



NATURE'S HEALTH CURE

A visit to Turkey would not be complete without a stop at one of the country's better known spas, whether to treat a health problem or simply to luxuriate in the soothing waters of natural mineral baths.

A stop at one of the spas described here can easily be added to a tour of Turkey's most famous destinations.

The health-giving properties of Turkey's natural hot springs have been renowned since antiquity.

The ancient city of Hierapolis was built on the site of the rich mineral waters of Pamukkale, where the steaming water has hollowed enormous circular basins in the earth as it flowed down the mountainside, coating the slopes in a smooth layer of dazzlingly white calcareous rock.

No doubt, the residents of the ancient Lycian city of Caunos bathed in the mineral-rich mud of nearby Köyceğiz Lake.

The Balçova/Izmir hot springs are located on the site of the Baths of Agamemnon, known and used in Roman times for their therapeutic qualities.

Bursa, the first capital of the Ottoman Empire, is nestled against Uludağ (Mt. Olympos). There the natural hot springs of Çekirge prompted the Ottomans to build a large complex of domed baths during the reign of Murat I (1359-1389) on the site of an earlier Roman and Byzantine bath complex.

On the shores of the Aegean, Çeşme is famous for its natural mineral springs and the therapeutic qualities of the sea.

And amidst the verdant forests of the southern shore of the Sea of Marmara, Yalova hot springs pour out mineral-rich water, thought to cure a variety of ailments.

The thermal waters of spas described in this brochure have been tested by the Turkish Ministry of Health, and thermal waters which are also safe for drinking have been noted. The most popular spas are concentrated in the Marmara and Aegean regions of western Turkey and are easily accessible from Turkey's major cities, Istanbul, Izmir, and Ankara.

But while touring through Turkey's Central Anatolian Region there is one thermal spa well worth mentioning here, a spa of such an extraordinary character that it is unique in the world. It is visited by people from everywhere who are searching for cures. This healing spa is called "Kangal Hot Springs with Fish" and it is only 13



Yalova Termal



Oruçoğlu Thermal Center, Afyon

km from the town of Kangal in the province of Sivas. The beneficial waters contain myriad small fish (2-10 cm long), which play a vital part in curing various skin diseases. Thermal spas in the Black Sea region include Samsun-Ladik and Rize-Ayder. Another thermal complex, known for maintaining international standards in its thermal therapy center is located in Yoncalı near Kütahya.

Highly recommended for their thermal spring facilities are the following spas listed by province:

Adana: Haruniye

Afyon: Ömer Geçek (Sandıklı)

Ankara: Kızılcahamam, Ayaş, Haymana

Balıkesir: Gönen

Bingöl: Kös

Bolu: Büyük Kaplıca

Bursa: Çekirge, Oylat

Çanakkale: Kestanbol

Çankır: Çavundur

Denizli: Pamukkale, Karahayıt

Diyarbakır: Çermik

Erzurum: Pasinler

Izmir: Balçova, Çeşme, Şifne

Konya: Ilgın

Kütahya: Yoncalı, Harlek

Manisa: Salihli

Muğla: Sultaniye

Rize: Ayder

Sakarya: Kuzuluk

Samsun: Ladik, Havza

Siirt: Billoris

Sivas: Kangal

Van: Hasanabdal

Yalova: Yalova Termal, Armutlu

Although some of these particular spas are not luxurious, the main advantage is being able to enjoy their therapeutic benefits in natural surroundings. Take a lesson from the ancients and treat yourself to a natural health cure during your visit to Turkey.

BURSA (Altitude: 109 m)

This first capital of the Ottoman Empire has been famous for centuries for the therapeutic qualities of its natural hot springs.

One of the earliest recorded visitors who came to Bursa to enjoy the waters was Byzantine Empress Theodora. Today, the Ottoman baths, known as Eski Kaplıca, continue to function as part of the Kervansaray Termal in the Çekirge district of Bursa. The five-star Çelik Palas Termal Hotel also has luxurious facilities with natural hot springs and baths offering various treatments. The domed baths run by the Kervansaray Termal are an excellent example of early Ottoman architecture.

Capacity

The Çekirge hot springs flow at the rate of 5 liters per second. The Kervansaray baths can accommodate 600 people per day, while the Çelik Palas can provide curative baths to 400 people per day.

Physio-chemical Characteristics and Indications

The thermal waters of the Çekirge springs are composed of calcium, magnesium sulfate and



"Eski Kaplıca"
Hotel Kervansaray

bicarbonate; the water temperature ranges from 39-58°C with a pH ranging from 6.6 to 7.2, and a total mineral content of 1,164 mg/l. These hot springs are good for rheumatic diseases, hepatic and gall bladder diseases, metabolic disorders, gynecological diseases and post-operative problems.

Treatments

Eski Kaplıca, run by the Kervansaray Termal features hot mineral pools, baths and a Turkish bath with natural hot springs. Treatments in hot mineral pools and baths, as well as massage, underwater massage and electro-physical therapy are available at the Çelik Palas Hotel. Oylat Thermal Center is 27 km from Inegöl in a forest at the foot of Uludağ Mountain. The hot spring has been used for 2000 years. The temperature is 40.5°C, the pH is 7.3, and the mineral content 3000 mg/l.



Haçivat and Karagöz

Climatic conditions in Bursa

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
5	6	8	13	17	22	24	24	20	15	11	8

Number of sunny and partly cloudy days (at least partly sunny)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
16	15	18	21	26	28	30	31	28	25	20	18

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
76	74	72	70	70	63	59	60	66	72	76	75

Kervansaray Termal **** 211 Rooms, 444 Beds Eski Kaplıca Sok., Çekirge-Bursa Tel: (224) 233 93 00 Fax: (224) 233 93 24
Çelik Palas Termal ***** 173 Rooms, 359 Beds Çekirge Cad. 11, Çekirge-Bursa Tel: (224) 233 38 00 Fax: (224) 236 19 10
Dilmen Oteli **** 102 Rooms, 200 l. Murat Cad. No: 20 Çekirge-Bursa Tel: (224) 233 95 00 Fax: (224) 235 25 68
Anatolia Hotel **** 93 Rooms, 192 Beds Çekirge Meydanı, Çekirge-Bursa Tel: (224) 233 94 00 Fax: (224) 233 94 08
Yıldız Termal Oteli *** 35 Rooms, 68 Beds Selvinaz Sok. 2., Çekirge-Bursa Tel: (224) 239 69 80 Fax: (224) 239 69 85
Akdoğan Hotel *** 102 Rooms, 209 Beds l. Murat Cad., Çekirge-Bursa Tel: (224) 233 82 00 Fax: (224) 236 31 29
Gönüferah Oteli *** 70 Rooms, 140 Beds l. Murat Cad. No: 34, Çekirge-Bursa Tel: (224) 233 92 10 Fax: (224) 233 92 18
Ada Palas Oteli ** 39 Rooms, 73 Beds l. Murat Cad., Çekirge-Bursa Tel: (224) 234 52 51 Fax: (224) 234 45 75
Atlas Oteli ** 19 Rooms, 42 Beds Çekirge Hamamı Sk. No:1, Çekirge-Bursa Tel: (224) 234 41 00 Fax: (224) 236 48 05
Huzur Oteli ** 19 Rooms, 42 Beds Çekirge Hamamı Sk. No:1, Çekirge-Bursa Tel: (224) 233 52 51 Fax: (224) 234 45 75
Yat Oteli * 48 Rooms, 91 Beds Hamamlar Cad. No: 31, Çekirge-Bursa Tel: (224) 233 93 35 Fax: (224) 233 93 39
Bursa Provincial Department of Tourism Tel: (224) 233 26 49 - 233 26 50 Fax: (224) 233 26 48



Çelik Palas Termal Hotel



YALOVA TERMALİNE GİRİŞ
KİŞİ BAŞINA 1000 TL
KİŞİ BAŞINA 500 TL
KİŞİ BAŞINA 250 TL
KİŞİ BAŞINA 100 TL

Yalova Termal

YALOVA (Altitude: 10 m)

The Yalova hot springs are located to the south of the Sea of Marmara, 13 km southwest of the provincial center of Yalova in a wonderfully green setting.



Yalova Termal

Capacity

The Yalova hot springs have a natural water outlet, flowing at a rate of 15 liters per second. With 1,651 total beds, this amounts to 600 liters of water/person/day.

Physio-chemical Characteristics and Indications

Yalova hot springs have a composition of sodium chloride, calcium sulfate and fluoride. With a temperature of 60-65°C, a pH of 7.8, and 1,435 mg/lit total mineral content, the waters are suitable for both bathing and drinking. Yalova hot springs are known for their therapeutic qualities, especially for rheumatic



Climatic conditions in Yalova

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
7	7	8	13	17	22	24	24	22	17	13	9

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
14	16	17	21	25	28	30	30	28	21	19	18

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
77	74	74	70	70	66	64	65	68	72	74	73

diseases, digestive maladies, neurological and urological disorders and metabolic problems. The **Armutlu hot spring** is 4 km northeast of Yalova. The water is 57-73°C with a pH of 6.2 to 6.5. It flows at a rate of 10 lit/sec.

Treatments

Yalova spa has both indoor and outdoor pools and baths, and offers massage, underwater massage and drinking cures. With a treatment capacity of nearly 2,000 people per day, the spa includes a first-class restaurant, a cafe, a very attractive park and a forest.

Termalier ***** 48 Rooms, 108 Beds, 4 suites Kaplıca Mevkii, Armutlu, Yalova Tel: (226) 573 67 99 Fax: (226) 574 68 33
TURKSEV Yalova Termal *** (Special license) Termal, Yalova 101 Rooms, 202 Beds Tel: (226) 675 74 00 Fax: (226) 675 74 13
Termalier 52 Rooms, 108 Beds Armutlu, Yalova Tel: (226) 531 41 25 Fax: (226) 531 08 09
Dinana Otel * 10 Rooms, 20 Beds Termal, Yalova Tel: (226) 675 72 93 - 675 76 68 Fax: (226) 675 72 93
Yeni Park Otel 28 Rooms, 80 Beds Termal, Yalova Tel: (226) 675 71 00 Fax: (226) 675 74 42
Yalova Provincial Department of Tourism Yalı Cad. No : 33/1 Tel : (226) 813 85 07 Fax: (226) 813 85 08

BOLU (Altitude: 725 m)

The Bolu hot springs are 5 km south of Bolu in the western Black Sea region in the foothills of the Ala Mountains.



Hotel Bolu Termal

Physio-Chemical Characteristics and Indications

The waters contain bicarbonate, sulphate, calcium, magnesium, and carbon dioxide. The pH is 5.82-6.36 and the temperature 42-44°C. The thermal waters are beneficial for the treatment of liver, gall bladder,



Yedigöller National Park

kidney, and urinary problems.

Treatment

The thermal waters and steam are good for bathing, drinking and inhaling.

Near by is the privately operated Küçük Kaplıca.

Climatic conditions in Bolu

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
0	2	4	9	14	17	20	20	16	12	7	3

Number of sunny and partly-cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
8	7	10	10	12	13	14	14	12	10	8	7

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
77	75	72	69	72	71	68	67	70	74	76	78

BALIKESİR - GÖNEN (Altitude: 36 m)

This hot spring is located next to the Gönen Stream in Gönen County in the province of Balıkesir in the Marmara Region.



Hotel Yıldız Termal

Physio-Chemical Characteristics and Indications

The thermal water is 73°C with a pH of 7.36. It is classified as hypothermal, hypotonic mineral water which is good for drinking



and bathing. The water contains 0.590 mg/l ammonia, 528.770 mg/l sodium, 29.325 mg/l potassium, and 278.637 mg/l chlorine.

Climatic conditions in Balıkesir

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
5	7	8	13	17	22	24	23	20	14	12	9

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
23	21	23	24	26	26	27	28	25	25	24	23

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
77	74	74	70	70	66	64	65	68	72	74	73

Yıldız Kaplıca Otel *** 207 Rooms, 414 Beds Banyolar Cad. No: 24 Gönen- Balıkesir Tel: (266) 762 18 40-762 30 17 Fax: (266) 762 30 17

Turistik Şifa Oteli ** 60 Rooms, 120 Beds Ilıca Mevkii, Balya-Balıkesir Tel: (266) 496 51 25

Berlin Pansiyon 19 Rooms, 29 Beds Banyolar Cad. No: 24 Gönen-Balıkesir Tel: (266) 762 35 71 Fax: (266) 762 75 62

Balıkesir Provincial Department of Tourism Tel : (266) 241 18 20 Fax: (266) 244 72 71

İZMİR - BALÇOVA (Altitude: 25 m)

The Balçova hot springs are located on the site of the Baths of Agamemnon, known in antiquity for the therapeutic qualities of its waters.

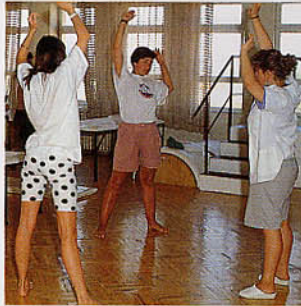
According to one legend, Agamemnon was advised by an oracle to bring soldiers who had been wounded during the campaign against Troy to the sulfur-rich waters of these natural hot springs. Balçova is situated to the west of the Aegean port of Izmir.

Capacity

The Balçova hot springs flow from two exploratory wells at a rate of 28 liters per second. The facilities can accommodate 3,456 bath-days on the basis of 600 liters per person per day, per bath.

Physio-chemical Characteristics and Indications:

The Balçova hot springs contain sodium chloride and calcium bicarbonate. The springs have a water temperature ranging from 62° to 80°C,



Thermal Balçova "Agamemnon"

a pH of 6.4, and a mineral content of 1,369 mg/l.

These hot springs are recommended for the treatment of rheumatic diseases, digestive maladies, post-injury healing and post-operative problems, along with calcification and metabolic disorders.

Treatments

The Balçova hot spring complex, with a total capacity of 3,000 people per day, provides hot mineral pools and baths, offers a patient therapy pool, sauna, massage, underwater massage, ultrasound, physical exercise, electro-therapy and physical therapy. The complex also has a new park.

Climatic conditions in Izmir

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
9	10	11	16	20	25	28	27	23	18	15	10

Number of sunny and partly-cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
20	18	23	23	26	27	30	31	30	28	25	22

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
76	73	69	66	63	55	52	52	58	67	75	76

Termal Princess ***** 278 Rooms, 630 Beds Agamemnon Kaplıcaları Balçova-Izmir Tel : (232) 238 51 51 Fax : (232) 239 09 39

Balçova Agamemnon Kap-Sıcaksu *** 215 Rooms, 435 Beds Vali Hüseyin Ögütçen Cad. 2. Balçova-Izmir Tel : (232) 259 95 98

Izmir Provincial Department of Tourism Tel : (232) 483 80 86 Fax : (232) 483 42 70



Thermal Princess Hotel, Balçova

İZMİR - ÇEŞME (Altitude: 5 m)

Çeşme ("fountain") is abundantly endowed with natural hot springs.

Located on the Aegean coast, 80 km west of Izmir, the holiday resort has excellent hotels with complete spas. Some use mineral waters from natural hot springs, while the facilities at the Altın Yunus Holiday Resort utilize mineral-rich seawater.

Capacity

The hot springs on the long sandy beach flow at a rate of 15 liters per second and can accommodate 500 people a day. The Altın Yunus Holiday Resort, situated in a cove along the seaside, has a Natural Sea Spa which can also handle 500 people per day.

Physio-chemical Characteristics and Indications

Çeşme hot springs contain a high level of sodium chloride, magnesium sulphate, and calci-



Sea Spa
Altın Yunus, Çeşme



Mud Bath, Şifne

um bicarbonate. The water temperature is 55°C with a pH of 6.5, and the mineral content is 2,720 mg/l. The sea water used in the Altın Yunus spa has a similar composition. These waters are heated and used for treating rheumatic, dermatological and gynecological diseases. They are also recommended for neurological exhaustion and to help strengthen muscles after surgery. The Şifne-İlca hot springs have 42°C water with a pH of 6.76.

Treatments

Çeşme has hot mineral pools and baths, and offers underwater massage, physical and electrotherapy. The Altın Yunus spas incorporate similar facilities along with physical exercise and geriatric units.

Climatic conditions in Çeşme

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
7	10	13	17	19	22	25	25	23	17	13	11

Number of sunny and partly-cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
15	23	24	27	30	30	31	31	30	29	27	24

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
77	74	73	75	76	68	63	68	71	75	73	74

Altinyunus Holiday Village (1st Class) 515 Rooms, 1030 Beds Boyalık Mevkii, Kalemburnu, Çeşme-Izmir Tel : (232) 723 12 50 Fax : (232) 723 22 42

Sheraton Çeşme ***** 373 Rooms, 950 Beds Şifne Cad. No: 35 İlca-Çeşme-Izmir Tel : (232) 723 12 40 Fax : (232) 723 13 88

Sun Beach Süzer Otel **** 174 Rooms, 360 Beds Liman Mevkii Çeşme-Izmir Tel : (232) 716 97 77 Fax : (232) 716 97 62

Hotel Delmar *** 92 Rooms, 192 Beds Izmir Cad. 154, İlca, Çeşme-Izmir Tel : (232) 723 43 00 - 03 Fax : (232) 723 41 03

Otel Hora *** 48 Rooms, 100 Beds İlca Mevkii Izmir Cad. No: 150 Tel : (232) 723 26 54

Izmir Provincial Department of Tourism Tel : (232) 483 80 86 Fax : (232) 483 42 70

DENİZLİ-PAMUKKALE (Altitude: 384 m)

At Pamukkale (“Cotton Castle”) nature has produced a sight of spectacular beauty.

For thousands of years a deep underground spring has been pouring out streams of hot, mineral-saturated water. As it has flowed down the mountainside the steaming water has hollowed enormous circular basins in the earth, and the water’s rich mineral content has coated them in a smooth layer of dazzlingly-white calcareous rock. To the ancients such beauty could only mean that the place was sacred to the gods. Built near the natural hot springs, the grand city of **Hierapolis** attracted a steady stream of pilgrims, who came to bathe in the curative waters. Pamukkale is located 250 km from Izmir and 20 km from Denizli. Most of the hotels are in Karahayit, 5 km north of Pamukkale. The water is 42-56°C, the pH is 5.98, similar to Pamukkale, but the water has more iron content.

Capacity

The Pamukkale hot springs flow at a rate of 400 liters per second. The various facilities can accommodate about 6,000 people/day total, which amounts to 600 liters of water/person/day.



Pamukkale Thermal Pool

Physio-chemical Characteristics and indications

The mineral-rich Pamukkale hot spring waters are rich in calcium, magnesium sulfate and bicarbonate. They also contain carbon dioxide and have a radioactive content of 1,537 picokuri/liter (or 56 bekerel/liter). Water temperature is 36° to 38°C with a pH of 6. Total mineral content is 2,430 mg/l. The waters are used both for drinking and bathing. They are recommended for the treatment of rheumatic, dermatological and gynecological diseases, neurological and physical exhaustion, digestive maladies and nutritional disorders.

Treatments and accommodations

Throughout history, Pamukkale has been a famous spa, with both baths and open pools set into the snow-white cliffs. Bath treatments take place in natural pools developed around the main hot springs. Hot mineral water spas have been opened at a number of new and very comfortable hotels in the area.

Climatic conditions in Denizli

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
6	7	10	14	19	24	27	26	21	16	12	8

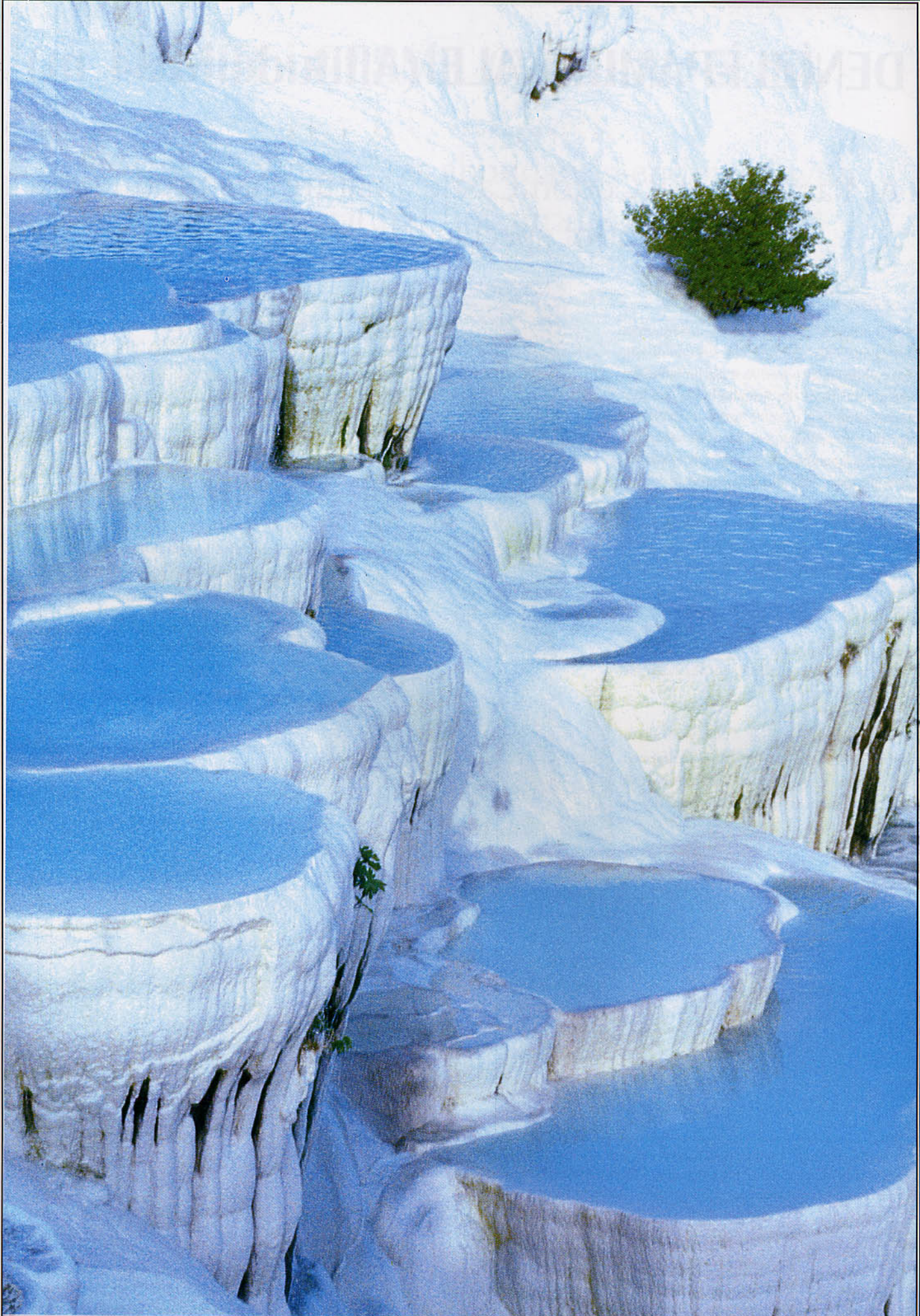
Number of sunny and partly-cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
20	20	23	24	27	29	31	31	30	28	25	20

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
73	70	66	61	59	48	44	43	50	58	69	74

Hierapolis Holiday Village 180 Rooms, 360 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 41 05 Fax : (258) 262 48 16
Colossae Hotel Termal **** 231 Rooms, 420 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 41 56 Fax : (258) 271 40 50
Richmond Pamukkale Spa **** 164 Rooms, 320 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 46 06 Fax : (258) 271 46 08
Polat Hotel **** 260 Rooms, 524 Beds, Karahayit-Pamukkale-Denizli Tel : (258) 271 41 10 Fax : (258) 271 40 92
Pamukkale Richmond Hotel **** 315 Rooms, 642 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 42 94 Fax : (258) 271 40 78
Pam Hotel *** 158 Rooms, 320 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 41 29 - 271 43 30 Fax : (258) 271 40 97
Richmond Savanna *** 216 Rooms, 502 Beds Karahayit-Pamukkale-Denizli Tel : (258) 381 73 81 Fax : (258) 381 72 99
Lycos River Hotel *** 134 Rooms, 273 Beds Karahayit-Pamukkale-Denizli Tel : (258) 271 43 41 Fax : (258) 271 43 51
Denizli Provincial Department of Tourism Tel : (258) 264 39 71 - 242 08 40 Fax : (258) 264 76 21



Pamukkale Travertines

MUĞLA - KÖYCEĞİZ - DALYANKÖY

(Altitude: 24 m)

Scenic Köyceğiz Lake, located near Dalaman International Airport and within a convenient distance of both Fethiye and Marmaris, is well known for its natural hot springs and mud baths.



Mud Bath Pool, Köyceğiz, Muğla



Caunos Rock Tombs, Muğla

The lake narrows into a channel, flowing into the Dalyan River which empties into the Mediterranean at one of Turkey's most spectacular beaches, Iztuzu, which is also the breeding ground of the Caretta caretta sea turtle. The reed-lined river meanders toward the sea, overlooked by 4th-century B.C. Lycian rock tombs. Nearby are the ruins of the ancient city of Caunos. On the asphalt road to Velibey is the ancient settlement now at Sultaniye, also a thermal center used for centuries, and site of numerous ruins.

Capacity

Situated next to a natural channel between Köyceğiz Lake and the Mediterranean Sea, the Rıza Çavuş Thermal Baths form a water pool and a mud pond, with a flow rate of about 8 liters per second. The mud and mineral baths can accommodate 1,000 people per day. At a second spring is Velibey Thermal Baths, 1.5 km north of Rıza Çavuş, that has similar qualities and a flow rate of 20 liters per second. The waters of Sultaniye are good for both bathing and drinking. They flow at a rate of 42 liters per second, resulting in a bath capacity of 10,000 baths per day.

Climatic conditions in Muğla

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
9	11	13	16	21	26	28	28	24	19	14	11

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
19	18	22	25	27	30	31	31	29	28	25	18

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
75	74	71	69	69	61	58	62	65	70	76	77

Physio-chemical Characteristics and Indications

The Rıza Çavuş natural hot springs contain sodium chloride, hydrogen, sulfur, bromide, fluoride, and are naturally radioactive (3,770 picokuri/liter, or 139 bekerel/liter), with a total salt and mineral content of 2,800 mg/lt. The temperature of the mud and water is 30° to 38°C, and the pH is about 6.5. These hot springs are good for the treatment of rheumatic, dermatological and gynecological diseases, as well as neurological and physical exhaustion.

Treatments and Accommodations

The Köyceğiz baths do not offer overnight accommodations, so visitors stay at hotels and pensions nearby Köyceğiz or Dalyan. Sultaniye Hot Springs offer overnight accommodations. Köyceğiz Mudbaths and Sultaniye Hot Springs can be reached from Köyceğiz and Dalyan via boats. Meanwhile Sultaniye Hot Spring is linked by asphalt road to Köyceğiz.

KÜTAHYA (Altitude: 969 m)

Kütahya is in western Anatolia and has been a thermal center for numerous civilizations for more than 5,000 years.



Yoncalı Tütav Termal Otel

Kütahya is an important city for thermal centers and the only one in the country to have 6 in the same area. The most important of these are **Ilca Harlek** and **Yoncalı**. The thermal center at Yoncalı has been in use since A.D. 762. The city of Kütahya is also known for the beauty of its ceramics and tiles.

Capacity

The thermal waters at Ilca Harlek flow at 41 liters/second. At Yoncalı, the capacity is 36-51 lit/sec.

Physio-Chemical Characteristics and Indications

The waters of Ilca Harlek vary in temperature from 25° to 43°C, and at Yoncalı from 32-36°C. The waters of Ilca Harlek and Yoncalı contain magnesium, calcium and bicarbonate. The waters are useful to those suffering from rheumatism, dermatological problems, neuro-



Yoncalı Tütav Termal Otel

Climatic Conditions in Kütahya

Average monthly temperatures (°C)

I II III IV V VI VII VIII IX X XI XII

0 2 5 10 14 18 20 20 16 12 7 2

Number of sunny and partly cloudy days

I II III IV V VI VII VIII IX X XI XII

18 16 20 22 25 27 30 30 27 25 21 18

Relative humidity

I II III IV V VI VII VIII IX X XI XII

78 75 69 64 64 61 58 58 61 67 74 78

logical disorders, gynecological problems, liver disorders, insomnia, and gall bladder and backbone complaints. The waters at Yoncalı are particularly beneficial for gout, lumbago and fractures.

Other hot springs in the Kütahya Province include:

Ilcasu kaplıca (Altitude: 710 m)

Located 18 km from Gediz. The thermal water flow at 23 lit/sec and is 78 - 79 °C with a pH of 6.5 - 7.9.

Murat Dağ Kaplıca (Altitude: 1450 m)

Located 30 km from Gediz. The thermal water flow at 23 lit/sec and is 31 - 42 °C with a pH of 5.3.

Simav Eynal (Altitude: 850 m)

Located 4 km from Simav (between Kütahya and Manisa). This geyser with a pH of 9.7 emits steam at 163 °C.

Emet Yeşil Kaplıca (Altitude: 853 m)

Located 200 m from Emet. The thermal water flow at 5 lt and is 43 °C.

In the two main centers, there are a number of hotels, pensions and motels to choose from. The restaurants, pools, hamams and conference rooms are amenable to your purposes.

Ilca Harlek Otel ** 52 hotel rooms with 180 beds plus 30 bungalows Ilca Kaplıcaları, Kütahya Tel: (274) 245 22 24 Fax: (274) 245 22 27

Yoncalı Tütav Termal Otel and Treatmet Center ** ** 73 rooms – 8 suites, 180 Beds Yoncalı Kaplıcaları Kütahya

Tel: (274) 249 42 12 Fax: (274) 249 42 15

Kütahya Provincial Department of Tourism Tel: (274) 223 10 78 – 223 19 62 Fax: (274) 223 24 33

AFYON - ÖMER (Altitude: 1050 m)

Oruçoğlu / Ömer Thermal Resort

The Oruçoğlu Thermal Resort is 14 km northwest of Afyon on the Afyon-Kütahya Highway.



Oruçoğlu Thermal Resort

Capacity

The Oruçoğlu Thermal Resort, next to the Ömer Kaplıcası, has hot springs that flow at a rate of 90 liters per second. These facilities can accommodate 12,960 baths/day.

Physio-Chemical Characteristics and Indications

The springs have a pH of 6.4 at temperatures between 42° and 53°C and contain sodium chloride, bicarbonate, iron, and carbon dioxide. They are especially beneficial for rheumatism, dermatological problems, stomach and intestinal disorders, gynecologic, urologic, neurological, and metabolic problems.

Treatment and Accommodations

At this resort there is a hydrotherapy unit, physical therapy and rehabilitation, saunas, private baths, and indoor and outdoor thermal pools. In the Akronium, there are indoor and outdoor pools and water sports. The hotel has specialist doctors, therapists and health personnel at your service.

Gazlıgöl

Located 22 km from Afyon in Ihsaniye Village on the Afyon-Eskişehir highway. There are a total of 1500 beds in the hotels and pensions there.



Oruçoğlu Thermal Resort

Climatic conditions in Afyon

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
1	2	5	10	15	19	22	22	18	12	7	2

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
15	23	24	27	30	30	31	31	30	29	27	24

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
79	75	68	62	60	55	49	48	53	64	73	79

Tel: (272) 273 61 31 - 32 - 33

Hüdai

The Hüdai Hot Springs are 66 km from the city of Afyon, 8 km from Sandıklı and 6 km off the Afyon-Antalya highway. The average temperature of the water from the exploratory wells is 70°C. The pH is 6.3-6.9, and total mineralization 1,952-2,458 mg/l. The waters contain sodium, calcium sulphate, bicarbonate, 4mg/l flouride, 332 mg/l carbon dioxide, and radioactivity. The waters are beneficial for rheumatism, aches and pains, heart and circulation problems, painful joints, tired nerves and muscles, nervous system disorders, and gynecological diseases. There are a total of 2100 beds in the various facilities there.

Gecek

Located 18 km from Afyon on the Afyon-Kütahya highway. There are 45 villas.

Tel: (272) 251 52 75 - 76 - 77

Heybeli

Located 30 km from Afyon on the Afyon-Kütahya highway in Bolvadin County. There are 500 beds total.

Tel-Fax: (272) 248 35 14

İkbal Otel ***** 286 Rooms, 604 Beds Afyon-Izmir Karayolu 9. km Tel: (272) 252 56 00 (20 Lines) Fax: (272) 252 56 14

Oruçoğlu Thermal Resort **** 306 Rooms, 624 Beds Kütahya Karayolu 14km- Afyon Tel: (272) 251 50 50 (10 Lines) Fax: (272) 251 50 60

Afyon Provincial Department of Tourism Tel: (272) 213 54 47 - 214 12 21 Fax: (272) 213 26 23



Oruçoğlu Thermal Resort, Afyon

ANKARA (Altitude: 890 m)

Ankara, the capital of the country, is not merely a city given over to administrative affairs, but is also an important cultural and artistic center.

The city is perfect for shoppers and museums, too. Crisscrossed by numerous civilizations, the thermal centers have been known and used for centuries. The climate in Ankara is snowy and cold in the winter and hot and dry in the summer. The waters you will want to try are in Kızılcahamam, Ayaş and Haymana.

Capacity

The waters at Kızılcahamam flow at a rate of 2.8 liters per second, resulting in a bath capacity of 3,500 persons per day (altitude: 975 m). At Ayaş the waters flow at 15 liters per second and those at Haymana at 4.8 liters per second.



Physio-Chemical Characteristics and Indications

The temperature of the waters at Kızılcahamam is 50-51°C, at Haymana, 44.5°C, and at Ayaş, 31° C. In the waters at Kızılcahamam there is bicarbonate, chloride, sodium and carbon dioxide; at Ayaş, bicarbonate, sodium and calcium and at Haymana, calcium, magnesium, sodium and bicarbonate. The waters are beneficial to those suffering from rheumatism, neuralgia, infantile paralysis, gynecological problems, circulation difficulties, hypertension, or respiratory troubles. Drinkable water in Ayaş is good for kidney and gall bladder stones.

Climatic conditions in Ankara

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
-1	1	5	11	16	20	23	23	18	13	8	2

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
18	17	22	23	27	29	30	31	30	28	21	17

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
79	77	66	58	57	50	43	41	47	58	72	81



Twin Golden Idols

Museum of Anatolian Civilizations,
Ankara

Kızılcahamam is the best able to receive tourists. The hotels there are the most comfortable and the facilities are the most convenient for treatments.

Patalya Oteli **** 156 Rooms, 312 Beds Soğuksu Milli Parkı İçi, Kızılcahamam Tel : (312) 736 02 00 Fax : (312) 736 02 10

Çam Oteli *** 40 Rooms, 80 Beds Soğuksu Milli Parkı İçi, Kızılcahamam Tel : (312) 736 53 96,97 Fax : (312) 736 02 66

Ab-ı Hayat Oteli *** 93 Rooms, 250 Beds Kazım Karabekir Cad., Kızılcahamam Tel : (312) 736 55 31, 32 - 736 56 20 Fax : (312) 736 32 11

Termal Oteli 60 Rooms, 120 Beds Haymana Tel : (312) 658 29 00,01 Fax : (312) 658 02 06

Ayaş İçme ve Kaplıcaları Anonim Şirketi 300 Rooms, 600-650 Beds Ayaş İçmeceleri Tel : (312) 718 31 01-02, 718 31 30-31 Fax : (312) 718 31 04

Ankara Provincial Department of Tourism Tel : (312) 229 26 31 Fax : (312) 229 36 61

Republic of Turkey Ministry of Tourism Ankara, Tel : (312) 212 83 00 Fax : (312) 213 68 87

KONYA - ILGIN (Altitude: 1016 m)

The Ilgın hot springs are located on the Ilgın-Akşehir highway 88 km from Konya.



Selimiye Mosque and Mevlana Museum, Konya

Physio-Chemical Characteristics and Indications

The 42°C thermal waters contain bicarbonate, calcium, sodium, carbon dioxide, and radioactivity. They are beneficial for rheumatism, liver, gall bladder, and metabolic complaints.



Treatment

Therapy includes bathing, drinking, and breathing the hot water and steam.

Climatic conditions in Konya

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
0	2	5	11	15	20	23	23	19	12	6	2

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
8	9	10	12	14	16	17	16	14	12	9	8

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
78	74	65	58	56	50	42	42	48	60	72	79

SIVAS - KANGAL (Altitude: 1405 m)

The famous Kangal Hot Springs are 96 km from Sivas via the town of Kangal or 13 km from the center of Kangal itself.



Balıklı Çermik (Kangal Hot Spring with Fish)

Capacity

These thermal springs come from five different sources and the fish come directly from the springs into two large pools. The thermal water flows at a rate of 130 liters per second with a daily capacity of 5,760 people.

Physio-Chemical Characteristics and Indications

The thermal water is 35°C with a pH of 7.8 and contains bicarbonate, calcium, magnesium sulfate, chlorine, sodium and magnesium. Carbon dioxide gas is also present and is crucial in curing



ing skin diseases, rheumatism, and neurological disorders. The fish present in the water simply draw out the diseased areas in a curettage-like fashion. Many doctors and clinics throughout Turkey have recommended that their patients try the Kangal thermal waters as a cure.

Sıcak Çermik (Hot Spring)

The thermal water is 35-45 °C with a pH of 6.0-8.0 and flows at a rate of 70 lit/sec. The spring water is beneficial to those suffering from rheumatism, nervous and respiratory disorders, digestive and metabolism complaints, liver, urinary, heart and blood circulatory problems. There are a total of 151 rooms with 350 bed capacity.

Climatic Conditions in Sivas

Average monthly temperatures (°C)

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
-3	-6	-3	4	13	15	18	18	12	9	3	-4

Number of sunny and partly cloudy days

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
17	15	19	21	25	28	31	31	29	26	21	19

Relative humidity

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
79	81	78	76	72	77	63	60	64	80	81	87

During the summer season at this center, there are plenty of tents, bungalows and other types of accommodation. New facilities are being planned for this thermal center in the future.

Balıklı Kaplıca Otel 150 Rooms, 300 Beds Kangal-Sivas Tel: (346) 457 30 36 – 457 34 34 Fax: (346) 457 30 37

For more information: Sivas Municipality (Sivas Belediyesi) Tel: (346) 221 01 10 – 11 – 12 / 763 43 16 Fax: (346) 221 01 16

Sivas Provincial Department of Tourism Valilik Binası Tel: (346) 221 31 35 – 221 35 35 Fax: (346) 222 22 52

KARADENİZ

(BLACK SEA)



Thermal Centers



Natural Hot Springs

AKDENİZ

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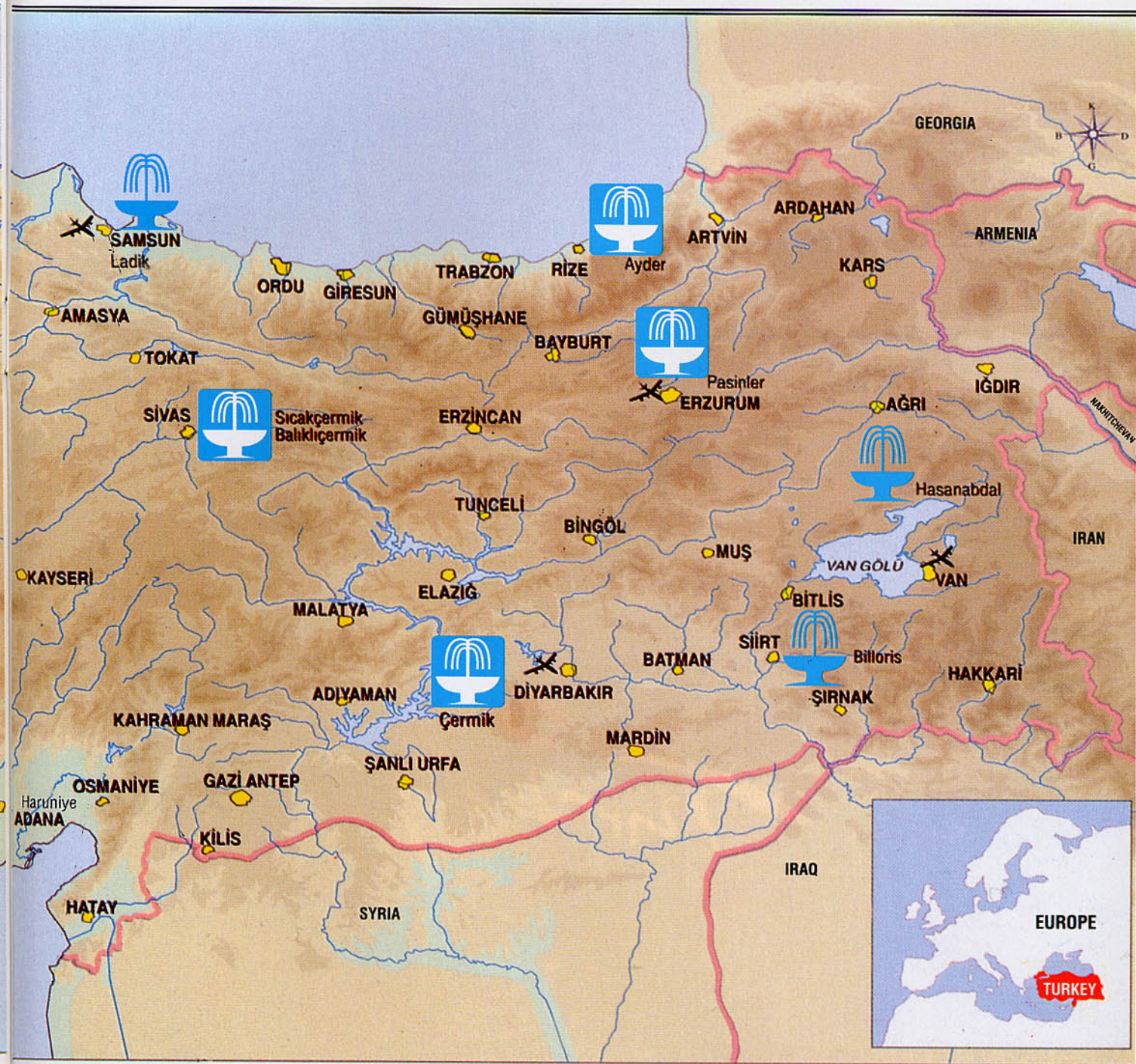
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