FAMILY ADVENTURE IN CAPPADOCIA AND TURKEY’S TAURUS MOUNTAINS

Multi active, walking and cultural family holiday in the mountains of Turkey

- Explore the fascinating cave dwellings, tunnels and churches of the Cappadocia and Goreme area
- Have fun throwing your own ceramic pot on the potters wheel and fish for trout
- Enjoy day walks in the Taurus Mountains of the Aladaglar National Park
- Bike ride through the fairy chimneys, cook a traditional dish and enjoy an optional horse ride

Holiday Code FTM

Turkey, Trek & Walk, Family, 8 Days

3 nights guesthouse, 4 nights hotel, 7 breakfasts, 6 lunches, 7 dinners, max group size: 16, 3 half-day or day walks / 1 half-day bike ride / pot throwing / optional horse-riding / sightseeing

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Introduction

This smashing one week family holiday in Turkey takes us to the wondrous world of Cappadocia with its weathered rock fairy chimneys, tunnels and cave dwellings and the splendid Taurus Mountains. We start in the Goreme area where we have 4 hotel nights whilst we explore on foot and by bicycle. There is also optional horse-ride and a visit to the Turkish baths. We also have time to throw our own ceramic pot on the fun potters wheel! The second half of the holiday is set in the Taurus Mountains where we have two short day walks stopping for tea with local shepherds in the high pastures and walking through the splendid Kazikli Canyon. With an exciting visit to the underground city of Derinkuyu, fishing for trout and learning to cook a traditional Turkish dish with our hosts in the mountains this holiday has something for everyone in an adventurous family away from the busier Turkish Coast. This is a delightful holiday in Turkey.

If you are looking for a 2-week holiday during the summer holidays our Turkish Coastal Adventure is a perfect trip to join the week after this departure.

Is this holiday for you?

Suitable for children from 8 yrs old

Two of the day walks in Cappadocia and in the mountains are 2-3 hours, and there is one longer walk in the mountains of 4-5 hours. The paths are all well maintained and marked. Only one day involves ascent of around 450m. Our bike ride takes 3-4 hours along wide tracks and unsurfaced/partially surfaced roads with 100-150m ascent in total during the ride. The pace is set to allow for the children to enjoy it as well as the adults. We have frequent breaks. The visit to Derinkuyu underground city is not suitable for people who suffer from claustrophobia. Whilst in the mountains we stay in a simple pension/home stay with a local family. When in the mountains it is very peaceful and rural, away from mainstream tourism.

Holiday Itinerary

Day 1: Meet in Cappadocia. Kayseri Airport transfers provided.

KE Land Only package services begin with a single timed transfer from Kayseri Airport to our accommodation in Mustafapasa in the heart of Cappadocia. Depending on flight times we should arrive for a late dinner at the hotel.

Day 2: Goreme open air museum, walk to through Cappadocia's bizarre rock formation landscapes and throw a pot in Avanos.

We start our holiday in this are with a visit to the UNESCO Goreme Open Air museum, a perfect introduction to the area. It gives us an insight into how houses, churches and monasteries have been carved out of the soft rocks. There are also some fine examples of Byzantine art and frescoes at the museum.

After our visit to the museum we get out and enjoy a walk in the Meskendir and red valley area, to orient ourselves.
in this landscape of outlandish rock formations, cones, churches and cave homes. We take a picnic lunch with us and have it along the way. Our walk ends in Cavusin village, one of the oldest settlements in the Cappadocia area.

The finale of the day is learning some skills at the pottery wheel. We have some fun doing this in the ceramics centre of Avanos. We will leave our pottery produce for it to be fired to allow us to take it home later in the week. We make our way back to our hotel.

Day 3: Morning mountain biking, afternoon visit Pasabaglari and Zelve Valley for exploration of the honeycombed dwellings and tunnels.

After picking up our mountain bikes we start our ride in Goreme. We ride along well marked off road tracks through the Kiliclar or The Sword Valley with caves which are available to explore before entering the White Valley and up to the fortress viewpoint at Uchisar. Many of the rock rooms here are connected with stairs, tunnels and passages. We have a break here with some Turkish Tea and cake before taking the partly tarmac side road back to Goreme.

After lunch we explore the fairy chimneys’ in the Pasabaglari valley with their large toadstool like caps, and also visit the Zelve Valley which housed the largest communities in the area. This evening we have dinner in a local restaurant with delicious Turkish traditional dishes and local specialities.

Day 4: Walk around the caves in the Gomeda & Devrent Valley, free time in Urgup and Goreme. Optional horse-riding or Turkish baths. Sunset appreciation at panorama point.

We have a relaxed start to the day, and start with a short walk through the pretty vineyards to the ruins of Gomeda, the oldest cave church in Cappadocia. We also visit Devrent, with its lunar landscape and famous rock which resembles a camel!

We then have some time on our own to wander around and explore the villages of Urgup (an important centre for wine) and Goreme.

We can opt (payable locally) for 3 hour horse ride in the Rose and Red Valley. Or we can experience a Turkish bath, locally known as a Hamam (payable locally).

In the early evening (before or after dinner depending on the time of year) we drive to the red valley panorama point for the best sunset views in Cappadocia to watch the rocks become beautiful reds and pinks.
Day 5: Depart Cappadocia for the mountains via the underground city of Derinkuyu before trying our hand at some trout fishing.

Our next section of this adventure begins today as we head towards to the Aladaglar National Park on the north-eastern tip of the Taurus Mountain Range. On route we stop at the incredible underground city of Derinkuyu. This labyrinth of tunnels, stairs and chambers can hold up to 20,000 people and is compete with stables, wineries, churches and even a school room. The Hittites back in 1600BC probably started the excavation of the city, and it has sheltered many people during its long history to up the early 1900’s when Christian’s took refuge here.

In the afternoon we continue to the rural village of Cukurbag. Here there is a fish farm, and we learn about the trout and can even have a try fishing. Tonight we stay in a simple local village house.

Day 6: Walk in the mountains to the Emli Valley, through summer pastures and stopping at nomads tents to share some Turkish Tea.

In the crisp fresh mountain morning we have a short drive to the top of the Alacan Yayla/Sakartas Pass. From here we walk towards the Emli Valley. The paths are well made and as we come onto the Eznevit Yayla plateau is it likely that we will see some of the semi-nomadic families at their summer campsites. We hope to stop and have a cup of tea with these friendly people and learn about how they life here. The views are spectacular as we continue our walk taking our time and stopping for our picnic lunch. We then descend along a beautifully forested track into the Emil Valley. The mountains are covered in snow in winter and are stark and rocky in the summer months with vast meadows of wild flowers during the season.

Our vehicle meets us here and takes us on the short drive back to Cukurbag and our accommodation.

Day 7: Walk through the sheer sided Kazikli Canyon watching the rock climbers. Cook a traditional Turkish with the local hosts.

We enjoy a traditional breakfast with our hosts before setting off for our walk through the Kazikli Canyon. A short transfer takes us to the start. The canyon walls are 50-70m high and originally the territory of farmer Ali who used his wooden stilts and stakes (kazik) to access the honey from bees nest on the canyon walls. This historic scaffolding still stand but it is now the home to brave rock climbers. We continue to the village where we are collect by our vehicle for the short journey back to our accommodation.

This afternoon we have some time with the local families. They will show us how to make a traditional Turkish dish of the area. This is a fun and relaxing way to spend the time getting to know the wonderful people who live here.

Day 8: Departure Day.
We wave goodbye to our lovely hosts and the beautiful mountains to transfer the 2 hours back to Kayseri for our flight home.

### MEALS

#### Holiday Information

**What's Included**

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- All meals
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

**What's Not Included**

- Travel insurance
- Visas (if applicable)
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

**Joining Arrangements & Transfers**

A single transfer from Kayseri Airport to the group hotel is provided in the late afternoon of Day 1 of the Land Only itinerary. This transfer is timed to meet passengers arriving on the Turkish Airlines flight from London Heathrow Airport via Istanbul. On the last day of the Land Only itinerary, there will be a single transfer back to Kayseri Airport timed for the check in of the afternoon flight to London.

If your flight schedules do not fit with these single timed airport transfers we can provide private transfers at an additional cost.

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 8.

**Food & Water**

Turkish cuisine is world renowned for its variety, colour and fresh produce. Breakfast options might include cereals, fruits, bread, preserves, eggs, salami, feta, olives, melon, dried fruit and nuts, tea and coffee. Lunches will be either picnic style with bread sticks and a variety of meats, cheeses, tomatoes and cucumber, or in a local restaurant. Dinner options in hotels and local restaurants range from simple grilled meats to elaborately baked fish and meat casseroles, and some excellent Turkish dishes. There are also plenty of delicious vegetarian options. If you are vegetarian or have any special dietary requirements please inform us on booking.
Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

**Special Diets**

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature 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 diet 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.

**Accommodation**

We have 4 nights in a hotel in the Cappadocia area of Mustafapasa/Goreme. The hotel has a few cave rooms and some standard rooms which are stone built in the old Greek/Ottoman style with wooden ceilings. All rooms are en suite. It is a warm and friendly establishment. There are triple and family rooms available. When we are in the mountains we have 3 nights at a simple local village guesthouse. Here there are double/twin, triple and quadruple rooms. These rooms have a private toilet and shower. There is one communal seating and dining area, and plenty of outdoor space with picnic benches in between the apple trees with mountain views.

All accommodation is subject to availability. All accommodation is arranged on a twin sharing basis or in a family room. If you are planning on extending your holiday additional nights at the group hotel are available on request.

**Group Leader & Support Staff**

The group will be led by a professional and qualified tour leader.

**Spending Money**

Approximately £250 per family of 4 (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in the town. Credit cards are useful and it is a good idea to carry one in case of emergency.

**OPTIONAL ACTIVITY COSTS:**

Please note that these prices are correct at time of writing, but are subject to change without warning. Optional activities taken outside the KE holiday are at your own risk.

- Horse-riding: £45 per person (no child discount)
- Turkish Bath visit: £9 entrance only. Massages are an additional amount

**Guidance On Tipping**
Tipping is the accepted way of saying ‘thank you’ to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend a minimum of £10 per day per group, and that give any tips as a group rather than from individual group members.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

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 ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

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.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice before travel.

Visa Turkey

From the 2nd March 2020 UK passport holders do not require a visa for visits of up to 90 days in any 180 day period.
Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as ‘adrenaline auto-injectors’ are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is Travel Health Pro.

Currency

The unit of currency in Turkey is the Turkish Lira.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Climate

The weather is generally excellent during the times we run this holiday with hot days, clear skies and little rain. Daytime temperatures in Cappadocia will vary between 22°C and 28°C during May and October. In summer it can be at least 5-10°C hotter. In the Taurus Mountains, the temperature will, of course, be cooler. Typically, we will be trekking at temperatures around 15-20°C and cooler at night. In common with many mountain areas, cloud can build during the day resulting in late afternoon rain.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ 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 prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO 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. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Kayseri Airport via Istanbul. Outbound flights will depart from the UK in the early morning, arriving later in the afternoon (Day 1 of the Land Only itinerary). Return flights will depart in the early afternoon of the last day of the itinerary, arriving in the UK later that evening. Regional departures and/or alternative carriers are available on request.

To avoid paying more for your flight, we recommend that you book as early as possible, especially during peak times as there are only a limited number of seats available at the advertised price. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. We are also able to quote for premium, business and first class seats. Please be aware that you may be asked to pay for your flights in advance of your final holiday balance. Remember if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Kayseri, Turkey. For clients making their own flight arrangements, Kayseri International Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing ‘Guaranteed to Run’ or ‘Limited’.

Why Choose KE Adventure Travel?

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Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition
'Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!
Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Sandals during the summer
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat (not needed in summer)
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Flip-flops (summer)
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

All specialist equipment required for the activities on this holiday are provided.

Please note: This document was downloaded on 30 Jul 2020, and the trip is subject to change.