

| adreise Türkei | | | | | | | | | | | | | | |
|----------------|-------|-------|-------|-------------------|---|-----|---------|---------|--------------------|------------|--------------------|--------------|-------|-----|
| | | | | | | | | | | | | | | |
| | | | | Land: | | | | | Stand: | 08.04.2006 | | | | |
| | | | | Literatur: | Buttkereit, Christian: Radwandern Türkei, Rutsker Edition, Hayit Verlag 1990, 256 S. | | | | | | | | | |
| | | | | Karten: | Autokarte Türkei Westlicher und mittlerer Teil, Marco Polo, Maßstab 1 : 750 000, 2005 | | | | | | | | | |
| | | | | Karten: | Türkische Riviera / Antalya, freytag & berndt, Maßstab 1 : 150 000, 7,80 € | | | | ISBN 3-7079-0330-3 | | | | | |
| | | | | | Karte von Pamphylien und Pisidien (mit eingetragenen archäologischen Monumenten), Maßstab 1 : 250 000 | | | | | | | ISBN | | |
| | | | Mana | Variante A | | | | | | | | | | |
| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| 1. | | | | Istanbul | | | | | | | | | | |
| 2. | | | | Yalova | Buttke | 114 | | | | 0 | | | | |
| | | | | Esenköy | Buttke | 115 | 34 | | | | | | | |
| 3. | | | | Karacaali | Buttke | 115 | 53 | | | 87 | | | | |
| | | | | Gemlik | | 116 | | | | | | | | |
| | | | | Bursa | Buttke | 119 | 44 | | | | | | | |
| 4. | | | | Gölyazi | Buttke | 120 | 42 | | | 86 | | | | |
| | | | | Karacabey | Buttke | 121 | | | | | | | | |
| | | | | Yenice | | | | | | | | | | |
| 5. | | | | Kuscenneti | Buttke | 121 | 70 | | | 70 | Kus Gölü (See) | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|-------|-------|-------|--------------------------|--------|-----|-----------|-----------|------|--------|------------------------|--------------|-------|-----|
| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Bandirma | | | | | | | | | | |
| | | | | Erdek | | | 37 | | | | | | | |
| | | | | Edincik | | | | | | | | | | |
| | | | | Bezirci | | | | | | | | | | |
| | | | | Bugdayli | | | | | | | | | | |
| 6. | | | | Gönen | | | | 37 | | | Thermalquellen 87 Grad | | | |
| | | | | Yarasa Magalari | | | | | | | | | | |
| | | | | Gündogan | | | | | | | | | | |
| | | | | Sariköy | | | | | | | | | | |
| | | | | Ulukur | Buttke | 124 | | | | | | | | |
| 7. | | | | Denizli (Deniske) | Buttke | 124 | 68 | 68 | | | | | | |
| | | | | Güvemalani | | | | | | | | | | |
| | | | | Sinecki | | | | | | | | | | |
| | | | | Biga | | | | | | | | | | |
| | | | | Baliklicesme | Buttke | 125 | | | | | | | | |
| 8. | | | | Sevketiye | | | 64 | 64 | | | | | | |
| | | | | Adatepe | | | | | | | | | | |
| | | | | Cardak | | | | | | | | | | |
| | Fähre | | | Lapseki | Buttke | 126 | | | | | | | | |
| | | | | Gelibolu | | | | | | | | | | |
| | | | | Ilgazdere | | | | | | | | | | |
| | | | | Eceabat | | | | | | | | | | |
| 9. | | | | Canakkale | Buttke | 128 | 64 | 64 | | | | | | |
| | | | | Kepez | | | | | | | | | | |
| | | | | Güzelyali | | | | | | | | | | |
| | | | | Tevfikrye | Buttke | 130 | | | | | | | | |
| | | | | Troja | Buttke | 130 | | | | | | | | |
| | Piste | | | Yeniköy | | | | | | | | | | |
| | | | | Üvecik | | | | | | | | | | |
| | | | | Geyiki | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|-----------|-------|-------|-------------------------|--------|-----|---------|------------|------|--------|--|--------------|-------|-----|
| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| 10. | | | | Odonluk | Buttke | 134 | 58 | 58 | | | Alexandreia Troas | | | |
| | | | | Dalyan | Buttke | 135 | | | | | Felsengräber: karische Königsgäber | | | |
| | Abstecher | | | Kaunos | | | | | | | Bootsfahrt: kleines römischer Theater, Nympheon, | | | |
| | | | | Tavakli | | | | | | | | | | |
| | | | | Babadere | | | | | | | | | | |
| | | | | Tuzla | | | | | | | | | | |
| | | | | Gülpinar | Buttke | 135 | | | | | | | | |
| 11. | | | | Behramkale/Assos | | | 66 | 66 | | | | | | |
| | | | | Pasaköy | | | | | | | | | | |
| | | | | Ayvacik | | | | | | | | | | |
| | | | | Kücükkuuyu | | | 46 | | | | | | | |
| | | | | Altinoluk | | | | | | | | | | |
| | | | | Akcay | | | | | | | | | | |
| | | | | Edremit | | | | | | | | | | |
| | | | | Coruk | | | | | | | | | | |
| | | | | Burhaniye | | | | | | | | | | |
| 12. | | | | Ören | Buttke | 139 | 55 | 101 | | | | | | |
| | | | | Burhaniye | | | | | | | | | | |
| | | | | Karaagac | | | | | | | | | | |
| | | | | Armutova | | | | | | | | | | |
| | | | | Camlik | | | | | | | | | | |
| | | | | Alibey | | | | | | | | | | |
| | | | | Ayvalik | Buttke | 141 | 42 | | | | | | | |
| | | | | Camlik | | | | | | | | | | |
| | | | | Diklili | | | | | | | | | | |
| | | | | Bademil | | | | | | | | | | |
| | | | | Candarli | | | | | | | | | | |
| 13. | | | | Bergama | Buttke | 143 | 64 | 106 | | | Pergamon | | | |
| | | | | Yenisakran | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|-------|-------|-------|-------------------|--------|-----|---------|------------|------|--------|---|--------------|-------|-----|
| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Aliaga | | | | | | | | | | |
| | | | | Yenifoca | | | 68 | | | | | | | |
| | | | | Menemen | | | | | | | | | | |
| | | | | Manisa | | | | | | | | | | |
| | | | | Ulucak | | | | | | | | | | |
| | | | | Cigli | | | | | | | | | | |
| 14. | | | | Izmir | | | 65 | 133 | | | | | | |
| | | | | Güzelbahçe | | | | | | | | | | |
| | | | | Bademir | | | | | | | | | | |
| | | | | Seferihisar | | | | | | | | | | |
| | | | | Lebedos | | | | | | | | | | |
| | | | | Doğanebey | | | | | | | | | | |
| | | | | Gümüldür | | | 67 | | | | | Camping | | |
| | | | | | | | | | | | | | | |
| 15. | | | | Selcuk | | | 45 | 112 | | | Ephesus. 431 n. Chr. 3. Ökumen. Konzil | | | |
| | | | | Kusadasi | | | | | | | | | | |
| | | | | Söke | Buttke | 159 | 44 | | | | | | | |
| | | | | Milas | | | | | | | | | | |
| | | | | Güllübahce | | | | | | | | | | |
| | | | | Priene | | | | | | | Ruinenstadt | | | |
| | | | | Karine | | | | | | | | | | |
| | | | | Milet | Buttke | 163 | | | | | Ausgrabung: antikes Theater 20.000 Plätze, Ilyas-Bey-Moschee, seldschukisches Bad, Löwenbucht | | | |
| | | | | Balat | | | | | | | | | | |
| | | | | Akköy | | | | | | | | | | |
| | | | | Yenihisar | | | | | | | | | | |
| | | | | Didyma | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|-------|-------|--------|----------------------|--------|-----|-----------|------------|------|--------|---|-------------------------|-------|-----|
| | | links | rechts | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| 16. | | | | Bafa-See | | | 66 | 110 | | | | | | |
| | | | | Bafa-Gölü | Buttke | 168 | | | | | | | | |
| | | | | Tecihihussa | | | | | | | | | | |
| | | | | Akbük | | | | | | | | | | |
| | | | | Kazikli | | | | | | | | | | |
| | | | | İasos | | 167 | 46 | | | | Ausgrabungen | | | |
| | | | | Avşar | | | | | | | | | | |
| | | | | Milas | | | | | | | oriental. Städtchen, alte Karawanserei | | | |
| | | | | Akyol | | | | | | | | | | |
| | | | | Güllük | Buttke | 168 | 54 | | | | | Camping, Pensionen | | |
| | | | | | | | | | | | | | | |
| | | | | Bodrum | | 170 | 45 | | | | Burg Kalesi (Kastell St. Peter) mit 4 Türmen, Mausoleum, Türkisches Bad, Unterwassermuseum | Baba-Camping, Pensionen | | |
| | | | | | Müller | 374 | | | | | Theater von Halikarnas 3. Jh. V. Chr. | | | |
| | | | | Reşadiye | | 171 | | | | | Halbinsel | | | |
| | | | | Datça | | | | | | | | | | |
| | | | | | | | | | | | mittelalterliches Kastell (1522) von Süleyman dem Prächtigen, Karawanserei, Yachthafen mit 900 Liegeplätzen | | | |
| | | | | Marmaris | | | | | | | | | | |
| | | | | Aktur | Buttke | 172 | 35 | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | mittelalterliches Kastell (1522) von Süleyman dem Prächtigen, Karawanserei, Yachthafen mit 900 Liegeplätzen | | | |
| | | | | Marmaris | | | | | | | | | | |
| | | | | Muğla | | | | | | | | | | |
| | | | | Cetibeli-Pass | Buttke | 174 | | | | 550 | | | | |
| | | | | Akçapınar | | | | | | | Eukalyptus-Allee | | | |
| | | | | Gökova | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|-----------|-------|--------|-------------------|--------|-----|-----------|---------|------|--------|--|-------------------------|-------|-----|
| | | links | rechts | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | | | | | | | | | Campingplatz | | |
| | | | | Köyceğiz | Müller | 404 | | | | | See 65 qkm, speist sich teilweise aus warmen Quellen | | | |
| | | | | Döğüşbelen | | | | | | | | | | |
| | | | | Köyceğiz | | | 65 | | | | Strand mit Brutplätzen von Meeresschildkröten | Camping Anatolia | | |
| | | | | Akçakavak | | | | | | | | | | |
| | Abstecher | | | | Müller | | | | | | Sultaneye-Thermen | | | |
| | | | | Dalyan | Buttke | 176 | 13 | | | | lykische Felsengräber | Pensionen | | |
| | | | | | Müller | 408 | | | | | | | | |
| | | | | Iztuzu-Strand | | | | | | | Brutplatz von Meeresschildkröten | | | |
| | | | | Okular | | | | | | | | | | |
| | | | | Ortaca | | | | | | | | | | |
| | | | | Fethiye | | | | | | | s. u. | | | |
| | | | | Dalaman | | | | | | | | | | |
| | | | | Göçek-Pass | | | | | | 115 | | | | |
| | | | | Göçek | Buttke | 179 | 38 | | | | | Camping, Pension | | |
| | | | | Inlice | | | | | | | | Camping | | |
| | | | | Kargi | | | | | | | | | | |
| | | | | | | | | | | | antikes Telmessos: Ruine byzantinischer Festung, telmessisches Pferd, lykische Felsengräber 4. Jh. V. Chr., lykische Steinsarkophage | Camping, Pension | | |
| | | | | Fethiye | Buttke | 180 | 32 | | | | | | | |
| | | | | Phaselis | | | | | | | | | | |
| | | | | | | | | | | | Ruinen der aktiken Stadt Olympos, Reste einer byzantinischen Kirche, Theater u. schöne Tempeltür | Camping, Pension | | |
| | | | | Kemer | | | | | | | Olympos-Nationalpark | | | |
| | | | | Esen | | | | | | | | | | |
| | | | | Kınık | | | | | | | Eukalyptusbäume | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|----------------------|-------|-------|-------------------|--------|-----|---------|-----------|------|--------|---|--------------------|-------|-----|
| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Xanthos | Müller | 443 | | | | | antikes Theater, Pfeilerförmiges Harpyienmonument, Pfeilersarkophag, Triumphbogen, Nereidenmonument, Brunnentempel des Nymphaeons | | | |
| | | | | Patara | | | | | | | 8 km Strand, Triumphbogen, antikes Theater, 2 Thermen, Reste der Stadtmauer, Tempelsarkophag | | | |
| | | | | Gelemiş | | | | | | | altes Stadttor, Sarkophage | Camping, Pensionen | | |
| | | | | Kalkan | Müller | 429 | | | | | hübsche Hafenstadt | | | |
| | Abstecher | | | Xanthos | Müller | 443 | | | | | antikes Theater, Pfeilerförmiges Harpyienmonument, Pfeilersarkophag, Triumphbogen, Nereidenmonument, Brunnentempel des Nymphaeons | | | |
| | Türk. Riviera | | | Kaş | Buttke | 183 | 39 | | | | Sarkophage, altlykischer Grabbau 4 m hoch, Theater von Antiphellos (1. Jh. V. Chr.), Reste der Stadtmauer | Camping | | |
| | Abstecher | | | Antiphellos | | | 4 | | | | | | | |
| | | | | Ağullu | | | 3 | | | | | | | |
| | | | | Başlıca | | | 7 | | | | | | | |
| | | | | Kılıçlı | | | 8 | | | | Ausgrabung Apopponia | | | |
| | | | | Kesmeli | | | 6 | | | | | | | |
| | | | | Cevreli | | | 2 | | | | | | | |
| | Abstecher Insel | | | Kekova | Müller | 440 | | | | | mittelalterliche Burg mit kleinem Felsentheater | | | |
| | | | | İnşidibi | | | 3 | | | 234 | | | | |
| | | | | Sura | | | 13 | 42 | | | Ausgrabung | Camping | | |
| | | | | Demre | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Kale | Buttke | 184 | 42 | | | | Felsengräber von Myra (Nikolauskirche und -denkmal), Seenekropole, Grabhöhlen, Grabzellen, Grabtempel mit farbigen Reliefs | | | |
| | | | | Karabucak | | | 3 | | | | | | | |
| | | | | Eynihal | | | 2 | | | | | | | |
| | | | | Burunköy | | | 3 | | | | | | | |
| | | | | Beymelek | | | 2 | | | | | | | |
| | | | | Kumtepe | | | 1 | | | | | | | |
| | | | | Yuk. Beymelek | | | 2 | | | | | | | |
| | | | | Bunda Br. | | | 2 | | | | | | | |
| | Türk. Riviera | | | Incirli Mağarası | | | | | | | Höhle | | | |
| | | | | | Cook | 86 | | | | | antike Stadt Limyyana | | | |
| | | | | Finike | | | 17 | 32 | | | langer unverbauter Strand | | | |
| | | | | (Işkele) | | | | | | | | | | |
| | | | | (Yaşilyur) | | | | | | | | | | |
| | | | | Bağyaka | | | 5 | | | | | | | |
| | | | | Turuncova | | | 2 | | | | | | | |
| | | | | Yuvalıar | | | | | | | | | | |
| | Abstecher | | | Limyra | | | | | | | Ruinen der antiken Stadt Limyra mit zahlreichen lykischen Felsengräbern, Hauptsitz des Fürsten Periles, Ruine der ehem. Akropolis | | | |
| | | | | Tekke | | | 3 | | | | | | | |
| | | | | Incirağacı | | | 5 | | | | | | | |
| | | | | Hasyurt | | | 4 | | | | | | | |
| | | | | Hacivelilur | | | 4 | | | | | | | |
| | | | | Kumluca | | | 1 | 24 | | | | | | |
| | Abstecher | | | | Kümm | 193 | | | | | Rhodiapolisa | | | |
| | | | | Kavakdibi | | | 4 | | | | | | | |
| | | | | Kagaz | | | 2 | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
|-----|--------------------------|-------|--------|-------------------|--------|-----|---------|---------|------|--------|--|------------------|-------|-----|
| | | links | rechts | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Beykonak | | | 1 | | | | | | | |
| | | | | Çanakçı | | | 3 | | | | | | | |
| | | | | Yeniceköy | | | 2 | | | | | | | |
| | | | | Mavrikent | | | 1 | | | | | | | |
| | | | | | | | 4 | | | | | Camping | | |
| | | | | | | | 2 | | | | | | | |
| | | | | Şapsal | | | 3 | | | | | | | |
| | | | | Çavuş | | | 3 | | | | | | | |
| | | | | | | | 4 | | | | | | | |
| | | | | | | | 2 | | | | | | | |
| | | | | Çıralı | | | 4 | 35 | | | Ruinen der aktiken Stadt Olympos, Reste einer byzantinischen Kirche, Theater u. schöne Tempeltür | Camping | | |
| | | | | | | | 7 | | | | Chimaera (18 brennende Austritts- stellen von Gas seit der Antike) | | | |
| | | | | Uluquinar | | | | | | | Olympos-Nationalpark | | | |
| | | | | Beycik | | | 2 | | | | | | | |
| | | | | Egelköy | | | 8 | | | | | | | |
| | Abstecher | | | Phaselis | Müller | 450 | 2 | | | | Ruinenstadt mit Rest eines Aquäduktes, Marmor-Prachstraße, Hadrian-Tor | | | |
| | | | | Abzweig | | | 6 | | | | | | | |
| | | | | Çamyuva | | | 2 | | | | | | | |
| | | | | Damaşa | | | 2 | | | | | | | |
| | Türk. Riviera | | | Kemer | Buttke | 187 | 4 | 33 | | | Nomadendorf (Nachbildung), Moschee, Jachthafen | Camping, Pension | | |
| | | | | Dedeköy | | | 2 | | | | | | | |
| | | | | Dedeler | | | 2 | | | | | | | |
| | | | | Göynük | | | | | | | | Camping | | |
| | | | | Beldibi | | | 4 | | | | | Camping | | |
| | Straßentunnel 130 m | | | | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | | | | 12 | | | | | | | |
| | | Straßentunnel 340 m | | | | | | | | | | | | |
| | | | | Hurma | | | 3 | | | | | | | |
| | | | | Çakırlar | | | 4 | | | | | | | |
| | | | | Bahtlı | | | 1 | | | | | | | |
| | | | | Sekçi | | | 1 | | | | | | | |
| | | | | Duraliler | | | 4 | | | | | | | |
| | Türk. Riviera | | | Antalya | Buttke Müller | 187 460 | 6 | 39 | | | Karaalipark, Mausoleum Hidirlik Kulesi, Hadrian-Tor 130 v. Chr. (Marmor), Kesik-Minare, Moschee Ulu Cami, Moschee Murat Paşa Camii (16.h.) mit Fayencen, Yivli Minare (Glasurziegel), Uhrturm, Moschee Mehmet Paşa, archäolog. Museum, Basar, Prachtstraße Atatürk Caddesi | Hotel, Pensionen | | |
| | Abstecher | | | | | | 20 | | | | Kurşunlu-Şelalesi (Wasserfälle in Schluchtlandschaft 394 ha) | | Eintritt 2 € | |
| | Abstecher | | | Termessos | Buttke Müller | 189 465 | 34 | | | 1050 | beeindruckende psidische Runiestadt 1. - 3. Jh. V. Chr. Mit Königsstraße, Stadtmauer, Stadttor, Theater, Agora, Zisterne, Tempel von Korinth, Marmor, Zeus-Tempel, Artemis-Tempel, Löwengrab, Mausoleum, Nekropolis | | | |
| | | | | Antalya | | | | | | | s. o. | | | |
| | Abstecher 30 km | | | | | | | | | | Kocain Mağarası (große Karsthöhle 600 m lang, 35 m hoch und 75 m breit mit riesigen Stalagmiten) 2 Stunden Fußweg von Konvanlık | | | |

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| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Koyunlar | | | 6 | | | | | | | |
| | | | | Güzelyali | | | 5 | | | | | | | |
| | | | | Karahasanlar | | | | | | | | | | |
| | | | | Kemerağzi | | | | | | | | | | |
| | | | | Karaçalı | | | 9 | | | | | | | |
| | | | | Calkaya | | | 2 | | | | | | | |
| | | | | Babusiu | | | 6 | | | | | | | |
| | | | | Aksu | | | 1 | | | | | | | |
| | | | | Perge | Buttke | 190 | 2 | 31 | | | Ruinenstadt 3 km: antikes Theater und Stadion, Thermalanlagen, Säulenstraße, Basilika, Propyläum, Grab der Plancia Magna, | | | |
| | | | | | Müller | 475 | | | | | | | | |
| | | | | | | | 7 | | | | | | | |
| | | | | Boztepe | | | 3 | | | | | | | |
| | | | | Kumköy | | | 5 | | | | | | | |
| | | | | Kocayatak | | | 3 | | | | | | | |
| | | | | Çakıllık | | | 2 | | | | | | | |
| | | | | Akkınlar | | | 3 | | | | | | | |
| | | | | Belek | | | 4 | | | | | | | |
| | Variante | | | Cumalıköy | | | | | | | | | | |
| | | | | Karadayı | | | 4 | | | | | | | |
| | Türk. Riviera | | | Serik | | | 6 | 37 | | | | | | |
| | | | | Belkız | | | | | | | | | | |
| | Abstecher | | | Aspendos | Buttke | 190 | 32 | | | | antikes Theater 2. Jh. (Bühne 62 m breit, 20.000 Plätze), Agora, Nymphäum, Basilika, Äquadukt (einst 15 km lang) | | | |
| | | | | | Müller | 479 | | | | | | | | |
| | | | | Beşkonak | | | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | links | recht | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | | | | Taşagıl | | | | | | | | | | |
| | Abstecher | | | Köprülü Canyon | Buttke | 192 | 45 | | | | Schlucht | | | |
| | | | | Köprülü Canyon | | | | | | | | | | |
| | Abstecher | | | Selge | Buttke | 193 | | | | | malerisches Bergdorf, merkwürdige Gesteinsformationen, Reste eines Amphitheaters 2. Jh., 8000 Plätze | keine | | |
| | | | | Selge | Müller | 491 | | | | | | | | |
| | | | | Beşkonak | | | | | | | | | | |
| | | | | Taşagıl | | | | | | | | | | |
| | Hauptroute | | | Yeniköy | | | 2 | | | | | | | |
| | | | | Büklüce | | | 2 | | | | | | | |
| | | | | Denizyaka | | | 3 | | | | | | | |
| | | | | Denizkent | | | 4 | | | | Strand | | | |
| | | | | Mecidiye | | | 5 | | | | | | | |
| | | | | Fettahlı | | | 5 | | | | | | | |
| | | | | Gündogdu | | | 3 | | | | | | | |
| | neue Straße | | | Kisalar | | | 3 | | | | | | | |
| | neue Straße | | | Tilkiler | | | 6 | | | | Moschee | | | |
| | neue Straße | | | Kumköy | | | 3 | | | | | | | |
| | Türk. Riviera | | | Side | Buttke | 194 | 3 | 70 | | | Athena- und Apollo-Tempel, Thermen, Men-Tempel, Säulenstraße, Theater f. 20.000 Besucher, byzantinische Basilika, Bogentor, Agora, Aquädukt (einst 30 km), Nympheum, Bogen-Tor, Marmorsarkophag, römischer Friedhof | | | |
| | | | | | Müller | 487 | | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | links | rechts | Variante A | | | Einz.km | km/E | km | Etappe | | | | |
| | Abstecher | | | Selimiye | | | 1 | | | | Leuchtturm | | | |
| | | | | Side | | | 1 | | | | s. o. | | | |
| | | | | Sahil | | | | | | | | | | |
| | | | | Sorkup | | | | | | | | | | |
| | | | | Manavgat | Müller | 490 | 5 | | | | Einkaufstadt, Moschee, Brunnen | Camping Orman Kampi | | |
| | | | | Manavgat Şelale | Buttkereit | | | | | | Manavgat Şelalesi (Wasserfall 6m hoch und ca. 50 m breit) | | | |
| | | | | Esbiyeler | | | | | | | | | | |
| | | | | Abzweig | | | 8 | | | | | | | |
| | | | | Karaöz | | | 2 | | | | | | | |
| | | | | Aksaz | | | 2 | | | | | | | |
| | | | | Kurtobaşı | | | 3 | | | | | | | |
| | | | | Karacalar | | | 2 | | | | | | | |
| | Türk. Riviera | | | Kızılot | | | 2 | | | | | | | |
| | | | | Konya | | | | | | | | | | |
| | Abstecher | | | | Buttke | 195 | | | | | Kloster Alaharan | | | |
| | | | | Avsallar | | | | | | | | | | |
| | | | | Türkler | | | | | | | | | | |
| | | | | Incekum | | | | | | | | Camping | | |
| | | | | Sarapsa Hanı | | | 4 | | | | Sarapsa Hanı (gut erhaltene festungsartige Karawanserei) | | | |
| | | | | Konaklı | | | | | | | | | | |
| | | | | Alanya | Buttke | 197 | 15 | 69 | | | Kizil-Kule-Turm 1225, Tophane-Turm, 250 m hoher Burgfelsen, Burgmoschee, Piratenhöhle, Höhle der Verliebten, Dalmataş-Höhle (Tropfsteinhöhle 15.000 Jahre, entdeckt 1948), Blaue Grotte, Türkisches Bad | | | |
| | | | | | Müller | 495 | | | | | | | | |
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| | | links | recht | Variante A | | | | Einz.km | km/E | km | Etappe | | | |
| | | | | Gazipaşa | Buttke | 199 | | 45 | | | | Camping | | |
| | | | | | | | | | | | | | | |
| | | | | Meleş-Camping | Buttke | 200 | 50 | | | | | freies Campen neben Restaurant | | |
| | | | | | | | | | | | | | | |
| | | | | Anamur | Buttke | 200 | 27 | | | | Burganlage Mamure Kalesi 1250, Biotop mit Wasserschildkröten | Hotel, Pensionen, Camping | | |
| | | | | | Müller | 502 | | | | | | | | |
| | Abstecher | | | | Müller | 504 | 12 | | | | Kösebükli-Mağarasi-Höhle | | | |
| | | | | Aydincik | Buttke | 201 | 52 | | | | | | | |
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| | | | | Ovacik | Buttke | 201 | 45 | | | | | | | |
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| | | | | Silifke | Buttke | 202 | 42 | | | | | | | |
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| | | | | KIZ-Kalezi | Buttkereit | | 34 | | | | | | | |
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| | | | | Mersin | Buttke | 206 | 53 | | | | | | | |
| | | | | Tarsus | Buttke | 207 | | | | | | | | |
| | | | | Adana | Buttke | 207 | 69 | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | | | Karataş | Buttke | 209 | 50 | | | | | | | |
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| | | | | Ceyhan | Buttke | 210 | 53 | | | | | | | |
| | | | | Hamdilli | | | | | | | | | | |
| | | | | Toprakkale | | | | | | | | | | |
| | | | | Osmaniye | | | | | | | | | | |
| | | | | Çevdetiye | | | | | | | | | | |
| | | | | Yumurtalık | | | | | | | | | | |
| | | | | Kartkulak | | | | | | | | | | |
| | | | | Sarımazı | | | | | | | | | | |
| | | | | Dört Yol | Buttke | 212 | 60 | | | | | | | |
| | | | | Yakacık | | | | | | | | | | |
| | | | | Iskenderun | Buttke | 213 | 31 | | | | | | | |
| | | | | Belen Pass | | | | | | 760 | | | | |
| | | | | Antakya | Buttke | 215 | 61 | | | | Burg Kalesi | | | |
| | | | | Karaçay | | | | | | | | | | |
| | | | | Samandağ | Buttke | 217 | 33 | | | | | | | |
| | | | | Çevlik | | | | | | | | | | |
| | | | | Mağaraçık | | | | | | | | | | |
| | | | | Uluçınar | Buttke | 218 | 51 | | | | | | | |

| Tag | Karte | Fluss | | Ort | Lit. | S. | Rad | Rad (A) | Bahn | Höhe | Sehenswürdigkeiten | Übernachtung | Preis | Tag |
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| | | | | Değirmenbası | | | | | | | | | | |
| | | | | Iskenderun | Buttke | 213 | 32 | | | | | | | |
| | | | | Bergama | Buttke | 219 | | | | | Akropolis | | | |
| | | | | Akhisar | | | | | | | | | | |
| | | | | Kınık | | | | | | | | | | |
| | | | | Cinge | | | | | | | | | | |
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| | | | | Kırkagaç | Buttke | 220 | 62 | | | | | | | |
| | | | | Akhisar | | | | | | | | | | |
| | | | | Salihli | | | | | | | | | | |
| | | | | Gölmarmara | | | | | | | | | | |
| | | | | Sazköy | | | | | | | | | | |
| | | | | Marmara Gölü | Buttke | 220 | 66 | | | | | | | |
| | | | | Salihli | | | | | | | | | | |
| | | | | Alaşehir | Buttke | 221 | 66 | | | | | | | |
| | | | | Sardes | Buttke | 221 | | | | | | | | |
| | | | | Denizil | | | | | | | | | | |
| | | | | Sarıgöl | | | | | | | | | | |
| | | | | Kadıköy | | | | | | | | | | |
| | | | | Buldan | Buttke | 222 | 59 | | | | | | | |
| | | | | Köprübası | | | | | | | | | | |

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