

CAMPING & 4WD ADVENTURES



TURAS

**ISSUE
06**



**EXPLORING
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*exploring and camping wild in
the Taurus mountains in*

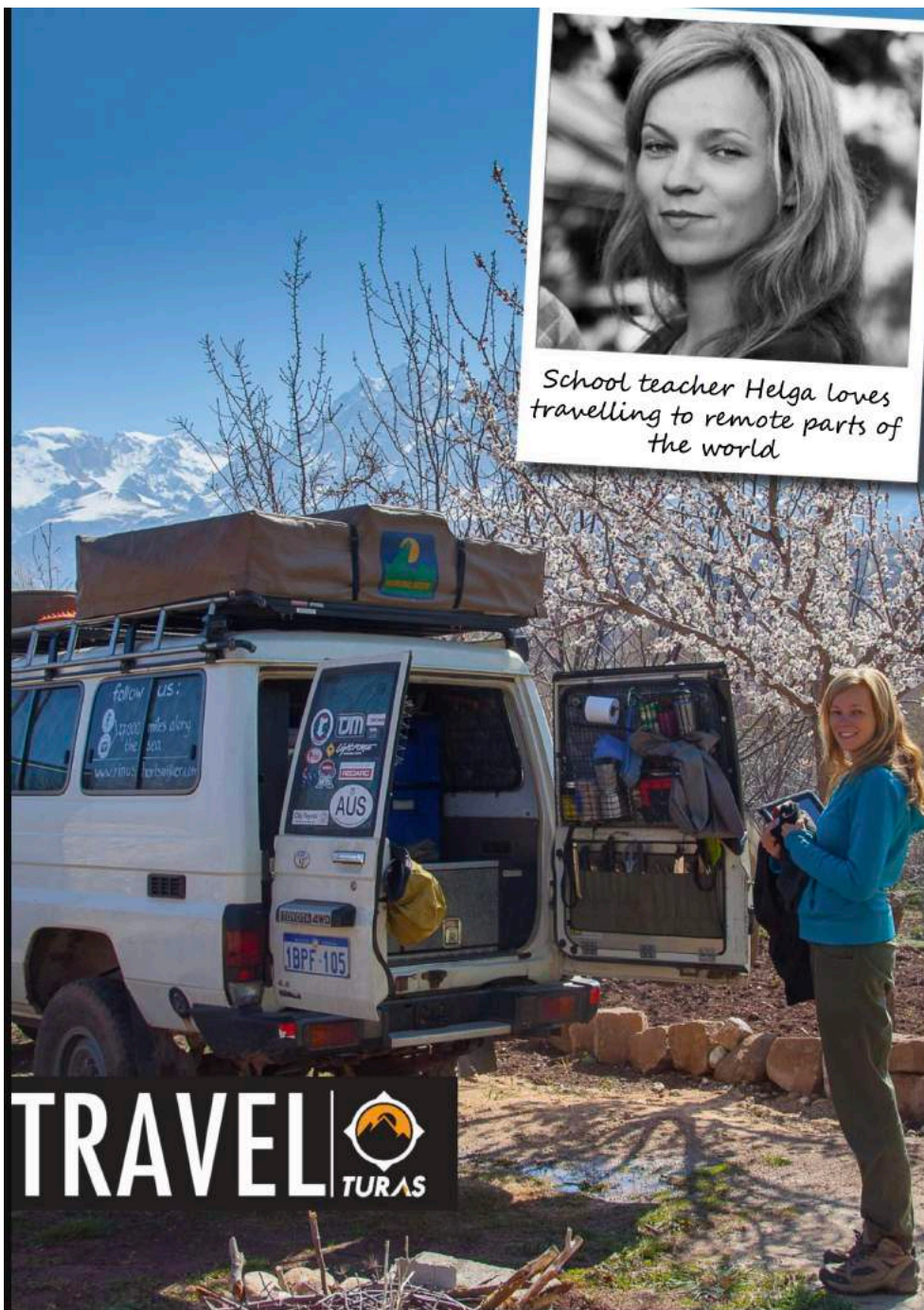
TURKEY

Images Rinus Hartsuijker and Helga Kruizinga





School teacher Helga loves travelling to remote parts of the world



TRAVEL  **TURAS**

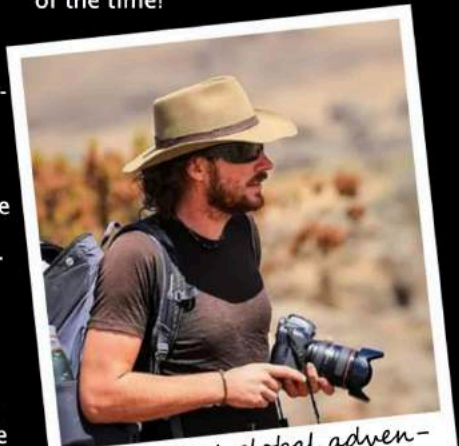
The world seems to be Rinus Hartsuijker and Helga Kruizinga playground and you will hardly ever find these two nomads in their home country in the Netherlands. "When there is a fork in the road they are always inclined to take the less traveled one" explains Rinus.

Rinus and Helga are the real deal when it comes to overland travel. In 2014 Rinus rode a motorbike following the ancient Silk Road, that route led him through the mountains of Turkey, the deserts of Iran, into the Himalayas of Pakistan and Kashmir where he took the highest motorable road in the world, this would give him a real taste for adventure travel.

In 2015 Rinus and his partner Helga took a Toyota Land Cruiser all around Australia traveling over 40,000 km in 18 months and in 2016 they found themselves driving across the African continent with the same Toyota Land Cruiser crossing over 30 African borders.

Reading up on their travels you'll

find some exciting stories about: crossing deserts, sleeping next to crocodiles, getting involved in road accidents, solving breakdowns, getting to deal with corrupt police officers, dodgy hotels, fleeing from ticks as big as nuts, mosquitoes, buffalos, bees, elephants, but always making it out without a scratch - well most of the time!



Rinus first global adventure was on a motorbike

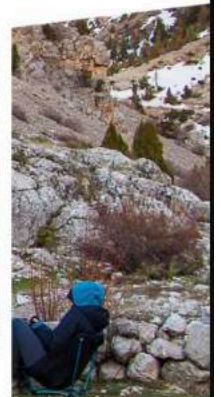


Rinus and Helga love nothing more than exploring remote tracks all over the world



So when did this addictive traveling bug start? Rinus told us that he felt a longing for adventure from the age of ten. He remembers getting a climbing rope for his birthday which he immediately knotted around his waist while looking for mountains to climb. He never actually used that rope, but his passion for adventure and traveling was born. Directly after high school Rinus found his very first adventure when he just turned seventeen after enrolling on a freight ship as a sailor. Two years later Rinus left the

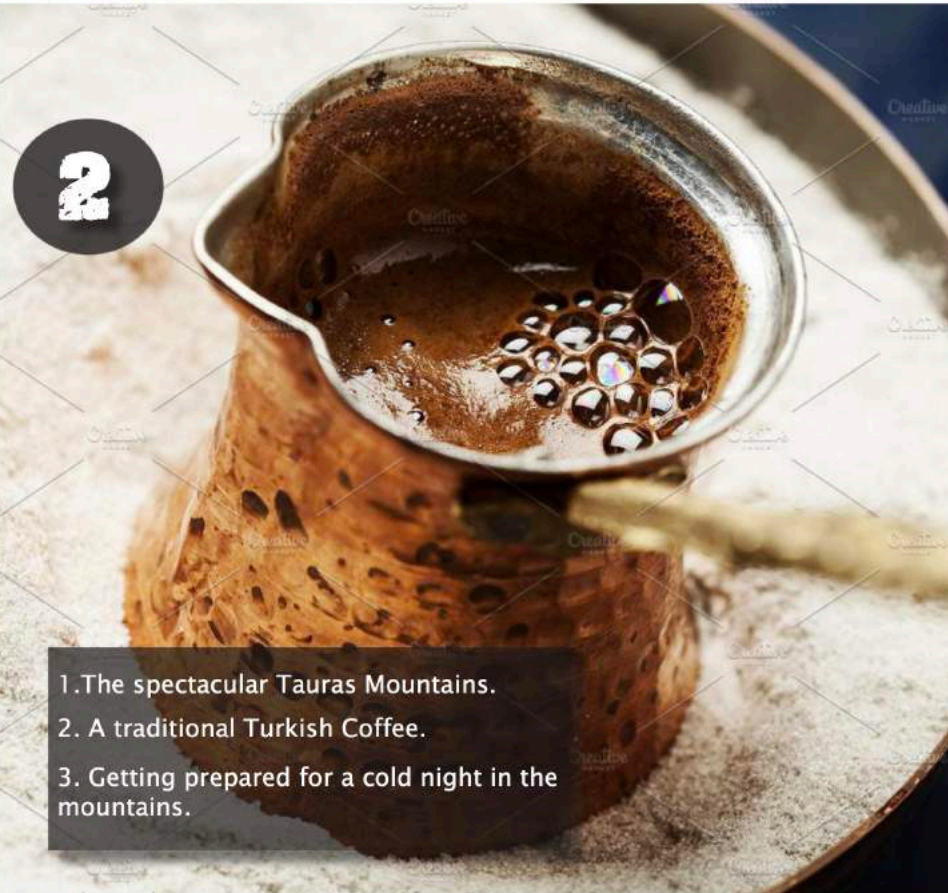
ship and started college where he studied "Sports Studies" at the Outdoor Education Leadership Department of NW College in Wyoming, USA. He soon started teaching climbing, rafting and winter/desert survival courses. A year later, thirsty for a new challenge, Rinus went to Los Angeles for his final internship. A little more mature and experienced in teaching he took on a job coaching sports in a youth detention centre where he used sports as a tool trying to get young offenders involved in outdoor activities.



traditional
turkish bread



TURKEY



1. The spectacular Taurus Mountains.
2. A traditional Turkish Coffee.
3. Getting prepared for a cold night in the mountains.

After finishing his studies Rinus backpacked solo through Mexico and that's when the real adventures began. Over the years Rinus would go on numerous adventures that included a motorbike trip around Mongolia and crossing the Gobi desert, solo. In 2011, Bolivia followed and in 2014 he cycled from North to South Sulawesi, Indonesia.

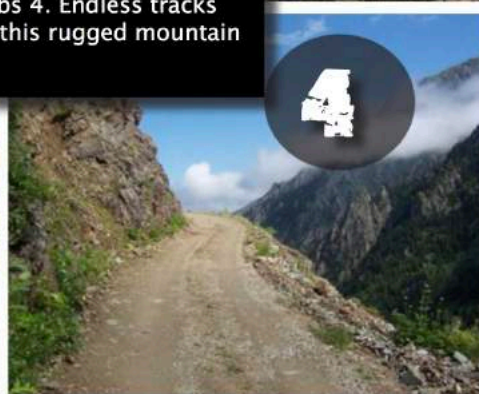
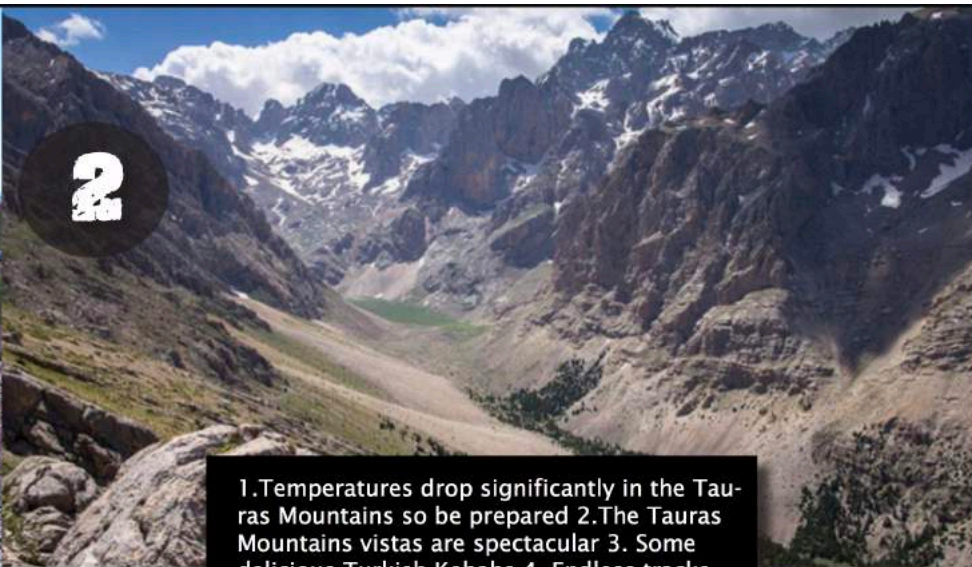
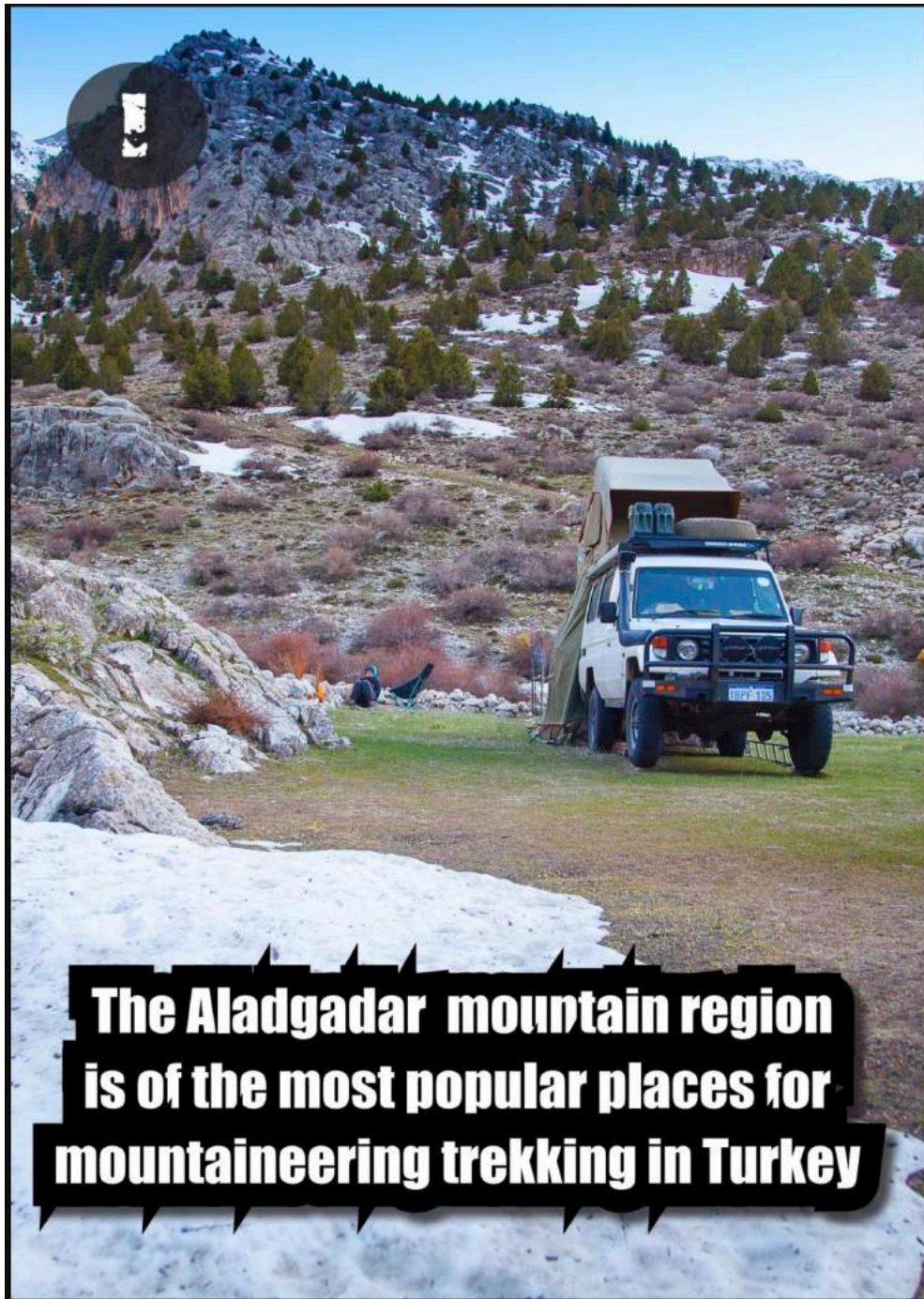
Rinus's partner Helga grew up in a small village in the North of the Netherlands where life was easy and typically uneventful. Helga's favorite place was the local library getting lost in stories, learning about the world and traveling through letters, words and sentences. As an English teacher Helga loves the English language. All the inspiring teachers Helga ever came across were teachers who had stories to tell. And after traveling all over Australia and Africa in their 'trusty troopy' with Rinus, Helga now has plenty of stories to tell.

We caught up with these two inspiring travelers on one of their adven-

tures to the Aladaglar Mountains that are part of the Taurus Mountain range in Turkey.

The Aladaglar Mountains and Taurus Mountain Range lies in the provinces Kayseri, Nigde and Adana in the Central Anatolia Region south-east of Cappadocia. Helga and Rinus arrived early in the season and the national park hadn't officially opened yet but despite the cold weather they were still able to explore the region. This area is known for its wide variations in temperature, during the day it can get up to 30 degrees celsius while it freezes at night, with snow visible on the highest peaks all year round. The Aladaglar National Park covers an area of 55.000 hectares.

The north-western and western parts are within Nigde province 11.464 ha, the northern parts are within Kayseri province 31.358 ha, and the southern and eastern parts are within Adana province 11.702 ha. Aladaglar National Park is adjacent to the main highway from Nigde to



1. Temperatures drop significantly in the Taurus Mountains so be prepared 2. The Taurus Mountains vistas are spectacular 3. Some delicious Turkish Kebabs 4. Endless tracks wind their way through this rugged mountain range.

The Aladgadar mountain region is of the most popular places for mountaineering trekking in Turkey

Kayseri, and can also be accessed from Yahyali. The name "Ala-Daglar" (Crimson-Mountains) comes from the rusty colour of its hills in the sunset. Aladaglar National Park hosts the tallest mountains of the Central Taurus Mountains of Turkey. Also known as the The Alps of Turkey, The Aladaglar mountain region is one of the most popular places for mountaineering, hiking and trekking in Turkey. Aladaglar National Park is also the

home of the famous Capra ibex, and other animals like wild boar, wolf and coyote. Bird watchers from all around the world visit Aladaglar as well, to spot the various wild and singing birds of the region. Rinus and Helga followed a route that led them to the highest peak of the Aladaglar: The Demirkazik with a height of 3756 meters. Tracks through the snow gave them the reinsurance that another car had ded on until they reached a recently

followed this path recently. They plodded on until they reached a recently descended avalanche with haphazard pine trees poking out of it that covered the entire road ahead. They turned the vehicle around and found a beautiful camping spot near the start of the mountains snow-line. On camping the night here Helga and Rinus were woken up by an explosion close to their camping spot .

Hidden behind some rocks Rinus was able to see what is going on. A group of young men with head torches were carrying pickaxes and shovels up the narrow paths, having been initially startled, Rinus and Helga were relieved to find out that these men were illegal gold diggers trying

to find some gold in this mineral-rich area.

The region offers a rugged and varied terrain with a huge network of 4WD tracks to explore. In the region you will also discover a rich cultural history where the Hittites, Persians and early Christian communities left behind a wealth of artefacts, ancient houses, rock churches and underground cities. You will also come across some small villages that will present a true Turkish experience.

Turkey lies between latitudes 35° and 43° N, and longitudes 25° and 45° E. The country's land area covers 783,562 square kilometres (302,535 square miles), of which 755,688 square kilometres (291,773 square miles) are in Southwest Asia and 23,764 square kilometres (9,175 square miles) in Europe. If you were to drive its length you would travel for approx 1,600 kilometres (990 miles) long and 800 kilometres (500 miles) wide. With plenty of coastline, Turkey is surrounded by seas on three sides: the Aegean Sea to the west, the Black Sea to the north and the Mediterranean to the south. Turkey also contains the Sea of Marmara in the northwest.

“The region offers a rugged and varied terrain with a huge network of 4WD tracks to explore”





Rinus & Helga's

TRAVEL HACKS



After many years traveling, Helga and Rinus have fine tuned how they store equipment, cook and camp when on the road. Below you will find some of their tips, tricks and camping hacks. The **3 C's**.

THE 3 C'S

1. Car:

Stay organised: You're dealing with a tonne of crap when you're camping. The guys often found out that it's really easy to lose stuff, which can be really hard to replace once you're on the road. Having a well thought-out system for where you put stuff in the car means you don't risk losing things. "It's important to have a system that's accessible but not in the way", explained Rinus.

Rinus and Helga found that the key for them was using strong, foldable

plastic crates. They use a cabinet holding four crates in the shape of a block and the on-board drawer system holds another four crates. They also have one extra crate stored in a folded position which makes the system dynamic.

So if someone invites you into their home for a night, all you have to do is load some clothing, your pillow, toothbrush and favorite shampoo in the spare crate and you're ready to go explained Rinus. When the spare crate is not in use they just use it as step ladder, table, workout bench or a seat to relax around the campfire.

2. Cooking:

Plastic sealable containers are always on board when the guys are on the road. Rinus explained that they are great for saving food leftovers, packing the fridge efficiently, keeping our food safe from uninvited guests, and keeping produce fresh.

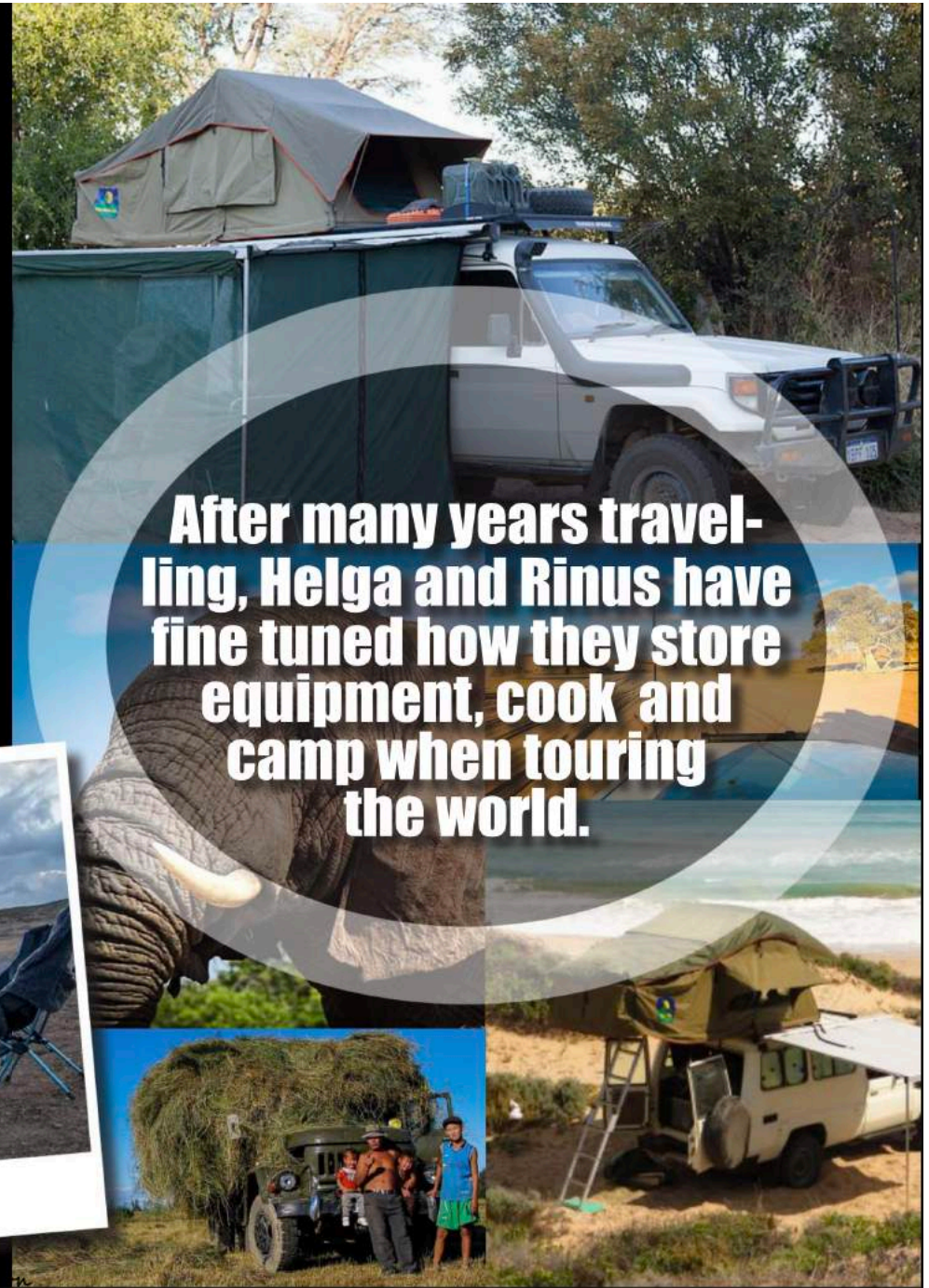


3. CAMPING

Fire starters: Rinus and Helga use cooking oil that is stored in a plastic containers, they then fill the container with toilet paper, napkins, or small pieces of cotton. This approach soaks up the oil and once soaked it will work as a great fire starter.

Duct-tape: The guys always wrap duct tape around water, fuel or whatever bottle they use, Rinus explained that by doing this you are saving space by not have lots of rolls of duct tape and the tape will also help insulate your bottles. When you need to use the duct tape just unroll it from your bottle, its as simple as that.

Saltwater: Helga says; " that after washing in salt water I know I'm clean but my hair always feels like rope and the salt from the water always clings to my body". When traveling in Western Australia Helga met an old Australian couple that had been traveling along the coast for years and were still catching the occasional wave. They introduced the guys to Selsun an anti-dandruff shampoo. Helga explained that when you wash yourself with the salty water and the Selsun and then dry yourself you will be very surprised to find that almost all of the salt has somehow washed off. Selsun is a product sold in most chemists in Australia."We can't explain the magic behind this but we do know that Selsun contains Selenium Sulphide 1%, where as other anti dandruff shampoos do not contain this and so won't work as well as the Selsun".



After many years traveling, Helga and Rinus have fine tuned how they store equipment, cook and camp when touring the world.

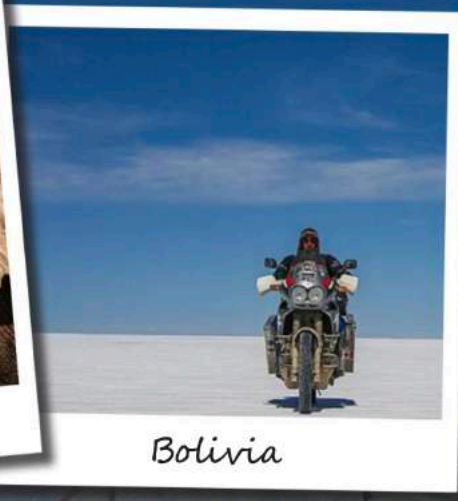




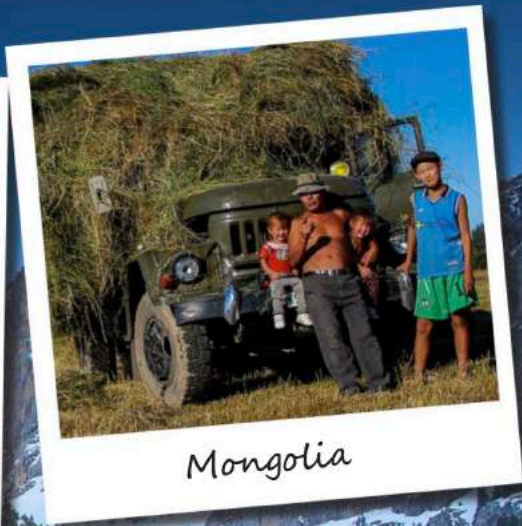
Australia



Africa



Bolivia



Mongolia



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