



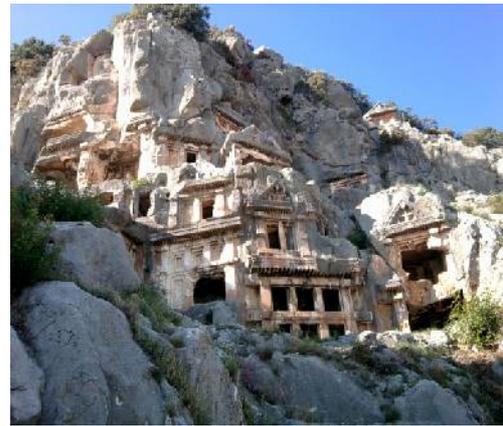
# Terra Anatolia

Adventure Travel in Turkey

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

## Tour of Cappadocia, Lycian coast, the mountains in the sea

code : CL2



Violent eruptions of volcanoes around 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 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.



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. The hiker will find first "mountain" altitudes in an environment where the proximity of the sea is truly amazing. Subsequently, the days are cut out between rides through the vegetation to find the ancient sites of the Lycian coast and discover a breathtaking coastline on Turkish "gullet", traditional boats of the Aegean Sea.

Hiking, relaxing, swimming and culture for this exclusive program should charm you.

## 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.
- . Truly Lycian mountain paths always with "sea view".
- . The ancient Lycia.
- . Cabotage in the Mediterranean Sea along a incredible coastline

## Grade : B

Scale Level:

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

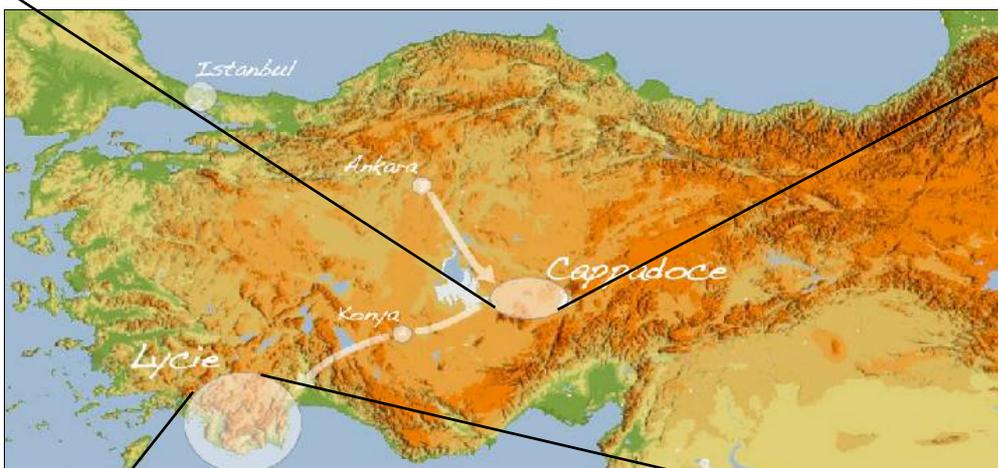
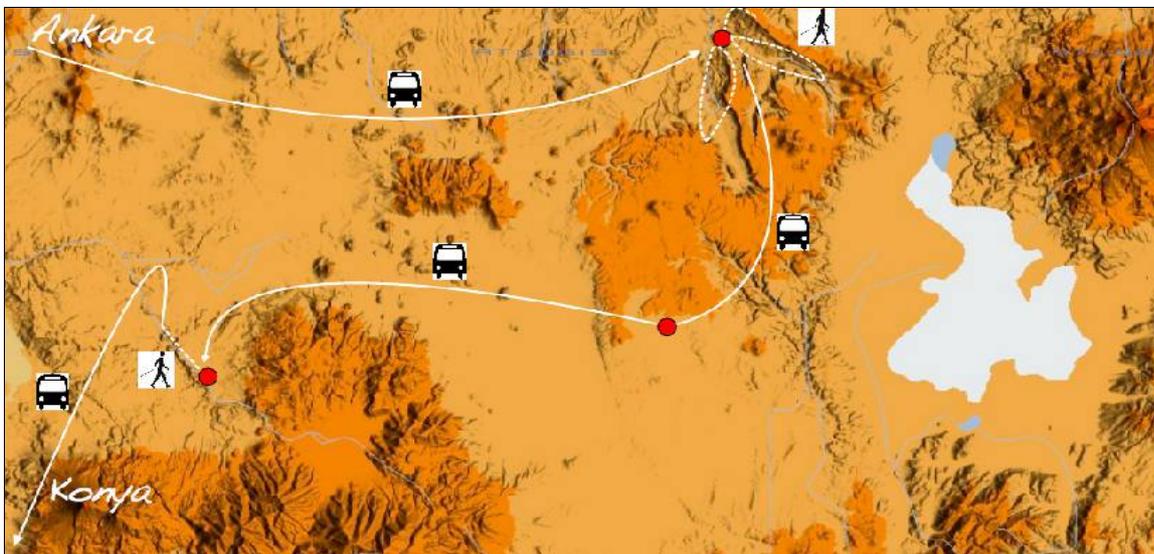
B: Walk hiking, some elevation changes can sometimes be important, but sometimes stony paths good to very stony.

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>Accomodation :</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 :





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 – Pigeon Valley – 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 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 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 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. 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 : Ihlara Valley (Ihlara-Belisirma) – Konya**

Walking 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. We also visit the largest caravanserai in Turkey, one of Sultanhanı a commercial building, religious and military who served as protective relay for all involved caravans on the Silk Road.

Transfer : 4h

Accommodation : hotel

Meal : morning and noon

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

### **Day 6 : Konya – Aspendos - Antalya**

En route to Lycia. Crossing the Taurus Mountains is remarkable and little by little we perceive the change of scenery and climate. Arrival in the région of Antalya. The city, on the Mediterranean coast, is built on a limestone plateau with cliffs plunge into the bay and the old port. The surrounding vegetation, verdant orchards Coast (citrus, peaches, apricots, figs, olives, bananas) and the continuity of massive of Taurus that encircles the bay is a beautiful setting. We drive to Aspendos Roman theater certainly the best preserved in Asia Minor. Built during the reign of Marcus Aurelius, the theater welcomes today operas always of high quality. We finally arrive in Antalya, in the center of the old town named Kaleici. Overtaken 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 perfectly preserved here. Add to this the fantastic site, the sea, close to the Taurus mountains that plunge into the Mediterranean, Antalya is one of the most enjoy Turkey.

Transfer : 4h

Accommodation : hotel

Meal : morning and noon

Walk : ----

### **Day 7 : Gedelme – plateau of Cukur**

In the morning transfer to the village of Gedelme at 700m altitude. Between mountain and coastal canyon, we climbed, sometimes on beautiful tracks sometimes on the trails of the Lycian way. As the landscape changes, pine and cypress trees give way to the cedars of Lebanon, but we always have a sea view. We finally arrive at the foot of Mount Olympus (Tahtali in Turkish) on the plateau of Cukur in a surprising mountain univers.

Transfer : 1h15

Accommodation : tent

Meal: morning, noon and evening

Hike : + 1200m ; - 320m ; 15km

### **Day 8 : Mount Olympus**

On this day we will climb Mount Tahtali, one of the world's Olympians Greek, Lycian Olympus, the world of Pegasus and Bellerophon. From its 2360m the view embraces a fantastic view of the mountains around the Mediterranean and the "Calanques" of the coast. Descent to the camp.

Transfer:----

Accommodation : tent

Meal: morning, noon and evening

Walk : + - 870m ; 10km

### **Day 9 : Üçoluk or the three fountains**

We win the hamlet of Üçoluk "the three fountains" in Turkish, placed on an agricultural plain, is traditionally the place of shepherds summering on the coast. We cross one of the finest cedar forest of the East before arriving at the village where we will stay at the inhabitant for the night.

Transfer :----

Accommodation : in the inhabitant

Meal: morning, noon and evening

Hike : + 360m; -500m ; 9km

### **Day 10 : Üçoluk – Cirali beach**

Down by a beautiful track in balcony where the view is still incredible. Arriving at the village of Beycik where our transfer will lead us in a few minutes on one of the most beautiful beaches in Turkey, the beach of Cirali. A small plain where they cultivate oranges, lemons, pomegranates and also live with a few tourists where no heavy construction is tolerated by the national park that encompasses Cirali beach and 3km dominated by Mount Olympus .

At twilight we will see the site of the Chimaera hidden in the hills nearby. Flames come out of the ground there for almost 3000 years. A geological curiosity that gives rise to the wildest legends, including those of the Chimera monster defeated by Bellerophon.

Transfer : 25minutes

Accommodation : pension

Meal: morning, noon and evening

Walk : - 570m ; +150m ; 6km

### **Day 11 : Olympus – Creeks of Sazak and Porto Ceneviz**

After walking along the beach of 3km, we find at the bottom of a green valley the site of the ancient site of Olympus. The ruins are hidden in the vegetation and you will find the theater, the city gates, mosaics and tombs which are especially characteristic of the Lycian civilization. After going through the site, we board a gulet, a traditional boat to discover isolated coves and Sazak Porto Ceneviz, accessible only by sea. Dream landscape, swimming and relaxation. In the evening, return to our hotel on the beach.

Transfer :---

Accommodation : pension

Meal: morning, noon and evening

Hike : 3-4 km

### **Day 12 : Myra – Andriake – Kekova**

Transfer to Myra, one of the most important cities of the Lycian federation where the monuments here are of an entirely different 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. By late afternoon, we will start from the village of Ucagiz, the former Theimussa. Back on the beach of Cirali for a last evening by the sea.

Transfer : 3h

Accommodation : pension

Meal: morning, noon and evening

Walk :----

### **Day 13 : Antalya**

In the morning, transfer to Antalya Airport for your return.

Transfer : 1h30

Accommodation :----

Meal : morning

Hike :----

## Prices : Ask us

|          |          |
|----------|----------|
| 6-9 pax  | 9-14 pax |
| 950,00 € | 750,00 € |

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 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 per site 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

|                 |               |               |               |
|-----------------|---------------|---------------|---------------|
| <b>room</b>     | <b>single</b> | <b>double</b> | <b>triple</b> |
| <b>hotel 3*</b> | <b>70€</b>    | <b>45€</b>    | <b>40€</b>    |
| <b>hotel 4*</b> | <b>100€</b>   | <b>65€</b>    | <b>55€</b>    |

## 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 for the parts in the mountains of Lycia.

#### 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 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/>

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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