



TURKEY: SEVEN CHURCHES OF REVELATION

A Biblical Tour for Members and Guests of Christian Medical & Dental Associations™

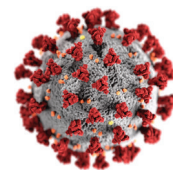
AUGUST 24-31, 2021

with optional extension, AUGUST 31 – SEPTEMBER 3

Tour Host: Drs. Jeffrey and Kathy Barrows

COVID Restrictions

To protect the health of you and your loved ones during the COVID-19 pandemic, be sure to review [Turkey's entry restrictions](#). **A “Form for Entry to Turkey” must be submitted online within 72 hours of travel.** Anyone who provides proof that he/she was vaccinated prior to 14 days before travel will not require a negative PCR test before arrival in Turkey or quarantine upon arrival. Children over six years of age still do need a negative PCR test.



**** WEARING A MASK IS REQUIRED IN PUBLIC PLACES IN TURKEY. ****

All air passengers coming into the United States, including U.S. citizens and fully vaccinated people, are required to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States. CMDA's in-country partner can arrange a medical team to come to your hotel room to administer a PCR test 72 hours before returning to the U.S. The cost is \$35 per person.

Tour Inclusions

- Shuttle transfer on arrival at Izmir Airport (10 a.m., 2 p.m., or 6 p.m.) and on departure day from hotel (6 a.m., 8 a.m., or 10 a.m.)
- 7 nights in first-class hotels; *3 additional nights for Cappadocia Extension only*
- 6 breakfast buffets and 6 dinners at hotels; 1 dinner at seafood restaurant in Izmir; *3 additional dinners, including a festive “Turkish Nights” dinner show for Cappadocia Extension only*
- Map of Turkey for use throughout tour
- Tours guided by a government-licensed, Christian tour guide and lectures by a PhD-level biblical scholar
- Use of Whispers™ headsets to hear guides clearly even in crowded and noisy indoor or outdoor settings.
- Entrance fees to all sightseeing; tips to guides, drivers, and hotel staff; all service charges and local taxes
- Domestic flight in Turkey during tour from Izmir (or Denizli) to Istanbul
- International Travel Insurance from Monday, August 23, 2021 – Wednesday, September 1, 2021 *or September 4, 2021 for Cappadocia Extension* (allows for an extra day of travel at beginning and end of tour). Additional days available for \$5 per person, per day. This coverage includes Accidental Death & Dismemberment, Medical Expenses, Disability Income, Emergency Medical Evacuation, Crisis Management, including the expense and coordination of a security evacuation, Personal Property, and General Liability.

Tour Exclusions

- International flights to Izmir and from Istanbul *or from Kayseri Airport for Cappadocia Extension*
- Turkish Visa Fee. **Turkish Visa is to be obtained online before arrival.** www.evisa.gov.tr
- Lunches. Allow \$15–20 per person.
- Costs for COVID Testing

Tour Hosts and Biblical Scholar



Dr. Jeffrey Barrows (pictured here with wife, Kathy) is a physician, author, educator, medical ethicist, and speaker. In 1999, Jeff converted his full-time Ob/Gyn practice to part-time office gynecology to serve and eventually lead CMDA's Medical Educational International (MEI) ministry. From 2005 to 2020, he dedicated himself to fighting human trafficking by educating healthcare professionals how to recognize victims of trafficking and starting a rehabilitative home in Ohio for survivors of child sex trafficking. In 2020, he returned to CMDA as Senior Vice President of Bioethics and Public Policy. Kathy holds a Ph.D. in nutrition and helps people to eat a healthier diet, lose weight, and take pleasure in a healthier lifestyle.



Dr. Meg Ramey (Ph.D., University of St. Andrews) will help bring the scriptures to life as we visit each of the biblical sites. Meg is the founder and executive director of WorldKind Journeys, a teaching ministry that facilitates studying the Bible “on the ground” while journeying to historic places and into sacred spaces across the Mediterranean, Middle East and Europe. Previously, she was Associate Professor of Biblical Studies at Messiah University. She has lectured at universities and churches around the world, published on biblical studies and popular culture topics, edited the “Bible in Fiction” project for Oxford Biblical Studies Online, and written for *Biblical Archaeological Review*, including a recent article on “Hiking in Paul’s Footsteps” in Turkey.

Itinerary

Aug 24, Tues Arrive Izmar Airport

Arrive at Izmir Airport. Meet shuttle transfer to hotel. Stay at [Mövenpick Hotel Izmir](#) or similar (3 nights).

Aug 25, Wed Pergamum and Thyatira

Travel north to visit the first of the seven cities of Revelation—Pergamum. It is one of the most impressive archaeological sites in all of Turkey. Its attractions are hard to surpass: a 10,000-seat theatre on the side of the Acropolis that is the steepest in the ancient world; the magnificently restored Temple of Trajan; the remains of a library of 200,000 volumes second in size only to that in Alexandria; the base of the Altar of Zeus; the Temple of Dionysus; and the medical center of Asclepion. This ancient healing center had its own theater, library, underground tunnel and other buildings. John warned the church here that they were living in a place of “Satan’s throne” (Rev. 2:12–17).

On our way back to Izmir, we’ll make a brief stop at the ancient city of Thyatira, where, due to the presence of the modern city of Akhisar, few archaeological remains have thus far been uncovered. John warned the church here about its toleration of a woman symbolically called Jezebel who was leading believers astray, causing them “to practice sexual immorality and to eat food sacrificed to idols” (Rev. 2:18–29). Return to Izmir. Dinner and Overnight in Izmir.



Aug 26, Thurs Ephesus

Tour of ancient Ephesus. The day will begin as you travel to Mount Bulbul and stop at the House of the Virgin Mary. Both Christians and Muslims consider this site sacred, and on their visits they light candles and leave their prayers and wishes tucked into a wall there. Next, we’ll visit the famous ancient city of Ephesus. This site had successive Hellenistic and Roman settlements and was an outstanding example of a Roman port city with a sea channel and harbor basin into which the Apostle Paul sailed. He lived and ministered here for 2-3 years after a riot in the Great Theater, which we can still visit today. Excavations have revealed other grand monuments of the Roman Imperial period including marble-paved roads, terrace homes of the elite, Roman Baths, the Celsus Library, and more. Today, Ephesus is also one of the UNESCO World Heritage Sites.

We’ll enjoy a Turkish lunch in the Town of Selcuk while visiting a local Anatolian Handmade Carpet and Kilim production center and learning how our world-famous Turkish rugs are made. We may even see a flying carpet or two!

After lunch, we’ll tour the Archaeological Museum of Ephesus displaying ancient coins, statues, and mosaics from early and late Roman periods. Next, we’ll visit the Tomb and Basilica of St. John, the last-surviving disciple of Jesus who is said to have lived in Ephesus during his final years along with Jesus’ mother, Mary. Finally, we’ll see the remaining pillars of one of the seven ancient wonders of the world—The Great Temple of Artemis of the Ephesians. In the evening, you’ll enjoy strolling along the Izmir Bay.

Aug 27, Fri Smyrna, Sardis, Philadelphia

Start the day with a quick visit to St. Polycarp Church (if open), which was dedicated to Polycarp, disciple of John, bishop of Smyrna, and martyr, and ponder John’s word of commendation for the Christians

in Smyrna who were persevering in their faith despite persecution. We'll also visit the ancient Agora of Smyrna. Then we'll depart for Sardis, one of the other cities of Revelation. Here, we'll see the remains of the magnificent temple of Artemis (later converted into a church), the beautifully reconstructed gymnasium and public baths, and the largest known synagogue outside Palestine.

We'll make a brief stop in Philadelphia, where much of this ancient city has either been destroyed or lies buried under the modern city. John wrote to the church here (Rev. 3:7–13), commending them for their patient endurance in spite of persecution. Our day will end in ancient Hierapolis, modern-day Pamukkale, "the Cotton Castle." This area is another UNESCO World Heritage Site known for its breathtaking waterfalls and calcium cliffs. Dinner and Overnight in Pamukkale. [Doga Thermal Health & Spa](#) in Pamukkale or similar (2 nights)



Aug 28, Sat Colossae, Laodicea, and Hierapolis

You will enjoy the scenic Lycus River Valley, where three important biblical cities are to be found: Colossae, Laodicea, and Hierapolis. Our first stop in Colossae will be brief since this city is one of the only biblical sites in Turkey that remains unexcavated. Nevertheless, this is an important site for Christians to visit since Paul sent here two letters: one to the church of Colossae and one to Philemon, who hosted the Colossian church in his home.



Our second stop is Laodicea, a major city in Roman times that is rapidly being uncovered. Laodicea had not one but two theatres, a stadium, an aqueduct, and over 20 churches dating to Byzantine times that archaeologists have already uncovered. Laodicea is the last of the seven churches to whom John directed the book of Revelation (Rev. 3:14–22). It also had a close relationship with the nearby churches of Colossae and Hierapolis (Col. 4:13–15) and was the recipient of one of Paul's now lost letters (Col. 4:16).

Finish the day with a walk along Pamukkale's dazzling Calcium Cliffs. In addition, we'll visit the remains of ancient Hierapolis to see the newly found Tomb and Martyrium of St. Philip and the city's

theater with one of most impressive reconstructed Roman skenes. Dinner and Overnight in Pamukkale

Aug 29, Sun Istanbul

This morning, we'll fly to Istanbul (flights booked and included with tour). After arriving in Istanbul, we'll visit Hagia Sophia (the church of "Holy Wisdom"). Built by Constantine the Great and reconstructed by Emperor Justinian in the 6th century as the crowning achievement of his sacred building program, this church was the center of the Christian Byzantine Empire. It's one of the world's greatest architectural marvels and a designated World Heritage Site. Located nearby is the Hippodrome (a.k.a. Sultanahmet Square) that once stood in the heart of the Byzantine city of Constantinople and originally held up to 100,000 people. Although little is left of this gigantic horseracing arena, there are a number of impressive columns and other structures situated at the site, such as the Obelisk of Theodosius, the Serpent Column, and the gazebo-styled German Fountain.

We'll end our day with a relaxing Boat Tour along the Bosphorus that offers an excellent vantage point to view Istanbul's many famous landmarks that dot both its European and Asian shores. Dinner and Overnight in Istanbul. [Mövenpick Hotel Istanbul Golden Horn](#) or similar (2 nights)

Aug 30, Mon Ancient Byzantium/Constantinople

You will enjoy a guided Istanbul Tour first passing the Golden Horn and making a quick stop at the St Chora Church famous for its Golden Mosaics. Today, we'll visit Hagia Sophia's sister church, Hagia Irene (Holy Peace). Also rebuilt by Justinian, Hagia Irene is particularly important in Christian history as the location of the 2nd Ecumenical Council (381 AD). Then we'll explore Topkapi Palace, the Imperial Residential Palace of the Ottoman sultans between the 16th and 19th centuries and the oldest and largest of their remaining

palaces in the world. Its displays include priceless world-class collections of jewelry, porcelain, and costumes of the sultans.

After lunch, we will make our way to Istanbul's Archaeological Museum—one of the most celebrated collections in the world. Among its treasures are the Siloam inscription from Hezekiah's tunnel in Jerusalem (cf., 2 Kings 20:20; 2 Chron. 32:30; John 9:7), Herod's Temple Warning Inscription forbidding Gentiles to enter upon pain of death (cf., Acts 21:27-31; 24:6,12,13), the Gezer calendar (one of the oldest Hebrew inscriptions dating to the 10th cent. BCE details the agricultural seasons in Israel), and stunning tile panels from Nebuchadnezzar's Ishtar gate in Babylon (ca. 7th-6th cent. BCE). If not under construction and time allowing, we will also visit the Blue Mosque, which was built during the years of 1609–1616 and which was intended to compete with the impressive beauty of the Hagia Sophia. Inside, the famous blue-and-white tile work from which the mosque gets its nickname, is bathed in light from 260 windows. The day will end with a stroll through the colorful and fragrant Egyptian Spice Market, a feast for the senses, to enjoy its sights, smells, and tastes. Dinner and Overnight in Istanbul.

Aug 31, Tues **Transfer to Airport and Departure**

Take transfer to Istanbul Airport. From the airport, you will either fly to Cappadocia for the tour extension or connect with your flight home.

— OPTIONAL CAPPADOCIA EXTENSION —

Aug 31, Tues **Cappadocia (3 nights)**

From the airport, you will fly with the group to Cappadocia (flights book and included with extension), famous in Christian history for the Cappadocian Church Fathers and Mothers who established early Christian communities here. After arrival, we will have a full day of sightseeing in northern Cappadocia visiting the Zelve Valley area, famous for its lunar landscapes and whimsical fairy chimneys. These stem and cap rock formations made from volcanic ash are unique to this area of the world. A short drive will take us to the Avanos pottery village to see this local handcraft passed down from generation to generation since the Hittite period as well as the Onyx they also produce. Overnight at [Yusuf Yigitoglu Boutique Hotel](#) in Cappadocia (3 nights).



Sept 1, Wed **Cappadocia**

This morning, we'll continue exploring northern Cappadocia with our first stop being the Göreme Open Air Museum, where we will see the remains of several hundred early monasteries, chapels, and churches, including the famous "Dark Church," that were hollowed out of the cones of volcanic ash. Some of them are decorated with frescoes depicting scenes from the Bible. That area also includes the Red and Rose Valleys, aptly named for their red and pink cathedral-like rock spires. It's one of the loveliest trekking valleys in the region, so we'll hike through the valley in order to explore more rock-hewn churches before taking a break for lunch in an old Cavusin Greek village known for its Christian heritage.



In the afternoon, we'll visit Kaymaklı, an underground city that was an early Christian center extending downward in the earth for at least eight floors and housing several thousand people in the 8th & 9th centuries. Then we'll head back up to check on the Uchisar area to see Love Valley and discover how it gained this moniker. This region also includes Pigeon Valley, where the birds' manure helps to fertilize the rich local vineyards, and those who wish will have an opportunity to try local Cappadocian wine. Our day will end with a hike up to the Uchisar rock castle, the highest point in Cappadocia, to gain a spectacular sunset view of the area. Overnight in Cappadocia.

Sept 2, Thurs Cappadocia

Our tour will head to southern Cappadocia. First, we'll stop in the Ihlara Valley for a lovely walk along the river that runs through the heart of this gorge carved from the volcanic rock. This valley alone contains almost 60 Byzantine (11th-13th centuries) churches, chapels, monasteries, and hermits' caves.

Next, we'll visit the canyons of Soğanlı, an area that has been occupied since Roman times and was a centre for Christianity in the Byzantine Empire. Today, it's a bit "off the beaten path" and less visited by most tourists, so we'll be able to explore at our leisure more cave churches with evocative animal names, such as "Doves," "Deer," or "Snake" Churches. Our drive back will take us through some traditional Turkish villages where you'll feel like you're stepping back in time. Overnight in Cappadocia.

Sept 3, Fri Homeward

Transfer to Kayseri Airport, return flight to Istanbul. Connect with returning flights home.

Cancellation Policy

- If cancellation is initiated by CMDA, our in-country partner can have all funds paid to CMDA applied to a future tour or returned in the original form of payment. We ask that you be patient and allow 10–15 days for the refund process.
- If you choose to cancel your reservation, your cancellations and requests for refund must be submitted in writing to CMDA, Attention Kim Hodge, P.O. Box 7500, Bristol, TN 37621-7500 or email kim.hodge@cmda.org.

Cancellation charges will be assessed as follows:

Before or on March 1, 2021 \$150 per person

March 2 – April 1, 2021 \$300 per person

April 2 – May 1, 2021 \$500 per person

May 2 – June 30, 2021 \$700 per person

On or after July 1, 2021 No Refund

Travel Plans & Lodging

Travel Arrangements

Arrival to Turkey: Fly IN to İzmir Adnan Menderes Airport no later than Tuesday, August 24, 2021

Departure from Turkey: Fly OUT of Istanbul Airport (IST) *or from Kayseri Airport for Cappadocia Extension*

Tour Only – Depart Tuesday, August 31, 2021

Tour and Extension – *Depart on Friday, September 3, 2021.*

You may consider arriving a day or two before the tour begins to recover from jet lag, or staying a few days following the tour to enjoy Istanbul on your own. Kim Hodge can assist with additional hotel nights both before and after the tour if you need them.

Travel Agency. Travelers are welcome to make international flight arrangements through their preferred travel source or World Travel Service, Inc. is available to assist. Call 865-777-1600.

If you have travel delays or changes, work with the airlines or your travel agent to get rebooked, then update Kim Hodge and George Courtney regarding your new schedule.

Arrivals. With participants booking their own international travel, we will arrive at different times and on different days. Kim will work with our in-country partner to coordinate hotel transfers for you in groups, depending on your arrival. A location to meet the transport driver in the airport will be provided a couple of weeks before you travel.

Hotels

Aug 24–27 [Movenpick Hotel Izmir](#)
Akdeniz Mahallesi
Cumhuriyet Blv No:138
35210 Konak/Izmir
+90 (232) 488-1414

Aug 29–31 [Movenpick Hotel Istanbul Golden Horn](#)
Silahtaraga Caddesi, No. 87
34050 Eyup, Istanbul, Turkey
+90 (212) 600-1600

Aug 27–29 [Doga Thermal Health & Spa](#)
Karahayit Mahallesi
147 Seyir Sokak 9/1,
20020 Merkez/Pamukkale/Denizli
+90 (258) 271-4400

Aug 31–Sep 3 [Yusuf Yigitoglu Boutique Hotel—Cappadocia](#)
[Yunak Mah. Tevfik Fikret Cad. No:34](#)
50400, Turkey
+90 (384) 341-8996

First Group Meeting

Our first meeting as a group will be the evening of Tuesday, August 24. Our tour guide will provide an orientation to prepare us for our week of touring. More information regarding our first group meeting will be announced later. The hotel front desk should also have that information when you arrive.

Bring with You

Passport. Double-check that your passport is valid for 6 months beyond our return date.

Visa. Purchase a Turkish Visa online before arrival at www.evisa.gov.tr.

Currency and Credit Cards. U.S. dollars work at most tourist shops and restaurants, and Turkish lira (TRY) work everywhere; having some of both is a good idea. It is good to have a supply of small denominations—fives and tens. In the past, most lunches were a flat \$15-20 person. We recommend using an exchange or ATM to get Turkish lira before leaving the airport. Remember to alert your credit card company and bank if you plan to use your ATM card during travel.

Appropriate Clothing. Be prepared for June weather. It will likely be 70 to 85 degrees during the day and 65 to 75 degrees in the evening. We highly recommend suitable clothing. Modest shorts for men and women are acceptable. Sunscreen, hats, and a raincoat or small umbrella are recommended. There will be a couple of sites we visit that will ask both men and women to have clothing that covers the knees and shoulders. For ladies, a skirt that can be pulled over shorts or other clothing works well. Ladies should also pack a scarf that will be used as a head covering. Our guide will let us know the day prior to these visits so we can be prepared.

Equipment for Biblical Sites. Touring biblical sites requires some moderate hiking. Are you in shape? Come prepared with comfortable shoes, hats, sunscreen, etc. If there are days you are not up to the task, we can usually arrange for you to stay at the hotel or take a break on the bus while our group visits a site. You may also want to bring a journal, a camera, a small recorder, and a Bible (most smartphones are able to do all these tasks).



Other Items. Other helpful items include sleeping pills, motion sickness meds (if you have a problem riding on a bus), and a washcloth as most international hotels do not include these with towels.

Useful Information

Suggested Readings. To better acquaint you with Turkey's interesting sites, history and culture, Dr. Meg Ramey, our biblical scholar, offers this very helpful [list of suggested readings for our travels in Turkey](#).

Time Zone. Turkey is in UTC+3 Time Zone (TRT, Turkey Time), seven hours ahead of Eastern Time Zone.

Weather. The daily average high and low temperatures in August are 85° and 71°. It is likely to be muggy and humid.

Electricity. Turkey operates on 220 volts, 50 Hz, with round-prong European-style plugs that fit into recessed wall sockets. Many appliances with their own power adapters, such as laptop computers and digital cameras, can be plugged into either 110-120-volt or 220-240-volt sockets. Read the technical stuff on your power adapter; look for "INPUT: A.C. 100-240V". If it reads that way, it can operate on either 110-125 or 220-240 voltage. If it says something like "INPUT: 100-125V", then it can't run on Turkey's 220-240 volts, and you will need to bring a power or voltage converter—and probably a plug adapter.

Tap Water. The tap water is generally of higher quality than bottled water; however, people who drink tap water in Turkey are usually viewed as strange; in restaurants, tap water is never offered. Water for on the go is usually bought in the next kiosk around the corner, the price: between 8 cents and 15 cents.

V.A.T. Turkey's sales tax rate, levied on almost everything sold in the country, is 18 percent.

Weights and Measures. Turkey uses the metric system.

Currency. Turkey's currency is the Turkish lira (TRY). The exchange rate of USD to TRY is a benefit for travelers to Turkey, with expenses such as transport tickets, meals, souvenirs, and other items being substantially cheaper.

Tipping. Tips are generally modest in Turkey—between 5 and 10 percent—and are paid directly to the person who served you, not left on the table. **During the course of the tour, tips to guides, drivers, and hotel staff are included.**

Emergency Contacts



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kim.hodge@cmda.org
(423) 844-1063
Outside the U.S.
add 001 or +1
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