# Cycling in Cappadocia - Little and Friends

Trip Code: TUML

Version:

| CYCLE | GUIDED GROUP | 4 MODERATE |
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## HIGHLIGHTS

- Experience the weird and wonderful landscape of Cappadocia
- Cycle from Sarihan to Uchisar through the rock spires of 'Love Valley'
- The traditional market at Urgup and the underground city of Derinkuyu
- Cycle the exciting paths and trails of the Ihlara Canyon

### AT A GLANCE

- 7 days biking
- 250 kms
- 75% off-road - 95% vehicle supported
- Max altitude - 1500 metres
- Join at Kayseri

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

This is an amazing mountain biking holiday in Turkey and full of eastern promise. The central Turkish region of Cappadocia is one of the world's most outlandish and historic adventure travel destinations, with an extraordinary lunar landscape of amazing rock formations, a captivating history and a very exotic feel. Cappadocia is the perfect location for a mountain biking holiday, with a great mix of backroad, dirtroad and off-road trails not dissimilar to those found in the mountain biker's 'Mecca' of Moab in the USA.

We have more than 15 years experience of running cycling holidays in this part of Turkey and the result is an itinerary that provides an exhilarating cycling holiday for most riders. Our cycling journey begins and ends in the wonderfully authentic village of Urgup and takes us on a jaw-dropping biking adventure as we cycle through a unique kingdom of towering fairy-tale chimneys, yawning sandstone valleys and rock-hewn dwellings. Each day we visit different parts of the Cappodocia region, staying in comfortable family run hotels in Urgup and in Uchisar and enjoying the excellent (and fully included) local cuisine. Amongst the must-see sights are Ortahisar Castle, 'Love Valley', the troglodyte settlement of Uchisar, the underground city of Derinkuyu, the beautiful Ihlara Valley, the carved frescoes at the Open Air Museum of Goreme, the unspoiled farming villages of the Soganli region and the colourful produce market at Urgup. This is a biking paradise, good for relative beginners and also a chilled out holiday destination for the more experienced mountain biker.

## Is this holiday for you?

ADVENTURE CYCLING. Cappadocia provides a unique and exhilarating cycling experience, as we visit different parts of the region each day, staying in comfortable family run hotels in Urgup and in Uchisar. The majority of the biking is on rough cart tracks and footpaths, with short sections of quiet country roads. Vehicle support makes the holiday accessible to people with differing levels of fitness and mountain biking experience, because you can choose to cycle as much or as little of the route as you want. You should have at least some experience of riding a mountain bike on unsurfaced tracks. The support vehicle is almost always available and the average daily ride is a little more than 35 kilometres. BIKE HIRE AVAILABLE LOCALLY.

# Itinerary

Version:

# Holiday Information

## What's Included

- A professional English-speaking local mountain biking guide
- Kayseri (or Nevsehir) airport transfers as described
- Support vehicle(s) and driver(s) and any land transport involved in the itinerary
- All accommodation as described
- All meals

## What's not Included

- Travel Insurance
- Visas (if required)
- Tips for drivers and other local staff
- Departure taxes (if applicable)
- Miscellaneous expenses - drinks and souvenirs etc
- Bike hire
- Bike Carriage on the flights - please check with your carrier for charges

## Joining Arrangements & Transfers

The group will meet at the hotel in Urgup.

Transfers are provided from/to Kayseri or Nevsehir airports for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 9.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

All meals are included in the cost of the trip. Turkish food is amongst the finest in the world and we will have many opportunities to sample fresh local produce, as well as enjoying traditional Turkish mezzes. Breakfasts in hotels will usually consist of fresh baked bread, butter, jam and/or honey, olives, tomatoes, cucumbers, cheese, yogurt, preserved meat, fruit juice, eggs, and tea or coffee. This is most often set out as a buffet. Lunches will usually be taken in a local cafe. Main courses range from simple grilled meats to elaborately baked fish and meat casseroles and there are also plenty of delicious vegetarian options. Those with a sweet tooth must try the famous Turkish baklava, which is layered filo pastry, stuffed with almond paste or pistachios steeped in syrup.

## Accommodation

During this trip the group will spend 8 nights in comfortable family run hotels in Urgup and in Uchisar. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same gender. Depending on availability it may be possible to book a single room for the hotel nights. Please contact our office for a quote.

## Group Leader & Support Staff

The trip will be led by an experienced local English speaking Mountain Bike guide with support vehicle(s) and driver(s).

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

Approximately £150 to £200 (or the equivalent in euros or dollars) should be allowed for miscellaneous expenses including your bar bills and tips for the support crew. If you intend to buy expensive souvenirs, you should budget accordingly. Turkey's unit of currency is Turkish Lira. By far the easiest way to obtain your travel cash is from ATM's using a credit or debit card. ATM's are available only in the larger towns we visit e.g. Urgup. Credit cards can be used to purchase goods and services in some shops, hotels and restaurants in Turkey.

## Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. We recommend that tips to your local guide and driver are given at the end of the trip by the group as a whole. The actual amount of the tip is up to you but again this is best decided by the group as a whole and as a rough guide, a contribution from each group member of around £10 - 15 (in local currency equivalent) should provide a suitable pool for tips.

## Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

## Bike Hire

Our local agent in Turkey can provide Trek X Caliber 9 bikes which have 29 inch wheels, front suspension and disc brakes. Bikes can be reserved (subject to availability) at a cost of GBP £200 ($265, €235) for the week. There is also the option to hire an E-Bike at a cost of GBP £300 ($400, €355) for the week. Our agent can provide suitable off-road E-Bikes from Bisan, Orbea and Cappadocia. (Prices subject to change). Bike hire charges are paid locally and do not include loss of the bikes or damage to them beyond fair wear and tear. You can pay in cash or with a debit or credit card. You may be required to pay a security deposit or provide your credit card details when you pick up your hire bike. If you want to hire a bike, please contact the KE office with the type of bike you require. We will need to know your height - so that we can check availability and reserve a bike of the correct size. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire. The bikes are provided with flat pedals and with helmets (although you may prefer to take your own helmet). They have a single bottle cage and you will be given a FREE water bottle. If you usually ride with clip-in 'spd' pedals, you should take your own pedals and shoes. You might also choose to take your saddle, which will go a long way towards making the hire bike feel like your own bike.

## Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

## Vehicle Support

Throughout this trip we have the back up of one or more support vehicles. Each morning (when moving to new accommodation) our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

## Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a KE Trek Bag or similar holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

**Visa Turkey**

UK passport holders do not require a visa for visits of up to 90 days in any 180 day period.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Currency

The unit of currency in Turkey is the Turkish Lira.

## Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of reasonably long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, but running and swimming are also good for developing aerobic fitness and stamina.

## Climate

Daytime temperatures are likely to vary between 20 and 30 degrees centigrade at the times of year we operate this trip. During the hottest periods, we have the flexibility to make early starts to take advantage of the relatively cool mornings. The weather should generally be excellent, with clear skies and little rain. Since we are generally above 1000 metres elevation, the evenings can be quite cool, with temperatures dropping to 15 or even 10 degrees centigrade. In October, the temperatures will be cooler than those indicated above.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Lonely Planet Guide to Turkey
- The Rough Guide to Turkey
- Turkish Odyssey - A Traveller's Guide to Turkey and Turkish Culture. Serif Yenin
- Landscapes in Panoramic Turkey - from Istanbul to Ararat. Gerold Yong

## Private Groups Information

# Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

## Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation.  When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct.  Please go to our Travel Insurance page for further information and to get a quote.

### Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

# Equipment Information

## TUMB Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

### Bike Wear

- Cycling helmet
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof top
- Lightweight waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

### Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Swimwear
- Basic First Aid kit and personal medication
- Chamois cream (e.g. Assos/Ozone)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

## Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

## Hydration and Energy Snacks

You can use the water bottle provided or take a suitable hydration pack.  You should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

## Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Urgup. Transfers are provided from/to Kayseri and Nevsehir airports for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

### Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kayseri. Outbound flights will usually depart from the UK in the morning and arrive in the late afternoon of the same day. Return flights will depart Kayseri usually in the afternoon of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

### TUMB Why KE

The Best Of Cappadocia This is the full Cappadocia experience and there is far more to this holiday than simply great cycling. We have developed this itinerary over many years and we include great hotels, all meals, village visits, colourful produce markets, places of historical interest, archaeological sites, an open-air museum, Turkish baths... the list goes on.

**Please Note** This document was downloaded on 01/11/2026 and the trip is subject to change