



# Terra Anatolia

Adventure Travel in Turkey

[www.terra-anatolia.com](http://www.terra-anatolia.com)

## Churches of Cappadocia, wild Taurus and ancient Lycia

code : CTL1



Cappadocia, limestone mountain of Taurus and coast of Lycia: Three regions, three worlds to discover Turkey in all its diversity.

Discovery of Cappadocia, unique mineral univers in the world, marked by men and religions have for centuries shaped the landscape and stone.

Then you will gain the nearby mountains which dominate the steppe at the top of their 3700m! This is another world, the rugged and beautiful landscapes where in summer altitude trays are arrived transhumant shepherds families and their herds.

Finally the third time of this trip, Lycia. This is probably the most beautiful coastal region of the country. Luminous, bathed by the Mediterranean, dotted with ancient ruins scattered here and there in the nature, witness the Greek influence of the period.

A journey of 13 days (Istanbul optional on request) where the variety is everywhere, in the beautiful scenery in the steps of discovery, in the home, in the historical traces left those territories. Only common feature, the Turks and their home, delicious food and the beauty of Anatolian lands.



### Highlights :

- .Churches and troglodyte villages of Cappadocia, the discovery of the most beautiful valleys
- . The scenery of the Taurus approached by accessible hiking
- . The discovery of Konya, the city of Mevlana
- . The old town of Antalya, a jewel of Ottoman architecture.
- . The rugged coastline of Lycia and its ancient sites.

# Grade : B

Scale Level:

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

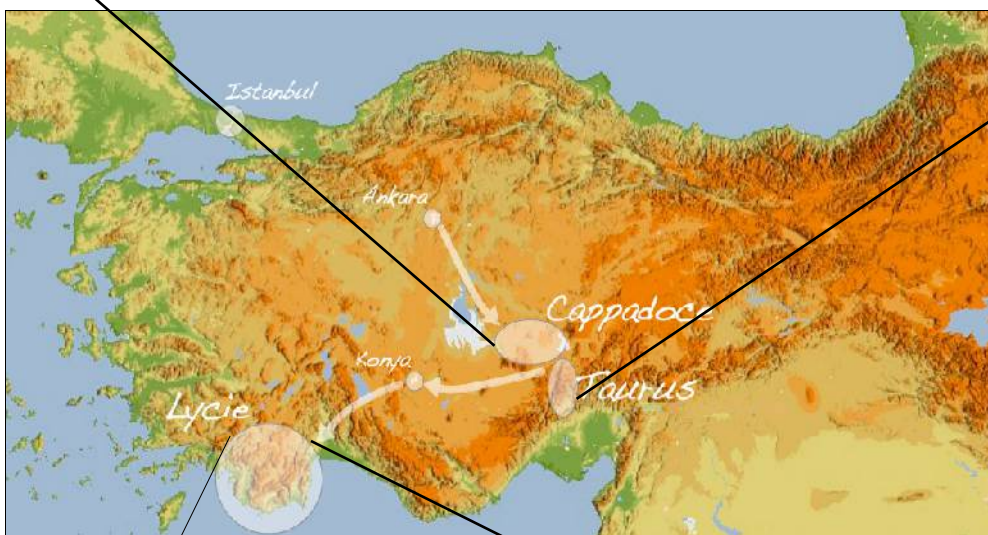
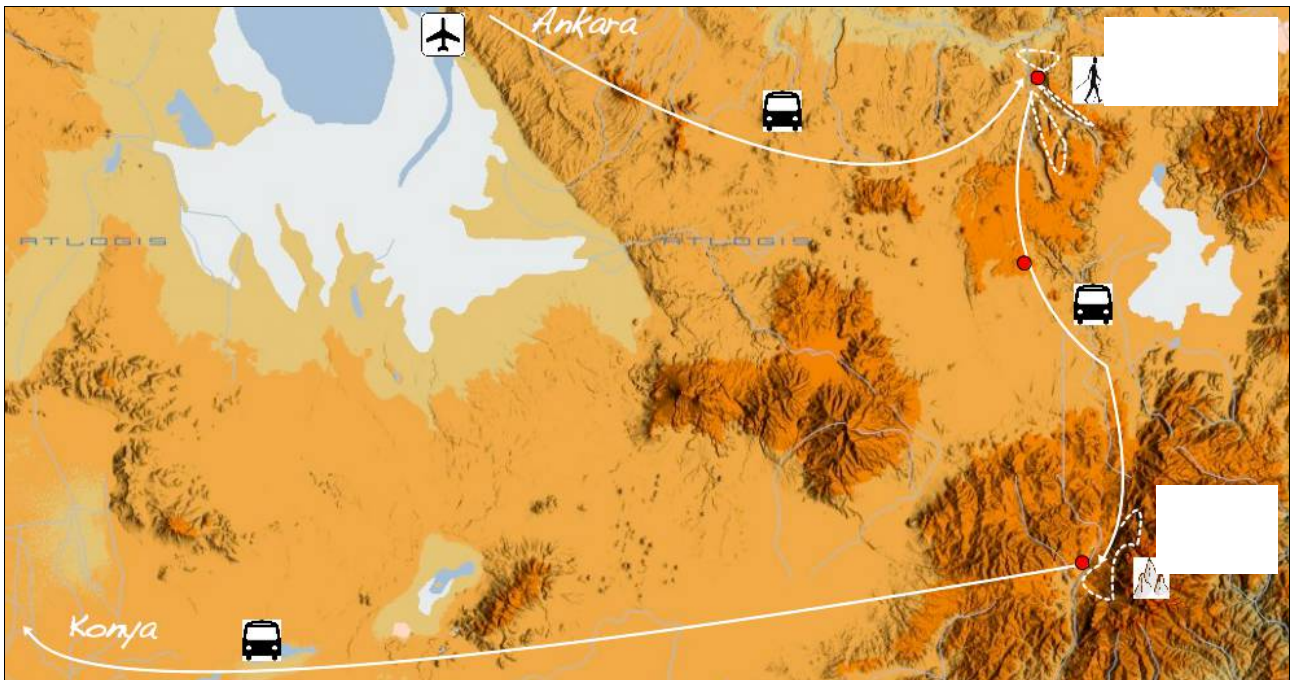
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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.

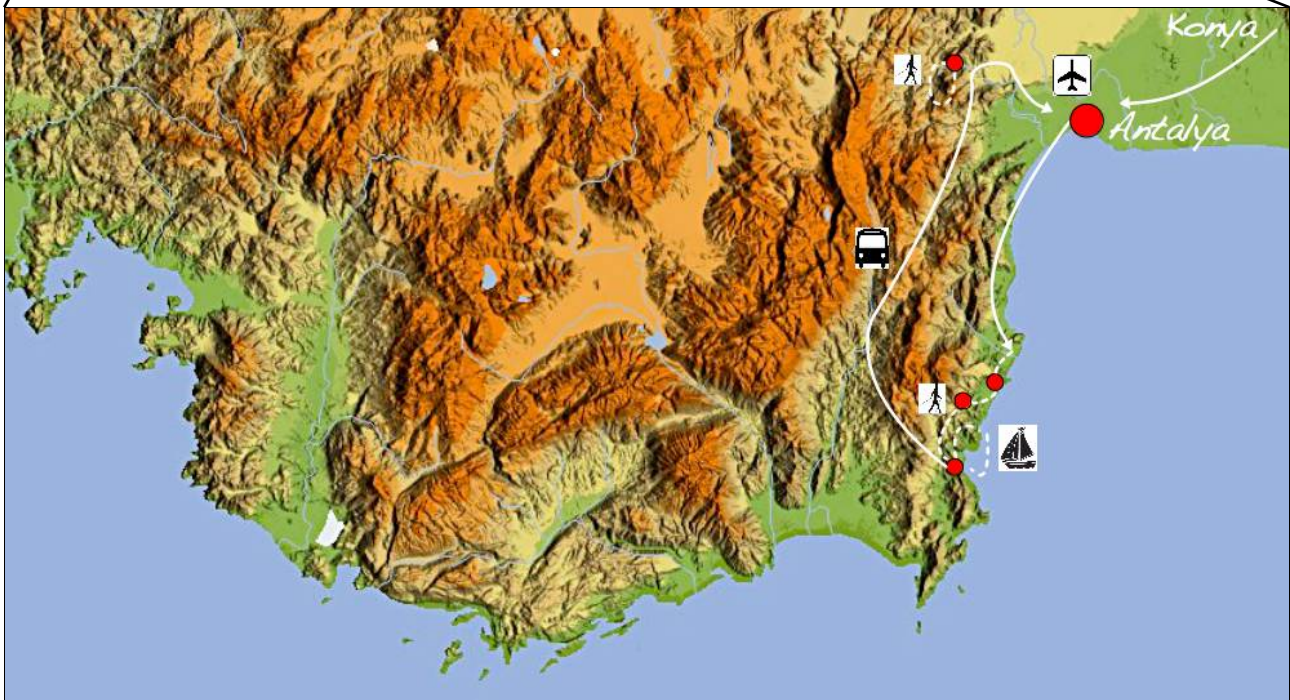
D: Hike where all steps have with some important change of altitudes .

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

## Cappadocia and Taurus



# Lycia



## Dates of departure :

from 05/05/13 to 19/05/13  
from 02/06/13 to 16/06/13

from 30/06/13 to 14/07/13  
from 11/08/13 to 25/08/13  
from 25/08/13 to 01/09/13

from 29/09/13 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 on the site of Pasabag or "vine of the Pasha," the starting point of our first foray in Cappadocia. The trail takes us to the village of Cavusin. Visit of the old village built around two massive rock riddled with openings with 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 Rose Valleys – Cavusin**

Today ride in loop. Departure for one of the most beautiful set of valleys of Cappadocia, Rose and Red 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 on 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. In the late afternoon return to Cavusin trails.

Transfer : ----  
Accommodation : pension  
Meal : morning, noon and evening  
Walk : + - 480m ; ; 10km

### **Day 4 : White valley – Pigeon Valley – Göreme – Cavusin**

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 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. Visit of the city of Cavusin then return to the valley of Kiliclar or "valley of swords."

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

### **Day 5 : Gomedada valley - Taurus**

Small transfer to get to the village of Ortahisar (or "tower in the middle"). From here begins the discovery of the valley Gomedada. Departure to the site of Pancarlik before joining the site of Uzengi and the Gomedada Valley. Monasteries and cave dwellings succeed, but also dovecotes carved directly into the front of the rocks. We arrive at the Greek village of Mustafapasa , famous for its stone carved houses and its calm. Break in a small cafe on the town square to enjoy a chay (tea) on a terrace, an unavoidable moment of the Turkish culture. 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 its 55 meters of galleries dug in the ground. Finally, arrival at the village of Atasan established in the valley around a typical farm environment.

*Not : if the duration of the walk is too long and does not permit to visit the underground city of Derinkuyu, the guide will make shorter the course. It depends of the situation.*

Transfer: 2h  
Accommodation: in camp or gîte depending the season

Meal : morning, noon and evening

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

### **Day 6 : Taurus, Emli valley**

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 on foot to the Emli Valley. First contact with the mountain, we cross the small canyon of Kazikale, to join the Emli valley.

Transfer : ----

Accommodation: in camp or gîte depending the season

Meal : morning, noon and evening

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

### **Day7 : Emli valley – 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) situated at the foot of one of the main peaks of the Taurus: the Demirkazik.

Transfer : ----

Accommodation: in camp or gîte depending the season

Meal : morning, noon and evening

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

### **Day 8 : village of Cukurbag – Konya**

Leaving our camp for the tray of Arpalik. Arrival on the summer pasture, Gorge doors of Cimbar lie ahead. Descent through the canyon that offers beautiful panorama. At the end of the throat, the minibus is waiting for us. We leave the massif, 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

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

### **Day 9 : Konya – Phaselis - Ulupinar**

On the route to Lycia. Crossing the Taurus Mountains is remarkable and little by little we perceive the change of scenery and climate. Arrival in the Antalya region. 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, noon and evening  
Walk : + - 190m ; 6km

### **Day 10 : the flames of the Chimera – 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 interesting 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  
Hike : + 260m ; - 480m ; 13km

### **Day 11 : creek of Maden – return by boat and Sazak**

We start the day with a walk on a beautiful trail balcony, very close to the sea. It allows us to reach the creek Maden, deserted and beautiful. A boat awaits us and by its edge while repassing Cirali, we have access to the creek of Sazak and Porto Ceneviz, at the aplomb Mount Moses. Privileged places accessible only through sea. Let's enjoy the water, swimming and relaxation. Later, back to Cirali.

Transfer : ----  
Accommodation : pension  
Meal : morning, noon and evening  
Walk : + -360m ; 4km

### **Day 12 : Termessos then Antalya**

Departure from and transfer to Antalya. On the route, a detour will give us access to the ancient site of Termessos. We leave the vehicle and it will take 2 hours to browse the site perched at an altitude of 1000m in nature. Discovered in the 20th century, the site is awesome and the location was not chosen by chance. The city valiantly resisted to the armies of Alexander and it is an earthquake that finally destroyed. You can admire the ancient walls, the tombs of course but especially the theater of 4000 seats (jewelry), suspended in a vacuum.

After the visit we will go to Kaleici, the old town of Antalya. Preceded by a reputation of legitimate resort of choice, Antalya is also much more than that. This regional capital in the center holds one of the most beautiful Ottoman cities possible. You can admire its konaks, old Turkish buildings that are here perfectly preserved. In addition, the fantastic site, the sea side, close to the Taurus mountains that plunge into the Mediterranean. Antalya is one of the most appreciated cities of Turkey. Enjoy the evening to stroll through the quiet streets of the city.

Transfer : 2h  
Accommodation : pension  
Meal : morning, noon  
Hike : + - 215m ; 3km

## Day 13 : return

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

Transfer : 30min

Accommodation : ----

Meal : morning

Walk : ----

## Prices :

6-9 pax	9-14 pax
830,00 €	640,00 €

Departure guaranteed from 6 persons.

### The price includes:

- . Land transfers required for an orderly program.
- . Excursion near Cirali aboard a traditional boat piloted by Captain.
- . The accommodation described, based on double room occupancy in a hotel, pension and camp.
- . Cook and its assistance in camp.
- . Full board throughout the journey except meals in Ankara, Konya and Antalya.
- . 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 and Antalya 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 boat captain for sea excursions
- . A cook and his assistance 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, Konya and Antalya : 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://www.motelgreen.com/en/index.html>

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

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

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

### Meals :

All meals are prepared by the chef who is on board the caique (Breakfast and dinner are included in the square or on the rear of the boat, depending on the temperature; lunch is often taken as a picnic at hikes)

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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