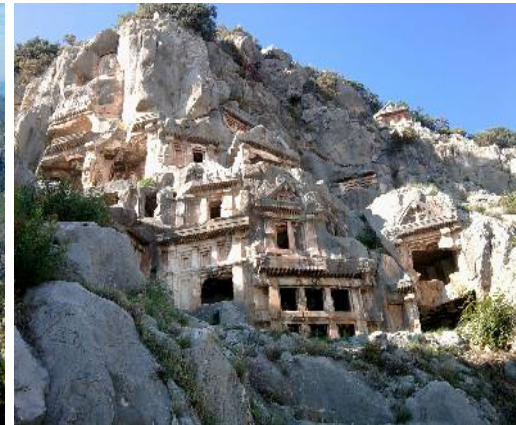




Tour of Cappadocia and the coast of the ancient Lycia

code : CL1



Violent eruptions of volcanoes around, there are 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 a 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.

Later, you will gain the Mediterranean and Lycia. This is probably the most beautiful coastal region of the country. Light, bathed by the sea, its strengths are many and varied: a landscape of coves and steep mountains (here the chain of Taurus plunges directly into the

sea), ancient ruins scattered in nature indicating the presence of multiple civilizations. A journey along the famous Lycian route, trails on balcony over the Mediterranean, between walking and small hop. Breathtaking landscape and ancient sites in the program of Lycia!



Highlights:

- . The most beautiful valleys of Cappadocia.
- . The cave churches from the time of the early Christians of the East.
- . The old town of Antalya, a jewel of Ottoman architecture.
- . Landscapes of rugged coastline, sometimes impressive.
- . Ancient sites.
- . A path across the Lycian coast.

Grade : B

Scale Level:

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

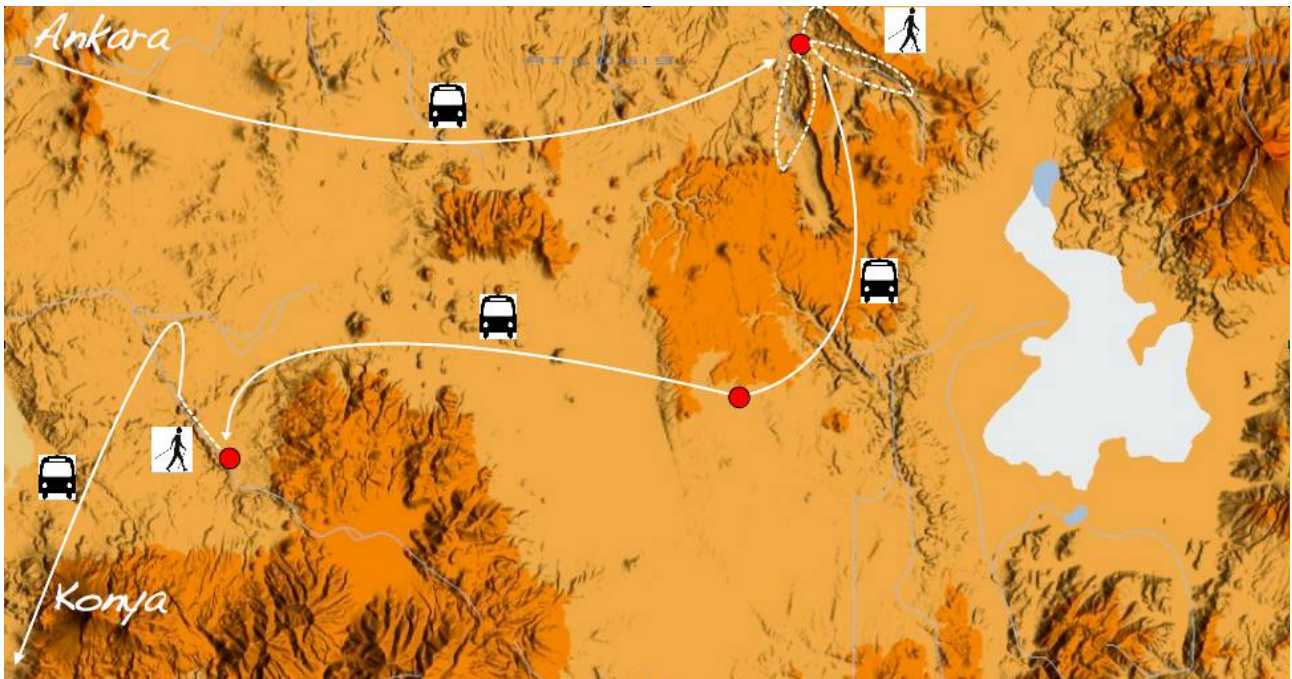
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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.

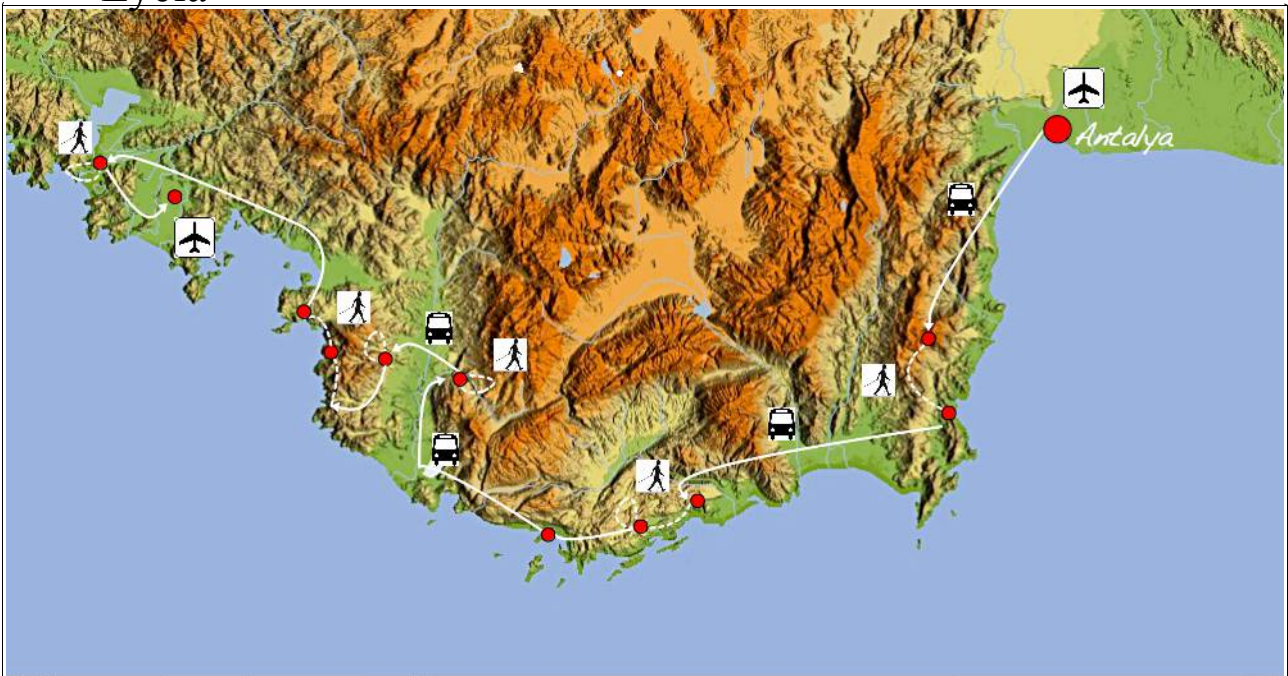
D: Hike where all steps have with some important change of altitudes .

Duration :	13 days
Portage :	Only your daily items
Accommodation :	Hotel, pension, in the inhabitant
Framing :	English speaking tour guide
Meals :	Restaurant, picnic, in the inhabitant

Cappadocia :



Lycia



Dates of departure :

from 07/04/13 to 21/04/13
from 21/04/13 to 05/05/13

from 05/05/13 to 19/05/13
from 19/05/13 to 02/06/13

from 02/06/13 to 16/06/13
from 16/06/13 to 30/06/13

from 01/09/13 to 15/09/13
from 15/09/13 to 29/09/13

from 29/09/13 to 13/10/13
from 13/10/13 to 27/10/13

from 27/10/13 to 10/11/13
from 10/11/13 to 24/11/13

Program :

Day 1 : Ankara

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

Transfer : 30 minutes

Accommodation : hotel

Meal:----

Walk :----

Day 2 : Cappadocia, Cavusin

Transfer to Cappadocia. Stop for tea on the shores of Tuz Golu ("salt lake" in Turkish), an important area with an area of 1500 square kilometers. Arrival at the site Pasabag or "vine of the Pasha," the starting point of our first foray into Cappadocia. The trail takes us to the village of 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.

Transfer : 4h

Accommodation : pension

Meal: morning, noon and evening

Hike : + 230m ; - 140m ; 4km

Day 3 : Red and Pink Valleys – Cavusin

Today ramble in loop. 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 4 : White Valley – Valley of Pigeon – 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 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 leas 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 5 : Valley of Ihlara – Konya

Walk in Ihlara Valley to the lush vegetation along the river Melendiz who notched the vast plateau of some 150 meters high and carved this canyon long of 14 km. Each break 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 ...). Arriving at the village of Belisirma we leave Cappadocia after the meal, the objective is the Mediterranean ! The route will take us through the Anatolian steppe and lead us on our way to the city of Konya. Among the oldest cities in Turkey, the capital and cultural center of the Seljuk dynasty, at the twelfth and thirteenth centuries, it is here that the mystic Mevlana Jalal al-Din Rumi created the order of whirling dervishes, the dancers turn themselves on one hand to God, the other to the earth. Visit of the mausoleum of Mevlana, the most famous building in the city.

Transfer : 4h
Accommodation: hotel
Meal: morning and noon
Walk : + 100m ; -200m ; 5km

Day 6 : Konya – Phaselis - Ulupinar

En route to Lycia. Crossing the Taurus Mountains is remarkable and little by little we perceive the change of scenery and the climate. Arrival in the region of Antalya. The city, on the Mediterranean coast, is built on a limestone plateau, the cliffs are plunging into the bay and the old port. The surrounding vegetation, verdant orchards Coast (citrus, peaches, apricots, figs, olives, bananas) and the continuity of the Taurus massive that encircles the bay is a beautiful setting. We take our road to Camyuva, starting point for a walk leading to the Lycian site of Phaselis, which in antiquity exercised perfumes Trade notably. The city was founded in the seventh century by colonists from Rhodes. Dominated by Mount Tahtali (Mount Olympus), the three ports of Phaselis reflect its role as historic commercial center. Wandering among the ruins surrounded in a pine forest where you can admire the aqueduct, theater, spa. Thereafter short transfer (15 min) to the village of Ulupinar.

Transfer : 4h
Accommodation: pension
Meal: morning and noon
Hike : + - 190m ; 6km

Day 7 : Chimaera flames - Cirali Beach – Olympos

From the pension we borrow the Lycian way, large hiking trail made famous by the English Kate Clow who, with her publications, has recognized as a land of Lycia hike. Mythology says that the fire-breathing monster slain by Bellerophon, was buried underground, thus explaining the dozens of flames shoot out of the rocks. In reality, an emanation of methane explains the presence, for over 3000 years, these flames are interest in this strange place. Always by walk we reach the sea and the most beautiful beach in the Mediterranean, Cirali. After lunch and a relaxing time, we walk along the beach to the gates of ancient Olympos cited, formerly an important commercial lycian city. Located at the bottom of a gorge, the old stones are scattered among the wild vines, oleanders in bloom and the scent of pine. Even if the buildings are badly damaged, the frame is very nice places. Walk back to Cirali.

Transfer : ----
Accommodation: pension
Meal: morning, noon and evening
Walk : + 260m ; - 480m ; 13km

Day 8 : Myra – Kekova

Transfer to Myra, one of the most important cities of the Lycian federation where the monuments here are of an different entirely magnitude (a theater of 4,000 seats). Myra is also the place where Saint Nicolas lived in the Byzantine era. A church of this period still stands in the center of the Turkish city, it is an important place of pilgrimage for Orthodox believers today. After the site visit we go to Andriake, the ancient port of the site. A boat awaits us, this is the best means of transport to explore the bay of Kekova, nearby, turkish coastal jewel. Visit of the village of Simena and its Byzantine fortress. This is by boat that we will finish to explore Kekova. By late afternoon we reach the village of Ucagiz by the sea

Transfer : 1h30
Accommodation: pension
Meal: morning, noon and evening

Hike : + 120m ; - 210m ; 6,5km

Day 9 : Aperlea

Short transfer to the village of Kilicli near where we will visit the ancient city of Apollonia. We descend the hill to a carob creek and the ancient city of Aperlea. Back to the village of Uçağız, to the pension of the previous day by a coastal path.

Transfer : 15 min

Accommodation: pension

Meal: morning, noon and evening

Walk : + 170m; -520m ; 13km

Day 10 : Gorge of Saklikent – site of Pinara

Transfer to the town of Kas where we will visit the small theater which enjoys an exceptional place, facing the sea and the Greek island of Meis / Kastellorizo. Then departure to Saklikent gorge that forms a huge gash of 18 km long in the mountain. We enter the gorge to advance on foot towards the source of the river that carved this spectacular canyon. After the lunch taken near the canyon, short transfer to join the site of Pinara completely lost in the pine forest. Pinara was one of the six largest ancient cities of Lycia where some rather singular tombs are still scattered. Some, dug in a high rock wall, train hundreds of small cavities, others are carefully decorated with low-reliefs ..

Transfer : 1h30

Accommodation: in the inhabitant

Meal: morning, noon and evening

Walk : irrelevant altitude : 4h of walk/ride.

Day 11 : Alinca – Faralya

After a short transfer, departure from the village of Alinca. Hiking along the coast on a path incredibly overlooking the sea and leads first to the village of Kabak, then the beautiful secluded cove. After lunch we continue our journey, still above the waves, to the village of Faralya on a cliff above the famous and paradisiac Butterflies Valley. Before the construction of a small road on the slopes of Mount Baba, Faralya lived cut off from the world. Nature is still wild and offers unforgettable panoramas.

Transfer :---

Accommodation: pension

Meal: morning, noon and evening

Hike : + 530m ; - 900m ; 11km

Day 12 : Faralya – Ölüdeniz – Dalyan

The march will commence towards the village of Kirme located at the foot of Baba Dag. We follow the coast path on the side of Mount Baba offering spectacular views of the beach of Ölüdeniz. Arrival at Ölüdeniz (Dead Sea) and relax in the turquoise waters of the lagoon with the exceptional beauty. After this relaxing break, our route takes us to the ancient village of Kayaköy formerly inhabited by Greeks. It has been completely abandoned during the population exchange that took place in 1923 between Greece and Turkey. A real ghost town situated in the middle of a forest of oaks and carob plantations. Transfer to Dalyan, a small picturesque village, then embark on a boat for a ride on the river which offers stunning views of the Lycian tombs of Caunos and that leads to a beach famous for the presence of marine turtles in a certain period of the year .

Transfer : 1h30h

Accommodation: pension
Meal: morning, noon and evening
Walk: + - 1000m ; 18km

Day 13 : Dalaman

In the morning short transfer to Dalaman airport. Return flight.

Transfer : 30 min
Accommodation:----
Meal : morning
Hike :----

Prices :

6-9 pax	9-14 pax
870,00 €	680,00 €

Departure guaranteed from 6 persons.

The price includes:

- . Land transfers required for an orderly program.
- . Excursion to Kekova Bay aboard a traditional boat piloted by Captain.
- . The accommodation described, based on double room occupancy in a hotel, pension.
- . Full board throughout the journey except meals in Ankara, Konya, Antalya and Dalaman.
- . 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, Konya, Antalya (possibly Dalaman according to your flight time) between 8 and 15 € per meal.
- . Entries in the sites, monuments and museums: 2-10 € per person following 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.
- . a boat captain for sea excursions

Movements

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

Accommodation

In Ankara, Konya and Antalya hotels comfortable based on double room, three-star local standard. Outside cities, pensions: very friendly small hotel, based on double occupancy. One night is scheduled homestay where you will sleep on mattresses on the floor, but where every comfort is available (bathroom, toilet, kitchen, garden, terrace), in addition to the charm of course!

Non-exhaustive list of hotels / pensions:

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

<http://www.lapalomapansion.com/turkce/index.html>

<http://www.emekpansiyon.com.tr/>

<http://www.montenegromotel.com/indexgb.html>

<http://www.dalyantezcanhotel.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

For English nationals: 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 French 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 French 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.

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Volcan Hasan, vallée d'Ihlara, Cappadoce