



Düzce



**DÜZCE
TREKKING ROUTES**



Republic of Turkey Governorship of Düzce

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Prepared by

Ilhan TURGUT – Deputy Governor

Özcan BUDAK – Director of Culture and Tourism

Ahmet BOZDEMİR – IT Branch Office

Reşat CAN – Provincial Directorate of Culture and Tourism

Contributors and Photographs

Ömer BAŞER,

İbrahim BİLGİN

Gökçen CIDAM ,

Vedat KUBİLAY,

Neval GÜNEŞ ÖZKAN,

Murat ALPGÜVEN,

Nuray ÖZENER,

Yasemin ŞİMŞEK

Assist. Prof. Dr. Necmi AKSOY

Sabahatin PARLAK

Ayhan DOĞRU

PRINTING AND BINDING



Matbaacılık San. ve Tic. Ltd. Şti.

Kazım Karabekir Cad. Kültür Çarşısı

No: 7/56-57 İskitler-Ankara

Tel: 0.312 341 22 06-07

Fax: 0.312 34110 56

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FOREWORD

With its geographical location, waterfalls, plateaus, flora and fauna, cultural and natural monuments and a variety of alternative sports, Düzce is the shining start of the Western Black Sea Region. Carrying along the footsteps of history throughout the ages, our city is just cut out for tourism sector with its natural richness.

It is also Anatolian soil with its fertile lands where water gushes from every corner, forests where you can see every shade of green and villages full of culture in these forests.

All the routes mentioned in this booklet helps one to return to the essence of human, embrace the nature and integrate with the ecosystem. The friendly faces you will encounter along the way and the forest villages that will embrace you with love will make you forget about the stress of city life and every piece of detail will lead you to a new world.

As part of the project, the booklet “Düzce Trekking Routes” was prepared for “Nature Lovers” with special care and effort. GPS coordinates of all of the routes mentioned in the booklet were obtained and direction signs were placed. Cultural heritages and natural monuments along the route and points to take into consideration were determined one by one and explained thoroughly.

I congratulate all my colleagues who have contributed to the preparation of such a booklet that contributes to the tourism sector and creates an awareness and wish them continued success.

Adnan YILMAZ

Düzce Valisi



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*Samandere Waterfall
Turkey's First Natural Monument*



Gölyaka - Balıklı Yaylası



Gölyaka - Sarıdere Köyü



Gölyaka - Kültür Parkı





Göllyaka - Güzeldere Şelalesi

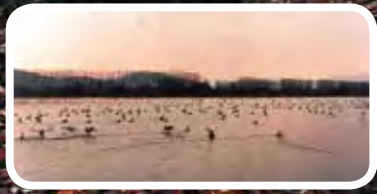
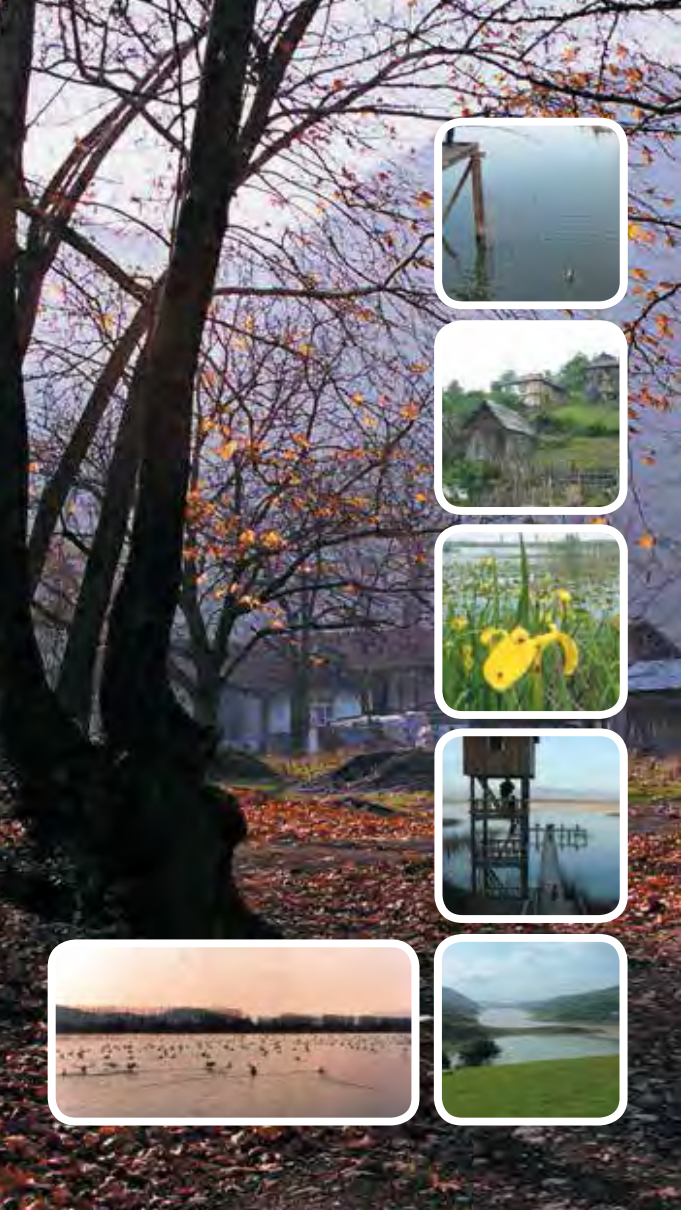


Göllyaka - Sarıdere Köyü



Göllyaka - Balıklı Yaylası





1. INTRODUCTION

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

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

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

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

Derebalık, Hira, Pürenli, Kardüz Plateaus and Güzelde-re, Samandere, Aydınpinar, Yoğunpelit, Aktaş, Sarıyayla, Saklıkent, Kurugöl, Tahirli, Harmankaya, Bakacak, Efteni, Gölormanı Waterfalls.

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

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

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



Lake Efteni

2. GEOGRAPHICAL STRUCTURE

2.1 Western Black Sea Region

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

2.2. Düzce

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

2.3. Geomorphological

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

Top tepe



2.4. Topographical Structure

2.4.1. Mountains

Approximately 2.200 km² of 86% of Düzce city is mountainous and rugged. The mountains are split by canyons at most places.

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

2.4.2. Plains

Düzce Plain

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

2.4.3. Plateaus

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

Kardüz Plateau





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



Kelebek



Odayeri Yaylası

2.4.4. Plateaus and Streams

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

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

a. Büyük Melen

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



b. Küçük Melen

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

c. Asar Suyu

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

d. Uğur Suyu

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

e. Aksu Deresi

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

**2.4.5. Lakes**

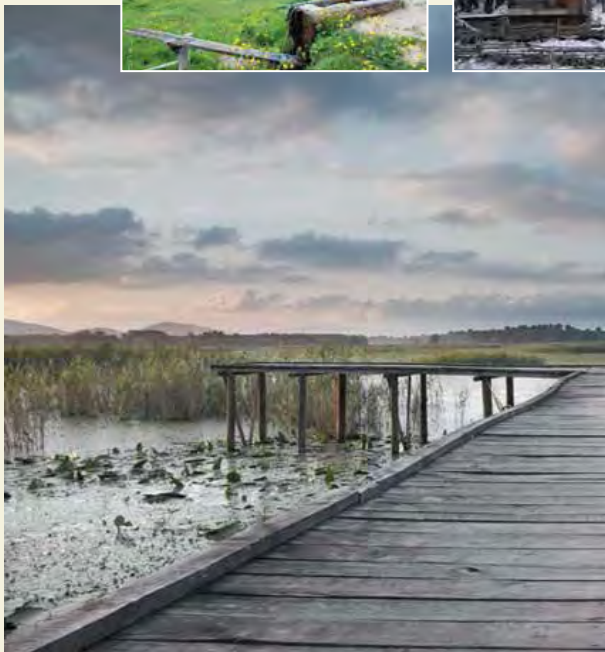
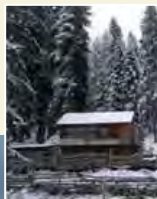
In Düzce city which is rich in water resources, there are many ponds such as; Efteni Gölü, Kurugöl, Topuk Göleti, Karagöl, Çamlıbel Göleti, Kuyudüzü Göleti, Torkul Göleti, Yayak-başı Göleti etc.

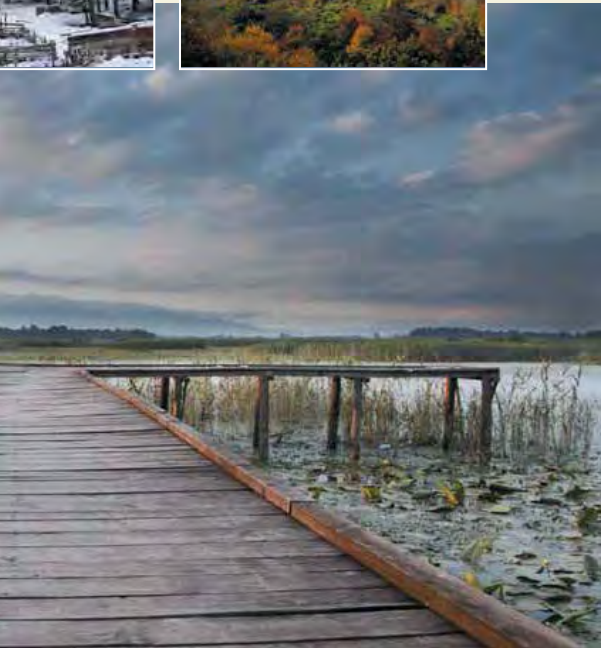
Efteni Lake

Efteni Lake used to have 814,5 ha lake area in the past but it has been reduced to 25 ha area. Küçükmenen, Aksu, Uğursuyu, Değirmendere, Saguçdere and Cevizlik brooks used to feed this lake but Aksu, Küçükmenen and Uğursuyu has been connected to Büyükmenen with the opened channels and the water of other small brooks have been flown out of the lake by means of opened channels and so the lake has been made small in 1976.

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







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



As a result of the studies started in 1990s, it has been declared as wildlife protection area. Today, Efteni Lake



Wetland Management Plan intended for protecting the wild life area of Efteni Lake, expanding the lake face and developing it as flood protection area has been made and started to be implemented.

Efteni Gölü Story

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







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

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

2.4.6. Ponds

a) Kurugöl

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



b) Torkul Pond

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

c) Topukyayla Pond

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



d) Çamlıpınar Pond (Dipsizgöl)

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

e) Hasanlar Dam Pond

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



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

2.4.7 Waterfalls

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

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

2.5. Hot Springs

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

3.CLIMATE

In Düzce, various climatic characteristics can be observed between its western and eastern areas since the province is neighbour to Marmara Region. For this rea-

son, climate conditions may be different in districts Ak-
çakoca and Yiğilca. Overall, the province is within the
Western Black Sea climate type.

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

4. BIOLOGICAL DIVERSITY

4. 1. Flora, Fauna

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









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















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

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

Yığılca -Yedigöller National Park and Wildlife Development Zone

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

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



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

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

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

Samandere Waterfall Natural Monument

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

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





Sırıkyayla Abies Natural Monument

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

Paşabükü Ash Tree Natural Monument

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

Kayadibi Yewtree Natural Monument

The YewTree, which is located in the forest in Kayadibi site, Gökçeagaç Village, Yığılca District of Düzce Provin-



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

Dokuzdeğirmen Çınar Ağacı Tabiat Anıtı

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







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

Demirciönü Nature Protection Area

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

Nature Parks and Recreation Areas

1) Güzeldere Waterfall Nature Park (Gölyaka)

It is a waterfall that pours down over the rocks, foaming extremely white, at an altitude of 120 m on



Bıçkıcı Creek which is 10 km to Gölyaka. Certified as Intraforest Recreation Area, Güzeldere Waterfall is natural wonder that must be seen during excursion trips or recreation trips. It is suited for picnics and camping with tents.

2) Kurugöl Nature Park (Kaynaşlı)

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

3) Nalbantoğlu Recreation Area (Center)

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

5. CONSIDERATIONS TO BE TAKEN ACCOUNT IN TREKKING

5.1. Clothing for Trekking

Materials and General Information

Ayakkabı: Doğa yürüyüşleri için en önemli şey iyi bir ayakkabıdır. Ayakkabı rahat, dayanıklı, koruyucu ve yapılan aktiviteye uygun olmalıdır. İyi bir ayakkabı ayağa ve bileğe yeterli desteği vermeli ve kaygan ya da bozuk zeminde iyi tutunabilmelidir. Ayağı taş ve kayalardan koruyabilmeli ve aynı zamanda rahat yürüyebilecek şekilde esnek olmalıdır. Ayrıca ayağı kuru ve doğru sıcaklıkta tutabilmelidir. Doğru ayakkabı esnekliği arazinin durumuna ve taşınan çanta ile kişinin ağırlığına göre değişir. Ayakkabınızı nispeten düz bir zeminde yürürken kullanacak iseniz bir bot tercih etmelisiniz. Fakat dağlık arazide daha bozuk bir zeminde yürüyecekseniz daha sert tabanlı ve bileğinize daha fazla destek veren bot almanız daha doğru bir seçim olur. Ayrıca taşıyacağınız yük ve kendi vücut ağırlığınız fazla ise biraz daha sert botlar tercih etmelisiniz. Kalın



deriler daha sert olduğu için daha iyi korur, bilek desteği verir ve daha dayanıklıdır. Daha ince deriler ise botun daha rahat ve daha esnek olmasını sağlar. Ayrıca botun etrafına eklenilen lastik şerit bant da ayağı ve dikişleri dış etkenlerden korur ve su geçirmezliği artırır. Ayakkabıda mümkün olduğunca az dikiş olması ve tek parça deriden üretilmiş olması su geçirmezlik açısından dikkat edeceğimiz noktalardan biridir.

Alacağınız ayakkabının iç yüzey astarı da dikkat edeceğiniz başka bir detay olabilir. Yumuşak bir iç yüzey sağlamak için astar malzemesi olarak yumuşak ince deri ya da sentetik bir kumaş kullanılabilir. Astar olarak kullanılan sentetik malzemelerin dayanıklı olması, şeklinin çabuk kaybetmemesi, kolay kuruması ve koku tutmaması dikkat edebileceğiniz özelliklerdir.

Alacağınız bota karar verirken ağırlığını da göz önüne almalısınız (ayaklarda taşınan ekstra bir kilogram yük aşağı yukarı sırtta taşıdığımız beş kilograma eşittir). Bu yüzden bot seçerken ağır botların güvenliği ve koruması ile hafif botların esnekliği arasında bir seçim yapmanız gerekecektir.

Giyim: Doğa yürüyüşlerinde yürüdüğünüz yere, yürüyüş güzergâhının rakımı en düşük ve yüksek yerine, yürüdüğünüz mevsime, özetle bir çok unsura göre nasıl giyineceğiniz değişebilir. Turu düzenleyen seyahat acenmenizden önceden bu konuda bilgi edinebilirsiniz. Her türlü doğa sporunda giysilerinizin vücut ısınız doğru ısıda tutması, güvenli ve rahat olabilmeniz için doğadaki ısı değişikliklerine kolay adapte olmanıza yardımcı olması gerekir. Isı ve diğer hava koşullarındaki değişikliklere kolay uyum sağlamanın en iyi yolu üç katmandan oluşan bir giyim yöntemidir.

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



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



the polar is that it is not wind-proof because of wide porous structure.

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

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



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

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

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



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

1- Whether it is used for one-day trekking or camp activity, your backpack should have a waist column directing the load from your shoulders to your waist. Supported waist column is one of the considerations to be taken account for the back-pack.

2- Your backpack should have a proper back system for your back and be in suitable size. The backpack chosen specially shall not leave you in the lurch and ensure that you will maintain your activity.

3- A backpack with adjustable back system may be preferred since it can be adjusted according to your back. However; it is inevitable that backpacks with adjustable back systems are heavier. In order to choose correct size backpack, you should know your back length. It is a length between your waist and neck. Also, it is another measurement you should pay attention when deciding on your waist measure.

4- The weight of your backpack is an important consideration which may affect your performance. Fabric of the backpack may be another feature we may take account, depending on the area of use and activity. Size of your backpack varies according to the intended use. You should not forget that big backpacks are not always advantageous. When you prefer bigger backpack, you may fill your backpack with unnecessary stuff. It is harder to carry a heavier backpack.

5.2. Tents and Outdoor Accommodation

Tents and Need-to- Know About Nature

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

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

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

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



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

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

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

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





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

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

Questions about tent accommodation;

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

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

2- Do I feel cold at night? Some sleeping bags are resistant up to -15°C. If you follow the instructions about using sleeping bags, you don't feel cold.

3- Does rainwater leak into tent, if it rains? It depends on the quality of tent. If you use your tent as explained by your guide, water or wind leak is impossible.

4- Are there any shopping places around camping site? Generally, there is not. Since camping sites are not located around residential areas, you purchase what you need from suitable places. Your guide shall inform you about this consideration.

5- Can I fish, if I bring fishhook? You can try fishing in the camping sites located around streams and lakes against payment.

6- Who does the camping works do? What is principle in camping is that works are collectively made. Therefore, the works (cooking, making a fire, collecting firewood, pitching and packing camp) are collectively made.

7- In order to prevent environmental pollution, what considerations will we pay attention? Environmental protection is a consideration to which a great attention is paid in outdoors. Anything, apart from leftovers which may be eaten by animal, is not left in the camping area. The garbage is taken to be disposed in suitable place when leaving the camping area.

8- How does one relieve itself in terms of bathing and toilet? There is not any bath and toilet apart from Yedigöller, Güzeldere, Samandere, Topuk Yaylası and Odayeri Yaylasının. Since camping sites are located around places close to water sources, campers may take a shower in suitable seasons. A suitable place is found for toilet.



Kardüz Yaylası











6. DÜZCE TREKKING ROUTES

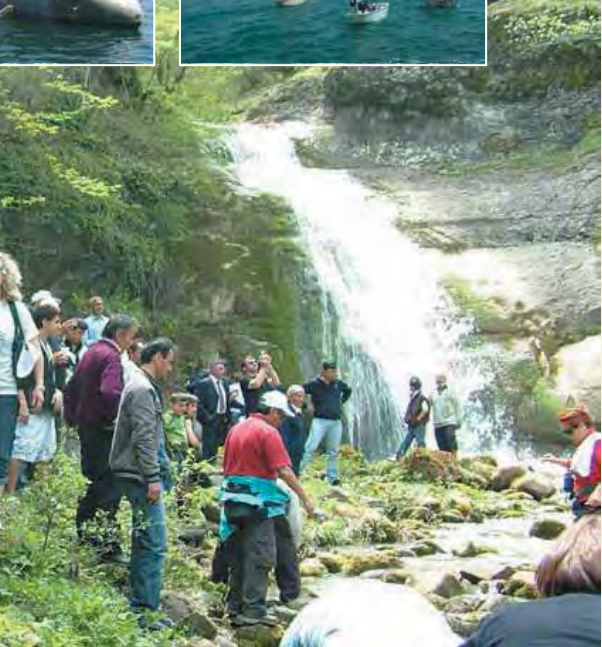
6.1. Akçakoca Trekking Routes

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

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









ROUTE

10 km

Akçakoca - Aktaş Waterfall

HIGHLIGHTS



Highlights

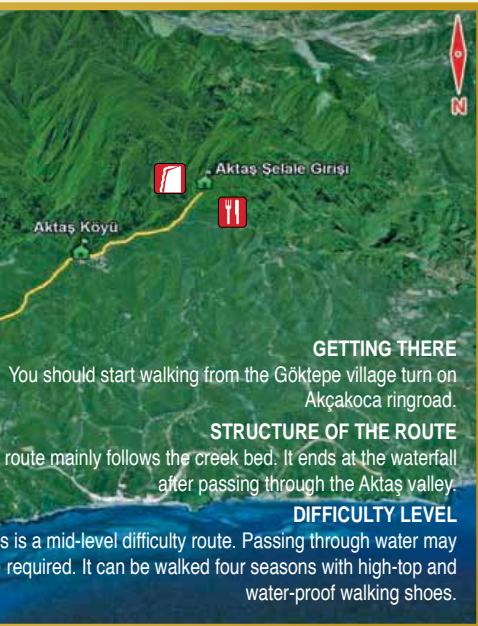
Cumayanı Recreation Area, Ahmet Dede Mausoleum, mosque, ruins of old hammam, monumental trees, Değirmen Creek, waterfall, restaurant





Important

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



GETTING THERE

You should start walking from the Göktepe village turn on Akçakoca ringroad.

STRUCTURE OF THE ROUTE

route mainly follows the creek bed. It ends at the waterfall after passing through the Aktaş valley.

DIFFICULTY LEVEL

is a mid-level difficulty route. Passing through water may be required. It can be walked four seasons with high-top and water-proof walking shoes.



ROUTE

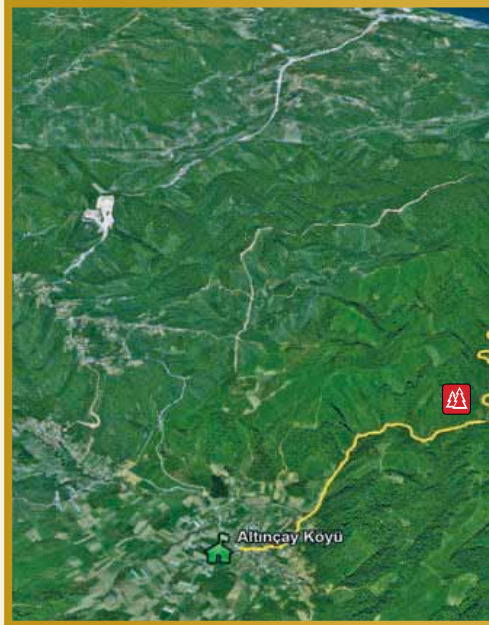
11 km

Altınçay - Çayağzı Village

ÖZELLİĞİ



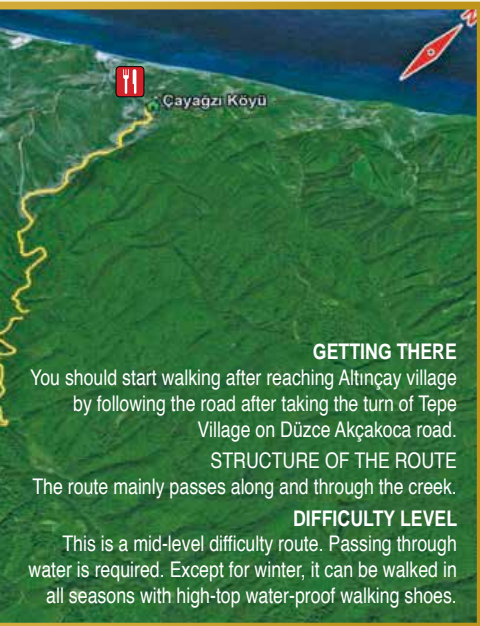
Orhangazi Cuma Mosque (Çantı Mosque), Kışla Creek, civil architecture, coast, food and drinks, accommodation, camping, forest, handline fishing





Important

This is a comfortable route for every healthy person.



GETTING THERE

You should start walking after reaching Altınçay village by following the road after taking the turn of Tepe Village on Düzce Akçakoca road.

STRUCTURE OF THE ROUTE

The route mainly passes along and through the creek.

DIFFICULTY LEVEL

This is a mid-level difficulty route. Passing through water is required. Except for winter, it can be walked in all seasons with high-top water-proof walking shoes.

Altınçay: 41.013090° - 31.249510° -
Çayağzı: 41.086146° - 31.231165°

6.2. Cumayeri Trekking Routes

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

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

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

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

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

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

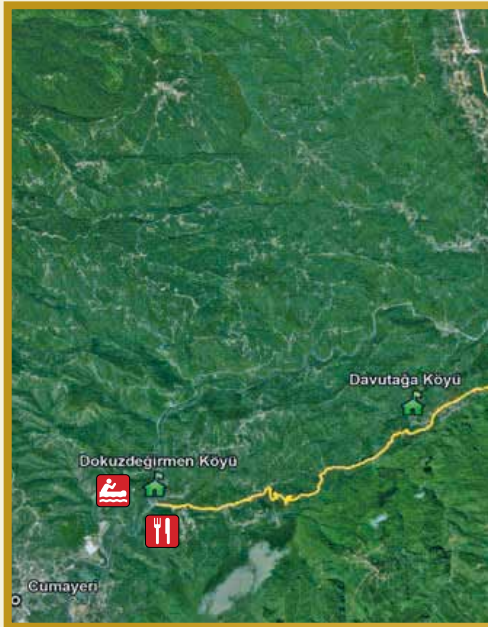


**PARKUR**

24 km

Dokuzdeğirmen -Melenagzı Village**HIGHLIGHTS**

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





Important

Rafting should only be done at rafting facilities. Rafting is possible in every season except for winter. Trekking is possible in every season.



GETTING THERE

You should start walking after reaching Dokuzdeğirmen village by following the road after taking the turn of Cumayeri on Düzce İstanbul road.

STRUCTURE OF THE ROUTE

The route passes mainly through villages and ends up at the coastline.

DIFFICULT LEVEL

This is an easy route, it can be walked with ordinary walking shoes in every season.

6.3. Çilimli Trekking Routes

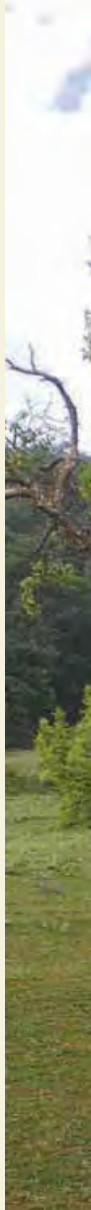
As you drive toward the Çilimli district on D-100 highway in İstanbul direction, hills as green as grass and sceneries of nature that every city-dweller misses welcome you. Village houses with large gardens stir up the desire of settling in this place.

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

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

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

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







ROUTE

35 km

Çilimli - Kaplannede – Healing Water

HIGHLIGHTS



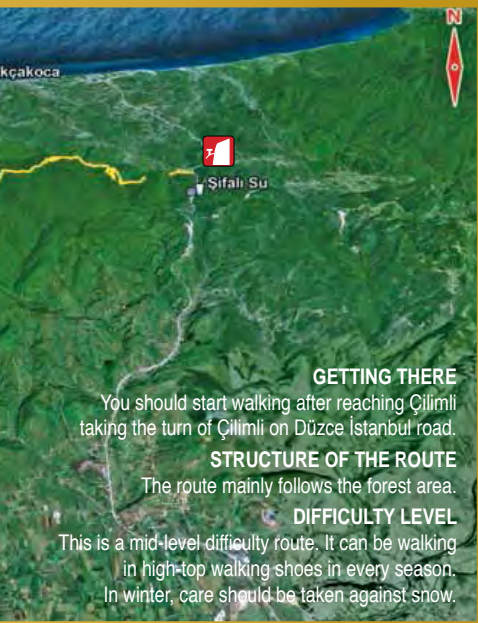
Mausoleum, recreation area,
beech, oak, chestnut trees





Important

This is a comfortable route for every health person.



GETTING THERE

You should start walking after reaching Çilimli taking the turn of Çilimli on Düzce İstanbul road.

STRUCTURE OF THE ROUTE

The route mainly follows the forest area.

DIFFICULTY LEVEL

This is a mid-level difficulty route. It can be walking in high-top walking shoes in every season. In winter, care should be taken against snow.

Çilimli: 40.891765°-31.045666° -
Şifalısu: 40.999352°-31.187641°

6.4. Gümüşova Trekking Routes

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

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

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

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

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







ROUTE

14 km

Yeşilyayla Village - Kuyudüzü Pond

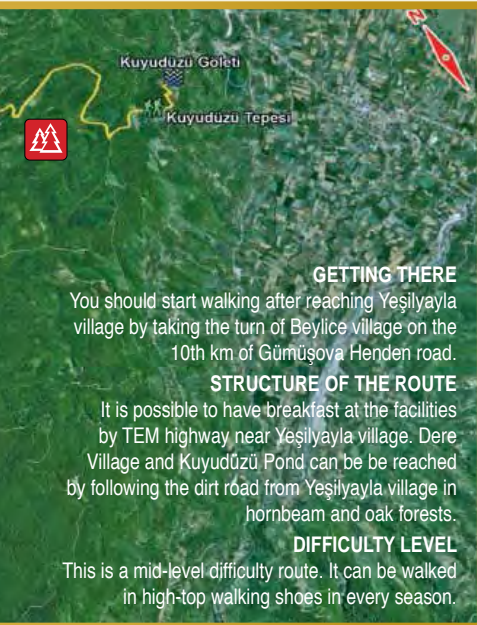
HIGHLIGHTS

Hornbeam, beech, oak forests,
pond



Important

This is a comfortable route for every healthy person.



GETTING THERE

You should start walking after reaching Yeşilyayla village by taking the turn of Beylice village on the 10th km of Gümüşova Henden road.

STRUCTURE OF THE ROUTE

It is possible to have breakfast at the facilities by TEM highway near Yeşilyayla village. Dere Village and Kuyudüzü Pond can be reached by following the dirt road from Yeşilyayla village in hornbeam and oak forests.

DIFFICULTY LEVEL

This is a mid-level difficulty route. It can be walked in high-top walking shoes in every season.

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

6.5. Gölyaka Trekking Routes

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

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

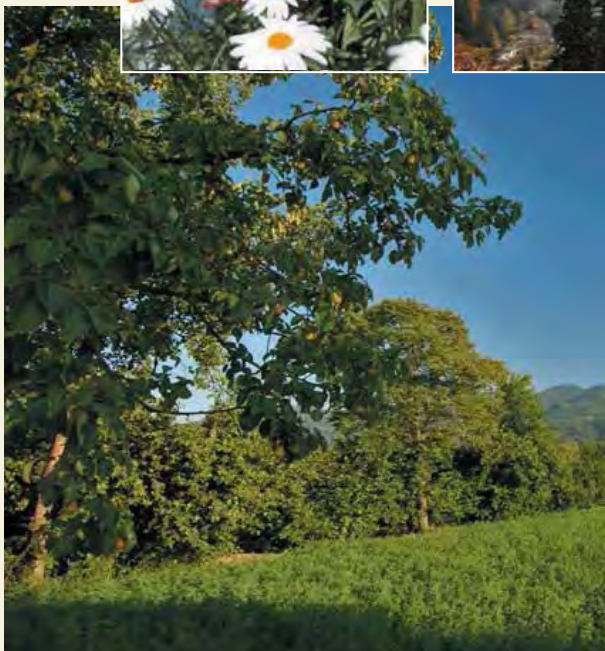
With its bungalow houses, facilities and tents, Güzeldere Waterfall and recreation area awaits those who miss staying in nature, silence of nature, its countless colors, dance of butterflies, sound of the roosters and the sound of water falling from 120 m of height.

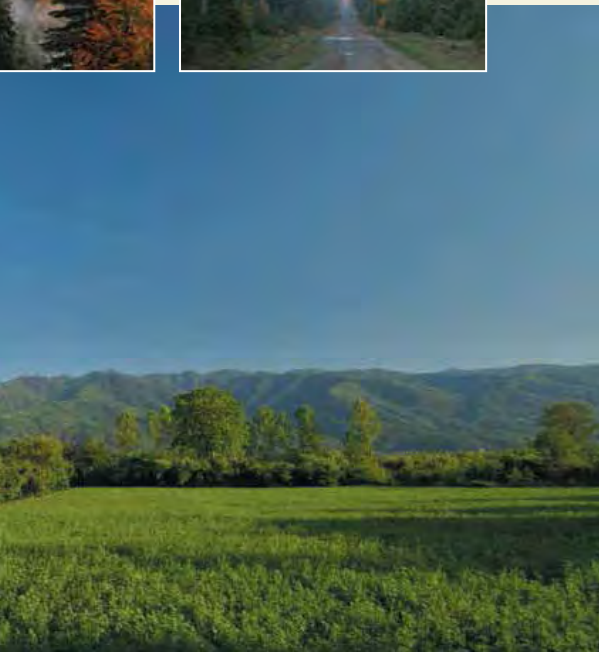
As the largest picnic area of the region, Kültür park maintains the cultural traditions by connecting lives between İstanbul and Ankara.

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

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









ROUTE

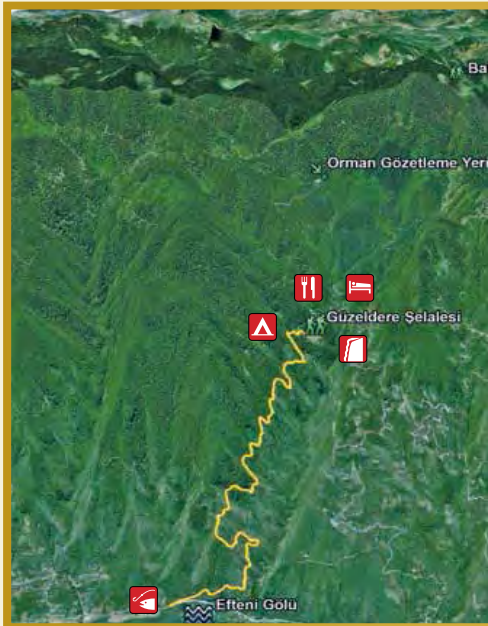
6 km

Lake Efteni- Güzeldere Waterfall

HIGHLIGHTS



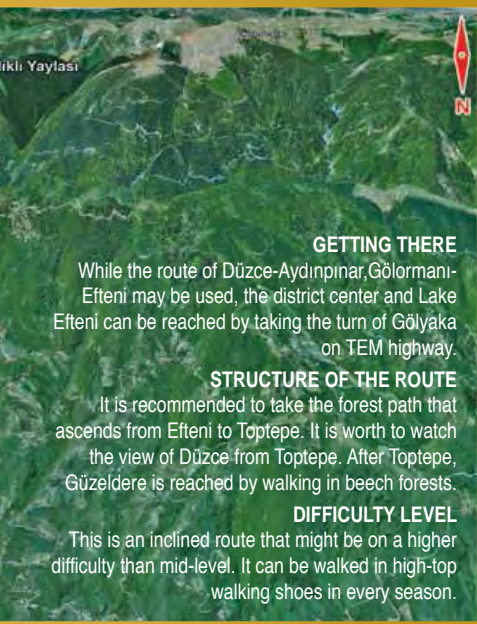
Beech forests, restaurant,
scenery, birds, water fountain,
camping area,
accommodation (Bungalows),
endemic plants, handline fishing,
wetland,
lake, waterfall, water mill





Important

This is a comfortable route for every healthy person.



GETTING THERE

While the route of Düzce-Aydınınar, Gölormanı-Efteni may be used, the district center and Lake Efteni can be reached by taking the turn of Gölyaka on TEM highway.

STRUCTURE OF THE ROUTE

It is recommended to take the forest path that ascends from Efteni to Toptepe. It is worth to watch the view of Düzce from Toptepe. After Toptepe, Güzeldere is reached by walking in beech forests.

DIFFICULTY LEVEL

This is an inclined route that might be on a higher difficulty than mid-level. It can be walked in high-top walking shoes in every season.



ROUTE

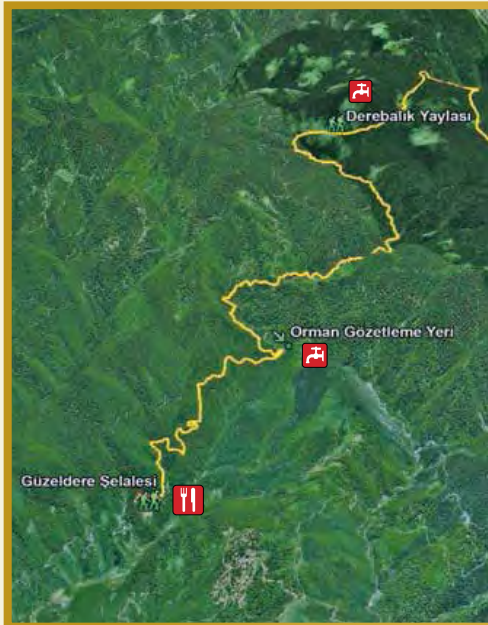
23 km

Güzeldere Waterfall - Balıklı Plateau

HIGHLIGHTS



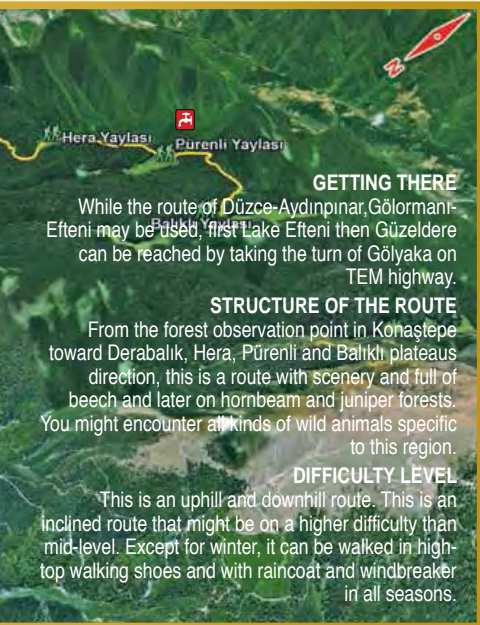
Waterfall, creek scenery, forest beauty, camping, wildlife





Important

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



GETTING THERE

While the route of Düzce-Aydınpınar, Gölormanı-Efteni may be used, first Lake Efteni then Güzeldere can be reached by taking the turn of Gölyaka on TEM highway.

STRUCTURE OF THE ROUTE

From the forest observation point in Konaştepe toward Derabalık, Hera, Pürenli and Balıklı plateaus direction, this is a route with scenery and full of beech and later on hornbeam and juniper forests. You might encounter all kinds of wild animals specific to this region.

DIFFICULTY LEVEL

This is an uphill and downhill route. This is an inclined route that might be on a higher difficulty than mid-level. Except for winter, it can be walked in high-top walking shoes and with raincoat and windbreaker in all seasons.



ROUTE

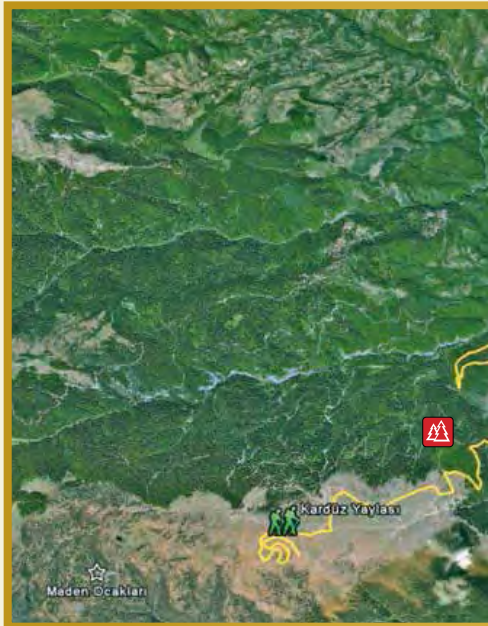
24 km

Aksu Creek - Kardüz Plateau

HIGHLIGHTS



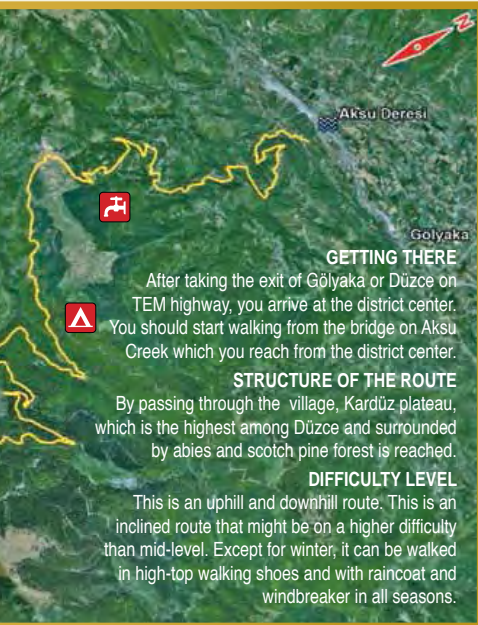
Water fountain, plateau,
camping, endemic plant, wildlife





Important

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



GETTING THERE

After taking the exit of Gölyaka or Düzce on TEM highway, you arrive at the district center. You should start walking from the bridge on Aksu Creek which you reach from the district center.

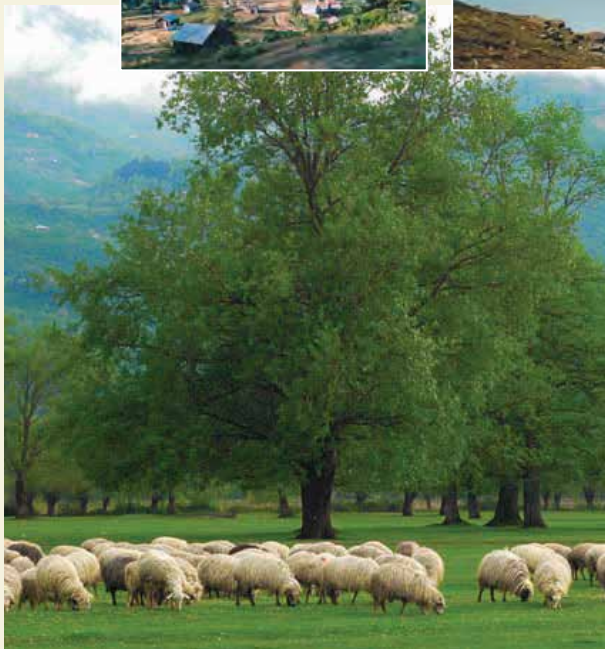
STRUCTURE OF THE ROUTE

By passing through the village, Kardüz plateau, which is the highest among Düzce and surrounded by abies and scotch pine forest is reached.

DIFFICULTY LEVEL

This is an uphill and downhill route. This is an inclined route that might be on a higher difficulty than mid-level. Except for winter, it can be walked in high-top walking shoes and with raincoat and windbreaker in all seasons.

Aksu Creek: 40.763297° - 30.962898° -
Plateau: 40.666393° - 30.978458°





6.6. Kaynaşlı Trekking Routes

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

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

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







ROUTE

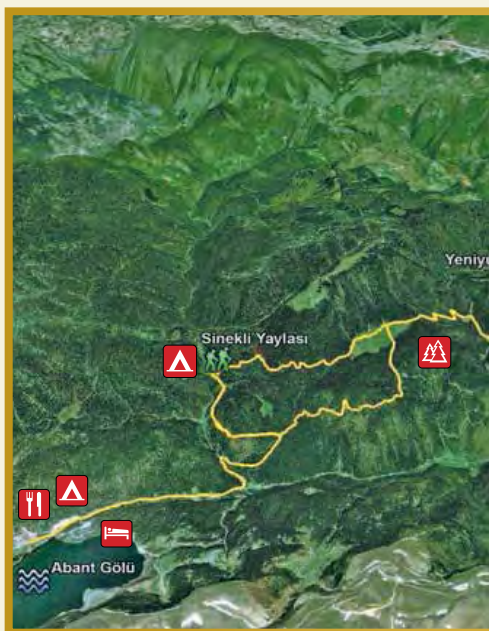
18 km

**Topuk - Eğrelti - Yenyurt Sinekli
Plateaus- Abant**

HIGHLIGHTS



Lake, plateau, camping,
accommodation,
handline fishing, restaurant,
wildlife, sport facilities





Important

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





ROUTES

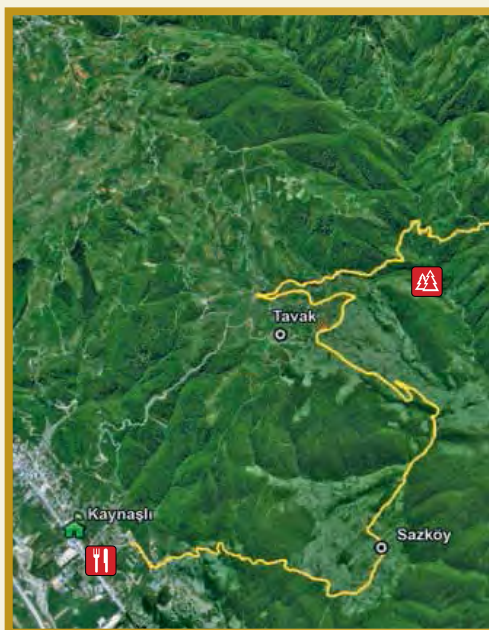
18 km

**Kaynaşlı - Sazköy - Tavak -Çakırsay-
van - Samandere Waterfall**

HIGHLIGHTS



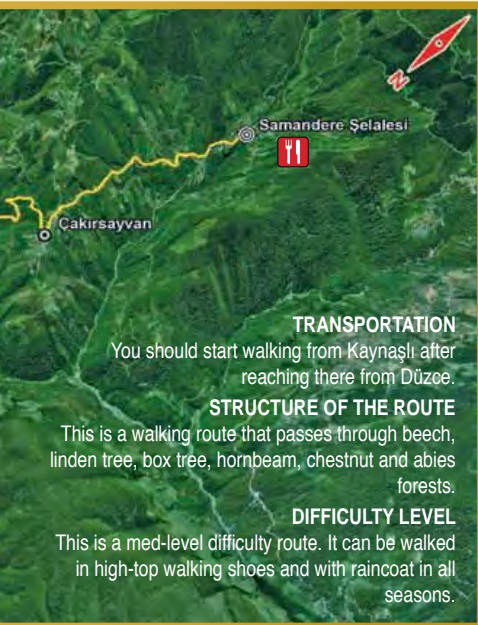
Waterfall, camping,
accommodation, restaurant,
culture house guesthouse,
handcrafts and regional products.





Important

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



TRANSPORTATION

You should start walking from Kaynaşlı after reaching there from Düzce.

STRUCTURE OF THE ROUTE

This is a walking route that passes through beech, linden tree, box tree, hornbeam, chestnut and abies forests.

DIFFICULTY LEVEL

This is a med-level difficulty route. It can be walked in high-top walking shoes and with raincoat in all seasons.



ROUTE

11 km

**Muncurlu - Kurugöl -Yörükler
Sarıçökek Village**

HIGHLIGHTS



Lake, handline fishing,
suberized beech trees,
historical mosque, offroad,
camping





Important

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



GETTING THERE

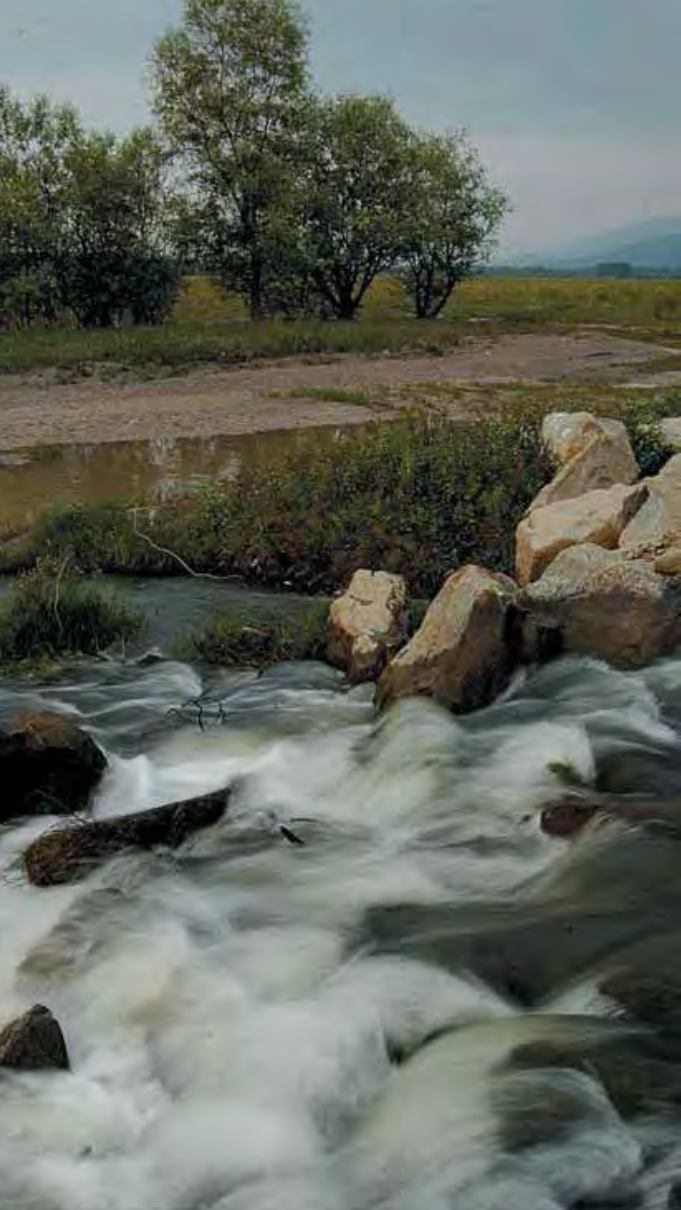
You should start walking after taking the turn of Yeşilçam village on Muncurlu site on Düzce D-100 Kaynaşlı highway.

STRUCTURE OF THE ROUTE

This is a walking route that passes through pine and beech forests.

DIFFICULTY LEVEL

This is an easy route. It can be walked in high-top walking shoes in all seasons.

















6.7. Düzce Center Trekking Routes

KONURALP

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

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



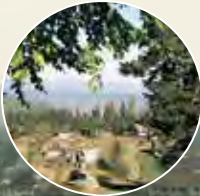
Before you take off for waterfalls, you can order troutfish and cheese mushroom for your returning time at the facilities which cook these delicacies magnificently.

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

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

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

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



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

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

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

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



Düzce Üniversitesi

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

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

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

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





ROUTE

5,4 km

Konuralp (Amphitheater)
Kemerkasım Village (Aqueducts)

HIGHLIGHTS



Museum, amphitheater, aqueducts
ruins





Important

This is a comfortable route for every healthy person.



GETTING THERE

After reaching Konuralp from Düzce, you should start walking from near the amphitheatre.

STRUCTURE OF THE ROUTE

You can have a breakfast with regional dairy products before the walk.

DIFFICULTY LEVEL

This is an easy route, it can be walked in ordinary walking shoes in every season.

Konuralp Amfi Tiyatro: 40.905920° - 31.148659° -
Kemerkasım Köyü: 40.921446° - 31.201387° 397°



ROUTE

4 km

Aydınpınar Village - Waterfalls

HIGHLIGHTS



Paintball, accommodation
(bungalow), waterfalls, camping,
restaurant





Important

This is a comfortable route for every healthy person



GETTING THERE

After reaching Aydınpınar village from Düzce or Gölyaka, the walk starts from there.

STRUCTURE OF THE ROUTE

There exist dining, breakfast with and shopping of regional products in Aydınpınar village. The waterfalls are reached by walking in forests of mixed leaved trees osuch as hornbeam, oak and chestnut.

DIFFICULTY LEVEL

This is a mid-level and beyond difficulty route. With high-top walking shoes, it can be walked every season.

Aydınpınar Köyü: 40.759928° - 31.109842° -
Aydınpınar Şelalesi: 40.742410° - 31.100397°

**ROUTE**

10 km

Odayeri - Derebalık Plateau**HIGHLIGHTS**

Forest, plateau, camping,
endemic plants, wildlife

**GETTING THERE**

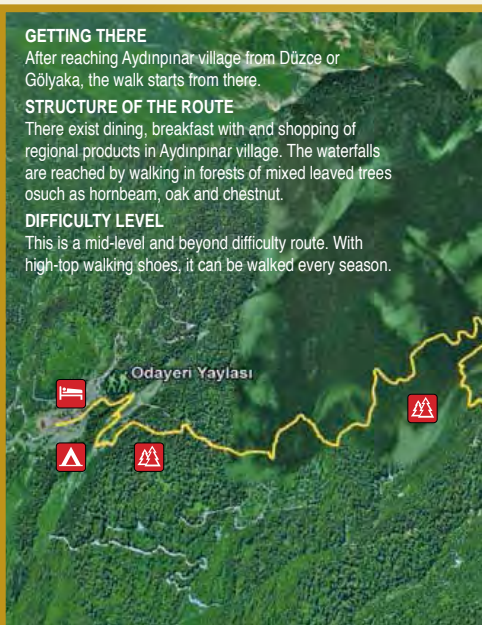
After reaching Aydınpınar village from Düzce or Gölyaka, the walk starts from there.

STRUCTURE OF THE ROUTE

There exist dining, breakfast with and shopping of regional products in Aydınpınar village. The waterfalls are reached by walking in forests of mixed leaved trees such as hornbeam, oak and chestnut.

DIFFICULTY LEVEL

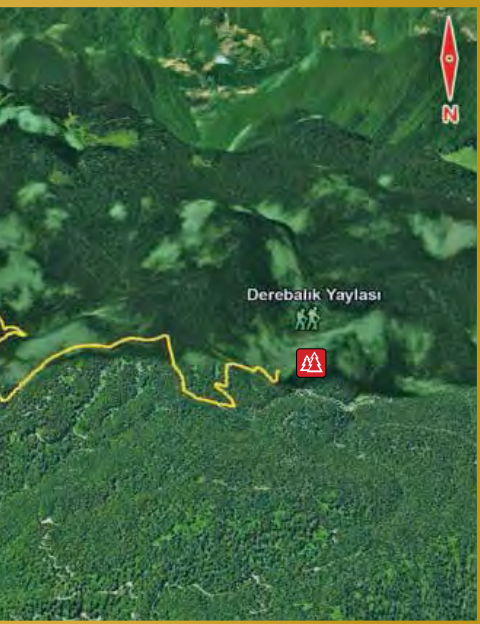
This is a mid-level and beyond difficulty route. With high-top walking shoes, it can be walked every season.





Important

This is a comfortable route for every healthy person



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



ROUTE

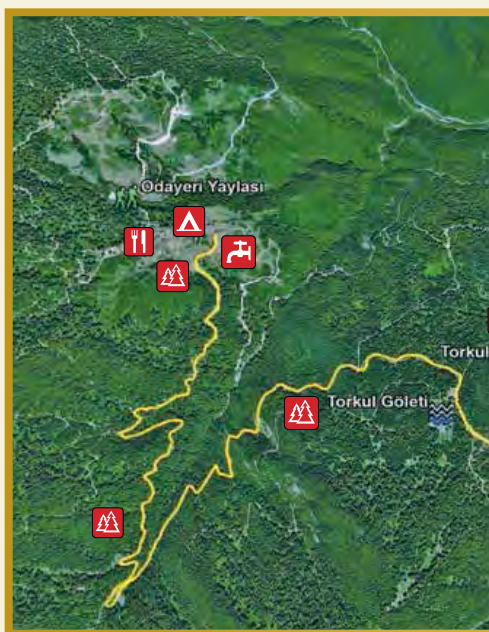
9 km

Odayeri - Torkul Pond and Plateau

HIGHLIGHTS



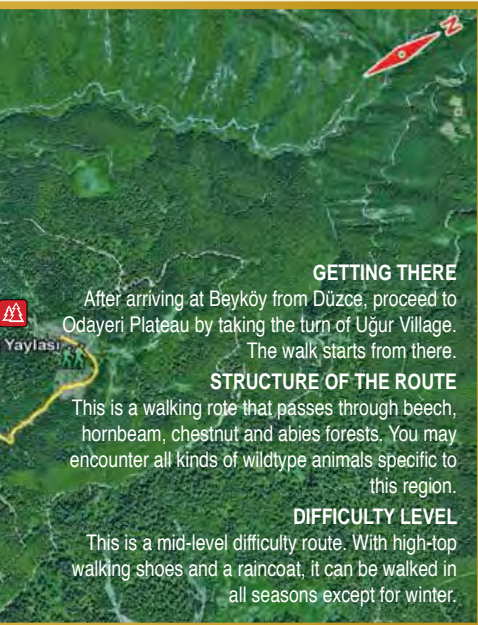
Plateau, camping, accommodation,
endemic plants, pond





Important

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



GETTING THERE

After arriving at Beyköy from Düzce, proceed to Odayeri Plateau by taking the turn of Uğur Village.

The walk starts from there.

STRUCTURE OF THE ROUTE

This is a walking route that passes through beech, hornbeam, chestnut and abies forests. You may encounter all kinds of wildtype animals specific to this region.

DIFFICULTY LEVEL

This is a mid-level difficulty route. With high-top walking shoes and a raincoat, it can be walked in all seasons except for winter.

Odayeri Yaylası: 40.678422° - 31.147735° -

Torkul Gölet: 40.678725° - 31.173180° Torkul Yaylası: 40.684099° - 31.177555°



ROUTE

14 km

Beyköy - Samandere Waterfall

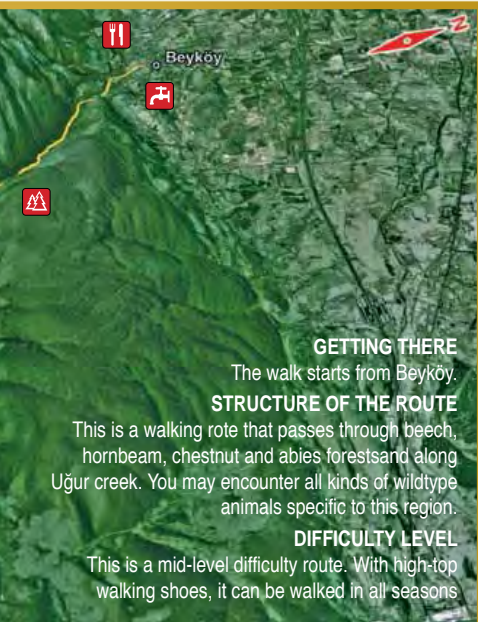
HIGHLIGHTS

Restaurant, camping, water mill,
accommodation, waterfall



Important

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



GETTING THERE

The walk starts from Beyköy.

STRUCTURE OF THE ROUTE

This is a walking route that passes through beech, hornbeam, chestnut and abies forests and along Uğur creek. You may encounter all kinds of wildlife animals specific to this region.

DIFFICULTY LEVEL

This is a mid-level difficulty route. With high-top walking shoes, it can be walked in all seasons.

Beyköy: 40.777516° - 31.174597° -
Samandere Şelalesi: 40.691147° - 31.260544°



ROUTE

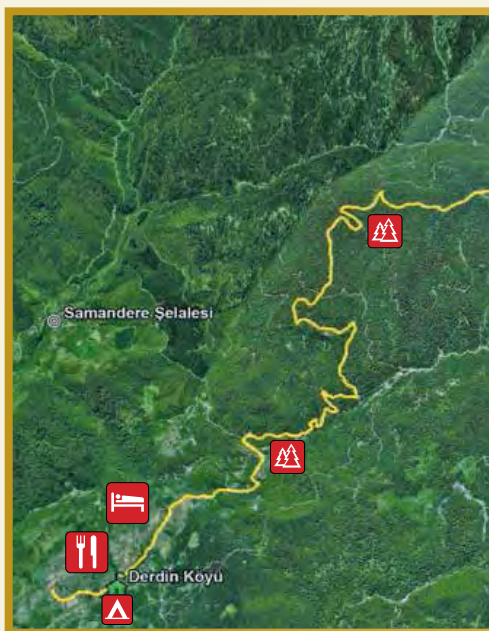
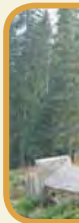
15 km

Derdin Village - Çiçekli - Şehirli Plateaus

HIGHLIGHTS



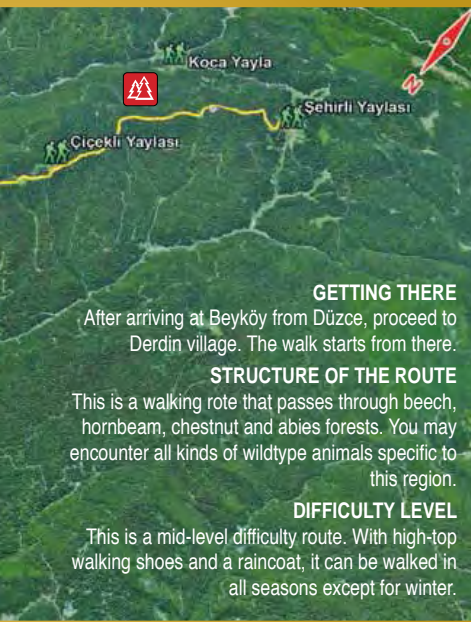
Camping, accommodation,
plateau, restaurant





Important

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



GETTING THERE

After arriving at Beyköy from Düzce, proceed to Derdin village. The walk starts from there.

STRUCTURE OF THE ROUTE

This is a walking route that passes through beech, hornbeam, chestnut and abies forests. You may encounter all kinds of wildtype animals specific to this region.

DIFFICULTY LEVEL

This is a mid-level difficulty route. With high-top walking shoes and a raincoat, it can be walked in all seasons except for winter.

Derdin Köyü: 40.706742° - 31.219759°

Çiçekli Yaylası: 40.648100° - 31.210095° Şehirli Yaylası: 40.629201° - 31.190564°



PARKUR

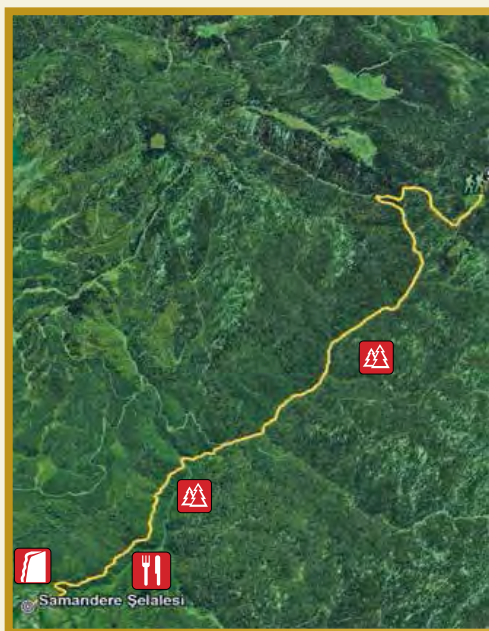
14 km

**Samandere Waterfall - Sinekli
Plateau - Abant**

HIGHLIGHTS



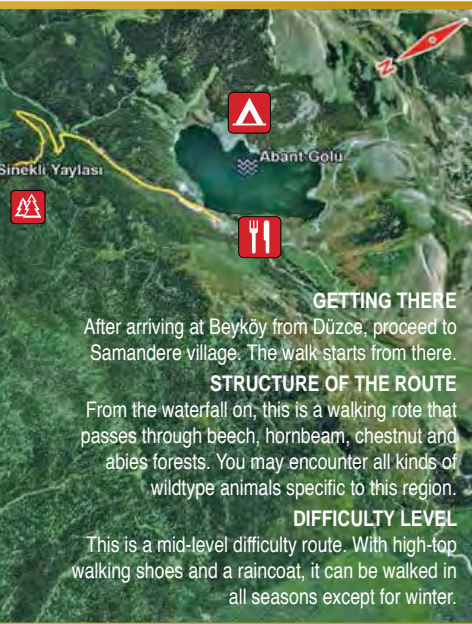
Plateau, camping, accommodation,
waterfall, water mill





Important

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



GETTING THERE

After arriving at Beyköy from Düzce, proceed to Samandere village. The walk starts from there.

STRUCTURE OF THE ROUTE

From the waterfall on, this is a walking route that passes through beech, hornbeam, chestnut and abies forests. You may encounter all kinds of wildtype animals specific to this region.

DIFFICULTY LEVEL

This is a mid-level difficulty route. With high-top walking shoes and a raincoat, it can be walked in all seasons except for winter.

6.8. Yiğilca Trekking Routes

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

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

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











ROUTE

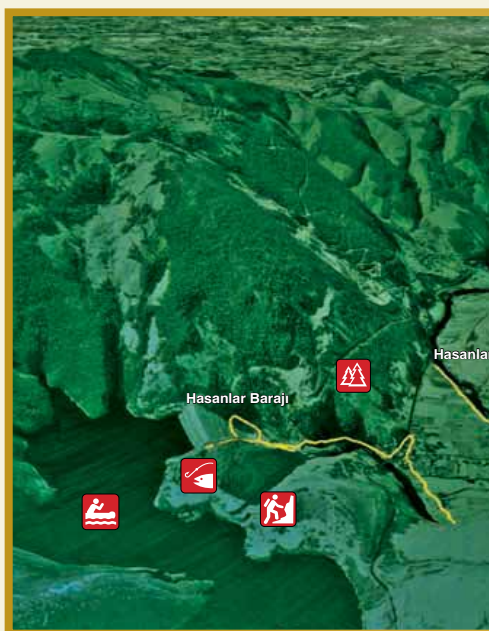
4 km

Hasanlar Village - Hasanlar Dam

HIGHLIGHTS



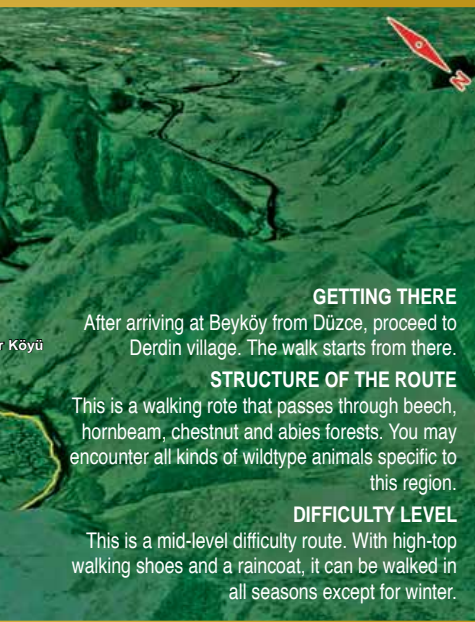
Camping, accommodation,
plateau, restaurant





Important

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



GETTING THERE

After arriving at Beyköy from Düzce, proceed to Derdin village. The walk starts from there.

STRUCTURE OF THE ROUTE

This is a walking route that passes through beech, hornbeam, chestnut and abies forests. You may encounter all kinds of wildtype animals specific to this region.

DIFFICULTY LEVEL

This is a mid-level difficulty route. With high-top walking shoes and a raincoat, it can be walked in all seasons except for winter.

**ROUTE**

12 km

Yiğilca - Sarıkaya Mağarası**HIGHLIGHTS**

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

GETTING THERE

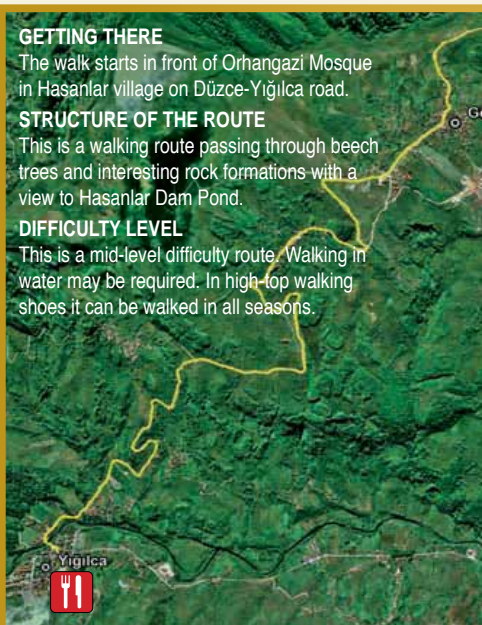
The walk starts in front of Orhangazi Mosque in Hasanlar village on Düzce-Yiğilca road.

STRUCTURE OF THE ROUTE

This is a walking route passing through beech trees and interesting rock formations with a view to Hasanlar Dam Pond.

DIFFICULTY LEVEL

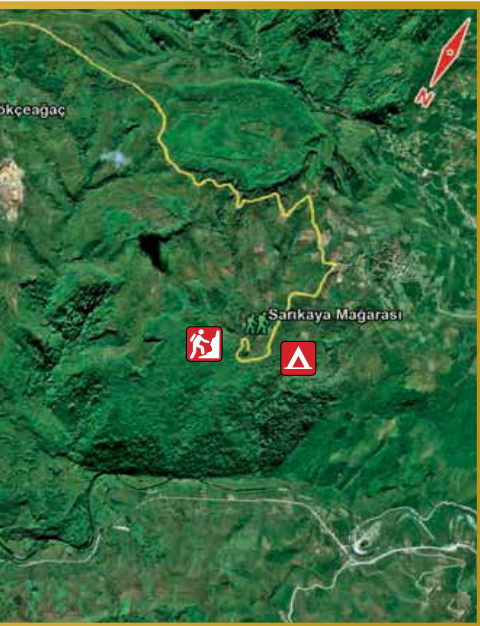
This is a mid-level difficulty route. Walking in water may be required. In high-top walking shoes it can be walked in all seasons.





Portant

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



Yığılca: 40.959627° - 31.443925° -
Sarıkaya Mağarası: 40.933343° - 31.398455°



ROUTE

35 km

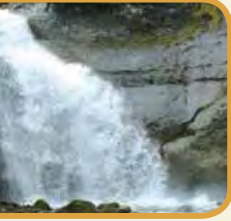
Yığılca - Sarıkaya Cave

HIGHLIGHTS



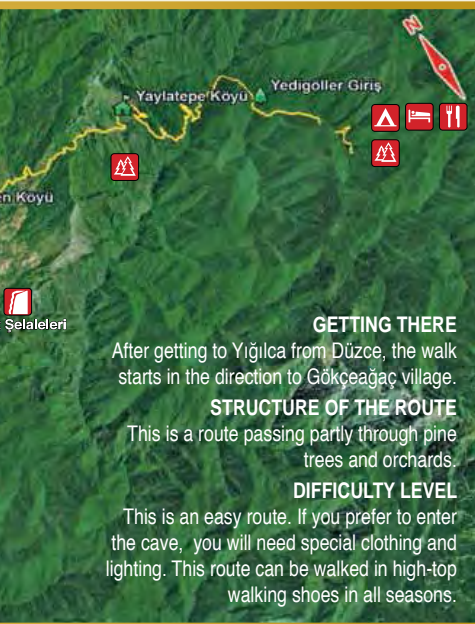
Cave, camping





Important

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



GETTING THERE

After getting to Yiğilca from Düzce, the walk starts in the direction to Gökçe ağaç village.

STRUCTURE OF THE ROUTE

This is a route passing partly through pine trees and orchards.

DIFFICULTY LEVEL

This is an easy route. If you prefer to enter the cave, you will need special clothing and lighting. This route can be walked in high-top walking shoes in all seasons.



ROUTE

7 km

**Yığılca - Karakaş - Mengen
-Yaylatepe-Yedigöller**

HIGHLIGHTS



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





Important

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

GETTING THERE

The walk starts from Yiğilca.

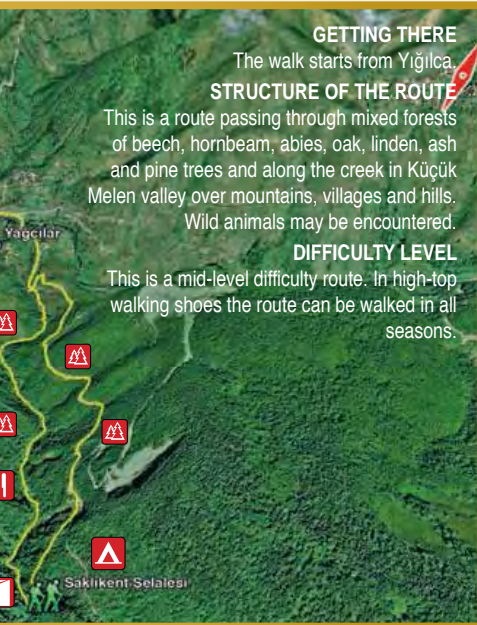
STRUCTURE OF THE ROUTE

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

Wild animals may be encountered.

DIFFICULTY LEVEL

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



Yiğilca: 40.959627° - 31.443925° -
Saklıkent Şelalesi: 40.940265° - 31.490628°

7. OTHER ALTERNATIVE OUTDOOR SPORTS

7.1. Rafting

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

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

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



7.2. Diving

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

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



7.3. Rock Climbing

Hasanlar - Sarıkaya - Akçakoca Cliffs - Aydınpınar Waterfall



7.4. Riding

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



7.5.Sailing





7.6. Off-Road

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

7.7. Cycling and Mountain Cycling

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

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

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



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

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

7.8. Motocross

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

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

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

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



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

7.9. Camping

There are many areas suitable for camping in Düzce.

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

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

In Cumayeri, Dokuzdeğirmen rafting area,

In Gölyaka, Kardüz, Güzeldere, Bakacak, Kültür Parkı,

In Gümüşova, Dereköyü recreation area,

In Kaynaşlı, Topuk, Yörükler, Çamlıpınar Pond (Dipsiz Göl)

In Yığılca, Saklıkent, Yaylatepe, Yedigöller are the main areas that are suitable for camping in Düzce.



7. 10. Paint-ball

There are facilities offering paintball service in Aydınpınar village.



7.11. Orienteering





7.12. Photo Safari



7.13. Birdwatching





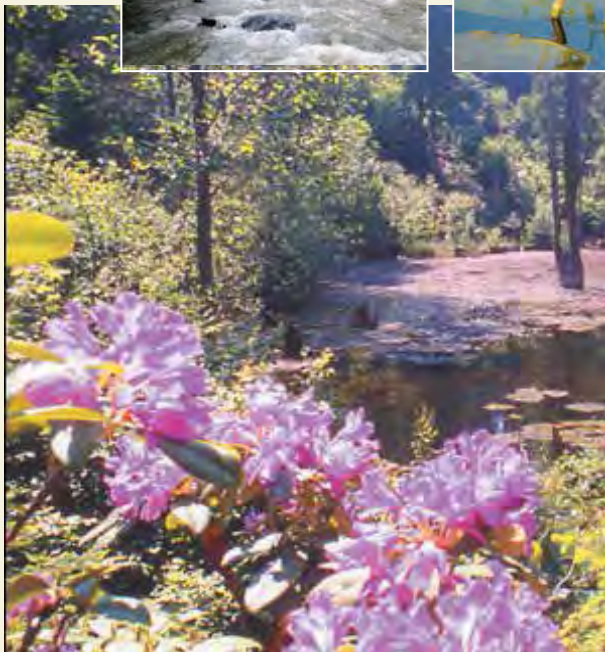
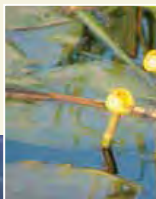


7.14. Flora-Fauna



7.15. Handline Fishing



















8. TRANSPORT AND ACCOMMODATION

ACCOMMODATION FACILITIES WITH CERTIFICATES FROM THE MUNICIPALITY AND SPECIAL ADMINISTRATION

Tesisin Adı	Number of Rooms	Number of Beds	Location
Hızal Otel	82	200	DÜZCE (0380)514 7676
Kaya Otel	56	120	DÜZCE (0380) 514 1975
Alp Otel	42	80	DÜZCE (0380) 524 1322
Anka Otel	27	50	DÜZCE (0380) 514 5876
Düzce Otel	28	52	DÜZCE (0380) 525 0333
Park Otel	23	46	DÜZCE (0380) 514 1079
Almina Park Otel	38	43	DÜZCE (0380)514 2323
Kaplanoğlu Bungalow Evleri (Aydınpınar)	10 (ev)	20	DÜZCE (0380)5313499
Aydınpınar Otel	16	38	DÜZCE (0380)514 9136
Pelemir Otel	52	112	DÜZCE (0380) 536 5278
Esen Otel	15	34	DÜZCE (0380) 523 2128
Bahar Otel (Düzce)	12	29	DÜZCE (0380) 523 0661
Odayeri Plateau Pension (Beyköy) (Hüsnü Şahin)	2 (ev)	15	DÜZCE 0537 606 1912 0532 256 3086
Derinoba Plateau Houses (Beyköy)	2 (ev)	8	DÜZCE 0 533 624 5566
Şelale Restaurant and Pension (Beyköy)	6	15	DÜZCE (0380) 561 1140
Yaban Forest Mountain Houses (Beyköy)	7	20	DÜZCE 0539 868 7601
Değirmen Restaurant and Pension (Beyköy)	5 (ev)	18	DÜZCE (0380) 561 1008
Şimşirlik Pension (Beyköy)	4	9	DÜZCE (0380) 558 12 01
Çardak Otel	11	32	AKÇAKOCA (0380)618 7516
Yılmaz Otel	23	60	AKÇAKOCA (0380)6114742
Bayraktar Otel	20	50	AKÇAKOCA (0380)6116777
Sezgin Otel	18	50	AKÇAKOCA (0380)6114162
Esentepe Otel	20	50	AKÇAKOCA (0380)6117879
Günbatımı Otel	21	50	AKÇAKOCA (0380)6119161
Diapolis Apart Pension	32	128	AKÇAKOCA (0380)6118939
Akçaşehir Otel	18	48	AKÇAKOCA (0380)6119306
Mesen Otel	15	30	AKÇAKOCA (0380)6114436

Tesisin Adı	Number of Rooms	Number of Beds	Location
Yeni Çınar Otel	28	61	AKÇAKOCA (0380)6117003
Kafkas Otel	12	38	AKÇAKOCA (0380) 628 6582
Sultan Motel	18	18	AKÇAKOCA (0380) 628 6545 05374257136
Tunç Pension	8	14	AKÇAKOCA (0380) 618 7160
Bahçeli Ev			AKÇAKOCA Hasan BAŞAR 0533 724 6315
Bahar Pension (Akçakoca)	8	21	AKÇAKOCA (0380) 611 3641 47 Can BİRİNCİ 0505 430 1526
Prestij Apart Pension	30	60	AKÇAKOCA (0380)6116431
Mutlu Pension	6	14	AKÇAKOCA (0380)6116655
Alsa Facilities Bungalow Houses	40	120	AKÇAKOCA (0380) 628 6444 Ali Sakarya 0532 749 7877
Kar Bungalow Houses			AKÇAKOCA (0380) 628 6223
Çınar Holiday Resort	14	50	AKÇAKOCA (0380) 628 6288
Koçan Otel	30	70	AKÇAKOCA (0380)6112122
Can Apart Pension	4 (daire)	24	AKÇAKOCA (0380)6119665
Huzur Holiday Resort	13(Bun gol ow ev) 6 pansiyon	65 18	AKÇAKOCA (0380) 622 4262 (0532 294 4504)
Şahin Pension	8	16	AKÇAKOCA (0380)6112484
Poyraz Otel	10	20	AKÇAKOCA (0380) 611 8006 -4098 Faks (0380) 611 5864
Hamburg Camping	30 çadır		AKÇAKOCA (0380)6116577
Dadalı Ekoköy Pensions	21	21	AKÇAKOCA 0549 761 0122
Fenerbahçe Facilities	85	170	KAYNAŞLI (0380) 547 7077
Kumbasar Otel	24	80	KAYNAŞLI (0380) 544 4125
Durmuşoğlu Facilities	11	22	KAYNAŞLI (0380) 544 2749
Saz Köy Tekir House	9	30	KAYNAŞLI (0380) 545 2120
Büyük Melen Davut's Place	11	16	CUMAYERİ (0380) 742 6158 CUMAYERİ 0539 332 6210

CONTACT

Emergency	: 112
Police	: 155
Gendarmery	: 156
Fire Department	: 110
Medical Consultancy	: 182
Police Headquarters	: (0380) 524 6274-75-76

Provincial Disaster and Emergency Directorate (AFAD)

Fevzi Çakmak Mahallesi 141 Sokak No:10 DÜZCE

Tel : (0380) 524 1384 - 514 1002

Fax : (0380) 523 0001

Provincial Directorate of Culture and Tourism

Düzce Governorate Government Office (Hükümet Konağı)

F. Blok Floor:2 DÜZCE

Tel: (0380) 524 9433 - 524 9133

Fax: (0380) 524 9162

Akçakoca Tourist Information Office

Yalı Mahallesi Bahadır Yalçın Cad. Eski Vergi Dairesi

Tel : (0380) 611 4554

Faks : (0380) 611 4448

Forestry Operation Directorate

İstanbul Caddesi DÜZCE

Tel : (0380) 514 5645-46

Fax: (0380) 524 0543

Nature Protection and National Parks

Aziziye Mah. İstanbul Cad. No:162

Tel : (0380) 512 21 61 - 512 21 62

Faks: (0380) 512 22 35

Directorate of Environment and Urban Planning

Düzce Governorate Government Office (Hükümet Konağı)

Tel: (0380) 524 5827

Fax : (0380) 524 1621

TRANSPORT

Local Transport

There is no minibus system in public transportation in Düzce.

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

Intercity Bus Companies

Düzce Güven : (0380) 524 2924-25

Düzce Varan Turizm : (0380) 524 8133

Efe Tur : (0380) 514 6653-

Metro Turizm : (0380) 523 0292 - 524 1861

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

TRAVEL AGENCIES

GROUP	NAME	ADDRESS	TEL	FAX
A	DÜZCE TURİZM	Cami Kebir Mah. Büyük Cami Meydanı Eğilmez İş Hanı Kat:2 No:4 DÜZCE	(0380)514 20 40	(0380)514 19 70
A	MİVAL TURİZM	Cedidiye Mah. Hükümet Sok. No:3 DÜZCE	(0380)514 17 61	(0380) 523 49 53
A	GNR TURİZM	Kültür Mah. Spor Sok. Halil Üstüner İş Merkezi Kat:2 No:203 DÜZCE	(0380) 524 00 20	(0380) 524 94 45
A	H.HİDAYET TUR	Camikebir Mah. Nurettin Zafer Sok. No:6 DÜZCE	(0380)514 10 22	(0380)514 10 22
A	DÜZCE TUĞBA TUR	Cedidiye Mah. Bolu Cad. No:10Kat:1 DÜZCE	(0380) 525 04 04	(0380) 525 04 04
A	BİTOLA TRAVEL	Osmaniye Mah. İşgören Cad. No:20 AKÇAKOCA	(0380)611 35 00	(0380)61135 81
A	HUDEYBİYE TURİZM	Cedidiye Mah. Şehit Muhtar Sok. 9/C/F DÜZCE	(0380) 524 73 24	(0380) 524 73 24
B	ÖZBAKIR TURİZM	Büyük Cami Meydanı Eğilmez İş Hanı Kat:2 DÜZCE	(0380)524 38 20	(0380) 524 75 84

RESTAURANTS IN DÜZCE

CLASS	NAME OF FACILITY	NO OF ROOMS	NO OF BEDS	ADDRESS	TELEPHONE	FAX
*****	Sky Tower Hotel	220	444	Yalı Mah. İnönü Caddesi No:1 AKÇAĞKOCA	(0380)611 9999	(0380)611 6759
****	DİAPOLİS OTEL	60	130	Balıkçı Barınağı Üzeri İnönü Cad. No:34 AKÇAĞKOCA	(0380)611 37 41	(0380)611 37 90
****	OTELAKÇAĞKOCA	75	150	Ereğli Cad. No:35 AKÇAĞKOCA	(0380)611 45 25	(0380)611 44 40
***	ANIL OTEL	40	70	Kiremitoğlu Mah. Hastane Cad. No:91 DÜZCE	(0380) 524 94 94	(0380) 524 88 77
***	KONSOPAOTEL	38	76	D-100 Karayolu Üzeri DÜZCE	(0380) 524 80 99	(0380)524 80 97
***	PAK OTEL	34	68	D-100 Karayolu Üzeri Çoban Mevkii DÜZCE	(0380)523 43 44	(0380)514 61 33
***	GÖSTERİŞLİ OTEL	40	80	Cedidiye Mah. Haydar Gürdebil Cad. No:10/A DÜZCE	(0380)524 11 33	(380)524 11 35
...	TURKUAZ BEACH OTEL	33	81	Osmaniye Mah. Atatürk Caddesi. No:77 AKÇAĞKOCA	(0380)6115000	
**	TAŞLI OTEL	40	80	Akçakoca Yolu Üzeri 3. Km. DÜZCE	(0380) 526 25 69	(0380)526 25 71
**	VADİ OTEL	36	63	Akçakoca Sapak Mevkii AKÇAĞKOCA	(0380)618 84 84	(0380)618 70 53
Turistik	TEZEL BUTİK OTEL	6 Karavan Çadır	12 45 30	Esentepe Mevkii İstanbul Cad. AKÇAĞKOCA	(0380)611 41 15	(0380)611 95 55

TURİZM İŞLETME BELGELİ RESTAURANTLAR

CLASS	NAME OF FACILITY	ADDRESS	TELEPHONE	FAX
First Class Restaurant	DÜZCE KASRI	Değirmentepe Recreation Area Eski Vali Konağı DÜZCE	(0380) 526 11 00	(0380) 526 11 19
Mola Tesisi	VARAN Tesisleri	Bolu Dağı KAYNAŞLI	(0380) 546 60 03	(0380) 546 62 92
Mola Tesisi	TÜRSAN Tesisleri	TEM Otoyol KAYNAŞLI	(0380) 548 87 85	(0380) 548 88 44

RESTAURANTS IN DÜZCE

NAME	TELEPHONE
Berceste Dinlenme Tesisleri	0 380 546 6600
Yamaçlar Et Lokantası (Grill House) (Düzce)	523 5556
Közde Kebab (Düzce)	524 7776
Lezzet Köftecisi - Arnavut Kardeşler (Düzce Merkez)	0 535 226 2438
Çiftlik Restaurant (Düzce Merkez)	524 1100
Dodo Restaurant (Düzce Merkez)	523 1513-512 0901
Saydam Kebab (Düzce Merkez)	524 0854
Camlı Köşk (Düzce Merkez)	523 6253
Hakan Restaurant (Düzce Merkez)	523 1518
Alminapark Restaurant (Düzce Merkez)	5236938
Kaplanoğlu Alabalık (Troutfish) (Aydınpınar Köyü) Düzce	531 3499-0533 335 0380
Aydınpınar Alabalık (Troutfish) (Aydınpınar Köyü) Düzce	531 3141
Platin Mutfak (Düzce Merkez)	514 8567
Düzce Kasrı (Kalıcı Konutlar) Düzce	524 0854
Rumeli Kebabçısı (Düzce Merkez)	523 3334
Ethem'in Yeri (Düzce Merkez)	524 6622
İnci Balık Lokantası (Düzce Merkez) (Fish)	514 3888
Sofram Kebab (Düzce Merkez)	512 0202-523 6969
Binef Horse Farm (Düzce Merkez)	526 0646
Konaklı Horse Farm (Düzce Merkez)	
Havuz Başı Ulçay Restaurant Kalıcı Konutlar (Düzce	411 1505-0532 7119276
Lizza Cafe Restaurant (Düzce Merkez)	512 2233
Küçük Melen Restaurant (Düzce)	537 5056
Moda Restaurant (Düzce Merkez)	525 0203
Beyzade Kebab (Düzce Merkez)	524 2211-524 7711
Acaroğlu Kebab (Düzce Merkez)	514 8268
Candaroglu Börek Sarayı (Düzce Merkez)	512 3666
Balıkçı (Düzce Merkez)	523 3308
Kamelya Restaurant (Akçakoca)	611 3033
Tezel Restaurant (Akçakoca)	6114115
Ak-Bey Balık Restaurant (Akçakoca) (Fish)	611 3233
Piri Reis Cafe Restaurant (Akçakoca)	6112800
Hamsi (Akçakoca) (Fish)	6118866
Gurme Et Balık Restaurant (Akçakoca) (Grill and Fish)	6118320
Çatal Restaurant (Akçakoca)	611 8696
Mustafa'nın Yeri Balık Lokantası (Akçakoca) (Fish)	0542 435 2905

NAME	TELEPHONE
İkizdere Alabalık (Troutfish) Kurugöl (Akçakoca) (Fish)	0 541 627 8182
Rafting Facilities(Dokuzdeğirmen Köyü) Cumayeri	742 6161
Melen Restaurant (Gümüşova)	7312120
Sazköy Tekir House(Kaynaşlı)	544 8625
Kartal Yuvası (Gölyaka)	713 3438
Karanlık Dere (Kaynaşlı)	0374 225 2519
Toptepe Picnic and Recreation Area (Efteni Gölü Yolu Üzeri)	0 538 630 1786
İsmailin Yeri (Kaynaşlı)	546 6481
Has Bahçe (Kaynaşlı)	546 6471 -0 544 460 5185
Hacı Dayı Sofrası (Kaynaşlı)	551 2290
Şef Dursun un Yeri (Bolu Dağı Et Lokantası)	Tel: 0380 546 6031
0533 817 3824	
Bolu Dağı Et Lokantası (Grill House) (Cafer Usta)	0380 546 6345
Fax: 0380 546 6008	
Uçar Et Mangal	0380 546 6379
Fax: 0380 546 6667	
Durmuşoğlu Tesisleri (Otel) Kaynaşlı	544 2749
Düzce Antik Çınaraltı (Konuralp)	541 2034
Bozbey Dinlenme Tesisleri	0380 544 3601
Cemal'in Yeri (Bolu Dağı Et Lokantası)	0531284 3874
Muhtarın Yeri Et Lokantası	0380 546 6448
Aydın Usta'nın Yeri (Yığılca)	651 5603
Şifalı Alabalık (Yığılca)	651 5742
Samandere Şelale Alabalık (Beyköy) Zekai'nin Yeri	561 1140
Samandere Değirmen Restaurant (Beyköy) Resul'ün Yeri	561 1008
Samandere Şelale (Beyköy)	0 532 642 8101
Çengel Alabalık (Yığılca)	0 533 456 5215

