



Terra Anatolia

Adventure Travel in Turkey

www.terra-anatolia.com

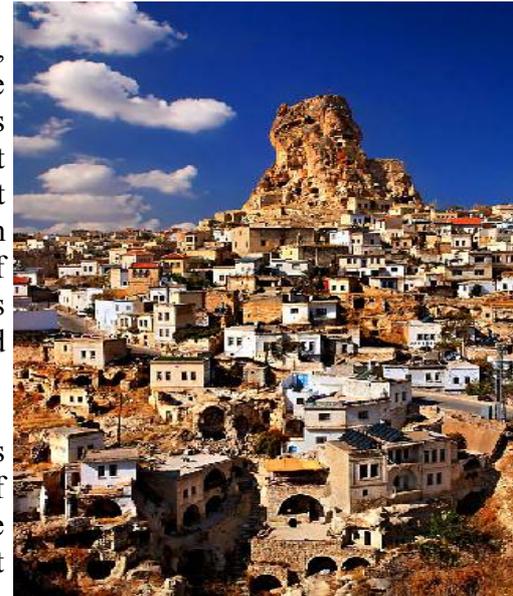
Cappadocia *Self guided*

code : C01



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 an 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. The Red and the White Valleys, the Canyon of Ihlara and the underground cities. From pension to pension in the privacy of each of the valleys you will discover all the treasures that contain that small part of Anatolia.



Highlights:

- . All the valleys of Cappadocia, the most beautiful villages and their troglodyte churches.
- . All year accessible walks and for all people.
- . A comprehensive guidebook supported by a flexible and reachable team.

Grade : A

Scale Level:

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

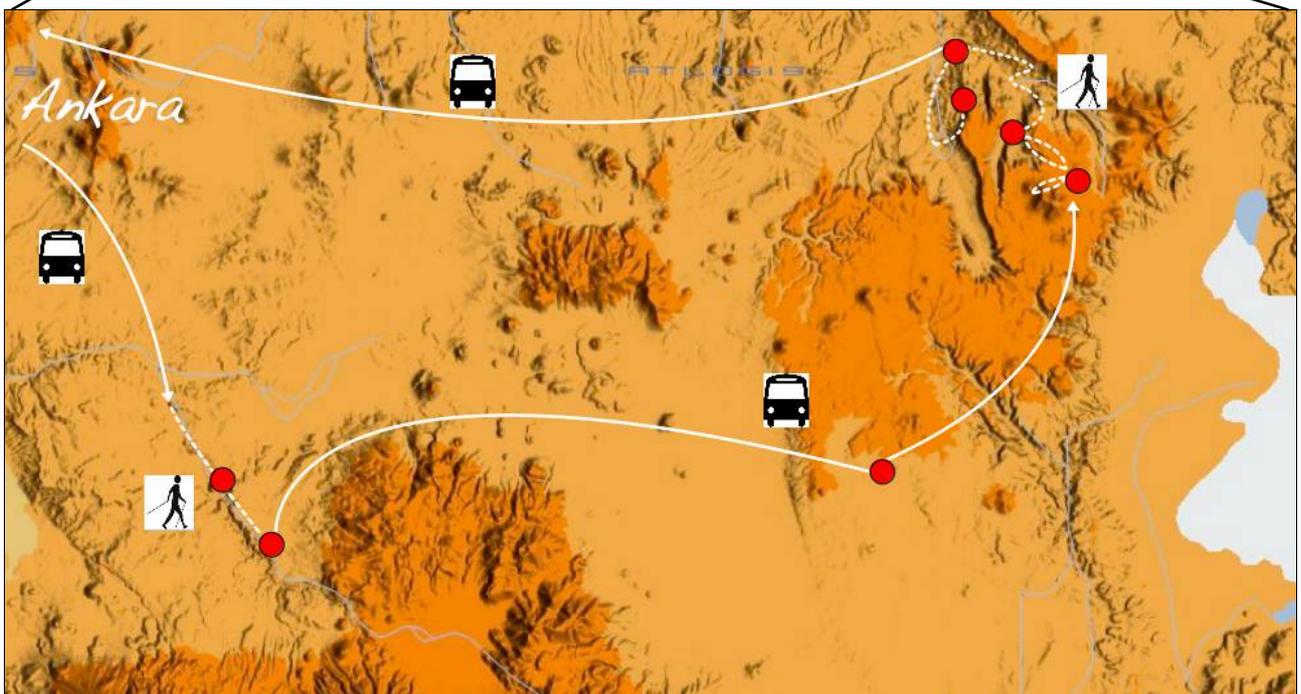
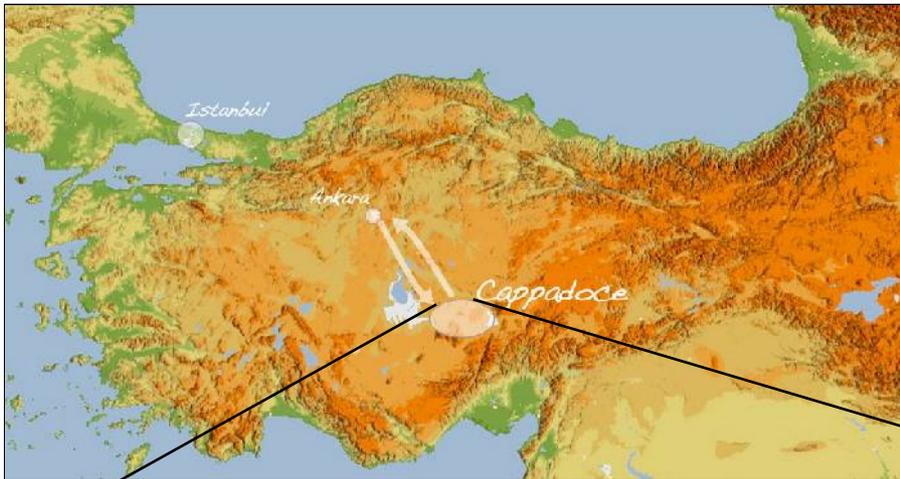
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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 altitu

Duration :	8 days
Portage :	Only your daily items
Accomodation:	Hotel, pension
Framing:	Guidebook and our local team at your Service
Meal :	Restaurant, picnic

Cappadocia :



Dates of departure :

from 07/04/13 to 14/04/13
from 14/04/13 to 21/04/13
from 21/04/13 to 27/04/13
from 27/04/13 to 05/05/13

from 05/05/13 to 12/05/13
from 12/05/13 to 19/05/13
from 19/05/13 to 26/05/13
from 26/05/13 to 02/06/13

from 02/06/13 to 09/06/13
from 09/06/13 to 16/06/13
from 16/06/13 to 23/06/13
from 23/06/13 to 30/06/13

from 30/06/13 to 07/07/13
from 07/07/13 to 14/07/13
from 14/07/13 to 21/07/13

from 21/07/13 to 28/07/13
from 28/07/13 to 04/08/13

from 04/08/13 to 11/08/13
from 11/08/13 to 18/08/13
from 18/08/13 to 25/08/13
from 25/08/13 to 01/09/13

from 01/09/13 to 08/09/13
from 08/09/13 to 15/09/13
from 15/09/13 to 22/09/13
from 22/09/13 to 29/09/13
from 29/09/13 to 06/10/13

from 06/10/13 to 13/10/13
from 13/10/13 to 20/10/13
from 20/10/13 to 27/10/13
from 27/10/13 to 03/11/13

Program :

Day 1 : Ankara

Arrival in the Turkish capital, you reach your hotel.

Transfer : 30 minutes

Accommodation: hotel

Meal:----

Walk:----

Day 2 : Aksaray - Valley of Ihlara

Bus to reach the city of Aksaray and its bus station. The hotel keeper of this evening will welcome you in Akasaray, then lead you to the Ihlara valley crossed by the river Melendiz who notched the vast plateau of some 150 meters high and carved this canyon 14 km long. 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 ...). Arrival in the valley to the village of Belisirma where you leave once the valley. You will sleep that night in the village of Ihlara.

Transfer: 4h

Accommodation: pension

Meal: morning and noon

Hike : + 100m ; -200m ; 5km

Day 3 : Ihlara – Sinasos

In the morning you descend back into the valley of Ihlara to see the last part of the canyon and many other churches hidden in the rock. Arrival once again in Belisirma to lunch. Transfer to the heart of Cappadocia. Along the way we stop to visit the very surprising underground city of Derinkuyu which served as a refuge several times to the early Christians who lived in the region.

We arrive in the day at Mustafapasha, a Greek face village formerly called Sinasos. Mustafapasha

was inhabited by Orthodox Greek until 1923, dates of the Treaty of Lausanne (population exchange between Greece and Turkey). You are in one of the most beautiful villages of Cappadocia. You can admire the charm of old stones and the medrese now converted into university. In the immediate vicinity of the village where you can see old churches in what is called the Valley of the monasteries.

Transfer : 1h

Accommodation: pension

Meal : Morning, noon and evening

Walk : + 150m ; - 150m ; 7km

Day 4 : Valley of Gomed

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

Transfer : ----

Accommodation: pension

Meal : Morning, noon and evening

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

Day 5 : Red and Pink Valleys – Cavusin

Leaving Ortahisar from a trail (or a small transfer), you descend the valley of Meskendir to join one of the most beautiful set of valleys of Cappadocia, the red and rose valleys, named after the beautiful colors tuffs volcanic magical result of the work of millions of years of erosion due to wind and rain, on 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: cave dwellings in many, churches and frescoes still well preserved. At the end of the day your feet will lead you to Cavusin. This small village, built around two massive rock riddled with ancient cave dwellings openings, in the 5th century was a major center of pilgrimage dedicated to St. John the Baptist as evidenced today the vast basilica dedicated to him.

Transfer : ----

Accommodation: pension

Meal : Morning, noon and evening

Walk : + 380m ; - 350 ; 11km *if you take the small transfer in the morning: + 255m ; -300 ; 7,5km*

Day 6 : White Valley – Pigeon Valley – Göreme

Hiking in the White valley, very open and dominated elegant fairy chimneys, where the tuff is a beautiful white sometimes stained with 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 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.

Transfer : ----

Accommodation: pension
Meal : Morning, noon and evening
Hike : + - 460m ; 17km

Day 7 : Ankara

In the morning you will take a bus (local) very comfortable to reach the capital of Turkey. The opportunity for you to finish your trip in Anatolia with a visit to Anatolian Civilizations Museum (Museum of international importance) and a tour of the old town to realize what Ankara was (a simple Anatolian village) before the advent of the Republic who made it to the city of more than 4 million people, most of modern Turkey and one of the most interesting.

Transfer : 4-5h
Accommodation: hotel
Meal: morning
Walk : ----

Day 8 : Return

Return flight.

Transfer : 45 min
Accommodation: ----
Meal: morning
Hike : ----

Prices : 1pax:435€
2 pax and more : 370€

Guaranteed departure from one person.

The price includes:

- . The accommodation described, based on double 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).
- . Transfer of your luggage by vehicle.
- . A comprehensive guidebook for guidance and logistics during your trip.
- . Assistance by our local team.

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: 3 to 10 € per person according the visits.

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€

Self guided Hike: What is it ?

You walk without a guide or coach. We take care of all the logistics: booking of accommodation and eventually taxi, but also the transfer of your luggage at every stage. To allow you to go safely we have created ourselves a detailed guidebook in which you will find all the information you need on a daily basis. In bulk, a summary of the day ahead, the details of the ride, a little vocabulary, any transport You do not charge anything and when you reach the end of the day your pension, it is feet under the table!

Self guided hiking is also a triple advantage:

- the guarantee to go from two people, three or more (or even alone).
- more affordable rates for the people who do not support the fixed cost of a hiking guide.
- Finally, for those who enjoy a certain independence, it is the leisure to progress at your own pace.

Additional Informations:

On the spot

The team

- . a local team who will advise you better if you have questions.
- . host of your pensions and hotels involved in the delivery of your luggage.

Movements

Usually by bus or with our partners by car or minibus depending on the size of the group.

Accommodation

In Ankara : comfortable hotels based on double room, three-star local standard.
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