



Terra Anatolia

Adventure Travel in Turkey

www.terra-anatolia.com

Churches of Cappadocia and wild Taurus

code : CT1



Violent eruptions of volcanoes around, there are three million years, covered the surrounding plateau of volcanic lava and ash, and 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, pension to pension; discover all the treasures that contain that small part of Anatolia.

Then you will gain the Taurus Mountains, all are close. Another world awaits you: the deep valleys, high cliffs of limestone and plateau of altitudes of transhumance. You will discover the south face of the Aladaglar massive by beautiful airy walks, overlooking the valleys and typical villages of Anatolia.



Highlights:

- . Troglodyte Churches and villages of Cappadocia, the discovery of the most beautiful valleys
- . The scenery of the Taurus approached by accessible hiking.

Grade : B

Scale Level:

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

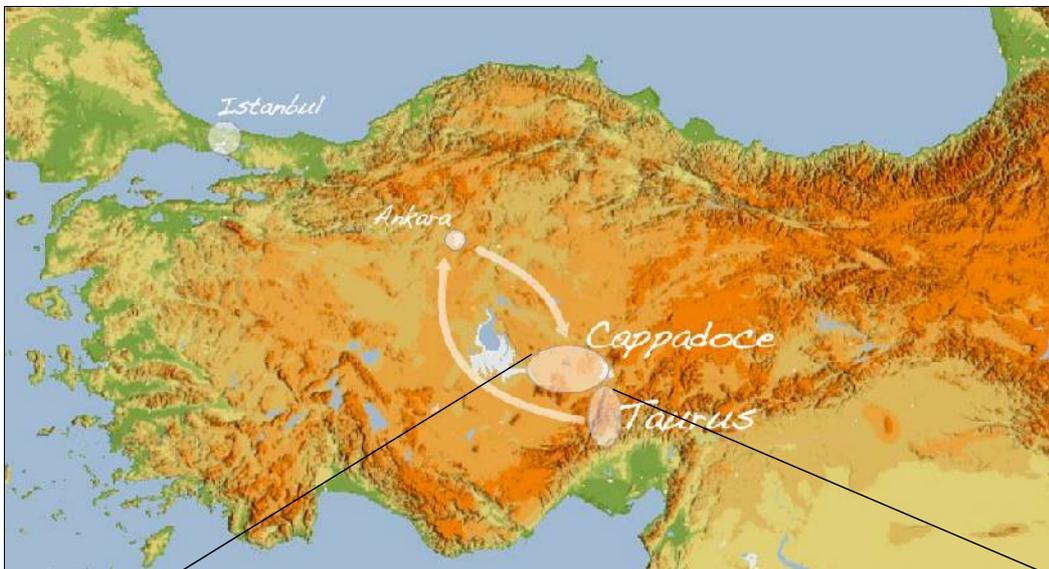
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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.

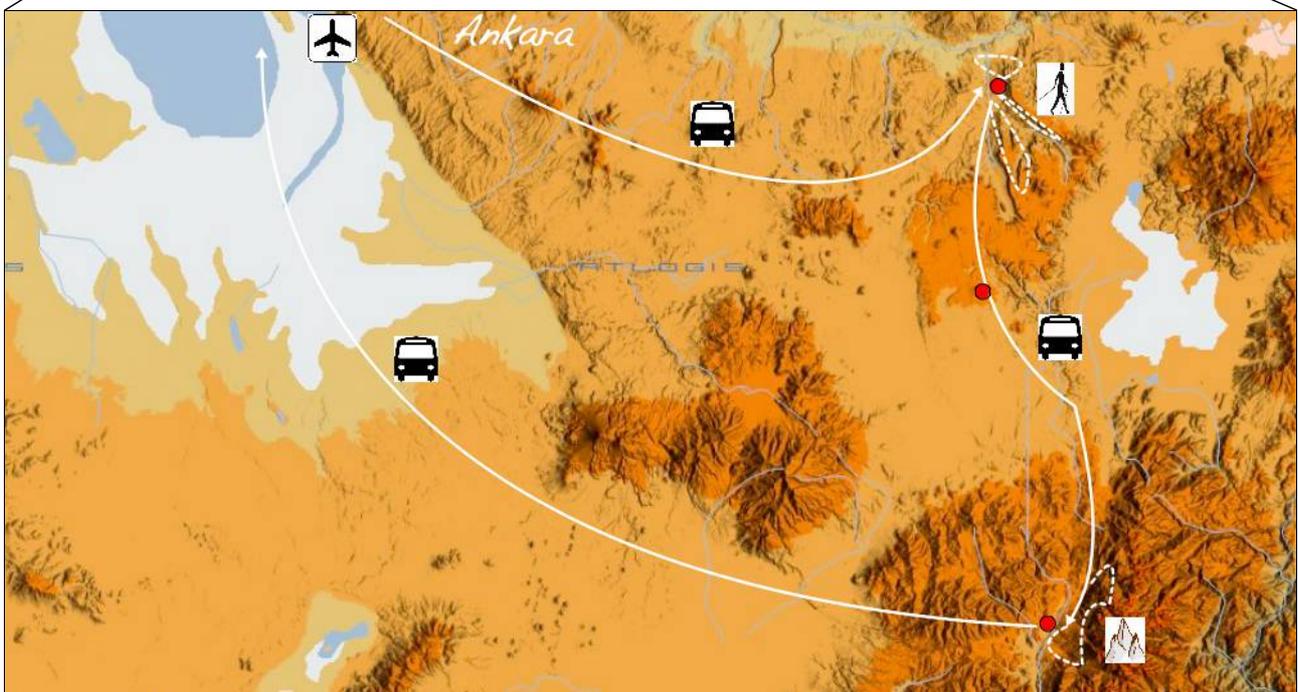
D: Hike where all steps have with some important change of altitudes .

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

Cappadocia and Taurus



Your circuit :



Dates de départ :

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 26/05/13 to 02/06/13

from 02/06/13 to 09/06/13

from 07/07/13 to 14/07/13

from 04/08/13 to 11/08/13

from 25/08/13 to 01/09/13

from 01/09/13 to 08/09/13

from 29/09/13 to 06/10/13

from 06/10/13 to 13/10/13

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, 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, 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, evening

Walk : + - 480m ; ; 10km

Day 4 : White valley – Pigeon Valley – Göreme – Taurus

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 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. Then we go to the Taurus Mountains. We stop en route to visit the underground city of Derinkuyu (classified by UNESCO) with eight floors and 55 meters of tunnels dug into the ground. Finally arrival at the village of Atasan established in the valley around a typical farm environment.

Note : if the duration of the walk is too long and does not permit to visit the underground city of Derinkuyu, the guide will shorten the journey.

Transfer : 2h

Accommodation: in camp or in gîte depending on the season

Meal : Morning, noon, evening

Hike : + - 460m ; ; 17km

Day 5 : Taurus, Valley of Emli

Breakfast overlooking the Taurus and its jagged peaks exceeding 3700m. The mountain range stretches across southern Turkey, along the coast up to the borders of Asia. Departure by foot to the Valley of Emli. First contact with the mountain, we cross the small canyon of Kazikale, to join the Emli valley.

Transfer : ----

Accommodation: in camp or in gîte according to the season

Meal : Morning, noon, evening

Walk : + 570m ; - 185m; 12km

Day 6 : Valley of Emli – Plateau of Eznevit – Camp of Sokulupinar

Hiking in the Emli Valley through a coniferous forest crowned by the peaks of the massive. Arrival and picnic on the plateau of Eznevit near the cold source (2530m) where some shepherds camps are installed during the summer. Continuing on a path in balcony along the Karasay Mount, crossing at the foot of Kayalari of hoodoos, erect rock such fireplaces. descent to the camp of Sokullupinar (2100m) situates at the foot of one of the main peaks of the Taurus: the Demirkazik.

Transfer : ----

Accommodation: in camp or in gîte according to the season

Meal : Morning, noon, evening

Hike : + 850m ; - 500m; 13km

Day 7 : Gorge of Cimbar – village of Cukurbag – Ankara

Leaving our camp for the tray of Arpalik. Arrival on the summer pasture, Gorge doors of Cimbar lie ahead. Descent through the impressive canyon with vertical walls of hundred meters high. At the end of the gorge, the minibus is waiting for us and we leave the mountains to the capital of the Republic of Turkey: Ankara.

Transfer : 4-5h

Accommodation: hotel

Meal: morning, noon

Walk : + 310m ; - 690m; 6km

Day 8 : Ankara

In the morning, transfer to the airport for your return flight.

Transfer : 30min

Accommodation: ----

Meal: morning

Walk : ----

Prices :

6-9 pax	9-14 pax
470,00 €	400,00 €

Departure guaranteed from 6 persons.

The price includes:

- . Land transfers required for an orderly program.
- . The accommodation described, based on double occupancy in a hotel, pension and camp.
- . Cook and his assistant in camp.
- . Full board throughout the journey except meals in Ankara.
- . Mineral water for restaurant meals (indicative 1 bottle for 3 people).
- . Accompaniment by an 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 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 cook and his assistant in camps in the Taurus Mountains.

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 room, three-star local standard.

Outside cities, pensions: very friendly small hotel, based on double occupancy. In the mountains, fixed camps are offered in this form: a mess tent where we take meals and we organize the group life. Tents based on two people planted nearby. A small toilet area.

Non-exhaustive list of hotels / pensions:

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

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

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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plateau d'Eznevit, Mt du Taurus