



Press Release

Emerging a new cultural route in Turkey: Phrygian Way

Phrygian Way, one of the longest cultural routes in Turkey, has officially opened in September 2013. With its 506 km long, it allows trekkers and cyclists to explore the secrets of Phrygia, a kingdom bound up in the tales of the legendary King Midas and the mother goddess Cybele. Thematically, it is based on the ancient roads in the Phrygian Valleys used not only by Phrygians but also other civilisations for more than 3000 years ago.

The Phrygia once was home of the Phrygians is located in Central Anatolia (Asia Minor). It is bounded by the modern-day Turkish provinces of Ankara, Afyonkarahisar, Eskişehir, and Kütahya. The region can be conveniently reached from many major cities such as Istanbul, Izmir, and Antalya.

The Phrygian Way is designed as three main routes penetrating into the Phrygian Valleys; all three routes emerges at the Inscribed Rock-Midas City (Yazılıkaya), which once was the religious center of the Phrygian. The routes are divided into total of 67 small segments that can be walked independently.

The Phrygian Way is well documented; it is way marked to International standards with red-white path signs and sign poles are placed at certain location to guide the trekkers. The GPS data is available and a web page is prepared (www.phrygianway.com). A guide book in English is published to give detailed description of the routes, camping site or other accommodation alternatives as well as the region's rich history, culture, geological and natural beauties. The book also includes a detail map of the whole routes.

In recent years there has been a huge effort to transform the Turkey's rich cultural routes and diverse natural beauties into the long distance walking trails for usage of modern days' trekkers and cyclists to explore the ancient civilization's cultural heritages in Anatolia. A non profit organization, Cultural Routes Society (www.cultureroutesinturkey.com) is devoted to organize and standardise such cultural routes to the international norm and promote activities related to the cultural routes.

Phrygian Way is brought to life by a group of volunteers and sponsored by the Union for the Protection and Development of Phrygian Cultural Heritage (FRIGKUM).