



Terra Anatolia

Adventure Travel in Turkey

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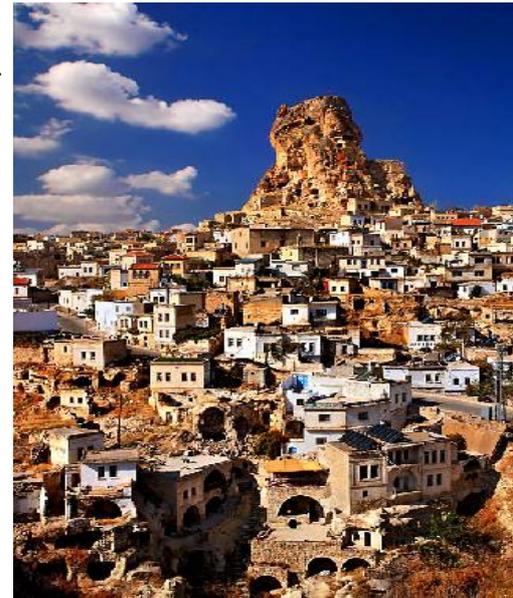
Cappadocia

code : C1



Violent eruptions of volcanoes around three million years, covered the surrounding plateau of volcanic lava and ash, are at the origin of one of the most unusual landscapes in the world. Needles monumental "fairy chimneys", the cones with distorted shapes, but mostly valleys, canyons dug in the middle of a lunar landscape. But Cappadocia is not only incredible natural environment. The man lived there and the first Christian monks from Egypt have shaped one of the most fascinating religious ensembles actually: pyramids and cliffs riddled with openings to cave dwellings, cave churches, monasteries and underground cities carved in the Paleo-Christian period.

You will discover Cappadocia through walking along the valleys, accessible only on foot, pension to pension, discover all the treasures that contain that small part of Anatolia.



Highlights :

- . A journey full of the most beautiful valleys of Cappadocia.
- . The cave churches from the time of the early Christians of the East.
- . All year accessible walks and for all people.
- . A trip really balanced between nature and culture

Grade : A

Scale Level :

A: Ride discovery, rare altitude changes on good trails.

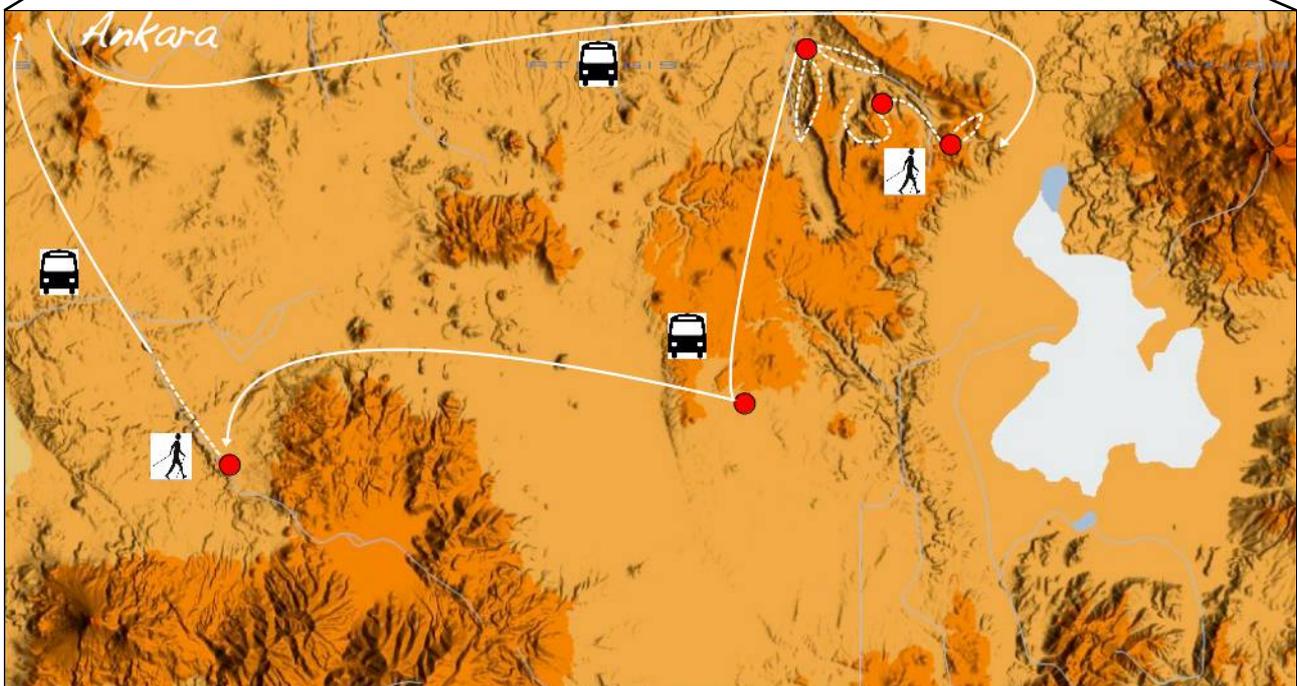
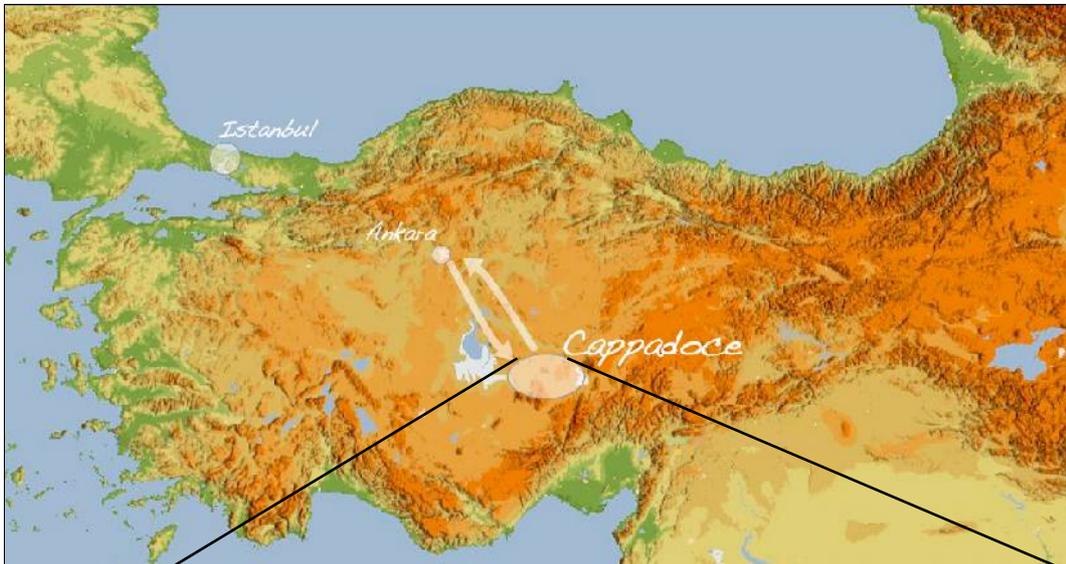
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

C: Hiking with important difference of altitude for most of them. This also applies to trips that take a B rated higher difficulty level (B to C) due to excessive heat, which may strain organisms.

D: Hike where all steps have with some important change of altitudes .

Duration :	8 days
Portage :	Only your daily items
Accommodation:	Hotel, pension
Framing :	English speaking tour guide
Meal :	Restaurant, picnic

Cappadocia :



du 07/04/13 au 14/04/13	from 30/06/13 to 07/07/13
du 14/04/13 au 21/04/13	from 28/07/13 to 04/08/13
du 21/04/13 au 27/04/13	from 04/08/13 to 11/08/13
from 27/04/13 to 05/05/13	from 25/08/13 to 01/09/13
from 26/05/13 to 02/06/13	from 01/09/13 to 08/09/13
from 02/06/13 to 09/06/13	from 29/09/13 to 06/10/13
from 23/06/13 to 30/06/13	from 27/10/13 to 03/11/13

Program :

Day 1 : Ankara

Arrival in the Turkish capital. Reception at the airport and transfer to the hotel.

Transfer : 30 minutes

Accommodation: hotel

Meal:----

Walk:----

Day 2 : Cappadocia, Sinasos – Valley of monasteries

Transfer to Cappadocia and the beautiful village of Mustafapacha the ancient Greek Sinasos.

Mustafapacha was inhabited by Greek Orthodox until 1923, date of the Treaty of Lausanne (population exchange between Greece and Turkey). You are here in the most beautiful village of Cappadocia. You can admire the charm of old stones and the Medrese now converted into university. In the afternoon, hike in the valley called "monasteries" to the troglodyte village of Golgoli now abandoned.

Transfer : 4h

Accommodation: pension

Meal : morning, noon and evening

Hike : + - 360m ; 13km

Day 3 : Valley of Gomed

Hiking in the very green valley Gomed. We can observe the most beautiful pigeon cave in the region and some amazing rock churches on Pancarlik sites. Arrival at the village of Ortahisar (literally "the middle tower") which rock citadel dominates the area.

Transfer : ----

Accommodation: pension

Meal : morning, noon and evening

Walk : + 140m ; - 160m ; 10km

Day 4 : Ibrahimpacha – Mountain of Modut – valley of Zemi

Walk from Ortahisar to Göreme through the beautiful village of Ibrahimpacha. One of the most beautiful walking of the journey because the trail follows sometimes in the bottoms of the cool and shady valleys, sometimes on the cultivated plateau from which emerge a few small rounded tops that offer a view of the whole of Cappadocia. We finish the walk through the valley called love valley. As its name suggests, here the hoodoos long and slender strangely reminiscent of giant

phallus! Arrival in Göreme, prestigious site nestled in the heart of a huge rocky area where countless churches carved into the limestone recalled with pride the early hours of Christianity in antiquity. The Hoodoos rise to the roofs of the valley and all its surroundings and allow each moment to understand the slow erosion established by wind and runoff for millions of years. By late afternoon a small transfer will take us to our guesthouse in the village of Cavusin.

Transfer : 5 min

Accommodation: pension

Meal : morning, noon and evening

Hike : + 510m ; - 430m ; 15km

Day 5 : Red and Pink Valleys – Cavusin

Today ramble in loop from Cavusin. Visit of the old village built around two massive rock riddled with openings ancient cave dwellings, in the fifth century it was a center of Christian pilgrimage dedicated to St. John the Baptist, as evidenced by the vast basilica today that it devoted. Departure for one of the most beautiful set of valleys of Cappadocia, The Red and the Rose valleys which owes their names to the beautiful colors of volcanic tuffs, magical result of the work of millions of years of erosion due to wind and rain , a soft volcanic rock. Peaks, valleys, fairy chimneys and penitents alternate harmoniously. The ingenuity of man has added a special touch by the need to fit in this lunar landscape: many cave dwellings and churches decorated with frescoes still well preserved. In the late afternoon return to Cavusin trails.

Transfer : ----

Accommodation: pension

Meal : morning, noon and evening

Walk : + - 480m ; ; 10km

Day 6 : White Valley – Pigeon Valley – Göreme – Ihlara

Hiking in the White Valley, very open and dominated with elegant fairy chimneys, where the tuff is a beautiful white sometimes stained ochre. The path follows later a narrow valley with orchards, vineyards and fairy chimneys whose prodigious pace phallic nickname contributed to this valley, known as the "Valley of Love". The cave dwellings of the valley are abandoned and are used now as pigeonhole or stables. Arrival at the village of Uchisar, clustered around its rocky promontory called Fortress (a ridge of volcanic ash in reality) that served as shelter cave during the Hittite period. Rise on top of the castle which dominates for a panoramic view of Cappadocia. After a picnic lunch, departure for a beautiful ride in landscapes with surprising colors, this is the valley of Pigeon. On its walls in pastel colors running trails lees of wine, saffron yellow or green moss. The trail winds through the gardens and takes many tunnels to reach the center of the village of Goreme. In the late afternoon transfer to the Ihlara Valley, a unique canyon place of choice for a large monastic community of antiquity. If time permits we will visit on the way the underground city of Derinkuyu (classified by UNESCO) with eight floors and 55 meters of tunnels dug in the ground.

Transfer : 1h

Accommodation: pension

Meal : morning, noon and evening

Hike : + - 460m ; ; 17km

Day 7 : Valley of Ihlara – Ankara

Walk in Ihlara Valley, a high place of ancient monastic amidst refreshing greenery along the river Melendiz who notched the vast plateau of some 150 meters high and carved the canyon 14 kilometers of long. Each fault of the cliff houses the remains of habitation and churches richly decorated with colorful frescoes, built until the tenth century (the church Sub-Tree, the church Hyacinths ...). Arrival at the village of Selime which marks the end of the canyon, we leave

Cappadocia to Ankara, the capital.

Transfer : 4h

Accommodation : hotel

Meal : morning and noon

Walk : + 210m ; - 310m ; 10km

Day 8 : Ankara

In the morning short transfer to the airport of Ankara. Return flight.

Transfer : 30 min

Accommodation:----

Meal : morning

Hike :----

Prices :

6-9 pax	9-14 pax
565,00 €	460,00 €

Departure guaranteed from 6 persons.

The price includes:

- . Ground transfers required for an orderly program.
- . The accommodation described, based on double room occupancy in a hotel, pension.
- . Full board throughout the journey except meals in Ankara.
- . Mineral water for restaurant meals (indicative 1 bottle for 3 people).
- . Accompaniment by a english speaking hiking guide.

The price does not include:

- . Air transports.
- . Sites entries .
- . Drinks and personal expenses.
- . The insurance cancellation - interruption for journey and assistance.
- . Anything that is not written in "the price includes".

To pay on the spot:

- . The lunch and dinner in Ankara between 8 and 15 € per meal.
- . Entries in the sites, monuments and museums: 2-10 € per person according sites and visits.

Tips:

They are part of the culture. It is a tradition to create a pool provided at the end of the trek team cooks, muleteers, drivers ... (as an indication, approximately 20 to 25 € per participant), and the guide (as an indication, approximately 15 to 20 € per participant). This gesture of thanks, in which everyone participates according to his satisfaction, is always appreciated.

Extend in Istanbul :

Enjoy being in Turkey and the exceptional location of our partner hotels in Istanbul to explore

famous sites and monuments. Galata bridge by Atatürk, the Golden Horn and Galata Tower are superb visit. In the Sultanahmet district, the bustling, narrow streets and small gardens, are Topkapi Palace, Hagia Sophia, Blue Mosque, Grand Bazaar, Beyazit Tower, etc..

. Local Guide in Istanbul: **125 € per day.**

. Sup nights / person

room	single	double	triple
hotel 3*	70€	45€	40€
hotel 4*	100€	65€	55€

Additional Informations:

On the spot

The team

- . A hiking guide speaking english.
- . A driver for driving the bus.

Movements

Land transfers: the vehicles are private and reserved for the group. Minibus and / or 4x4 vehicles depending on the terrain.

Accommodation

In Ankara: comfortable hotels based on double occupancy, three local standard stars.
Outside cities, pensions: very friendly small hotel, based on double occupancy.

Non-exhaustive list of hotels / pensions:

<http://almer.com.tr/>

<http://www.motelgreen.com/en/index.html>

<http://www.cheznazim.com/>

Note, however, according to the date of departure, we can use different accommodations of equivalent category.

Meals

In cities and villages: breakfast and dinner in the restaurant (sometimes homestay). There are also lunch in the restaurant. During the marches: cold lunch as picnic.

Drinks: tea, coffee, raki (water aniseed spirits), wine, beer and drink yoghurt. With mineral water in every meal and arrival in the camps. For your use during the hike, plan to buy bottled water when possible, or take tablets or type Micropur Hydroclonazone to purify water.

Gastronomy : we strive to make you discover a great variety of dishes component Turkish cuisine, which is excellent varied appetizers (mezze): marinated anchovies, mashed beans, eggplant with tomato and garlic cucumber yogurt statement garlic, cheese from sheep or goat, stuffed vine leaves with rice. Different soups: bouillon raised lamb lemon soup with red lentils, meat: adana kebab (spicy minced meat), grilled chicken, lamb, beef, desserts.

Transport of the luggage :

Each participant moves with a small backpack for the day or half day (water bottle, camera, picnic lunch, protective clothing ...). The rest of the equipment is transported daily by pack animals or vehicles, according to the steps.

Currency :

The currency is the New Turkish Lira (TRY).

Exchange rates (indicative price): 1 € = 2.30 TRY We advise you to take euros in cash, you change on the spot. In large cities, the credit card is accepted in shops and there are important ATMs.

Plan before the departure

Administrative formalities

A valid passport or identity card valid for at least 90 days after return. In this case, at the entry into the country, the police Turkish air stamped paper presents a need to present the return.

Children are subject to the same obligations as adults, as described above. Note: Registration of minors to the parents' passports are now impossible, minors must possess an individual passport or personal identity card. If he is accompanied by a person holding parental authority, the child may leave home territory with his national identity card. In this case, the customs authorities may require proof that is accompanying the parent (family book or birth certificate for example). If he is traveling alone or with a third party, the minor shall submit, in addition to his identity card valid, a certificate of exit of home territory, issued at the request of the holder of parental authority by the Mayor the municipality of residence.

Health

No vaccine is mandatory.

The vagaries of travel

The adventure even prepared with the greatest care, custody fortunately its share of unforeseen events. They should not throw you off to the point of spoiling your enjoyment of travel. Circumstances beyond our control may change the course of your trip (weather, road cut, canceled flights, strikes, local festivals, etc ...). Our guides will make every effort to deal with these hazards, with their experience and professionalism, by modifying the program if necessary.

Safety is our main goal, regardless of the terrain traversed and the level of difficulty of your trip. In the case of an accident, your group, led by the guide, will face most often by their own means or by relying on local infrastructure. Be ready to accept remote and risks that may result from (lack of structure sometimes held back, little or no communication network), knowing that your guide, and the entire team of Terra Anatolia will propose solutions best suited to the situation. In case of serious mishaps, your help and participation they will need.

TERRA ANATOLIA

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Selime, vallée d'Ihlara, Cappadoce