

**UNLOCK THE BEST OF COOK'S CLUB ADAKOY!
COOK'S CLUB ADAKOY'UN GÜZELLİKLERİNİ
KEŞFET!**

**Your holiday just got a whole lot easier
(and way more fun!)**

**Tatiliniz artık çok daha kolay
(ve çok daha eğlenceli!).**

Scan the QR code to download our Resort App.
Everything you need in one place.

QR kodu tarayarak tatil köyü uygulamamızı indir -
Her şey bir arada.



No fuss. Just sunshine, smiles, and good energy.
Stressiz, güneş, gülüyüz ve iyi enerji seni bekliyor!



**NEILSON
BEACHCLUBS**

DAILY ACTIVITY PROGRAM IS PUBLISHED AT OUR INSTAGRAM STORY THE NIGHT BEFORE.

PLEASE CLICK TO VIEW: <https://www.instagram.com/cooksclubadakoy/>

Fitness Center and Wellness

Fitness and holistic wellbeing come together in a stunning beachfront setting, offering the perfect mix of movement, mindfulness, and recovery.

Rejuvenate with Yoga and Pilates sessions available daily, helping you build strength, improve flexibility, and reset your mind in a beautifully tranquil environment.

Experience the magic of sunrise and sunset **SUP YOGA** on our floating yoga platform.

Paddle boards dock and fan out in a circle, creating a stable, serene space on the water.

With the first light of day or the golden glow of sunset reflecting off the bay, you'll flow through guided yoga sequences designed to improve balance, flexibility, and core strength. The gentle lapping of the water and the open-air surroundings make for an unforgettable practice - peaceful, energising, and deeply grounding.

If you prefer to train at your own pace, the **Hotel GYM is fully equipped with cardio machines and free weights**, perfect for a solo workout.

NEW FOR 2025 ! For those looking to push their limits, our **Expert-Led sessions** include; a workout of the day (**WOD**), high-intensity interval training (**HIIT**), **Kettlebells** and **BODYPUMP™** for power and endurance, or **Abs & Core, Boxfit** and **guided 5K & 10K runs** for a solid challenge.

Dedicated stretch and recovery classes are perfect for your recovery, ready to go again the next day.

NEW FOR 2025 ! Our **Soothing Sound Bath sessions** take relaxation to another level.

Lie back and let the deep, resonant vibrations of sound waves wash over you, calming your nervous system and bringing a profound sense of peace.

With a mix of energising workouts and restorative experiences, you'll leave feeling stronger, lighter, and refreshed - ready for whatever adventure awaits.



Padel Tennis

NEW FOR 2025 ! With a brand-new **Padel Court**, you can try one of the world's fastest-growing sports. A fun, social game that blends elements of tennis and squash, padel is easy to pick up but seriously addictive – no wonder it's booming in popularity!

Hop on over to the court, where you can enjoy a play or join our expert team for intro to padel sessions – perfect for beginners looking to get a feel for the game or a refresh if you've played before. It's all about quick reflexes, clever shot placement, and perfecting angles off the glass walls to outplay your opponent.



Snorkelling and Sea Scooters

NEW FOR 2025 ! The crystal-clear waters around Adakoy are perfect for discovering what lies beneath the surface.

Snorkelling gear in hand, explore the vibrant marine life just off the coast or take things up a notch with an **underwater Sea Scooter** that lets you glide effortlessly on the surface or dive below for a closer look. Just grab onto the handles and dive for an exciting and immersive ride.

Want to venture further? **Join a day trip by RIB** and head to some of the most stunning, hidden spots along the coastline. With calm, warm waters and incredible visibility, it's an unforgettable way to experience the beauty of the Turkish Coastline.



E-Foiling

NEW FOR 2025 ! Take your time on the water to new heights with **E-Foiling!** Ready to experience the thrill of flying over water? Experience the thrill of our e-foil scooters, which introduce a whole new dimension to water sports.

With handlebars for balance and extra stability, this is e-foiling made easy - no experience needed. Within a short time, you'll be gliding effortlessly over the water, powered by a quiet electric motor and a hydrofoil wing. No wind, no paddling - just pure exhilaration. The inflatable design adds buoyancy, making it beginner-friendly while delivering an adrenaline-packed ride.

There are range of options to take the e-foils for a spin and guided tours to cater for all abilities.



Catamaran Sailing

NEW FOR 2025 ! Take to the water and explore the beautiful bay around Adakoy with a **Mini Catamaran** joy ride, or if you're already a confident sailor, enjoy free sailing at your own pace. This is sailing at its best.

If you're up for a laid-back ride, our expert team will take you out for a smooth, fast, and seriously fun sail. Prefer to take control? Experienced and eligible sailors can grab a boat and head off on their own adventure.

We'll be on hand to help you get on the water and ensure everything runs smoothly. Just so you know - we don't offer lessons or tuition, but if you've got the skills, the sea is yours to enjoy.



Kayaking and Paddle Boarding

The crystal-clear waters are your playground - ready to be explored at your own pace. Whether it's an early morning paddle as the sun rises, a relaxed trip exploring the nearby bays, or a skills session to boost your confidence, there's something for everyone. Start your day with a peaceful paddle as golden light stretches across the coastline. There's no better way to wake up. Feeling more adventurous? Paddle around the island, weaving through hidden coves and quiet bays, soaking up stunning sea views. If you're new to paddle boarding, our team is ready to help with balance, technique, and confidence so that you can make the most of your time on the water. Kayak skills sessions for first-timers or those looking to fine-tune their stroke will help you paddle more efficiently and easily explore further. Don't miss our weekly kayak and paddle board guided safari. Glide through hidden coves, secluded bays, and stunning coastal scenery, all while soaking up the magic of the open water. Whatever your style, grab a paddle and explore!



Open-Water Swimming

NEW FOR 2025 ! Dive into the crystal-clear waters of Adakoy's sheltered bay with our **Guided Open-Water Swimming Sessions.**

Experienced swimmers or those just starting out, these group swims are designed for all levels and offer the perfect mix of adventure, fitness, and confidence-building in open water. Led by our watersports team and backed up by a support RIB, you'll enjoy a safe and structured swim whether you're looking to improve your endurance, refine your technique, or soak up the beauty of the coastline.

With expert guidance, a supportive group atmosphere, and the stunning Mediterranean as your playground, it's an exhilarating and rewarding way to take your swimming to the next level.



E-Bikes

NEW FOR 2025 ! Exploring the coastline couldn't be easier with our Trek Marlin 6+ **E-Bike** fleet. These powerful and smooth-riding e-bikes make light work of the local terrain, so you can cruise along scenic coastal roads, power up inclines, soak up the atmosphere, and discover hidden spots at your own pace.

We also offer a limited range of **guided e-bike rides**, taking you further afield with the bonus of local insights. Whether you're up for a leisurely ride or a bit more of a challenge, it's the perfect way to experience the area on 2 wheels.



Beach Volleyball and Beach Tennis

NEW FOR 2025 ! With the stunning bay as your backdrop, Volleyball and **Beach Tennis** are the perfect way to stay active while soaking up the laid-back vibes of Adakoy. Join in on casual games, social sessions, or friendly tournaments, where the focus is just as much on fun as it is on competition. Whether you're spiking, smashing, or just having a laugh with fellow guests, it's all about great company and a little healthy rivalry in the sunshine before that well-earned cocktail.

Yacht Tours

Half day, full day, sunset and special location crewed private motor yacht and traditional Turkish wooden boat group tours are available.



[Click here for Reservation](#)

Live DJ performance and DJ Classes

Enjoy the music and dance with distinguished DJs throughout the day and at night. Scheduled DJ Classes are available.



WEEKLY ACTIVITY PROGRAM*
COOK'S CLUB ADAKOY, MARMARIS

* ACTIVITIES WITHOUT PRICE ARE FREE OF CHARGE



ACTIVITIES	Monday 09 September	Tuesday 10 September	Wednesday 11 September	Thursday 12 September	Friday 13 September	Saturday 14 September	Sunday 15 September
Early Morning	(08:30) *SUP to Bedir Island	(07:30) Sunrise Yoga (60 min)	(07:30) Morning Yoga (60 Min)	(07:30) Sun Salutation (Surya Namaskar) and Yoga Practice (Breath Exercises) (60 Min)	(07:30) Sunrise Yoga (60 min)	(07:30) *Sunrise SUP (with coffee)	(07:30) Morning Yoga (60 min)
	(10:00) * Canoe Tour	(08:30) * SUP to Bedir Island & Paradise Beach	(08:30) * SUP to Bedir Island	(08:30) * SUP to Bedir Island	(08:30) * SUP to Bedir Island & Paradise Beach	(07:30) Morning Yoga (60 Min)	(09:30) *Sup Yoga (60 min)
	(10:30 to 17:00) * Daily Boat Tour	(09:30) *Paddle BALL on Sup (45 min) (10:00) *Sup Yoga (60 min)	(10:00) * Canoe Tour	(10 :00) * Sup Yoga (60min)	(10:00) * Canoe along the Shore	(10:00) * Canoe Along the Shore (10:30 to 17:00) *Daily Boat Tour	(11:00) * Canoe Tour
Late Morning		(11:00) * Canoe Tour	(10:30 to 17:00) * Daily Boat Tour	(14:00) * Face Yoga (60 Min)	(10:30 to 17:00) * Daily Boat Tour	(11:00) * Face Yoga (60 min)	(11:30) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)
	(16:00) * Canoe Trip to Paradise Beach	(14:00) Mat Pilates (60 Min)	(11:00) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)	(14:30) * Mixology by the Pool	(11:00) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)	(14:00) *Paddle Ball at the Beach (45 min)	
Early Afternoon	(17:00) * DJ Class	(16:00) * Mixology by the Pool	(14:00) Yin Yoga (60 Min)	(15:30) FIFA Tournament (120 Min)	(14:00) Mat Pilates (60 Min)	(14:00) Yin Yoga (60 Min)	(15:00) Mat Pilates (60 Min)
	(18:00) * Sunset Canoe Tour	(16:00) *Canoe Trip to Bedir Island	(17:00) *DJ Class		(16:00) *DJ Class	(18:00) * Sunset Canoe Tour (with drinks)	(15:30) FIFA Tournament (120 Min)
Late Afternoon	(18:30) *Marmaris Sunset Boat Tour	(18:00) * Sunset Canoe Tour (With drinks)	(18:30) * İçmeler Sunset Boat Tour	(18:00) *Sunset Canoe Tour (with drinks)	(18:00) *Sunset Canoe Tour (with drinks)	(18:30) Hatha Vinyasa Yoga (60 Min)	(18:00) *Sunset Canoe Tour (with drinks)
Early Evening	(19:00) *Sunset Mixology	(18:30) Sunset Yoga (60 Min)	(18:30) Hatha Vinyasa Yoga (60 Min)	(18:30) Sunset Yoga (60 Min)	(18:30) Yin Yoga (60 Min)	(18:30) * İçmeler Sunset Boat Tour	(19:00) *Mixology Class --
Evening	(21:00) Beach Cinema "The Terminal"	(21:00-22:30) DJ Live Performance	(21:00-22:30) Jukebox Night	(21:00-22:30) DJ Live Performance	(21:00) Beach Cinema "Bohemian Rhapsody"	(21:00-22:30) DJ Live Performance	(21:00-22:30) DJ Live Performance
DJ Live Set	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)
	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)
	Night Bar Vibes (22:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (22:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)

THERE IS A LIMIT FOR EACH ACTIVITY, THEREFORE PLEASE SIGN YOUR NAME AT THE RECEPTION