

# Starseed Türkiye Adventure

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From the Cradle of Civilization to the Shores of the Aegean  
September 14-24, 2026

[A Preview of the Highlights](#)

*Starseed Türkiye Adventure* begins in Istanbul's Old City, steps from UNESCO treasures, before we move into the Southeast to walk among the earliest known ceremonial sites on Earth. At Göbekli Tepe and Karahan Tepe, we don't just visit – we step into the thread of deep time, standing inside the mysteries of the Neolithic world and the earliest expressions of human consciousness. Archaeological museums throughout our travels ground us in the artifacts, stories, and lineages that shaped these lands, offering context for what we will explore energetically.

We leave the Neolithic behind, that ancient, sun-bleached, wind-carved, primordial landscape, and travel to the Aegean coast. Here, we enter Ephesus, where marble streets and ancient theaters open a window into the classical world. Once one of the great cities of the ancient world, Ephesus still carries the presence of the goddess, the thinkers, and the stories that shaped the classical imagination. We continue to Hierapolis, where the white travertine terraces and mineral-rich living waters offer recalibration in a landscape shaped by centuries of healing rites. Nearby, Cleopatra's Pool invites those who feel called to wade among warm, spring-fed waters scattered with ancient marble columns – a quiet reminder of the long lineage of restoration held in this place. Our Aegean passage culminates at Athena's temple in Priene, set along the slopes of Mount Mycale, where veneration for the goddess lingers among the stones and surrounding pines.

In our final movement, we return to Istanbul and settle into the vibrant heart of Beyoğlu, where narrow lanes, old stone buildings, cafés, and ateliers invite you to wander, explore, and savor the city's charm. After days spent exploring ancient sites and sacred landscapes, this neighborhood offers the perfect place to slow down and take it all in. As we close our journey together, we'll gather for a special Equinox Dinner to celebrate our connections and the beauty of what we've experienced.



Join Althea Provost and Starseeds who follow the call of adventure as we explore the quiet wisdom of the earth.

**11 Days, 10 Nights**

**\$6,100** USD

# Starseed Türkiye Adventure

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## Itinerary

### Day 1 Istanbul

Istanbul International Airport Transfer. [Istanbul](#). Monday, Sept. 14<sup>th</sup>.

#### Arrival Day and Transportation

Arrive at **Istanbul International Airport**. Group transport times to be discussed.



Our Starseed Türkiye Adventure opens in **Istanbul's Old City**, where the layers of the ancient world still shape the streets and skyline. Sultanahmet, part of the city's UNESCO-recognized Historic Areas, places us steps from Hagia Sophia, the Blue Mosque, the Hippodrome, and the Basilica Cistern – sites that have held ceremony, devotion, and human story for more than a millennium. This is where we begin to attune to the land, letting the pace of travel settle as we arrive.

We stay at **Hotel Amira**, a boutique property known for its warmth and ease. The rooftop terrace looks out toward the Sea of Marmara, offering a quiet place to breathe after the long flight. A small spa and wellness area supports gentle recalibration, and the hotel's complimentary afternoon tea service invites us to slow down and arrive fully. This first evening is about grounding – letting the city hold us as we prepare for the deeper movement ahead.

As flights often land throughout the evening, group airport transfers will be arranged once everyone's arrival times are confirmed. Our welcome dinner will be scheduled at a time that allows the full group to gather comfortably, creating space for introductions, grounding, and setting the tone for the days ahead. This first night is about settling in – letting the city hold us as we prepare for the deeper movement to come.

**Included: Airport Transfer tba / Accommodation /Welcome Dinner & Orientation tba**

### Day 2 Istanbul Archaeological Museum & Night at the Basilica Cistern

Group exploration. [Istanbul](#). Tuesday, Sept. 15<sup>th</sup>

After breakfast, we spend the day at the **Istanbul Archaeological Museum**, one of Türkiye's most important collections and the first of several museums that will anchor our adventure. This is where we begin to understand the deeper timelines we'll encounter in the Southeast – the early symbols, deities, and cultural lineages that shaped Anatolia long before the classical world emerged. Moving through these galleries gives us the grounding we need for Göbekli Tepe, Karahan Tepe, and the ancient landscapes ahead, offering context for what we will later explore both physically and energetically.

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## Itinerary continued

We'll enjoy lunch together nearby before returning to the hotel for a gentle pause in the afternoon, much like the rhythm of Amira's tea service. For those who feel called, **the Blue Mosque** is just a short walk away. As an active place of worship, it is free and open to visitors outside of prayer times, offering a chance to step inside one of Istanbul's most iconic sacred spaces. You may explore on your own or join others from the group – no tickets or reservations are required.

As evening arrives, we step into a different atmosphere entirely with a **night tour of the Basilica Cistern**. Descending beneath the city, we enter a vast chamber of ancient columns, still water, and soft illumination. Here, we encounter one of Istanbul's most enigmatic details – a **Medusa head set upside down** at the base of a column. Whether placed this way for structural practicality or to symbolically neutralize her power, the effect is unmistakable: a goddess turned on her head, her presence lingering in the quiet depths of this subterranean world. It's a fitting threshold as we begin opening to the deeper themes of the adventure.

**Included: Breakfast & Lunch / Accommodation / Entrance Fees / Group Experience**

## Day 3 Into the Southeast: Şanlıurfa & the Threshold of Deep Time

Group Exploration. [Göbekli Tepe & Şanlıurfa](#). Wednesday, Sept. 16th

We arrive in **Şanlıurfa** in the early morning, crossing from the layered histories of Istanbul into the wide, sun-washed landscapes of the Southeast. This region holds some of the earliest known ceremonial sites on Earth, and today marks our first step into that ancient world. Whether we pause briefly at our hotel or begin exploring right away will depend on the flow of the morning, but the shift in land and atmosphere is immediate – a movement from the classical and Byzantine into the deep, early strata of human story.

Our time in Şanlıurfa begins with the atmosphere of the region that cradles **Göbekli Tepe** and **Karahan Tepe**, the heart of the Neolithic world. The land here feels elemental: open horizons, wind-carved hills, and a quiet that carries the memory of early gatherings and forgotten rites. This is where symbolic architecture first emerged, where communities carved meaning into stone long before written language or agriculture fully took shape.

From here, we make our way to **Göbekli Tepe**, the world's oldest known ceremonial complex. Standing among the T-shaped pillars, carved with animals, symbols, and forms whose meanings still elude us, we step directly into the earliest expressions of human consciousness. The site invites a different kind of listening – to the land, to the stones, and to the questions that have endured for more than 11,000 years. Göbekli Tepe raises one of the greatest archaeological mysteries of our time: why did the builders deliberately and carefully bury this sacred complex after centuries of use?

We share meals throughout the day, settling into the rhythm of the Southeast. Evening brings rest and preparation for tomorrow, when we continue deeper into the Neolithic world.

**Included: Breakfast & Lunch / Transfers / Accommodation / Flight to Şanlıurfa / Entrance Fees & Guide**

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## Itinerary continued

### Day 4 Karahan Tepe & Sanliurfa Archaeology Museum

Group Exploration. [Karahan Tepe & Şanlıurfa Archaeology Museum](#) Thursday, Sept. 17<sup>th</sup>

Today we travel deeper into the Neolithic world with a visit to **Karahan Tepe**, one of the most significant sister sites to Göbekli Tepe. Set within a stark, open landscape, Karahan Tepe reveals another facet of early ceremonial architecture – sunken chambers, carved pillars, and the enigmatic “pillar room” that continues to reshape our understanding of early human ritual. Walking this site offers a rare glimpse into a world more than 11,000 years old, still emerging from the earth.

After our time on the plateau, we'll return to Şanlıurfa for shared lunch – a generous table full of conversation and connection as we let the morning settle in. We then head back to our hotel for a short break – time to cool down, refresh, and prepare for the next layer of the journey.

In the late afternoon, we will explore the **Şanlıurfa Archaeology Museum**, an essential companion to both **Göbekli Tepe** and **Karahan Tepe**. Here we encounter **Urfa Man**, the oldest life-sized human statue ever discovered (circa 9,000 BCE), whose obsidian eyes and quiet presence offer a profound connection to the earliest symbolic expression of humanity. The museum's galleries hold sculptures, reliefs, tools and artifacts that bridge the Paleolithic and Neolithic eras, offering context for the world we just walked through. Here, the story of the builders of Göbekli Tepe becomes more tangible: their tools, their imagery, their evolving cosmology. This is where the deeper narrative begins to take shape.

For those who feel called, there is also the option to visit the **Haleplibahçe Mosaic Museum**, home to some of the finest Roman mosaics in the region – a reminder of how many civilizations have layered themselves onto this land. We return to our hotel carrying the impressions of a day spent moving between deep prehistory and the living traditions of Şanlıurfa. Dinner options will be explored together.

**Included: Breakfast & Lunch / Accommodation / Transportation / Entrance fees & Guide**

### Day 5– From Urfa's Ancient Plains to the Aegean Coast |Ephesus by Night

Personal Integration. [Flight to Izmir, Museum & Ephesus](#). Friday Sept. 18<sup>th</sup>



This morning we take a short, non-stop flight from **Şanlıurfa to the Aegean coast**, leaving the Neolithic landscapes behind – the sun-bleached hills, the wind-carved plains, the ancient silence that has held us these past days. As we cross the country, the impressions of Göbekli Tepe and Karahan Tepe begin to settle, making space for what comes next.

Arriving in **İzmir**, the atmosphere shifts. The air softens, the light changes, and the world of marble cities and classical imagination begins to rise on the horizon.

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## Itinerary continued

This afternoon is spacious – time to rest, wander, or simply breathe into the transition. We settle into our waterfront hotel, the Marriott – a modern gem on the Aegean coast, newly built and designed for comfort, with a rooftop pool, sweeping coastline views, a full-service spa, and thoughtful amenities that invite you to unwind. After days shaped by ancient landscapes and deep history, the contrast of contemporary luxury offers a welcome exhale.

Join me for lunch, a relaxed meal for everyone to enjoy together as we ease into this new chapter on the Aegean coast. It's a gentle way to reconnect after the morning's travel, savor the sea air, and settle into the rhythm of our time here.

The late afternoon remains open for rest or light exploration. Dinner this evening is on your own, with several nearby restaurants to choose from – perfect for a quiet meal or a small-group outing.

As evening falls, we travel to **Ephesus by night**. Entering the ancient city after dusk transforms the experience, the marble streets quiet, the air cooler, the great theater and temples washed in soft light. Standing before the **Library of Celsus**, illuminated against the night sky, offers a rare and intimate encounter with one of the ancient world's most iconic facades.

**Included: Breakfast & Lunch / Transfers / Flight / Accommodation / Entrance Fees**

## Day 6 Roots, Rhythm, and the Heart of İzmir

Group Exploration. [Discovering İzmir](#). Saturday, Sept. 19<sup>th</sup>

The morning unfolds gently at breakfast. Sleep in, enjoy the rooftop pool, book a spa treatment, or sip coffee on the terrace as the Aegean light shifts across the bay. This is a morning for integration – letting the ancient world settle into the present.

We start our day at the **Izmir Archaeology Museum**, a short and pleasant waterfront walk from the hotel. This museum holds the deep memory of the region – artifacts from Smyrna, Ephesus, Pergamon, and the wider Aegean, giving us a grounded sense of the civilizations whose footsteps we've been following. We will pause for an abundant Aegean lunch – a lively, generous table made for sharing and lingering.

We continue into the city, wandering toward Konak Square, the symbolic heart of İzmir. From there, our path leads directly into **Kemeraltı Bazaar**, one of the oldest continuously operating marketplaces in the world. Built over the ancient streets of Smyrna and shaped across the 16th and 17th centuries, Kemeraltı is not a reconstruction or a curated tourist zone – it is a living commercial district that has evolved for hundreds of years. Its winding passages, Ottoman caravanserais, spice stalls, artisans' workshops, and hidden courtyards reveal the layered history of the Aegean. This is where İzmir's pulse is strongest, a place to feel the textures, stories, and daily rhythms that connect the modern city to its deep roots.

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## Itinerary continued

As the afternoon softens into evening, we gather again for dinner in İzmir – a relaxed Aegean meal that closes the day with warmth and flavor. Whether it's seafood mezze by the water or a cozy spot tucked into the old streets, the meal brings us back together after a day of wandering and discovery.

**Included:** Breakfast & Lunch / Accommodation / Transportation / Entrance Fees

## Day 7 Hierapolis, Pamukkale & the Waters of Cleopatra's Pool

Group Exploration. [Hierapolis & Pamukkale](#). Sunday, Sept. 20th

After breakfast, morning departure from the Aegean coast to travel inland toward **Hierapolis**, an ancient city long known for its healing waters and luminous white terraces. As the landscape rises, the coastline gives way to rolling hills and mineral-rich springs that have drawn travelers for millennia.

We explore the ruins of **Hierapolis**, where temples, baths, and colonnaded streets speak to centuries of ritual, rest, and renewal. From here, the path opens onto the brilliant terraces of **Pamukkale**, shaped by cascading mineral waters that have created a landscape unlike anywhere else – white, otherworldly, and quietly alive.



For those who feel called, there is the option to slip into **Cleopatra's Pool**, a warm, spring-fed basin scattered with ancient marble columns for a swim. Floating among these remnants offers a rare moment of stillness, a gentle continuation of the long lineage of restoration held in this place.

As the afternoon softens, we return to **İzmir**, settling back into our waterfront base as the Aegean light fades and the next chapter of the journey approaches.

**Included:** Breakfast & Lunch / Accommodation / Transportation / Entrance Fees

## Day 8 Aegean Integration & Athena's Temple at Priene

Individual & Group Exploration. [Temple of Athena, Priene](#). Monday, Sept. 21<sup>st</sup>

Today is intentionally spacious – a day shaped not by a fixed schedule, but by the energy of our group and what we feel ready to receive. Priene is our anchor, the place where we will connect with Athena's enduring legacy, but the rhythm of the day will unfold according to what best supports us.

For those who feel called to a deeper immersion, we may spend the full day exploring the lesser-known temples of Priene, Miletus, and Didim. This is a beautiful, unhurried drive through the Meander Valley – a landscape of villages, fields, and wide horizons – leading us to sanctuaries rarely touched by crowds. This path invites a full day together, including a simple lunch along the way.



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## Itinerary continued

For others, a gentler pace may be what the body and spirit ask for after our time in Hierapolis. In that case, the morning remains open – slow, restorative, unhurried – followed by an afternoon journey to Priene, with a picnic and time to settle into the landscape before sunset.

In both rhythms, our time at Priene remains the heart of the day. Set high on the slopes of Mount Mycale, the sanctuary reveals its most luminous self in the late afternoon – the pines deepening in color, the stones warming to gold, the Meander Valley opening into evening. The remaining columns of Athena's temple stand in a quiet that feels both intimate and expansive, a place where her legacy can be felt in the land itself.

We return to İzmir after sunset, carrying the resonance of the sanctuary and the ease of a day shaped by choice, spaciousness, and the wisdom of listening to where we are.

**Included: Breakfast & Lunch / Accommodation / Transportation / Entrance Fees**

## Day 9 Returning to the City: Arrival in Beyoğlu's Creative Heart

Individual & Group Exploration. [Group Options offered](#). Tuesday, Sept. 22<sup>nd</sup>

In our final movement, we return to Istanbul and settle into the vibrant heart of **Beyoğlu**, a district where narrow lanes, old stone buildings, cafés, and ateliers invite you to wander, explore, and savor the city's charm. After days spent moving through ancient sites and sacred landscapes, this neighborhood offers the perfect place to slow down and take it all in – perhaps along a café-lined street, sipping a Turkish coffee or a glass of rosé as the city's rhythm unfolds around you.

We check into **The Soul**, a beautifully restored early-20th-century building shaped by the Georgiades Brothers, whose architectural touch still defines much of this area. The hotel blends nostalgic Istanbul with modern ease, a quiet garden tucked behind the building, complimentary tea and coffee available throughout the day, reliable Wi-Fi, and shared computers to support any final travel arrangements or flight check-ins that may open during this window.

The afternoon is yours to settle, breathe, and reacquaint yourself with the pulse of the city. You might wander the surrounding streets, pause in a neighborhood café, or simply rest in the garden as the sounds of Beyoğlu drift around you. This is a gentle re-entry, a moment to integrate, to reflect, and to enjoy the creative energy of the neighborhood.

As we move toward the close of our journey, Beyoğlu becomes a soft-landing place, holding us between the ancient landscapes we've walked and the Equinox celebration that awaits. Dinner options will be explored together.

**Included: Breakfast / Accommodation / Group Transportation**

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## Itinerary continued

### Day 10 Beyoğlu - Istanbul - Equinox Celebration

Individual & Group Exploration. [Beyoğlu](#). Wednesday, Sept. 23<sup>rd</sup>



After breakfast, we step out from The Soul and into the living texture of Beyoğlu.

We begin our walking tour along **İstiklal Caddesi**, where morning light softens the historic facades and the red tram glides quietly through the avenue. Musicians tune their instruments, cafés open their doors, and the street feels alive in a gentle, welcoming way – perfect for slow steps and first photographs of the day.

A few minutes later, we slip into the **Çiçek Pasajı**, the Flower Passage, its stained glass and ironwork catching the early light. Just outside, the **Balık Pazarı** stirs awake – a colorful stretch of produce, spices, and local life that invites you to pause, look closer, and take in the scents and sounds of the neighborhood.

We continue down **Galip Dede Street**, a charming descent lined with music shops, artisan boutiques, and tiny cafés. It's the kind of street that rewards curiosity – every corner offering something worth noticing, capturing, or savoring.

Halfway down, the elegant curves of the **Camondo Stairs** appear – one of Istanbul's most photogenic architectural gems. This is a natural moment to stop, breathe, and take photographs that hold the spirit of the morning.

Our walk concludes at the **Galata Tower**, rising above the square with its unmistakable silhouette. You're welcome to linger here, enjoy a tea, explore the surrounding streets, or – if you feel called – ascend the tower

for a breathtaking **360-degree view** of Istanbul. It's a stunning vantage point and a beautiful way to take in the city before the afternoon opens into spacious free time.

#### *Equinox Celebration Dinner – Our Final Evening Together*

Tonight, we come back together for our **Equinox Celebration Dinner**, a joyful closing to the journey we've shared. This is our final evening as a group – a moment to honor the connections formed, the landscapes we've walked, and the transformations that have quietly taken root.

**Included: Breakfast & Dinner / Accommodation**



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## Itinerary continued

### Day 11 Final Departure

Istanbul International Airport Transfer. [Farewell Istanbul](#). Thursday, Sept. 24th

**Breakfast**, followed by group transfers to **Istanbul International Airport (IST)** for your final departure home. As flight details are shared with me, I'll announce the appropriate transfer times so everyone arrives with ease and plenty of time for check-in. This is a gentle morning — a last cup of tea or coffee in the garden, a final moment to breathe in the city, and a soft closing to our days together before we begin the journey home.

**Included: Breakfast / Group Transportation**

**Reserve Your Space for this 11-Day Starseed Türkiye Adventure Today with a \$1,250.00 deposit.**

### What's Included:

- Transfers from and to the airport to hotels in all cities
- All touring and transfers to sites mentioned in the above itinerary
- Entrance fees to all visits mentioned in the above itinerary
- Daily buffet breakfast at hotel
- Lunches & dinners as indicated on itinerary (Alcohol drinks not included)
- Double Occupancy, All hotel taxes, service charges and government sales tax
- Domestic flights within Türkiye: Istanbul to Şanlıurfa / Şanlıurfa to Izmir / Şanlıurfa to Istanbul
- 2 nights at 4-star Hotel Amira, Istanbul
- 2 nights at 4-star Hilton Garden Inn, Şanlıurfa
- 4 nights at 5-star Marriott Hotel, Izmir
- 2 nights at 4-star The Soul Istanbul Hotel

### What's Not Included

- International Airline tickets
- Meals and alcohol drinks, laundry, telephone calls, etc., not specified in the itinerary
- Travel & Health Insurance and other items of a personal nature

### Hotels Dates

Hotel Amira, Istanbul	Sept. 14 <sup>th</sup> - 16 <sup>th</sup> 2 nights
Hilton Garden Inn, Şanlıurfa	Sept. 16 <sup>th</sup> - 18 <sup>th</sup> 2 nights
Marriott Hotel, Izmir	Sept. 18 <sup>th</sup> -22 <sup>nd</sup> 4 nights
The Soul Istanbul Hotel	Sept. 22 - 24 <sup>th</sup> 2 nights
Total	11 days / 10 Nights

# Starseed Türkiye Adventure

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## Itinerary continued

Per person in double occupancy: \$ 6,100  
Single Supplement **LIMITED to 2:** ~~\$ 1,450~~ **sold out**

Check in time at hotel is 3:00 pm  
Check out time at hotel is 12:00 pm

### **Adventure Cost is \$6,100 USD.**

Checks and money orders may be made out to:

Thea's Heart, LLC  
6324 Westview Circle  
Parker, CO 80134

## Is this tour for me?

Travel Style:	Physical Rating:	Service Level:	Trip Type:
<b>Group, Relaxed-Spontaneity</b>	Average to Moderate; Some excursions include light to moderate exercise, extended walking and climbing on natural, uneven earth and stone terrain such as sand, limestone rock, <i>rocky cliff outcroppings</i> , and old worn stone steps at temple sites. Exposure to the elements, including high temperatures. Ability to adjust easily to moderate altitudes. Ability to swim in sea or pool unassisted, if desired.	Enjoy a thoughtfully curated collection of 4-star and 5-star hotels chosen for comfort, style, and exceptional locations throughout your journey. Boutique Amira Hotel, Istanbul, 4-star. Hilton Garden Inn in Sanliura, 4-star. Marriott in Izmir, 5-star. The Soul Istanbul is 4 star. Private accommodations, and group service.	Intimate group experience. Limit to 8 adventurers.

# REQUIRED TRAVEL DOCUMENTS

For Americans, you must have a **passport be valid for 6 months prior** to entering Turkey and **one blank passport page** for entry stamp.

It is a **MUST** that all passport holders of other nationalities meet their countries requirements prior to arrival to Turkey.

## **Tour Terms and Conditions**

A detailed itinerary will be sent to you 30 days before departure. This itinerary is subject to change due to circumstances beyond my control such as weather, the late arrival of aircraft, acts of terrorism, war and government shut down due to pandemics. We highly recommend travel insurance.

Thea's Heart® LLC acts as a tour operator and reserves the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operation of a tour or adversely affect the enjoyment or safety of other passengers. Thea's Heart® LLC will not be held liable for a refund or compensation by any such person. All medical and health matters are to be disclosed to Thea's Heart® LLC at the time of registration, and we retain the right to refuse registration.

**Tour Cancellation By Operator:** Be clearly advised that a tour departure may be canceled due to travel advisories or warnings, acts of war, war, terrorism, acts of God, natural disaster, pandemics, or any other circumstances outside of our control, are not the fault of Thea's Heart® LLC and are not eligible for refund. If a tour is canceled due to lack of participation, Thea's Heart® LLC will provide a full refund. Thea's Heart® LLC is not responsible for any airline tickets purchased ahead of time and thereby, purchasing travel insurance is suggested.

**Responsibility:** Thea's Heart® LLC accepts no responsibility for financial losses or expenses due to a participant's sickness or emergencies; all such losses are the sole responsibility of the participants. Thea's Heart® LLC is not responsible nor liable for any changes made by independent contractors and suppliers providing transportation, sightseeing arrangements, hotel, and lodging accommodations. Thea's Heart® LLC will not be held responsible for the late arrival of passengers at airports due to inclement weather, nor are they to be held responsible for payment or refund for unused hotel/lodging accommodations or meals occasioned by late arrivals.

**Photography and Film:** Thea's Heart® LLC may take pictures and video, and such photos and recordings may be used for promotional purposes. To opt out of photography and video, contact the tour operator prior to making your deposit.

## **Payments and Refunds:**

Tour deposit secures your reservation. Reservations are accepted on a first-come, first-served basis, as group tours are small, and space is limited. When you register, considerable administrative work is initiated on your behalf, which includes travel bookings, lodging, communication, planning, and coordination with our tour company, therefore deposits are non-refundable.

Final payment is required on May 1, 2026. If you cancel before final payment is due, your final payment will be returned in full, *less the non-refundable deposit and any transaction fees*. If you cancel after final payment is due, your final payment will be forfeited.

Payment, in the form of deposit, or partial or full, shall constitute consent to all terms contained here.

### **Questions**

For more information or questions, please contact Althea Provost at [thea@theasheart.com](mailto:thea@theasheart.com) or [theasheart.com](https://theasheart.com)