



Terra Anatolia

Adventure Travel in Turkey

www.terra-anatolia.com

Cappadocia – Istanbul *Self guided*

code : CI01



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



Finally, Istanbul: its name is enough to tell the truth, the only city in the world which straddle two continents. At the heart of the city, the Bosphorus connects the Black Sea, the Sea of Marmara and the Golden Horn. In this magnificent site, which was the reason for his prodigious destiny, she proudly preserves the precious testimony of the three empires which was the capital: Roman, Byzantine and Ottoman while advancing towards a modern future. A fusion between East and West, past and present, it is a mythical city but also and above all a great cosmopolitan and lively urban. At the foot of the immutable domes decor and minarets, the joyful and noisy bustle of the crowd, the back-and-fro of boats, merchant calls mingle with the rumors of the port.

Highlights :

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

Grade : A

Scale Level:

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

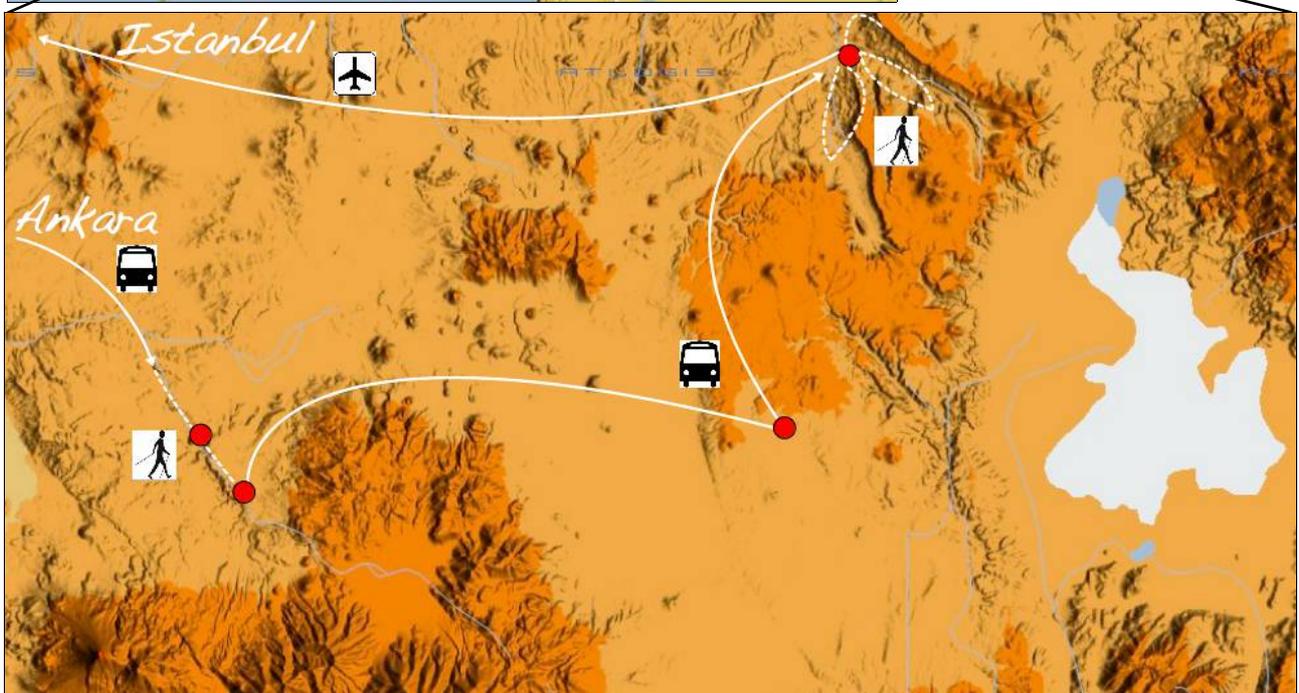
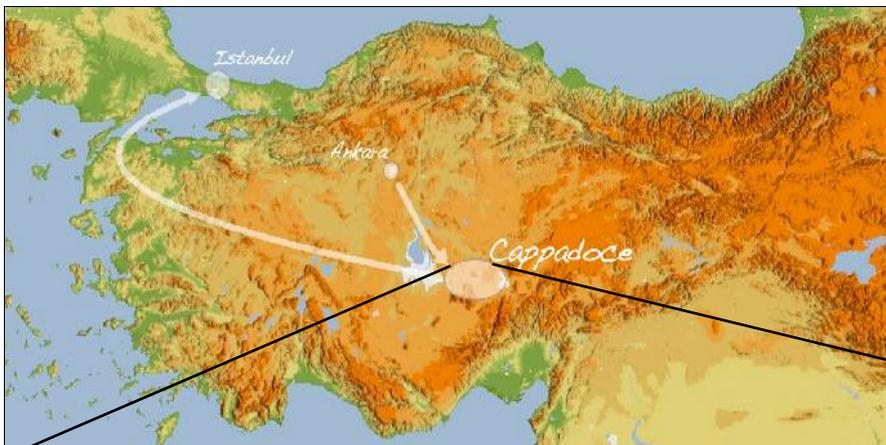
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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
Accommodation:	Hotel, pension
Framing:	Guidebook and our local team at your service
Meal :	Restaurant, picnic

Cappadocia :



Dates of departure :

All date possible

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 Aksaray, 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, noon

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

Day 3 : Ihlara – Cavusin

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 for lunch. Transfer to the heart of Cappadocia. Arriving at the village of Cavusin, you visit 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 today the vast basilica dedicated to him. L'après midi marche pour le site de Pasabag ou les « vignes du pacha ». Retour au village de Cavusin.

Transfer : 4h

Accommodation: pension

Meal: morning, noon and evening

Walk : + 330m ; - 340m ; 9km

Day 4 : 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

Hike : + - 480m ; ; 10km

Day 5 : White Valley – Valley of Pigeon – Göreme

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 leeks 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

Walk : + - 460m ; ; 17km

Day 6 : Göreme – Istanbul

After breakfast, transfer to the airport (usually the airport of Kayseri). Arrival in Istanbul, you can reach your hotel.

You have now a day and a half to enjoy the city of Istanbul. There are lot of things to do or to see.

Also you are free to organize as you wish, but we suggest you (through topo) following tours:

Topkapi Palace which various buildings stood on a promontory overlooking the Sea of Marmara and the Bosphorus. Residence of the sultans and the heart of the Ottoman Empire is now a museum with rich and varied collections.

The St Sophia Museum: This ancient basilica, built by Constantine and rebuilt by Justinian in the 6th century, dedicated to the divine wisdom, one of the greatest works of architecture of all time. The museum became a mosque after the conquest of Istanbul, Ataturk transformed into a museum in 1935. You will admire the beautiful mosaics and a huge dome 55 m high and 31 m in diameter.

The Blue Mosque (Sultanahmet Mosque): It was built by the disciple Sinan at the request of Sultan Ahmet 1, between 1609 and 1616. It stands on the most beautiful location of the town, with its six minarets and cascading domes. Inside, beautiful faience tiles dominated lambrissent blue walls.

Transfer : 1h

Accommodation: hotel

Meal: morning

Hike:

Day 7 : Istanbul

Free Visit.

The Suleymaniye Mosque, considered as the most beautiful in Istanbul.

A stay in Istanbul is inconceivable without the traditional and unforgettable cruise on the Bosphorus Strait which winds along the hills between Europe and Asia. The sultans knew how to embellish these shores by building in the heart of beautiful gardens with fountains and fountains, palaces, kiosks, and pavilions. Following their high dignitaries of the empire and the rich Istanbulites wanted to have their summer residences, they are large carved wooden houses called "yali" opening on the water and sometimes on stilts.

Then come the inevitables:

The Grand Bazaar of Istanbul is like a neighborhood with its domes and arches, its narrow streets, intersections columns, 18 doors, 5 and 6 mosques fountains. Its 200,000 m2 are the largest bazaar in the world. This is an intricate maze of colorful shops. You will enjoy immersing yourself in the oriental atmosphere.

The spice markets. With its animation and irresistible mixture of various smells of spices, the Egyptian Bazaar is one of the most endearing Istanbul. The building dates from 1943, it stands on the site of a bazaar in 1663 where the Genoese and the Venetians had already installed a spice market ...

Transfer :

Accommodation: hotel

Meal: morning

Walk :

Day8 : Return

Return flight.

Transfer : 45 min

Accommodation:

Meal: morning

Hike :

Prices : 1 pax : 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 and Istanbul.
- . Mineral water for restaurant meals (indicative 1 bottle for 3 people).
- . Transfer of your luggage by vehicle.
- . Providing a comprehensive guidebook for guidance and logistics during your trip.
- . Assistance by our local team.
- . The flight ticket Istanbul - Cappadocia

The price does not include:

- . Air transport (except flight Cappadocia-Istanbul).
- . Sites entries
- . Drinks and personal expenses.
- . The insurance cancellation - interruption living and support.
- . The boat trip on the Bosphorus in Istanbul.
- . Anything that is not written in "the price includes".

To pay on the spot:

- . The lunch and dinner in Ankara and Istanbul: between 8 and 15 € per meal.

. Entries in the sites, monuments and museums: 3 to 15 € per person according 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 and Istanbul :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.soscavehotel.com/>
<http://www.themetropolhotel.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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Istanbul depuis le Bosphore