests in Pürenli, Odayeri and Torkul, Scotch Pine (Pinus sylvestris) forest in Kardüz and Black Pine (Pinus nigra) forest in the south accommodate a natural and rich forest composition. Body diameters of the trees in these forests may reach up to 1-1.5 m and heights may reach up to 20-25 m. Having a rich biological diversity, these forests have provided the raw material for the regional forest products industry for years.

At the foot of Elmacik Mountains, Lake Efteni, which accommodates many bird species and hosts rare plant species, is located. Around 100-150 years ago, Lake Efteni had been an important wetland area which hosted hundreds of bird and a great variety of fish species and was surrounded by hydrophore forests consisting of ash trees and mountain alder and covering an area of approximately 70 km2.

With an endemism rate of 10% in terms of plant biological diversity, Düzce Elmacık Mountains meets the criterion of an important plant area and is one of the most important regions of Western Black Sea Region that could easily qualify as a national park. It is an important population area of Düzce Cephalaria Grass (Cephalaria duzcëensis) specific to Elmacık Mountains. Construction of skiing facilities on Kardüz Plateau which is the highest summit of the region (1830 m) and other tourism investments without disturbing the ecosystem are on the agenda.



## 2. GEOGRAPHICAL STRUCTURE

## 2.1 Western Black Sea Region

Western Black Sea Region includes western part of the Black Sea Region, eastern part of Marmara Region and some parts of the transition region to Central Anatolia and is situated between, roughly, 40°-42° North latitudes and 30°-33° East longitudes. It consists of low, medium and high mountainous lands, from the coast.

#### 2.2. Düzce

Düzce is a pleasant city ideal for taking a rest, with its streams and lakes, cold water sources, highly grassy plateaus and unique sandy beaches. It is surrounded by Sakarya city on the west, Bolu on the South and southeast and Zonguldak on northeast. It has a coast of 35 km long on Northern Black Sea. The area covered by city lands is 2593 km2.

## 2.3. Geomorphological

The main structure of Düzce Havzası (Basin) or Plain is sand-silt-clay, due to its formation. **Toptepe** 



## 2.4. Topographical Structure

#### 2.4.1. Mountains

Approximately 2.200 km<sup>2</sup> of 86% of Düzce city is mountainous and rugged. The mountains are split by canyons at most places.

On Kardüz Plateau on Elmacık mountains, the hill with 1830 m altitude is the highest point of the city. There is Düzce fault on the North of Elmacık Mountain and Northern Anatolia Fault on the south. There are roughness with less altitude in the direction of Gölyaka, Gümüşova and Cumayeri and Sakarya.

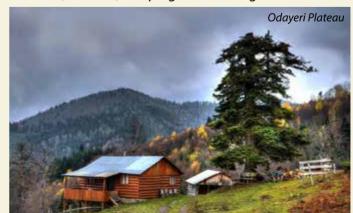
#### 2.4.2. Plains

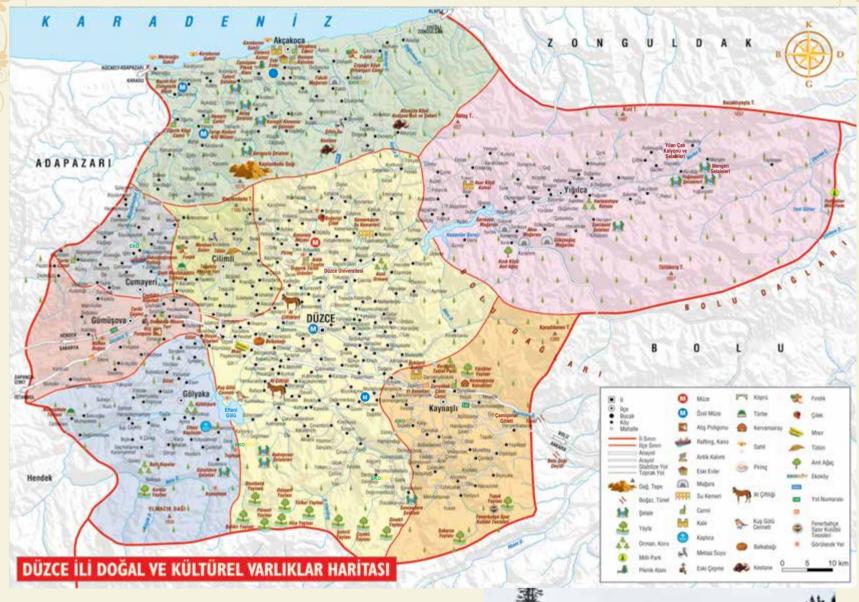
#### Düzce Plain

Düzce Plain is 146m from sea level. The altitude drops until 112 meters throughout Efteni Lake and Büyük Melen. The plain surface is a lake base covered with quaternary period alluviums. East - west length of the plain is 25 – 30 km, North-south width is 15-16km. hazelnut groves extend through large areas with high rainfalls and temperate effect of Black Sea over Melen Plateau. Since the plain soil is highly productive, the population density is high.

#### 2.4.3. Plateaus

Since Düzce is situated on a plain surrounded by mountains, it is rich in plateaus which have been tourism centers in the sense of providing fascinating natural beauties, fresh air, camping and trekking facilities.





Topuk, Eğrelti, Sakarca, Sinekli, Çiçekli, Koca, Şehir¬li, Torkul, Odayeri, Derinoba, Sırık, Sırıkyanı, Derebalık, Hira, Pürenli, Balıklı, Kelik, Kütüklü, Sakarca, Oflu, Eğrelti, Yanık, Kardüz, Abaza are primary plateaus. Samandere Waterfall, which has been registered as the first natural monument of Turkey by Ministry of Forestry and Water Affairs, is 25 km to Düzce.









Pürenli Plateau

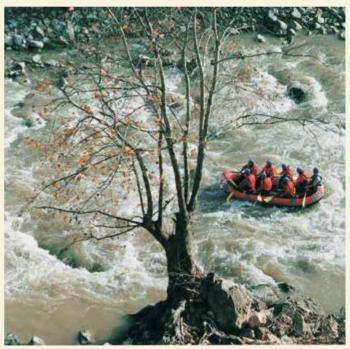
#### 2.4.4. Plateaus and Streams

Main streams of Düzce city are; Küçük Melen, Asar Suyu, Uğur Suyu, Aksu Deresi and Büyük Melen Çayı. All streams included within the area left out of Düzce city Akçakoca coastal region meets at Efteni Havzası and forms Büyük Melen.

Büyük Melen Project covers the entire city except Akçakoca district. A regulator has been constructed by DSI XIV. Regional Directorate (Istanbul) at the location of Uğurlu village on Büyük Melen Çayı and İstanbul Metrolopolitan Municipality Water and Sewarage Administration General Directorate has started providing drinking water from Büyük Melen Çayı as of October 20, 2007.

#### a. Büyük Melen

Büyük Melen, rises from Efteni Lake and flows into Black Sea. The length of Efteni Lake from where it rises to Black Sea is 61 km. There is 13 km rafting route from Cumayeri Dokuzdeğirmen village.



Cumayeri Rafting

## b. Küçük Melen

Küçük Melen, rises from Yığılca district's mountains and flows intp Efteni Gölü. Its length is 63.

#### c. Asar Suyu

Asar Suyu, rises from Düzce Kaynaslı Mountains and reaches Küçük Melen at Düzce Ovası. The length of Asar Suyu is around 38km.

#### d. Uğur Suyu

Uğur Suyu, rises from Elmacık and Bolu mountains and reaches Efteni Lake. Its length is about 35 km.

#### e. Aksu Deresi

Aksu Deresi, rises from Elmacık Mountains. It also flows into Efteni Lake. Its length is 52 km.



Aksu Creek

#### 2.4.5. Lakes

In Düzce city which is rich in water resources, there are many ponds such as; Efteni Gölü, Kurugöl, Topuk Göleti, Karagöl, Çamlıbel Göleti, Kuyudüzü Göleti, Torkul Göleti, Yayak-başı Göleti etc.

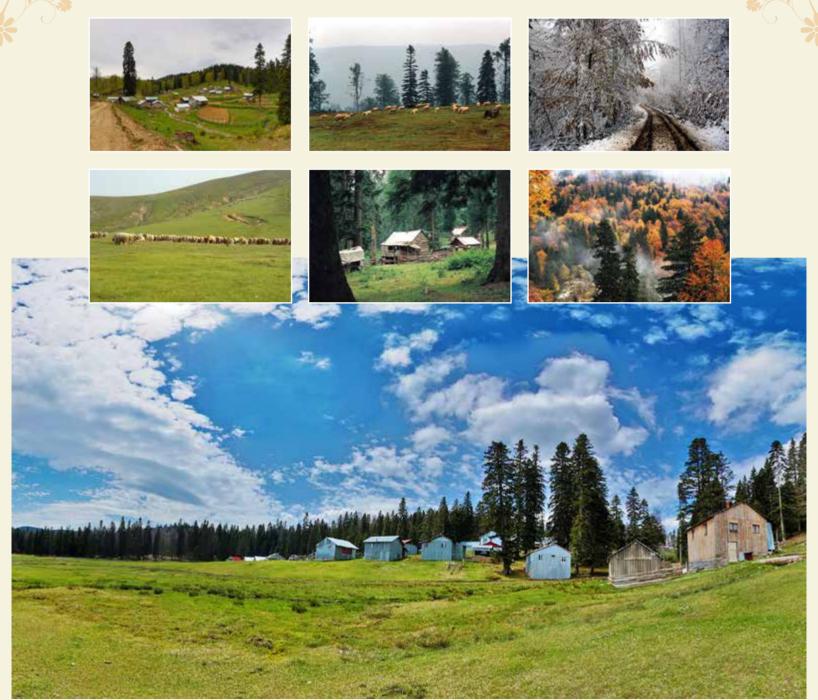
#### Efteni Lake

Efteni Lake used to have 814.5 ha lake area in the past but it has been reduced to 25 ha area. Küçükmelen, Aksu, Uğursuyu, Değirmendere, Saguçdere and Cevizlik brooks used to feed this lake but Aksu, Küçükmelen and Uğursuyu has been connected to Büyükmelen with the opened channels and the water of other small brooks have been flown out of the lake by means of opened channels and so the lake has been made small in 1976.

It is on the migratory routes of the birds on North-South direction. It used to facilitate accommodations and wintering of more than 100 bird species; however, today this number has decreased since the lake face is smaller. In addition to this, it is important since it incorporates flood water in the region which continuosly receives rainfall.



Lake Efteni



Sinekli Plateau

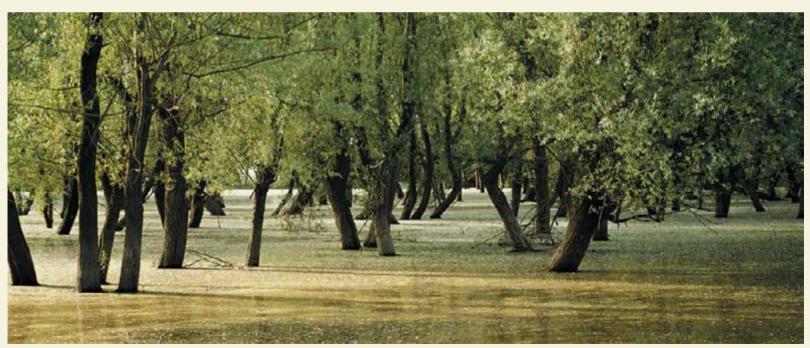
A new observation tower and observation pier near Efteni Lake and a new watchman's hut near related structures have been built.



As a result of the studies started in 1990s, it has been declared as wildlife protection area. Today, Efteni Lake Wetland Management Plan intended for protecting the wild life area of Efteni Lake, expanding the lake face and developing it as flood protection area has been made and started to be implemented.

## Efteni Gölü Story

It is told that the name of Efteli Lake comes from the Byzantine princess Eftelia. While returning from a war, the Byzantine army has put up in the area on the side of the lake. On the way, scars have occurred on the hands and face of Eftelia. Next morning, all scars of the princess, who bathed in hot water coming out of ground on the lake side, have started to heal and her skin has started to become beautiful. Seeing this, the Byzantine Emperor, commanded to immediately build a hamam on this place on the lake side having hot water resources. They left the princess there with her caretakers. While



Lake Efteni



Aydınpınar Waterfalls National Park

boating on the lake, the princess, whose scars healed and who has become beautiful, has fallen in love with an Ottoman young man living on the mountain foot on the opposite side.

Then, they started to visit each other. One day, the boat of the princess has sunk in the lake and the princess died. As of that day, they started calling the lake Efteni. Therefore, the hot springs in Hamamüstü village on the lake side have been considered as cure resources.

#### 2.4.6. Ponds

### a) Kurugöl

There is a pond with the size of 4.87 ha in the area of Kurugöl Nature Park with the size of 21.95 hectares. It is located within Kaynaşlı district borders. It is 4 km from D-100 Highway Ücköprü location. It is suitable for phorography, sportive hand-line fishing and camping.



Torkul Pond

#### b) Torkul Pond

It is a pond which has been formed as a result of natural sedimentation, on the Torkul plateau foot, between beech tree and fir forests at 1200 m. It is suitable for daily picnics and camping.

#### c) Topukyayla Pond

It is located within Topuk Plateau Kaynaşlı district where there is Fenerbahçe Sport facilities. It is 10 km from D-100 Highway Bakacak location. It is suitable for phorography, sportive hand-line fishing and camping.



## d) Çamlıpınar Pond (Dipsizgöl)

The Hasanlar Dam on Yığılca Yedigöller road is used also for recreation tourism, photography and water sports in addition to irrigation, energy production and flood control functions. It is 12 km to Düzce-Akçakoca highway.

#### e) Hasanlar Dam Pond

Güzeldere Şelalesi, Samandere Şelalesi, Aydınpınar Şelalesi, Bakacak Şelalesi, Yoğunpelit Şelalesi, Saklıkent Şelalesi, Efteni Şelalesi, Aktaş Şelalesi, Tahirli Şelalesi, Sarıyayla Şelalesi, Kurugöl Şelalesi, Derinoba Şelalesi,



Gölormanı Şelalesi and Harmankaya Şelalesi are worthy of seeing with their natural beauties.

#### 2.4.7 Waterfalls

Güzeldere Şelalesi, Samandere Şelalesi, Aydınpınar Şelalesi, Bakacak Şelalesi, Yoğunpelit Şelalesi, Saklıkent Şelalesi, Efteni Şelalesi, Aktaş Şelalesi, Tahirli Şelalesi, Sarıyayla Şelalesi, Kurugöl Şelalesi, Derinoba Şelalesi,

Gölormanı Şelalesi and Harmankaya Şelalesi are worthy of seeing with their natural beauties.

## 2.5. Hot Springs

There are Efteni and Derdin hot springs in our city. Efteni Hot Spring's water temperature is 43 degrees. Derdin Hot Spring is 30 degrees.

## 3.CLIMATE

In Düzce, various climatic characteristics can be observed between its western and eastern areas since the province is neighbour to Marmara Region. For this reason, climate conditions may be different in districts Akçakoca and Yığılca. Overally, the province is within the Western Black Sea climate type.

Humidity rate varies between 63% and 84%. Located in the Western Black Sea Region, Düzce falls within the least rainy segment of Black Sea climate. Temperature readings may be as low as -10°C and as high as 40°C. Heavy fog is occasionally observed in winters. Total yearly rainfall amounts to 627,8 mm per m2.

## 4. BIOLOGICAL DIVERSITY

#### 4. 1. Flora, Fauna

Flora of Düzce has the characteristics of Black Sea, Mediterranean and Central Anatolian climates. The region is rich in terms of both plant and animal diversity.



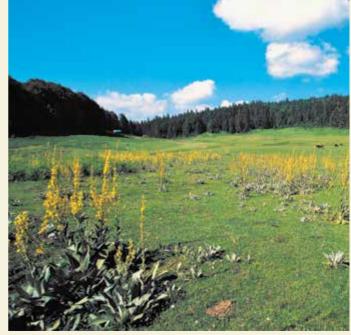








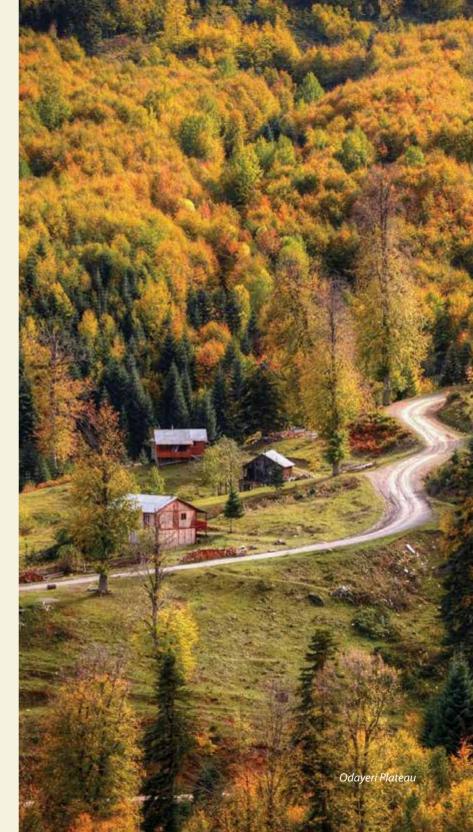






Düzce and the surrounding region is a good resting place for migrating birds in transit. In Düzce, largebodied mammalians such as bear, deer, wild boar, roe deer densely populate the Yedigöller National Park and nearby regions.

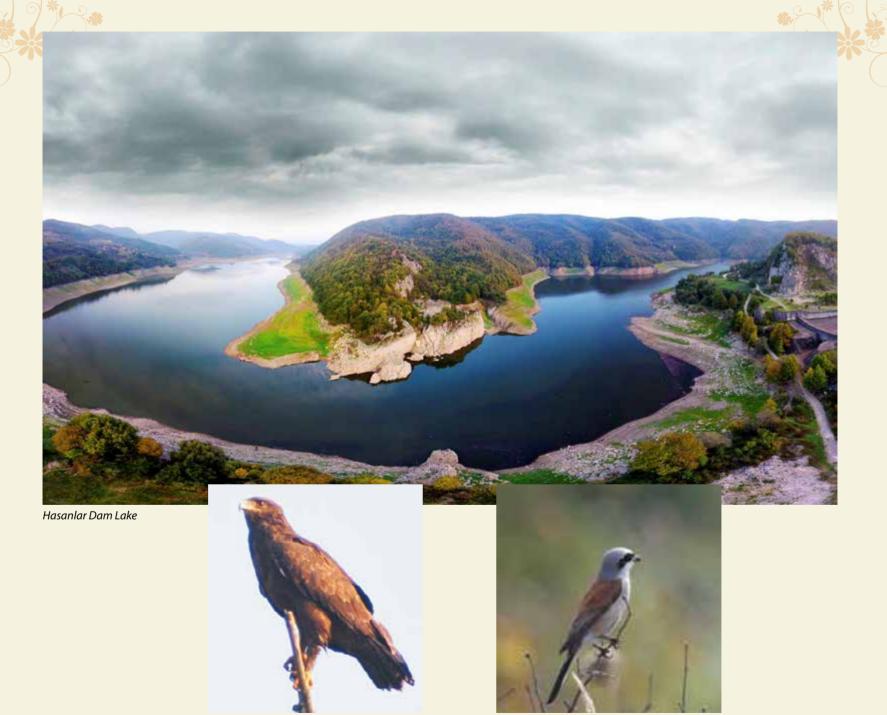














# 4. 2. Nature Protection Zones, Natural Monuments and National Parks

Samandere Waterfall Natural Monument, Kurugöl and Güzeldere Waterfall Nature Parks, Demirciönü (Akçakoca) Nature Protection Zones, Lake Efteni Wildlife Development Zone, Yedigöller National Park and Wildlife Development Zone are within the borders of our province.

# Yığılca -Yedigöller National Park and Wildlife Development Zone

Yığılca-Yedigöller National Park consists of seven landslide lakes. These are Lake Sazlı, Lake İnce, Lake Nazlı, Lake Kuru, Lake Derin, Lake Büyük and Lake Serin. The basic reason why this area was declared a national park is its natural and landscape beauty. The contribution of Yedigöller and its surrounding region to the preservation of wildlife was better appreciated after 2000s.

Yedigöller region is a very important area in Western Black Sea Region which remained as a large forest area and was reserved for the protection of wildlife. While bears, wolves, weasels, foxes, badgers, pine martens, deers, roe deers, boars, poppies, rabbits, hedgehogs, moles, Caucasian rabbits and wild cats stand out, it is also claimed by the locals that bobcats (Lynx lynx) lives in the area as well.



Yedigöller area is also very rich in terms of bird species. Some of the bird species that accommodate in this area are grey heron, hawk, golden eagle, redbreast, nightingale, tawny owl, little owl, chaffinch, ousel, jaybird, woodpecker species, nuthatch, creeperbird, snipe, sylvia and pheasant.

The speckled trout which naturally inhabits the creeks in the area has important contributions to biological diversity.

Yedigöller Wildlife Development Area is an important reserve area for survival and continuation of generations of deer, roe deer and other wild animals. The area is protected by Nature Protection and National Parks squads. Yedigöller Wildlife Development Area is an area that should be protected as a natural heritage of our country.

#### Samandere Waterfall Natural Monument

It is located within the borders of Düzce central district, on the Samanderesi Creek extending towards southeast. Being a host of many interesting natural highlights such as monumental trees, rich plant cover, waterfalls and hot spots, Samandere Waterfall Natural Monuments is the first certified Nature Monument in our country and is 750 m high. It is located in Samandere village which is located 25 km away from Düzce.

The monumental yewtree next to the hot spot in the waterfall is the biggest among the trees in the nearby forest with a height of 15 m, age of 800 years and a diameter of 110 cm. It is taken under protection.





## Sırıkyayla Abies Natural Monument

The Abies tree, which is located in the forest in Sırıkyayla site, Odayeri Village, Central District of Düzce Province, is about 310 years old and has a height of 20 m, a diameter of 3.60 m and a circumference of 11.30 m.

## Paşabükü Ash Tree Natural Monument

The Ash Tree, which is located in the forest in Paşabükü site, Kırık Village, Yığılca District of Düzce Province, is about 120 years old and has a height of 46 m, a diameter of 1 m and a circumference of 3 m.

## Kayadibi Yewtree Natural Monument

The YewTree, which is located in the forest in Kayadibi site, Gökçeağaç Village, Yığılca District of Düzce Province,



is about 775 years old and has a height of 27.5 m, a diameter of 1.90 m and a circumference of 4.80 m.

## Dokuzdeğirmen Çınar Ağacı Tabiat Anıtı

The Plane Tree, which is in Kırık Village in Cumayeri District of Düzce Province, is about 600 years old and has a height of 70 m, a diameter of 1.36 m and a circumference of 6 m.















Torkul Pond



Areas Under Protection As Per International Conventions, Areas Where Protection Is Deemed **Necessary** 

#### Demirciönü Nature Protection Area

It is in Demirciönü Site in Akçakoca. It covers an area of 430 hectars and is located at 10 km from Akçakoça on Ereğli road. Beech, hornbeam and chestnut trees in the area from partly unmixed and partly mixed stands. While it is an unspoiled natural area, it also shows properties of a forest ecosystem with a rich bottom flora and fauna potential.

#### **Nature Parks and Recreation Areas**

## 1) Güzeldere Waterfall Nature Park (Gölyaka)

It is a waterfall that pours down over the rocks,



foaming extremely white, at an altidude of 120 m on Bıçkı Creek which is 10 km to Gölyaka. Certified as Intraforest Recreation Area, Güzeldere Waterfall is natural wonder that must be seen during excursion trips or recreation trips. It is suited for picnics and camping with tents.

## 2) Kurugöl Nature Park (Kaynaşlı)

It is located within the borders of Kaynaşlı district and 7 km from the district center. Natural leaved trees of the area, beech, oak and hornbeam make up the bottom flora.

## 3) Nalbantoğlu Recreation Area (Center)

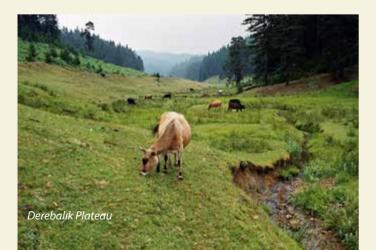
It is located 10 km from the Düzce Center, 14 ha area is used for picnic and recreational purposes. City forest is located right next to it.

## 5. CONSIDERATIONS TO BE TAKEN **ACCOUNT IN TREKKING**

## 5.1. Clothing for Trekking

#### **Materials and General Information**

**Shoe:** The most important material for trekking is trekking shoes. The shoes should be comfortable, durable, protective and suitable for the activity. A suitable shoe should be able to support foot and ankle as well as firmly hold on slippery or uneven ground. It should protect the foot from stones and rocks as well as flexible enough for walking comfortably. Also, the trekking shoes should be able to keep foot dry and warm. The flexibility of the boots depends on the field conditions as well as weight of the backpacks and person. If you wear your trekking shoes for walking on the smooth ground, you should prefer a trekking boot. However, if you walk on uneven surface in the highland, it is better to choose a boot supporting your ankle more. Furthermore, if the load you will carry and your body weight are heavier, you should prefer more rigid boots. Since thick-leather boots are more rigid, they protect your feet, support your ankles and they



are more durable. Soft-leather enables the boots to be more comfortable and flexible

Soft-leather enables the boots to be more comfortable and flexible. Also, rubber strip band covered around the boot protects the foot and lining from external factors as well as enhances waterproof feature. One of the considerations we will take into account in terms of water-proof feature is that the boots have fewer sewing and are manufactured from one-piece leather.

Inner liner of the shoe you will buy may be another detail to be taken account. A soft thin leather or synthetic fabric may be used as lining material in order to ensure soft inner surface. Synthetic material used as lining should be durable, dry easily and should not hold smell, of which you should take into account.

When you decide for the boots, you should consider the weight of the boot. (An extra kilogram carried on the foot is nearly equivalent to five kilograms we carry on our shoulder.) For this reason, you will have to make a choice between safety and protection of heavy boot and flexibility of light boots.

Clothes: The way you wear your clothes during trekking may vary according to several factors such as trekking route, the highest and lowest altitudes of trekking route, season and so on. You may obtain information about this issue from your travel agency organizing the tour. For your safety and comfort, the clothes you wear for outdoor sports should keep your body temperature in normal interval and ensure that your body can easily adapt to temperature differences. The best way to adapt your body for temperature differences and other weather conditions is three-layer clothing.

Base Layer (Inner Layer): Base layer is the first layer of clothing which is in direct contact with your skin. This layer should draw moisture away from your skin guickly and prevent temperature loss. Wet underwear may cause temperature loss 25 times greater than dry underwear. The base layer should dry quickly and protect its insulation feature even if it is wet. The base layer should also be flexible and comfortable. In the past, wool underwear is used as base layer. Even if it is used still, it is not preferred any more since it is heavy, not waterproof and uncomfortable. Today, the clothes made of special synthetic fabric are preferred. The clothes made of these fabrics provide better results than wool.



Mid Layer (Insulation): The main purpose of the mid-layer is to protect temperature that our body generates. Weather is the best insulation. For this reason, the materials which may hold the weather inside are used for this layer. Wool clothing materials are also used for this layer; however, special synthetic clothes are more suitable owing to the aforementioned reasons. In our country, this type of fabric is named as "polar" which is derived from a brand. The most outstanding features of the polar are as follows; the polar is fairly light when compared with the insulation it provides, it absorbs little water and dries quickly as well as it continues to provide insulation even if it is



wet. The disadvantage of the polar is that it is not windproof because of wide porous structure.

A front zippered cloth should be preferred since it will ease airing. Moreover, the clothes used in the midlayer should not constrain movement. It is generally more suitable to wear two thin clothes rather than a thick cloth. Therefore, since we will have chance of taking one of the clothes, we can easily control our body temperature.

**Protective Outer Layer:** The purpose of the outer layer is to protect mid-layer from external factors such as rain, show and wind. These clothes should have been manufactured in a manner airing the body. The coat should be dual front zip as well as arm-pit zip. Moreover, it is important that the coat should be unzipped easily, protected against rain and has wide pockets.



Similarly, side zip pants will ease both breathing and wearing-taking off. Our body generally releases heat when we move. Therefore, breathable and water proof fabric is manufactured. It is an important feature that the sewing points of the cloths used as outer layer should be strapped from inside so that they become water-proof. The most important feature of the outer layer is that it is wind-proof

Head and hands: In order to protect our body temperature, a heat is one of the most important materials. Head part is one of the parts on which capillary vessels are close to the surface that is why we lose 50% and 70% of our body temperature from our heads. It is not a criterion whether our heads are cold. Therefore, wearing a hat or cap will be important for adopting your body temperature. Temperature loss is also high in the hands, that is why it is important to protect them. A glove or one-finger glove may be worn. One-finger gloves are more suitable for cold weather since they hold all of the fingers together (apart from thumb). In cold weather, it is possible to apply base, mid and outer layers for the gloves.

**Leggings:** Leggings are used to protect the space between our shoes and pants from factors such as snow, water, mug, soil and pebble. Even the best shoes shall be useless without leggings. You should consider these facts when choosing leggings; they should fit your shoes well and there should not be huge space between shoes and leggings.



Yığılca Balabolon Waterfall

**Backpack:** A backpack is one of the materials we use in outdoors which fairly affects our comfort. Assuming that we carry all of the materials with our backpacks and the weight of the backpack increases up to 30 kg during long winter activities, we can understand importance of the backpack better. For different areas of use, there are different-sized backpacks. The first step for choosing suitable backpack is to determine intended use. The way you chose backpack varies according to several factors such as season, period, conditions of the place you travel affect. The main features are as follows:

- 1- Whether it is used for one-day trekking or camp activity, your backpack should have a waist column directing the load from your shoulders to your waist. Supported waist column is one of the considerations to be taken account for the back-pack.
- 2- Your backpack should have a proper back system for your back and be in suitable size. The backpack chosen specially shall not leave you in the lurch and ensure that you will maintain your activity.
- 3- A backpack with adjustable back system may be preferred since it can be adjusted according to your back. However; it is inevitable that backpacks with adjustable back systems are heavier. In order to choose correct size backpack, you should know your back length. It is a length between your waist and neck. Also, it is another measurement you should pay attention when deciding on your waist measure.
- 4- The weight of your backpack is an important consideration which may affect your performance. Fabric of the backpack may be another feature we may take account, depending on the area of use and activity. Size of your backpack varies according to the intended use. You should not forget that big backpacks are not always advantageous. When you prefer bigger backpack, you may fill your backpack with unnecessary stuff. It is harder to carry a heavier backpack.

#### 5.2. Tents and Outdoor Accommodation

Tents and Need-to-Know About Nature

As tendency for having a holiday in the nature increases, so do camping tours. Several tours varying from one-night accommodation to longer period accommodation are organized.

People living in the large cities know little about rural life. For this reason, concerns and doubts occur. Actually, there is not any concern. Unwanted guests cannot enter in your tent. Besides, there are a few creatures which may give damage to you. As long as you do not damage these creatures, they do not damage you.

**Tents:** When you participate in camping tours organized by travel agencies, tents are provided by the agency. Tents are usually for accommodation of 2 people. If you participate in this tour by yourself, you need to share your tent with another participant. Even if you want to obtain a tent, you should know following considerations

- · Do not keep your tent wet for a long time. If you packed up your tent wet, open it for becoming dry at the first opportunity. Otherwise, its water-proof cover is damaged. The best way to protect tent is to dry up.
- Do not keep your tent under direct sunlight for a long time.



Kardüz Plateau

• During pitching the tent, clean the area located in the tent.

You sleep confortably and the base of tent is not damaged.

- If you need to wash your tent, never use detergent.Its water-proof feature is damaged. Sponge and water will be adequate.
- Prior to set off for camp, pack up and control your tent.
- And read manual of the tent.

Sleeping bags and mats: A wide variety of sleeping bags also change according to where and for which activities they are used and on which temperature interval they will be used. Even if -40°C temperature, you can place yourself into the sleeping bags and sleep. These types of sleeping bags are not found in the stores. These sleeping bags used by mountaineer are custombuilt. The quality of sleeping bags used by trekkers varies according to summer and winter uses. The weight of the sleeping bags varies between 700-800 gr to 2 kg.



Balıklı Plateau



However, you do not need to buy a sleeping bag unless you set off for camping with a friend group. The agencies organizing the tour shall provide sleeping bags for you and it is included into the tour price. You do not need to make extra payment.

The weight of a sleeping mat may rank from 800 gr to 1.5 kg. Let's remember that, mat is a name given to a "bed" on which you place sleeping mat and sleep. Better mats are humid-proof. If you want, you can sleep on wet grass. Inner part of cookers used in the camping area is made of steel and outer part is made of aluminium. Steel cook top is resistant against abrasion and healthy. The stoves which are manufactured specially are ideal for campers. They run quietly. They have air funnel to ensure that they can be used in windy weather. You can use these stoves in the baggage of your tent without any danger. They are very economy when purchased together with cookwares.

## Questions about tent accommodation;

## 1- 1- Does any insect, animal etc. get inside the tent?

Çadırınızı kapalı tuttuğunuz sürece hiçbir şey giremez. Çadırların altının açık olduğuna dair yanlış bir kanı vardır. Çadırların her tarafı kapalıdır.

- 2- Do I feel cold at night? Some sleeping bags are resistant up to -15°C. If you follow the instructions about using sleeping bags, you don't feel cold.
- 3- Does rainwater leak into tent, if it rains? It depends on the quality of tent. If you use yor-ur tent as explained by your guide, water or wind leak is imposible.
- 4- Are there any shopping places around camping site? Generally, there is not. Since camping sites are not located around residential areas, you purchase what you need from suitable places. Your guide shall inform you about this consideration.
- 5- Can I fish, if I bring fishhook? You can try fishing in the camping sites located around streams and lakes against payment.
- 6- Who does the camping works do? What is principle in camping is that works are collectively made. Thefore, the works (cooking, making a fire, collecting firewood, pitching and packing campin) are collectively made.
- In order to prevent environmental pollution, what considerations will we pay attention? Environmental protection is a consideration to which a great attention is paid in outdoors. Anything, apart from leftovers which may be eaten by animal, is not left in the camping area. The garbage is taken to be disposed in suitable place when leaving the camping area.
- 8- How does one relieve itself in terms of bathing and toilet? There is not any bath and toilet apart from Yedigöl-ler, Güzeldere, Samandere, Topuk Yaylası and Odayeri Yay-lasının. Since camping sites are located around places close to water sources, campers may take a shower in suitable seasons. A suitable place is found for toilet.







## 6. DÜZCE TREKKING ROUTES

## 6.1. Akçakoca Trekking Routes

The route starts from the Göktepe and Aktas village turn on Akçakoca ring road. Cumayanı, a versatile and unique recreation area with its monumental trees, remnants of the old hamam, mausoleum, mosque and clear creek welcomes you. The sound of chirping birds under high trees disturbs the sound of silence. You have the opportunity to eat and rest on arrival or at departure. After passing through the Arabacı village, you can see civil architecture building on village square. This is an ideal stage place for movie-makers.

You can also see the transportation vehicles unique to local people in the village. After the village and after passing through the hazelnut orchards which are the livelihood of the region, you enter the forest. In summer, you can find regional drinks and food under the shade of oak trees. By following the footpath along the creek bed, the waterfall can be reached. Those who wish may leave Aktaş village and visit Hemşin village which is in 3-4 km distance, famous for its Deveci pear and its historical wooden mosque which was built without nails. You can also enjoy the stunning natural texture combining the blue and green of the Black Sea over the hill along the road.





Akçakoca



Highlights

Cumayanı Recreation Area, Ahmet Dede Mausoleum, mosque, ruins of old hammam, monumental trees, Değirmen Creek, waterfall, restaurant



Akçakoca: 41.089476 ° - 31.124797 ° -Aktaş Şelalesi: 41.017862 ° - 31.041284 °

# **Important**

While this is a comfortable route for every healthy person, walking in water may be required.





11 km

Altınçay - Çayağzı Village

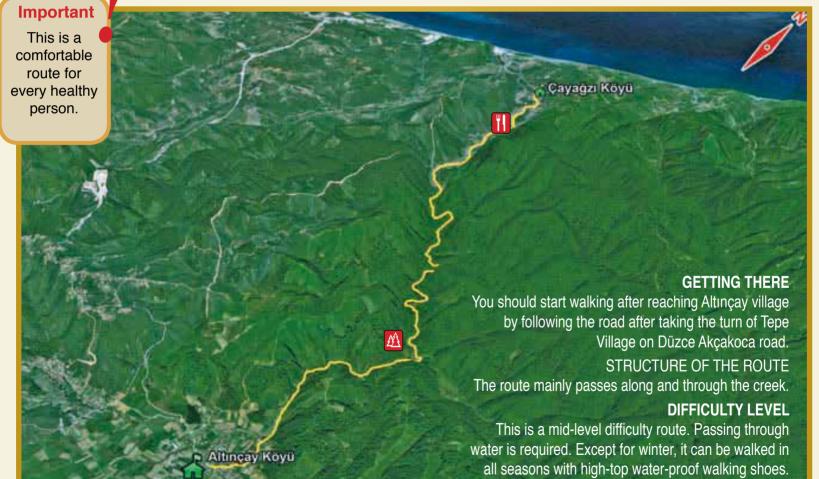
#### ÖZELLİĞİ



Orhangazi Cuma Mosque (Çantı Mosque), Kışla Creek, civil architecture, coast, food and drinks, accommodation, camping, forest, handline fishing



Orhangazi Mosque



Altınçay: 41.013090° - 31.249510° -

Çayağzı: 41.086146° - 31.231165°

#### 6.2. Cumayeri Trekking Routes

Cumayeri district of Düzce, which is located in the direction toward İstanbul, is one of the first places that pop up in mind when it comes to rafting. The Dokuz Değirmen (Nine Mills) Village which is 3 km away from the district center is reknown for its water mills. You will the see the memories these 9 mills bring along throughout the history as you walk through the village.

You can enjoy the scenery of the monumental planed tree on village square which is 600 years old, 20 m high and 3.6 thick with a circumference of 20 m and a good conversion under its shade.

We suggest you to stop by for a delicious meal with carp or melen fish at the rafting facility between old houses and water mills.

The lovers of rafting, which is the favorite sport of those who enjoy winning a victory against nature, you are invited for a challenge in a 13 km path with Melen Creek that flows through the forest with its curves, flows and small waterfalls.

Trekkin-lovers can also choose the rafting path as an alternative to the route on the map. You can also see pieces of civil architecture in villages of Yeniptepe, Davutağa, Esmahanım and Uğurlu.

After reaching the seaside at Melenağzı at the end of the route, diving-lovers have the possibility of diving into the sunken plane by the coast of Youth Sport and National Teams camping center.





Rafting, restoran, taş işlemeli cami ve su kuyusu, oryantirink, anıt ağaç, su değirmeni, Harmankaya Selalesi, konaklama, sahil, sivil mimari





Dokuzdeğirmen: 40.908142° - 30.948402° -Melenağzı: 41.070464° - 30.968600°

#### 6.3. Çilimli Trekking Routes

As you drive toward the Çilimli district on D-100 highway in İstanbul direction, hills as green as grass and sceneries of nature that every city-dweller misses welcome you. Village houses with large gardens stir up the desire of settling in this place.

The oak copse in Tepe village 3 km away from Çilimli is a picnic area worthy of seeing. You will smell the sweet odour of thyme. People of Düzce flock to this place to celebrate Hidrellez (traditional celebration of spring) every year on 6th of May. The typical swings the picnic makes set up for their kids and football games will ensure that you enjoy the time you spend here.

physalis, You also find abundant strawberries, chestnut honey and blackberry grown by using organic farming methods.

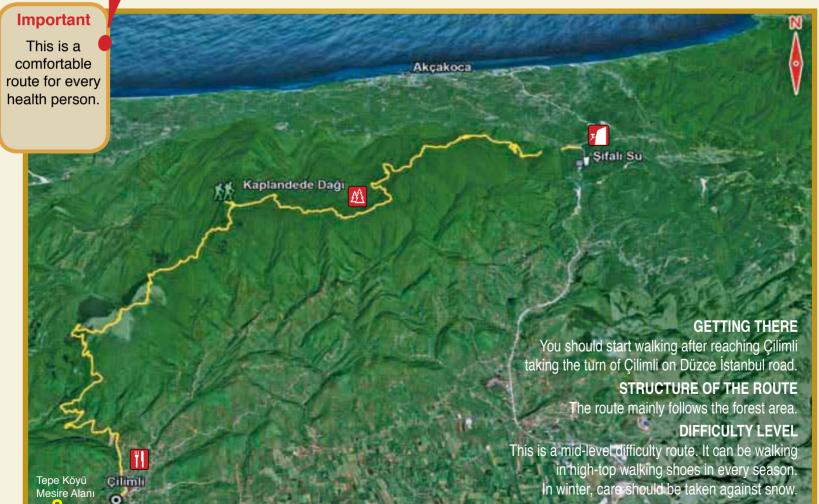
Do not leave before you drink from the healing water and filling a bottle with it for yourself at the end of the route.

Dede Mountain in Akçakoca Cumayanı recreation area is the highest hill of the region where rain prayers are conducted. It is also the eternal resting place of Kaplan Dede, who is brother of Ahmet Dede (Eskici Baba) and a symbol of love, frugality, serenity and humbleness.









Çilimli: 40.891765°-31.045666° -

Şifalısu: 40.999352°-31.187641°

#### 6.4. Gümüşova Trekking Routes

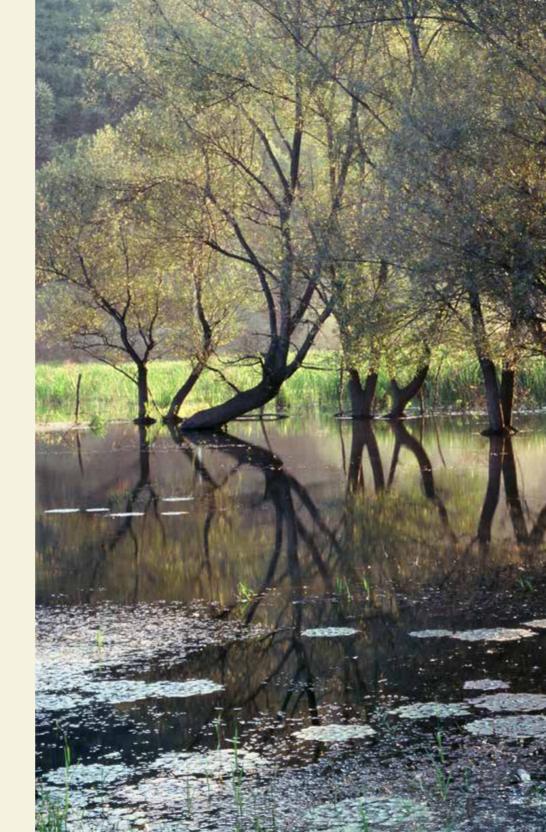
A landscape with hills as green as grass and oak and plane trees awaits you in Gümüşova, the last district of Düzce in the direction towards İstanbul.

Just before Gümüşova, Dedekoru picnic area and Selamlar village, where Atatürk also stopped by, welcome you.

The suspension bridge on Büyük Melen between Ada village and Çaybükü 4km away from district center is noteworthy for its architecture. Amateur fishing in the creek and roasted tea which is widespread in the region are the beauties you can find in this area.

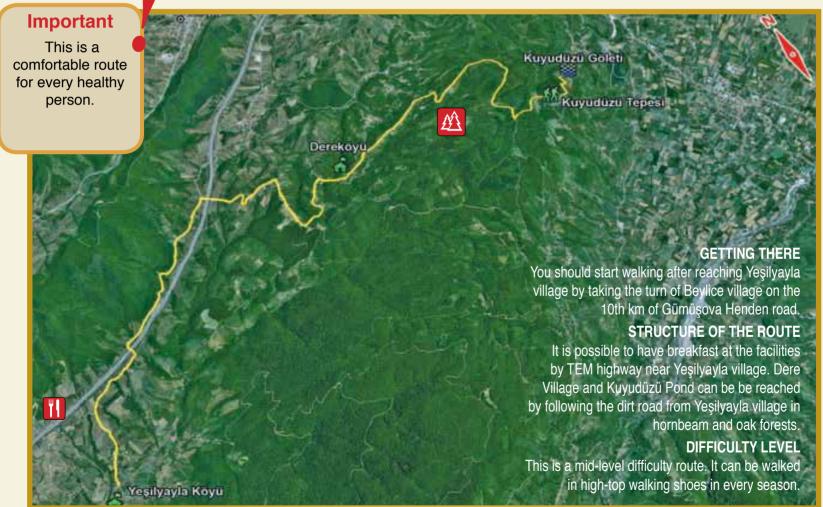
For shooting sport lovers, there is a Shooting Tramp Skit (Air Guns) Sport Center located in Elmacık village 5 km away from district center.

As for the route, you will pass through hornbeam, oak, beech and chestnut tree forests until you reach Kuyudüzü pond.









Yeşilyayla Köyü: 40.795234°- 30.866726°-Kuyudüzü Göleti: 40.794913°- 30.970854°

#### 6.5. Gölyaka Trekking Routes

Gölyaka and the surrounding area region will leave its mark in your memory with its waterfalls, lakes and plateaus.

This is a secret heaven with Lake Efteni Wildlife Protection Area and hot spring, Güzeldere Waterfall and recreation area, Bakacak Waterfalls and recreation area, Karagöl Pond, Toptere View Terrace, Gölyaka Kültür Park, winter-sports candidate Kardüz plateau and Balıklı, Pürenli, Hira and Derebalik Pleateaus. With its wildlife and flora and fauna. Lake Efteni and the surrounding area awaits photographers.

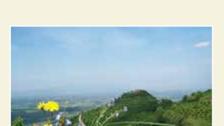
With its bungalow houses, facilities and tents, Güzeldere Waterfall and recreation area awaits those who miss staying in nature, silence of nature, its countless colors, dance of butterflies, sound of the roosters and the sound of water falling from 120 m of height.

As the largest picnic area of the region, Kültür park maintains the cultural traditions by connecting lives between Istanbul and Ankara.

Kardüz Plateau at 1830 m has suitable areas for winter sports. The stunning scenery of the peak awaits you. Along the route, you are accompanied by fir, beech and hornbeam trees. You can also do activities such as jeep safari, mountain hiking, motocros and grass skiing.

When you reach Toptere on the 2nd km of Efteni-Güzeldere route, if you dare to climb 182 stairs, you can have the possibly of having a meal or drink by the view of Düzce Plain and Lake Efteni. Your food and drink orders are served via a similar system to ropeway.

















Culture Park

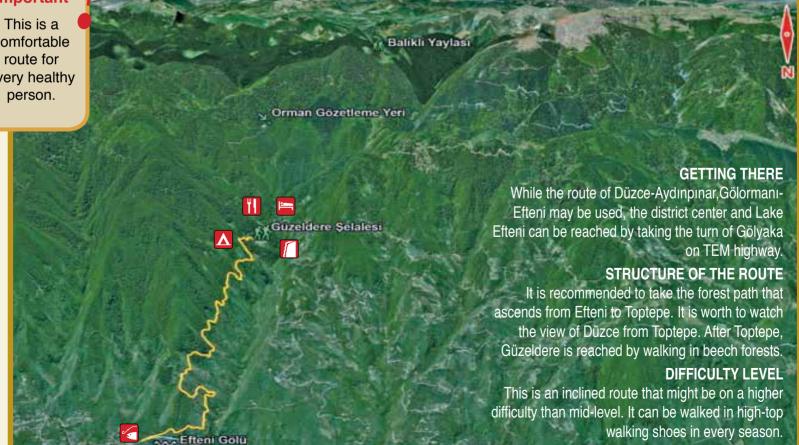




Efteni Gölü: 40.756385° - 31.055718° -Güzeldere Şelalesi: 40.723535° - 31.049690°

## **Important**

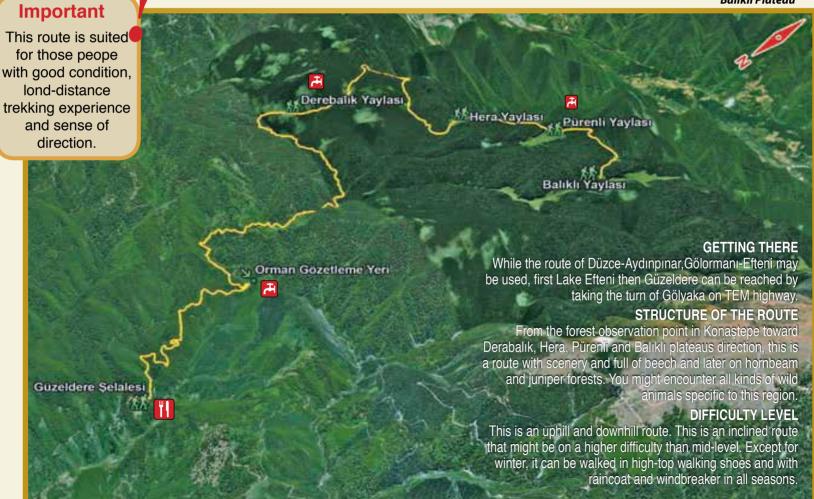
comfortable route for every healthy person.







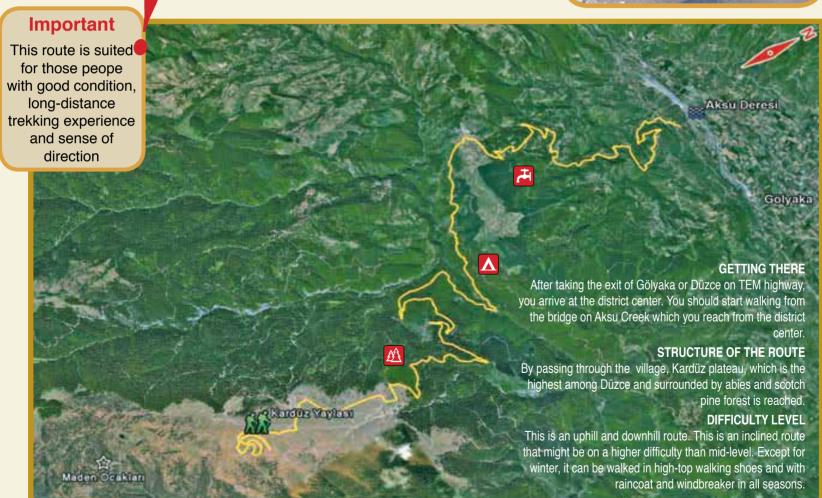
#### Balıklı Plateau











Aksu Creek: 40.763297° - 30.962898° -

Plateau: 40.666393° - 30.978458°





Kardüz Plateau

#### 6.6. Kaynaşlı Trekking Routes

Kaynaşlı, located in the plain before the ramp of the Bolu Mountain, which is the crossroads of national and international highways and frequently mentioned in meteorological news in national televisions, is noteworthy for its transit tourism, meat barbecues and handcrafts.

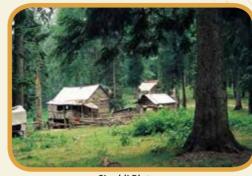
On the Yörükler Plateau of the Kaynaşlı district which has become the central point for alternative sports tourism, you will find Off-road facilities, Fenerbahçe facilities on Topuk plateau, handline fishing in Kurugöl and possibility of taking off for mountain biking tours.

Picking up wild strawberries, blackberries and rose hips along the way on Topuk, Eğrelti, YeniYurt and Sinekli plateaus, you can reach Lake Abant.



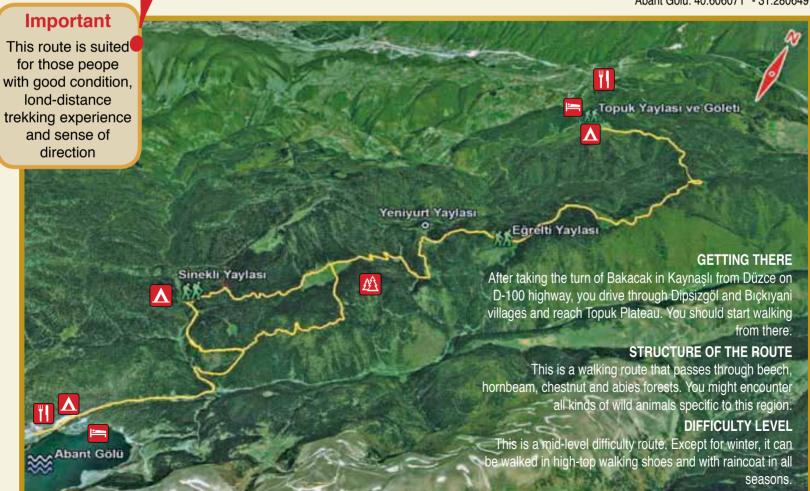






Sinekli Plateau

Topuk Yaylası: 40.689557° - 31.365411° - Abant Gölü: 40.606071° - 31.280649°



### ROUTES

18 km

Kaynaşlı - Sazköy - Tavak -Çakırsayvan - Samandere Waterfall

#### **HIGHLIGHTS**



Waterfall, camping, accommodation, restaurant, culture house guesthouse, handcrafts and regional products.



Çamlıpınar Pond Kaynaşlı: 40.775541° - 31.306424° -Samandere Selalesi: 40.691147° - 31.260544°

## **Important**

for those peope with good condition, lond-distance trekking experience and sense of direction





suberized beech trees. historical mosque, offroad, camping



Muncurlu: 40.812593° - 31.244814° -Sarıçökek Köyü: 40.784638° - 31.317229°











#### 6.7. Düzce Center Trekking Routes

#### **KONURALP**

The ancienty city of Konuralp with a history that dates as back as to BC 3rd Century is 5 km away from the City center of Düzce and awaits you with its amphitheathre decorated with lady's mantles, lintel with horse craving, leticia, museum, marble bridge, Roman bridge, aqueducts, mosaics, city walls, tomb steles, statues, plinths, hammam and its university built upon all of its historical heritage.

Do not leave Konuralp without buying some rice specific to this region. See for yourself how beatifully wood is handcrafted. You will find here a variety of wooden handcrafts that you can't even imagine. You can find Kemerkasım village if you go toward the end of remaining aqueducts that once brought water to Konuralp 2000 years ago. After you reach Aydınpınar village ,jumping over creeks and climbing rocks while eating hazelnuts, walnuts, wild strawberries, blackberries or chestnuts depending on the season, enjoy the taste of tea and conversation in the local coffehouses in the village square where it is not customary to play games.

Before you take off for waterfalls, you can order troutfish and cheese mushroom for your returning time at the facilities which cook these delicacies magnificently.

You can easily reach the first waterfall by following the corridor of shrubbery. You can see animals and other interesting engravings on the trees here.

Those who will take off for the second, third and fourth waterfalls: You will experience all kinds of roughness of the nature, the mystery of the forest, the rage and tingle of water. You can also watch the unique panoramic sight of Düzce from the upper parts of the village.

Do not leave before seeing Odayeri plateau which produces its own electricity, where youth and scouts camp and where there are nearby plateaus and ponds in reachable distance. On this route, you can wander off to Derinoba for a taste of natural trouthfish and stay in magnificent bungalow houses in the forest.

As you proceed to Derebalik plateau from here, you will pass along the plateau houses located near a long creek that flows in curls and life inside these houses, the teeterboard (cazucumbaz) which is a very old tradition,



areas with a scent of thyme on Sırık, Sırıkyanı and Kekik plateaus and hamlets with bovine and sheep and goats and hear the plashy sound of water that flows through the natural texture of the forest.

You have the possibility to do picnic near Torkul Pond recreation area. You can learn the story of Turkey's First Natural Monument Samandere Waterfall and see for yourself how the natural rage of water disappears into hot spots and appears again. In Samandere village, you can eat and drink, take a rest and stay overnight.

You will feel as if you are above the clouds when you reach the Derdin village at 1000 m altitude in pine forest. You can even reach up to stars at moonlight. If you stay at a home pension here, you can find foods and regional breakfast, troutfish and cheese varieties that are made according to Caucasian cultural tradition.

You can experience the mightiness of abies trees on Çiçekli, Şehirli and Koca Plateaus, unspoiled beauty of nature and the unique scenery that are in dreams of every forest and nature photo lovers.

You can take part in Sinekli Plateau Festival in the last week of July. You can spend the night on Sinekli Plateau which is the camping place of safari group and Beetle lovers and stop by at world destinations Abant and Topuk Plateau Facilities.

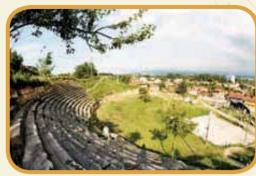
You can spend a fun day walking among the pine tress in Düzce city forest and visiting horse farms along the Düzce Center and Aydınpınar road that offer traditional food, drinks and accommodation service.

You can drop by at Düzce Handcrafts Center to buy decors and home accessories made from wood, marble and silver according to your taste.

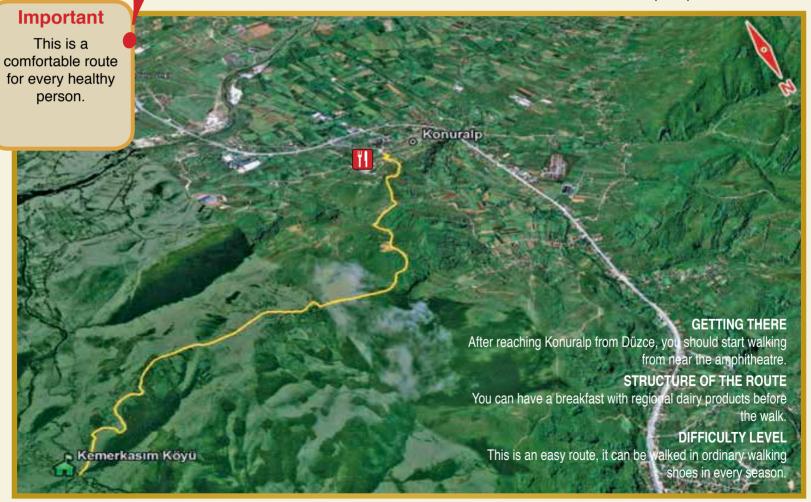
Do not leave without buying famous Düzce tobacco colonge and Düzce hazelnut. The shining star of the region, Düzce University and its hospital are also within the borders of Konuralp.





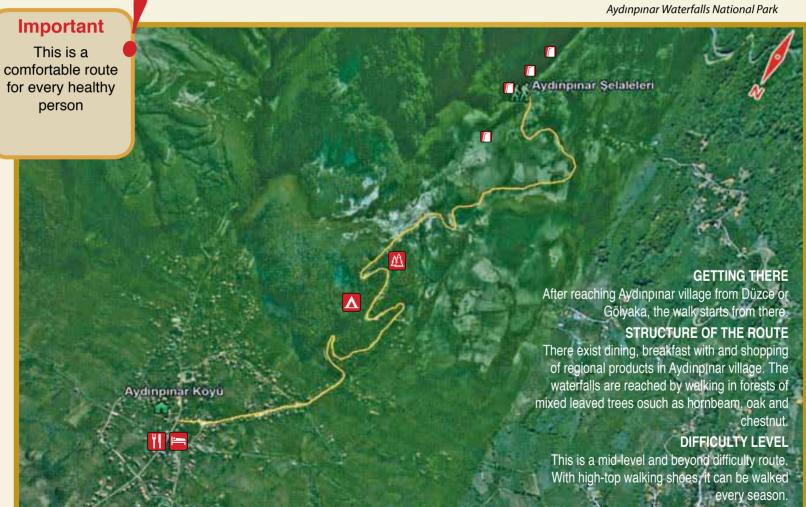


Konuralp Antique Theater











Derebalık Plateau

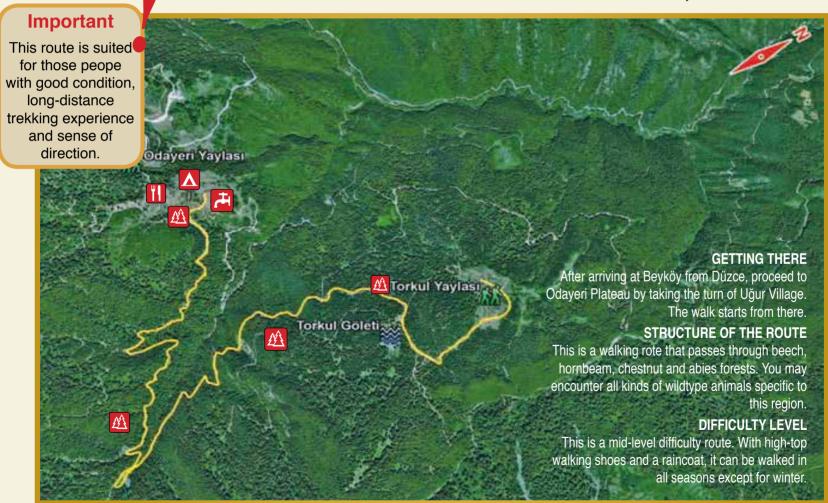


Odayeri Yaylası: 40.678422° - 31.147735° - Derebalık Yaylası: 40.679064° - 31.093472°





Odayeri Plateau



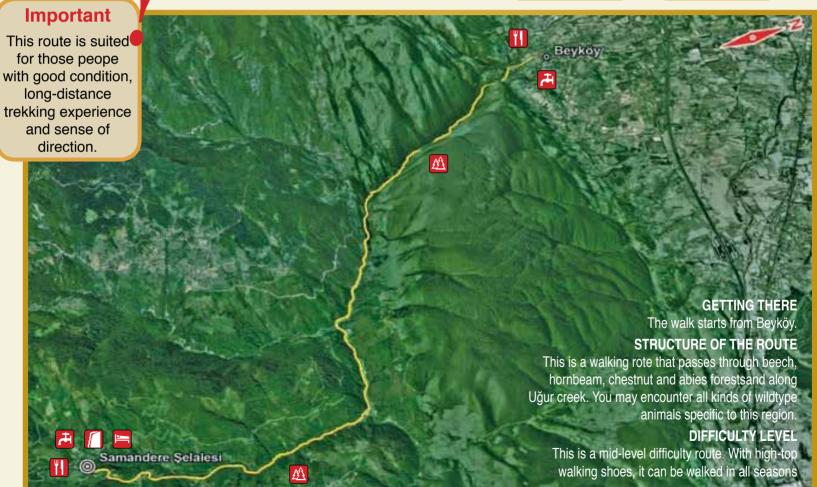
Odayeri Yaylası: 40.678422° - 31.147735° -Torkul Gölet: 40.678725° - 31.173180° Torkul Yaylası: 40.684099° - 31.177555°











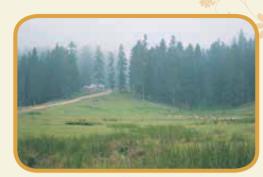




Çiçekli Plateau



Derdin Köyü: 40.706742° - 31.219759° Çiçekli Yaylası: 40.648100° - 31.210095° Şehirli Yaylası: 40.629201° - 31.190564° Plateau, camping, accommodation, waterfall, water mill



Sinekli Plateau

## **Important**

This route is suited for those peope with good condition, long-distance trekking experience and sense of direction



Samandere Şelalesi: 40.691147° - Sinekli Yaylası : 40.632080° - 31.290166° -

### 6.8. Yığılca Trekking Routes

On the Yığılca road, Hasanlar Dam welcomes you with its stunning display. With its vast size and beauty, the lake exhibits different displays at each curve and height. Apart from the yearly sailing races, Hasan Dam Lake stands out with its suitable beaches for amateur fishing and rich fish resources.

Yiğilca is a home to many natural beauties such as honey forests, Saklıkent Waterfall, Sarıkaya Cave which is the last in Western Black Sea Region, Yoğunpelit Waterfalls and Yedigöller National Park. There is also an ancient monumental yew tree on Yığılca - old Bolu road. The typical characteristics of this route where you will savor the greenness of the region may be summarized as local village houses and rich flora and fauna. The unique forest richness here includes many tree species such as the scotch pine, abies, beech, oak, hornbeam, alder and linden as well as natural strawberry and wild strawberry which are the livelihood of the local people.

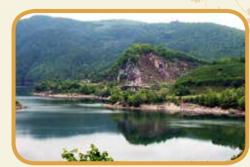
The Yığılca-Yaylatepe road has been paved with asphalt and Yaylatepe-Yedigöller forest road has been widener for easier access of cultural tour trips to Yedigöller area.





Hasanlar Dam Lake





Hasanlar Dam Lake

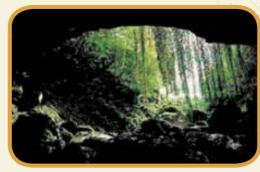


HIGHLIGHTS

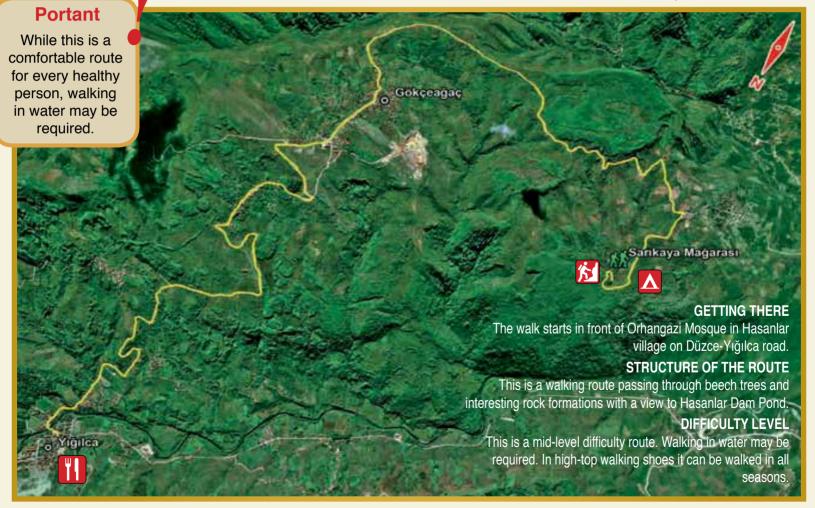


12 km

Rock climbing, dam, water sports, stagnant water kayak, handline fishing



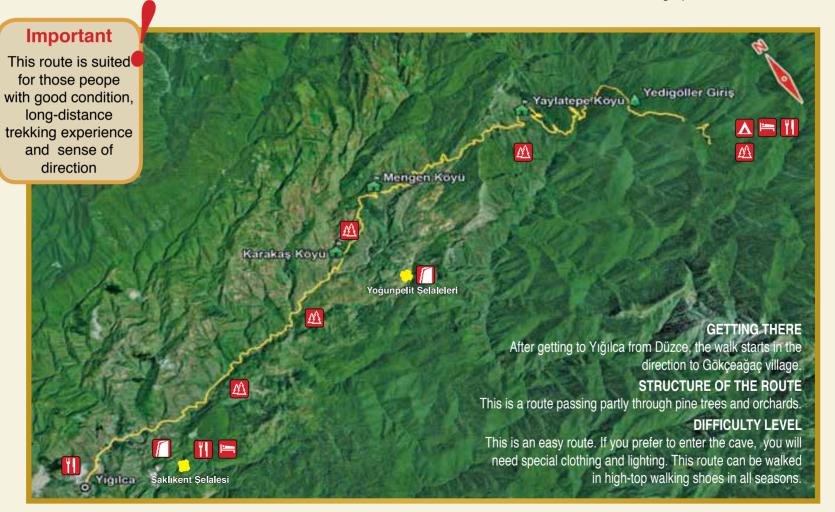
Sarıkaya Cave







Yoğunpelit Waterfall



Yığılca: 40.959627° - 31.443925° -Yedigöller: 40.967676° - 31.735734°

Yagcılar

7 km

Yığılca - Karakaş - Mengen -Yaylatepe-Yedigöller

HIGHLIGHTS



Hebeler

Waterfall, camping, accommodation, restaurent, lakes, plateau, forest, civil architecture



Saklıkent Waterfall

## **Important**

This route is suited for those peope with good condition, long-distance trekking experience and sense of direction.

# GETTING THERE The walk starts from Yığılca.

### STRUCTURE OF THE ROUTE

This is a route passing through mixed forests of beech, hornbeam, abies, oak, linden, ash and pine trees and along the creek in Küçük Melen valley over mountains, villages and hills. Wild animals may be encountered.

### DIFFICULTY LEVEL

This is a mid-level difficulty route. In high-top walking sakilkent Selaleshoes the route can be walked in all seasons.

Yığılca: 40.959627° - 31.443925° -

Saklıkent Şelalesi: 40.940265° - 31.490628°

## 7. OTHER ALTERNATIVE OUTDOOR **SPORTS**

### 7.1. Rafting

The 12 km long rafting route between Dokuzdeğirmen village and Beyler village awaits those who would like to escape city life and experience some adrenaline rush. This route has a difficulty rating of 3+ and with elevated water levels in spring months, it gets a bit more challenging. Enjoy the struggle against the water by challenging rapids in Büyük Melen.

Those who come to do rafting need to bring only underclothes and towels. At the Dokuzdeğirmen rafting facilities, you will have the opportunity to have openbuffet breakfast, walk in the village, drink tea, take shower and eat after rafting.

Neoplan clothing, shoes, helmet, oar and life jackets are provided. Accommodation in Dokuz Değirmen village houses is possible.



### 7.2. Diving

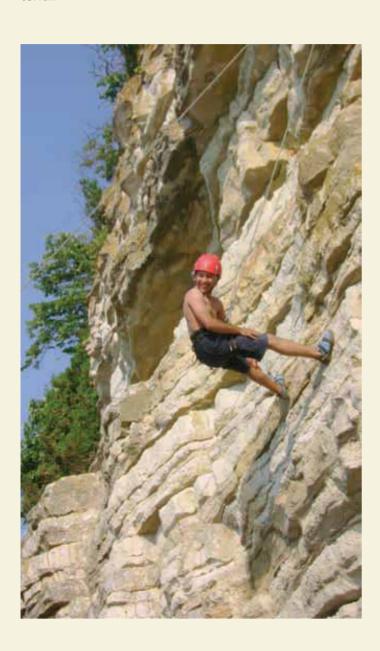
If you love the sea and exploring the unknown under the water, you have the possibility to dive in Akçakoca, provided that you received prior training in diving.

A transport airplane sunken specifically for tourism purposes at a 1.8 sea miles away from the coast of Akçakoca Kalkın village and in 29 meters depth awaits diving lovers.



## 7.3. Rock Climbing

Hasanlar - Sarıkaya - Akçakoca Cliffs - Aydınpınar Waterfall



## 7.4. Riding

In horse farms in Düzce, you can feel the joy of riding



7.5.Sailing



Akçakoca



#### 7.6. Off-Road

There are Off-Road races with camping organized yearly in May-June and September-October in collaboration with DOSOD (Düzce Automotive Sports and Off-Road Association)

### 7.7. Cycling and Mountain Cycling

There are yearly Kaynaşlı Bolu Mountains cycling races organized in the route starting from Bolu Mountain Darıyeri crossroads through Şimşir - Karaçalı - Çele -Kaynaşlı Kalıcı Konutlar and town center.

In the tourism week, there are traditional cycling tours in the route Düzce Center-Aydınpınar – Gölyaka Kültür Parkı – Gölyaka – Yazıpınar – İçmeler – Köprübaşı – Üçyol – Fevziye – İstilli – Mamure.

There are also "water-path" cycling tours that go mainly along the water path in the route Düzce Center -Hasanlar Dam – Yığılca – Karakaş – Mengen – Yaylatepe



- Yedigöller and "culture-path" cycling tours in the route Düzce Center – Konuralp – Akçakoca – Ereğli.

As for mountain cycling, there are tours organized in the route Düzce Merkez – Beykök – Şimşirlik – Samandere - Sinekli - Abant.

#### 7.8. Motocross

Güzeldere Waterfall and the surrounding roads to plateau are appropriate places for motocross.

There are motocross tours organized in the route Efteni – Toptepe – Güzeldere – Konas – Derebalık – Hera - Pürenli - Balıklı that end with camping by Güzeldere Waterfall.

There are also tours in the route Cicekli – Şehirli – Kocayayla - Sinekli - Abant with designated camping areas near Beyköy Şimşirlik – Samandere Waterfall.

Alternative routes for motocross inclue, Torkul -Derdin - Şehirli - Çiçekli - Kocayayla - Abant with Odayeri – Derinoba plateaus camping areas.



Diğer alternatif güzergah olarakta, Odayeri - Derinoba yaylaları kamp merkezi olmak üzere, Torkul - Derdin - Şehirli - Çiçekli - Kocayayla - Abant güzergahındada moto-kros turları yapılmaktadır.

### 7.9. Camping

There are many areas suitable for camping in Düzce.

In Düzce Central District, Derdin, Odayeri, Derinoba, Şimşirlik, Samandere, Sinekli, Yayakbaşı, City forest,

In Akçakoca, Kurugöl Kanyonu, Altınçay, Çayağ-zı, Akkaya, Aktaş, Sarıyayla,

In Cumayeri, Dokuzdeğirmen rafting area, In Gölyaka, Kardüz, Güzeldere, Bakacak, Kültür Parkı, In Gümüşova, Dereköyü recreation area,

In Kaynaşlı, Topuk, Yörükler, Çamlıpınar Pond (Dipsiz Göl) In Yığılca, Saklıkent,Yaylatepe,Yedigöller are the main areas that are suitable for camping in Düzce.



Güzeldere Waterfall



Akçakoca

### 7. 10. Paint-ball

There are facilities offering paintball service in Aydınpınar village.



## 7.11. Orienteering





## 7.12. Photo Safari



Lake Efteni



Akçakoca

## 7.13. Birdwatching



Lake Efteni



Topuk Pond



Cumayeri Rafting

## 7.14. Flora-Fauna





## 7.15. Handline Fishing







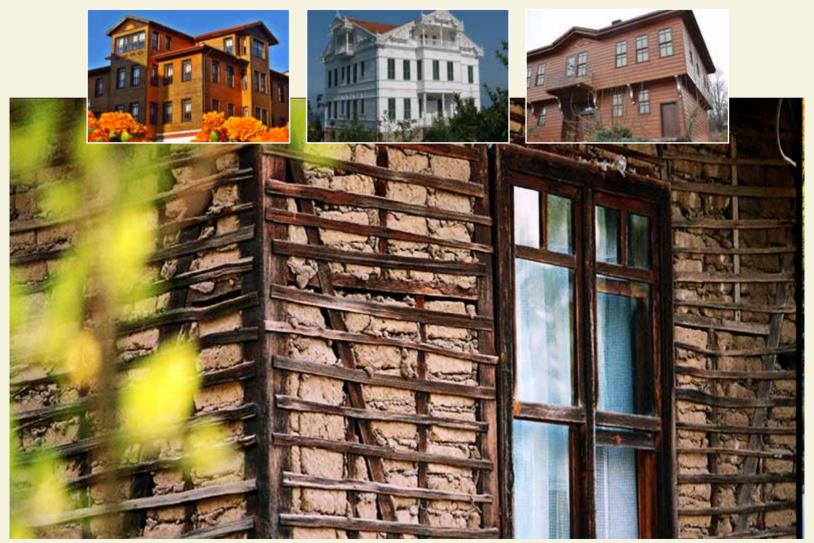
Lake Efteni











Göl Ormanı Village













## 8. TRANSPORT AND ACCOM **MODATION**

#### CONTACT

Emergency : 112 Police : 155 Gendarmery : 156 Fire Department : 110 Medical Consultancy : 182

Police Headquarters : (0380) 524 6274-75-76

### **Provincial Disaster and Emergency Directorate (AFAD)**

Nalbantoğlu Mh. Kuzey Çevre Yolu 4775. Sokak No:56 Merkez/DÜZCE-

Tel: (0380) 524 1384 - 514 1002

Fax: (0380) 523 0001

#### **Provincial Directorate of Culture and Tourism**

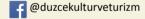
Düzce Governorate Government Office (Hükümet Konağı)

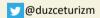
F. Blok Floor:2 DÜZCE

Tel: (0380) 524 9433 - 524 9133 Fax: (0380) 524 9162

E-Posta: iktm81@kultur.gov.tr Web: www.duzcekulturturizm.gov.tr

www.kulturportali.gov.tr/turkiye/duzce







#### **Nature Protection and National Parks**

Aziziye Mah. İstanbul Cad. No:162 Tel: (0380) 512 21 61 - 512 21 62

Faks: (0380) 512 22 35

#### **Directorate of Environment and Urban Planning**

Düzce Governorate Government Office (Hükümet Konağı)

Tel: (0380) 524 5827 Fax: (0380) 524 1621

#### **TRANSPORT**

**Local Transport** 

There is no minibus system in public transportation in Düzce.

In public transportation, there are buses operated by the municipality or by cooperatives.

#### **Intercity Bus Companies**

Düzce Güven : (0380) 524 2924-25 Düzce Varan Turizm: (0380) 524 8133 Efe Tur : (0380) 514 6653-

Metro Turizm : (0380) 523 0292 - 524 1861

Üstün Erçelik : (0380) 524 4882 - 523 5835 - 523 0345

### **PUBLIC GUESTHOUSES**

TESİSİN ADI	BULUNDUĞU YER	İLETİŞİM
Kalkın Kamp Eğitim Merkezi	Akçakoca	(+90 380) 622 4067 -622 41 44
Ankara Büyük Şehir Belediyesi Akçakoca Sosyal Tesisleri	Akçakoca	(+90 543) 7132428
D.S.İ. Kampı	Akçakoca	(+90 542) 455 86 59
Düzce Öğretmen Evi	Düzce	(+90 380) 523 7361 – 62
Akçakoca Öğretmen Evi	Akçakoca	(+90 380) 611 4106
Gölyaka Öğretmen Evi	Gölyaka	(+90 380) 711 4864
Yığılca Öğretmen Evi	Yığılca	(+90 380) 651 4230 (+90 533) 324 6974



# ACCOMADATION INSTITUTIONS CERTIFICATED WITH TOURISM OPERATION

NO	CLASS	NAME OF FACILITY	ADDRESS	TELEPHONE	БАХ
* * * *	SKY TOWER OTEL	AKÇAKOCA	АКÇАКОСА (380) 611 99 99	(380) 611 67 59	info@skytowerhotel.com
* * *	ОТЕГ АКÇАКОСА	АКСАКОСА	АКÇАКОСА (380) 611 45 25	(380) 611 44 40	info@otelakcakoca.com.tr
* * *	TURAN OTEL	DÜZCE	(380) 514 27 81	(380) 514 77 81	info@turanotel.com
* * *	DIAPOLIS OTEL	АКСАКОСА	АКÇАКОСА (380) 611 37 41	(380) 611 3790	rezervasyon@diapolishotel.com
* * *	GÖSTERİŞLİ OTEL	DÜZCE	(380)524 11 33	(380) 524 11 35	info@gosterisliotel.com
* * *	KONSOPA OTEL	DÜZCE	(380) 524 80 99	(380)524 80 97	konsopa@konsopa.com
* * *	PAK OTEL	DÜZCE	(380)523 43 44	(380) 514 61 33	info@pakotel.cm.tr
* * *	TURKUAZ BEACH OTEL	АКСАКОСА	(380) 611 50 00	(380) 611 90 00)	rezervasyon@turkuazbeachotel.com
*	ANIL OTEL	DÜZCE	(380) 524 94 94	(380) 524 88 77	(380) 524 88 77 info@anilotel.com
*	VADI OTEL	АКСАКОСА	АКÇАКОСА (380) 618 84 84	(380) 618 70 53	iletisim@otelvadi.com
*	AKÇAKOCA POYRAZ OTEL	АКСАКОСА	(380) 611 40 98	(380) 611 58 64	info@akcakocapoyrazotel.com
*	AKÇAKOCA BAYRAKTAR OTEL	АКСАКОСА	AKÇAKOCA (380) 611 66 77	0 532 155 9555	info@bayraktarotel.com
Turistik	TEZEL KAMPING	AKÇAKOCA	(380) 611 41 15	(380) 611 95 55	info@tezelcamping.com.tr
Köy Evi	TEKİR KÖY EVİ	KAYNAŞLI	(380) 545 21 20-21		tekirkoyevi@hotmail.com

### TRAVEL AGENCIES

GROUP	NAME	TEL	FAX	EMAIL
А	AL ŞEHZADE TURİZM	(0380) 514 20 40 (0380) 514 19 70	(0380) 514 19 70	${\sf duzcetugbaturizm@outlook.com}$
А	MIVAL TURIZM	(0380) 514 17 61	(0380) 523 49 53	mivalturizm@gmail.com
А	GNR TURIZM	(0380) 524 00 20	(0380) 524 94 46	info@gnrturizm.com
А	H.HIDAYET TUR	(0380) 514 10 22	(0380) 514 10 22	duzce@hidayettur.com
А	DÜZCE TUĞBA TUR	(0380) 525 04 04	(0380) 525 04 04	info@duzcetugbatur.com
А	REKOR TURIZM	(0380) 514 22 55	(0380) 514 22 55	info@rekorturizm.com
Α	GRAND IMGE TUR	(0380) 524 44 77	(0380) 524 97 00	imgetur@hotmail.com
٨	GEZ-TOZ TURİZM	(0380) 552 61 61 (0380) 552 61 65	(0380) 552 61 65	info@geztozturizm.com
Α	TRAVEL NERİA	(0380) 514 10 22	(0380) 514 10 22 (0380) 514 10 22	muammer.meydan81@hotmail.com
A	AL HAYAT TUR	(0380) 524 19 35	(0380) 524 19 35 (0380) 524 19 35	info@hayattur.com
A	MEVLÜTOĞLU TURİZM	(0380) 523 54 54 (0380) 523 54 55	(0380) 523 54 55	info@turkoglutur.com
А	KUDRET TURİZM	(0380) 514 10 41		info@kudretturizm.com
Α	O TUR BU TUR &ANATOLIA TUR	(0380) 524 68 87		operasyon@oturbutur.com
А	BIREY TUR	(0380) 512 19 99	(0380) 512 19 99	bireytur@bireytur.com
В	ÖZBAKIR TURİZM	(0380) 524 38 20 (0380)524 38 20	(0380)524 38 20	

