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SU

MAGAZINE

Explore The Two Corners of Turkey: Ephesus and Eastern Black Sea



EXPLORE

Exploring an Ancient City: EPHESUS



You don't need to be an ancient history buff to appreciate incredible Ephesus although it would help to take in all the history it possess. This ancient ruined city was once one of the most important ports in the Greek and Roman World. And now the ruins of the city sits quietly in the Western Region of Turkey. Ephesus is classified as a UNESCO World Heritage Site in 2015. Visitors of magnificent Ephesus can walk on cobblestone lanes, watch archeological excavations and restorations, mesmerised at the enormous amphitheater and stunning ruins of the Library of Celsus and find out about the centuries of history of the land.

History of Ephesus:

Ephesus was an ancient port city whose well-preserved ruins are in modern-day Turkey. The city was once considered the most important Greek city and the most important trading center in the Mediterranean region. Throughout history, Ephesus survived multiple attacks and changed hands many times between conquerors. It was also a hotbed of early Christian evangelism and remains an important archaeological site and Christian pilgrimage destination. St. Paul and St. John, visited Ephesus and converted residents to Christianity. Jesus Christ's mother, Mary, is thought to have spent her last years near Ephesus. Her house, and St. John's tomb, can be visited, not far from the main ruins. Ephesus is mentioned throughout the New Testament, particularly in the Book of Ephesians.

Temple of Artemis:

Ephesus early history is unrecorded and unclear. Although what is clear that in 7th century BC Ephesus fell under the rule of Lydian Kings and thrive. The Lydian King Croesus funded the rebuilding of the Temple of Artemis in Ephesus around 546 BC. Artemis was the goddess of the hunt, chastity, childbirth, wild animals and the wilderness. In 356 BC, a crazed man named Herostratus burned down the Temple. The Ephesians rebuilt the temple even bigger. It was estimated to be four times larger than the Parthenon and became known as one of the Seven Wonders of the World. The Temple destroyed with time, not much left of it.

Exploring an Ancient City: EPHESUS



Highlights To Look For

- * The famous colonnaded facade of the Library of Celsus. Originally built in 125 CE, it once contained 12,000 scrolls. It was reconstructed in the 1970s from pieces found onsite and in museums elsewhere.
- * The Ephesus Amphitheater, once was the largest in the ancient World with a seating capacity of 25,000.
- * The Odeon Theater, where plays were performed to 1500 people.
- * Bath complexes built by Romans.
- * The aqueduct systems, one of the most advanced in the ancient world.
- * The Temple of Hadrian and The Temple Sebastoi.
- * The Terrace Houses, with marvelous mosaic floors and frescoed walls.

Things to Do Nearby

Not everything worth seeing at Ephesus is within the perimeters of the ancient city. Selcuk town itself is an interesting place. The remains of the ancient Temple of Artemis are not far from the center of town. Turreted Ayasuluk Castle looks over Selcuk from atop its hill and offers great views of the surrounding countryside, as well as the burial site of St. John the Apostle. There are also the remains of ancient aqueducts in the middle of town. The nearby town of Sirince is highly worth visiting for half a day. Located 5 miles east of Selcuk, in the hills, the red-roofed houses are surrounded by grapevines and orchards of apples and peaches and it is a wine production center. The nearest beach to Selcuk and Ephesus is Pamucak Beach. While there are more picturesque beaches elsewhere along the Anatolian Coast, Pamucak offers a wide strip of sand where you can sit for free or hire a lounge and umbrella.

EASTERN BLACK SEA TOUR

The highlands of The East Black Sea Region are covered by all the shades of green throughout the year. The mountains, rivers and plateaus are look like they popped out of postcards. And they are the perfect place to hide from the hottest days of summer. If you are an adventurous person, and like to be commine with nature and can't resist to delicious food, then start packing.



Activities

- * Ziplining over The Firtina Creek
- * Rafting on The Firtina Creek
- * Cliff swinging at Gito Yaylasi
- * Canoeing at Artvin Karagöl.
- * Riding the cable car at Ordu Boztepe
- * Going on a safari with ATV or a Jeep
- * Visiting Sumela Monastery
- * See the Other Hagia Sophia in Trabzon
- * Delve into Karaca Cave
- * Visit Uzungöl Waterfall

Rafting on The Firtina Creek

The Black Sea means Firtina Creek, and Firtina Creek means rafting. No matter what your age is you can persipate in rafting after you put on rafting clothes and toughed participate basic information. Do not hesitate to drink tea, have breakfast, eat fish, take pictures on the Çiñıva Bridge, and do rafting, which is one of the best activities to be done in the Black Sea, by the Firtina Stream. There are several different facilities for rafting in Firtina Creek. A facility that suits your preference is can be easily arranged. Rafting with boats for 6-7 people is one of the best answers to the question of what to do in the Black Sea.

Ziplining over The Firtina Creek

Rize is an ideal place to do ziplining in Turkey. The natural landscape of Black Sea makes it a famous spot for adventure seekers. Stream of Firtina on the Ayder Plateau is a particularly preferred place for zip lining. You can find various different points to enjoy zip lining outdoors along the Ayder Plateau. A different perspective on beauty of nature of Rize.

EASTERN BLACK SEA TOUR



Sumela Monastery

Sumela Monastery is located on the edge of a cliff at an altitude of 1200 meters in Trabzon. It's the biggest attraction center of the Black Sea Region of Turkey. Sumela Monastery is one of the first holy temples of the believers of Jesus. It contains beautiful frescoes from biblical stories. Due to its history and the location, Sumela Monastery has its unique beauty. It is not possible to drive right up to the monastery. To reach the monastery, you will need to get out and follow a path through the midst of the forest. It served as an important monastery since 386AD for the orthodox church. Today, the Sumela Monastery is a museum, waiting for visitors.



Top 10 Famous Foods of The Black Sea Region

- * Anchovy Pilaf
- * Poached Anchovies
- * Akçaabat Meatballs
- * Kuymak
- * Pide
- * Laz Böregi
- * Hazelnuts
- * Corn bread
- * Black Hive Honey
- * Tea



Kuymak

Kuymak or Muhlama is a famous breakfast dish that has only 3 ingredients from the Black Sea Region Trabzon city. Kuymak is a simple dish made with butter, cornmeal and kolot; a local cheese. You can eat it with a piece of bread and be surprised by the great taste of it.



Anchovy Pilaf

This is another well-known dish from the Black Sea Region. Served at lunch or dinner as a single course with a side dish of seasons's vegetable salad. In some regions it is prepared by frying in special copper pans. Rice pilaf with anchovy can also be prepared in individual casseroles of one serving.

Time To RELAX & SPA

Sultan Package

- **Peeling - 20 Min.:** Peeling, considered as the initial phase of Turkish Hammam tradition, is applied to make the body become more purified and cleansed after intense perspiration. Peeling helps to throw all detrimental agents out of the skin, clear the clogged pore and remove the roughness.
- **Foam Massage - 20 Min.:** Foam massage is an application that is implemented after peeling. During this massage, the whole body is covered with natural and fragrant soap bubbles.
- **Swedish Massage - 50 Min.:** It is also known as the classical massage. Swedish Massage consists of five basic techniques. Each one of these techniques is applied to the upper muscles and mostly in the direction of the bloodstream from the body cells to the heart. The therapist kneads the body with ethanolic oils through lingering and sliding pats. As a result, the muscles will be relieved.

Total Duration: 90 minutes



Cleopatra Package

- **Coffee Peeling - 20 Min.:** This procedure has a visible anti-cellulite effect on the skin, contributes to the desired weight loss, provides a luminous suntan, and covers your body with an enticing coffee aroma.
- **Foam Massage - 25 Min.:** Foam massage is an application that is implemented after peeling. During this massage, the whole body is covered with natural and fragrant soap bubbles.
- **Aromatherapy Massage - 60 Min.:** This method which is applied with aromatic oils has been used since the era of ancient Chinese, Egyptian and Indian civilizations. These oils are obtained from special parts of herbs like root, resin, leaf, bloom, and curative effects on both mental and physical systems. These volatile oils, obtained from miscellaneous kinds of herbs, bear a very positive impact on the human body. "Tranquilizing, enlivening, painkiller, toxin elimination, cellular renewal, activator, muscle relaxant, appeasement functions for insomniacs."

Total Duration: 120 minutes

RELAXATION

Time To RELAX & SPA



Shahrazad Package

- **Crystal Sea Salt Peeling - 35 Min.:** Your body is scrubbed with the use of special use salt that tenderly cleans your skin to make it more satiny and silky. It helps to remove toxins and excessive fat.
- **Foam Massage - 25 Min.:** Foam massage is an application that is implemented after peeling. During this massage, the whole body is covered with natural and fragrant soap bubbles.
- **Bali Massage - 60 Min.:** The vigorous pressing activities, soft bumps, and necessary pandiculation movements have the ability to affect the interior parts under the surface muscles which are usually inaccessible in normal circumstances. This sort of massage contributes to the integration of all internal systems and stabilizations of all energy points of the human body. Through the support of the special and natural oil assortment used, the muscles are relieved and the energy level increases simultaneously. An incredible feeling of being relaxed covers the whole body and mind after the massage is completed.
- **Face Mask - 15 Min.:** A face mask has a lot of benefits for your face such as refining skin pores, increasing hydration, diminishing fine lines, and giving skin tone, skin.

Total Duration: 135 minutes

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Event Calendar

Exhibit

Locus Solus
Until 31st of December
Arter

Concert

Il Divo
21th of July
Harbiye Açık Hava Tiyatrosu

Festival

Bangoverz
28th July
Zorlu PMS - Vestel Amfi

Explore

Istanbul Toy Museum
Except Mondays



The playlists of Sura Hotels are now on Spotify