TREK THE HIGH TAURUS MOUNTAINS AND CAPPADOCIA

Trek through Turkey’s magnificent Taurus Mountains and enjoy a wonderful cultural experience before walking and exploring Cappadocia.

- Camp on the wildy remote Yedigoller Plateau and summit Emler (3723m)
- Hike through colourful valleys and the magical landscape of Cappadocia
- Take tea with the nomads and explore the underground city of Derinkuyu
- The beautiful Emli Valley nestled in a timeless mountainous region in Turkey

HOLIDAY CODE CHT

Turkey, Trek & Walk, 12 Days

3 nights hotel, 8 nights camping, 11 breakfasts, 10 lunches, 11 dinners, max group size: 12, 8 days trekking, 2 days walking, max altitude - 3723m

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Introduction

Home to breath-taking scenery, stunning mountains, fairy chimneys, delicious food, a rich melting pot of cultures and a guaranteed warm welcome, Turkey is one of the most vibrant destinations on the planet and a land of smiles. In classic KE style, this Turkish delight of a walking holiday combines a jaw-dropping trek in the Taurus Mountains and charming walks in the incredible landscape of Cappadocia. We start in the heart of the remote and stunningly beautiful Aladaglar Mountains surrounded by alpine lakes and deep valleys before heading over remote passes to the spectacular Yedigoller Plateau. Here we'll meet nomadic Turkish shepherds and enjoy tea as we learn about their lifestyle living in a timeless region. The ascent of Mount Emler (3723m), a wild and dramatic mountain, is a holiday highlight and offers a unique opportunity to summit a peak which is truly off the beaten track. After the immense beauty of the Taurus Mountains we'll explore the stunning area of Cappadocia. Here fairy chimneys, cave dwellings and rock churches lie hidden in magical valleys and the result is a unique destination. We'll wander through lovely Goreme, marvel at the spectacular rock pinnacles in the Ilhara Valley and explore the fascinating underground city of Derinkuyu, once home to over 20,000 people. This is a superb trekking holiday with unforgettable hospitality, incredible landscapes and excellent Turkish cuisine.

Is this holiday for you?

This holiday combines an 8-day trek in the Taurus Mountains of Turkey with relaxed walks in Cappadocia. The maximum altitude attained on the holiday is 3723 metres with only 2 nights spent above 3000 metres on the Yedigoller Plateau and at relatively moderate altitude acclimatisation should not be a problem. For most of the trek we follow well established trails between valleys and villages which are suitable for mules and straightforward for walkers. However there are a couple of days with a good deal of ascent and descent and we may encounter snow patches on the Yedigoller Plateau. You should ensure you are physically prepared for the trek and able to walk for 5 or 6 hours each day and for several days continuously. Towards the end of the holiday we transfer to Cappadocia for two days of easy walking and some relaxed sightseeing.

Holiday Itinerary

Day 1: Meet at Kayseri Airport before transferring to Cukurbag.

The group will meet at Kayseri Airport before transferring (2 hrs) to Cukurbag village in the Aladaglar Range. The spectacular Aladaglar Range is an extension of the Taurus Mountains in the west and includes the highest peaks of the eastern Taurus mountain range. The area is so vast and incredibly that it's hard to know which routes to take. Stretching for over 40 km and home to more than 60 peaks over 3000 m, the range is located in the Aladaglar National Park which was established in 1995. The park includes the provinces of Kayseri, Nigde Province and Adana, and its wild beauty feels truly off the beaten track. Tonight we camp just outside the national park and after settling into our tents, we'll enjoy our first dinner in the mountains.

Day 2: In the foothills of the Aladaglar Mountains and enter Aladaglar National Park.

This morning after breakfast we leave camp and take a brief transfer to the entrance of the village of Elekgolu, and from where we start our trek. The trail today takes us through the foothills of the Aladaglar Mountains, and towards the Emil Valley via the Kazikli Canyon. The canyon lies in the southern part of the Aladaglar Mountains and got its name over a century ago. Story goes that a farmer called Ali used wooden stakes called kazik to climb up the
canyon to collect the local honey from the caves. Even today these stakes are still visible in the canyon and due to their history, still used for climbing. The Aladaglar National Park gets its name from the Aladaglar peaks which mean Crimson Mountains. In the evening during sunset, the peaks take on a beautiful rusty colour. This range is also well known throughout the country for their magical trekking routes, which snake through craggy limestone ranges and across high plateaus dotted with lakes. Alongside the stunning mountains, the park is also home to two beautiful valleys, Emli and Hacer, which are both covered in lush forests of black and red pine. Plants growing here have vibrant flowers whilst fauna includes the famous Capra ibex, wild boar, bears, lynx, wolf and coyote. Species of bird include rock eagle, bearded vulture, and peregrine falcon whilst a rich variety of butterflies thrive here. Today is a relaxing day on trails which take us to our camp in the stunning Emli Valley where we spend the next two nights.

**Day 3: Mangirci Gorge and Alaca Yayla's pastures in the beautiful Emil Valley.**

Today we enjoy a circular walk which is a great way to explore our beautiful surroundings. We start by hiking up to Mangirci Gorge and follow trails through juniper and cedar trees. The cedar trees of Turkey's Taurus Mountains are commonly known as the Cedar of Lebanon. They are an evergreen conifer and a species of cedar native to the mountains of the Eastern Mediterranean basin. Here in Turkey's Taurus, are the most extensive and magnificent forest of this particular species. Our trail takes us to the green plateau of Alaca Yayla from where we'll be treated to the superb views of the southern part of the Aladaglar region. Depending on the weather and season we may get to meet the local shepherds of the area. These rugged mountain shepherds spend the majority of the summer here grazing their flocks on the rich pastures. We'll enjoy our picnic lunch by a spring before descending back down to the Emli Valley. This afternoon we'll pass by shepherd camps at Oluk Sekisi before arriving into camp where we'll be tea and biscuits. Tonight is our second night in this wonderful and remote location, where if the weather is on our side we should be able to enjoy a spot of star gazing.

**Day 4: Trek to the Siyirmalik Valley passing shepherd camps and nomadic settlements.**

This morning we should wake to the cry of partridges of which there are five native species in country - chukar, rock, grey partridge, see-see and the Caspian Snow Cock. It's unbelievable to think that Turkey has the same number of bird species as the whole of Europe. After breakfast we start by leaving our camp in the Emli Valley as today's trail takes us from one valley to another. As we trek into the Siyirmalik Valley we'll look out for the shepherd camps of Eznevit where families have a semi-nomadic way of life. The main ethnic nomadic group in Turkey are the Yoruks meaning "to walk" who are famed for inhabiting the mountains of Anatolia. The yoruks spend their winters by the coast before heading up into the mountains for the summers. Their summer is spent on the yaylas, the high mountain plateaus where they find grass and fodder for their animals. In parts of Turkey there are large numbers of these nomads, who carry everything on donkeys or camels alongside their flocks of sheep and goats. Generally flocks and shepherds are also accompanied by dogs that look after the sheep and protect the flock and their owners from wolves. Today we are surrounded by stunning views of the breath-taking mountainous terrain which surrounds us. In the afternoon we continue along the trail to Sakartas before
descending to our camping place at Sokulupinar (2000m). After arriving at Sokulupinar, we can settle in as this will be our base for the next two nights.

**Day 5: Follow streams to mountain pastures and the beautiful Lake of Dipsiz.**

Today we leave camp and follow a mountain stream to the high grazing area of Arpalik Yayla before ascending to Tekepinar meaning Goat's Spring. This is a popular place for the local Ibex so if we are lucky we may spot some of them grazing on the high plateaus or high up on the surrounding cliffs. Alpine Ibex are wild goats living in the mountainous regions of Europe, north central Asia and North Africa. They are easily recognisable due to their long, curved horns and are excellent climbers due to their cloven hooves. Able to jump up to 2 metres, these nimble animals are fascinating to watch as they appear to cling to the mountainside. The highlight of our walk today is the incredibly beautiful Dipsiz Lake (2900m) which we reach by way of small trail which follows a river bed. Along the trail we'll have superb views of the north face of Mount Demirkazik (3756m). After arriving at this wonderful lake location we'll rest for lunch and enjoy the spectacular surroundings. In the afternoon we'll make our way back to our camp at Sokulupinar. Hopefully this evening we'll experience sunset at camp, and have the opportunity to see this incredible landscape go through a wonderful kaleidoscope of colours.

**Day 6: Spectacular day to the Karayalak Valley via the superb Celikbuyduran Pass (3450m).**

This spectacular day sees us leave Sokulupinar and head to our high camp. We'll be accompanied by a team of horsemen and their pack-animals. After an early breakfast we leave camp and head up the Karayalak Valley to the Celikbuyduran Pass (3450m). Although today is a more challenging day, it is well paced and there are plenty of opportunities along the trial to take photos and enjoy the magnificent views. Just before we reach the top of the pass we'll rest by a refreshing spring before heading over the top. Depending on the weather we'll enjoy our lunch on the top whilst surrounded by amazing views over the mountains. The afternoon sees us descending down to the Yedigoller Plateau (3100m) - meaning lakes and we'll pass a number of lakes during the day. This evening we camp near the largest lake in the area and if you fancy a refreshing dip, there will be time to test the water before dinner.

**Day 7: Summit Mount Emler (3723m) and explore the Yedigoller Seven Lakes Plateau.**

Leaving our camp set up at Yedigoller, we will spend the day at this high elevation, with further opportunities to meet the local shepherds and to admire the striking mountain scenery. Particularly prominent are the peaks of Narpuzbasi and Direktas. Our principal objective today will be to make an ascent of Mount Emler (3723m). This involves a straightforward return trek of 4 to 5 hours, taking us back up to the Celikbuyduran Pass and along a ridge from there to the mountain’s summit. From this peak, there are great views of the south side of Mount
Day 8: Trek across the Teke Kalesi Pass (3517m) to Lake Karagol via Yildiz Star Lake.

After loading the horses, we make an early start and begin our trek out of the Taurus Mountains. We pass the second largest of the lakes on the plateau and then climb up to Teke Kalesi Pass (3517m). Here, once again, we can enjoy great mountain views, before starting our descent on a narrow trail. Passing Yildiz (Star) Lake, we reach our camp at Lake Karagol.

Day 9: Hike to Maden Gorge and drive to Cappadocia via Derinkuyu Underground City

After enjoying a final breakfast whilst surrounded by the mountains, we descend to the Maden Gorge on an old mine track. Our trail follows meandering creeks and we'll enjoy our lunch today in a picnic spot near the water. After walking out of the mountains we pick up our transport and start to make our way towards Cappadocia. Along the journey we’ll visit the incredible underground city of Derinkuyu. These troglodyte cave-cities were excavated as early as Hittite times, and grew over the years as invading armies traversed Central Anatolia. The extensive network of passages, tunnels and inclined corridors linked family rooms and communal spaces where people would meet, work and worship. Each city had wells, ventilation shafts for circulation, oil lamps and water tanks. A fascinating part of the city was the carefully balanced moving stone doors which resemble mill stones. These were devised to quickly block the corridors in the event of an attack and were operated from one side only. There are 36 underground cities in Cappadocia and the deepest one is Derinkuyu underground city which is the most fascinating and the deepest in Central Anatolia. The underground world has over 600 outside doors which are hidden in courtyards of local houses. Located at a depth of approximately 85m deep, you'll see stables, cellars, storage rooms, churches, wineries and houses. On the second floor is a large vaulted ceiling room which was a missionary school. It is a fantastic place and after our visit, we make our way to the wonderful area of Cappadocia.

Day 10: Spectacular views from Uchisar citadel the highest point in Cappadocia and hike through charming valleys.

This morning is our first day of walking and exploring the fascinating area of Cappadocia. We start by transferring to the village of Uchisar and the spectacular viewpoint called the Fortress. Uchisar is centuries old and the highest point in Cappadocia. From here we are rewarded with a magnificent panorama of the surrounding area which includes Mount Erciyes in the distance. The fortress is riddled with many rooms which are hollowed out into the rock are connected to each other with stairs, tunnels and passages. At the entrances of rooms are millstone doors just like the ones we saw in the underground city. Most of the rooms which are located on the north side of the
castle are used as pigeon houses and even today local farmers collect the pigeon droppings which are used as a natural fertilizer for orchards and vineyards. After visiting the citadel we walk to the mouth of the Akvadi valley. From here we follow an old river bed which today is used for vineyards. Early afternoon we arrive in Cavusin, one of the oldest settlements in Cappadocia and home to wonderful rock cut dwellings and elegantly carved stone houses. The footpath takes us close to some fascinating formations whilst surrounded by magnificent views across the fairy chimneys. This area of the Pasabaglari Valley was originally used for retreats and gained the name monk’s valley. Here fairy chimneys are unique with quirky toadstool like caps. Depending on time there may be time for an optional visit to Zelve Monastery (entrance fee paid locally). Here Christians moved during Persian and Arab invasions and the area became an important settlement and religious area during the 9th and 13th centuries. Late afternoon we return to our hotel.

Day 11: Walk through a world of fairy chimneys and vibrant colours in Cappadocia.

Today's walk takes us through the Meskendir Valley as we follow a trail through fairy chimneys and Cappadocia's famed rock formations. This whole region was shaped over millions of years and at certain times looks as if it's come directly from a fairy tale. Here the honeycombed hills and towering fairy chimneys are captivating and this fascinating landscape was used by the local population as they sheltered underground. Humans performed incredible works here and created living quarters, places of worship, stables, and storehouses which were all dug into the soft stone. This troglodyte lifestyle left the countryside scattered with fascinating cavern architecture which we'll pass, alongside ancient cave houses and Byzantine complexes. After the Meskendir Valley we cross over to the Red Valley, considered the most beautiful in Cappadocia with its wonderful formations and colours. At the end of the day as the sun begins to set the valley puts on a display that lives up to its name. After our walk we return to our hotel for our final night in Cappadocia.

Day 12: Departure Day. A single timed transfer to Kayseri Airport is provided.

After a leisurely breakfast, we join our transfer (approx 1 hr) back to Kayseri Airport.

Holiday Information

What’s Included

- A professional English-speaking local guide
- Single timed Kayseri Airport transfers at the beginning and end of the trip
- All accommodation as described in the trip dossier
- All meals
• All land transport throughout the trip
• A full trek service including cook and baggage transfer
• Entrance and camping fees for the Aladaglar National Park

What's Not Included
• Travel insurance
• Kayseri Airport transfers (other than the single group transfer at the beginning and end of the trip)
• Tips for local staff
• Entrance fees at tourist sites and optional activities
• Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers
The group will rendezvous at Kayseri Airport in the afternoon of Day 1. Within the Land Only cost of this holiday, we have arranged for a single timed group transfer from Kayseri Airport to the first night’s camp. This transfer will depart at around 5.30 pm on Day 1 of the trip itinerary. The local guide or a representative of the local agent will assist with the transfer. Please try and ensure your chosen flight allows you to meet the group in time for this transfer. However, if your flight schedule does not allow you to take advantage of this transfer, private transfers can be arranged in advance, at extra cost, through the KE Office. At the end of the trip there will be a single timed group transfer from the group hotel to Kayseri Airport in the late morning of the last day of the trip itinerary.

Meal Plan
All meals are included in the trip price from dinner on day 1 to breakfast on day 12.

Food & Water
Turkish cuisine is world renowned for its variety, colour and fresh produce. Breakfast options include cereals, fruits, bread, preserves, eggs, salami, feta, olives, melon, dried fruit and nuts, tea and coffee. After breakfast and whilst on trek, clients will make up their own picnic lunch using bread sticks and a variety of meats, cheeses, tomatoes and cucumber. There will also be plenty of fruit, biscuits and cake. The evening meal is freshly prepared by our cook and served at the camp table. This may be a barbecue of local meats or any of a number of excellent Turkish dishes. Vegetarian food is also available, so please inform us if you require a vegetarian diet. Dinner options in hotels range from simple grilled meats to elaborately baked fish and meat casseroles. There are also plenty of delicious vegetarian options.

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

During this holiday the group will spend 3 nights at a hotel in Cappadocia and 8 nights camping. Cappadocia is a large area and is made up of a collection of villages, and the group will stay in one of these villages in the Cappadocia region. During the 8 nights of camping, there will be a cook, and either drivers or muleteers for transporting the main luggage from camp to camp. Each camping site has basic facilities (cold running water and a toilet) and is in location off the beaten track. Accommodation during the holiday is on a twin share basis. It is possible to hire a single tent whilst trekking for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 3 hotel nights, single rooms are available for a supplementary cost. Additional hotel nights in Cappadocia are also available. For Hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

A professional English-speaking guide will accompany the trip. The group will also have a support vehicle and driver and a trek crew including a cook. On days 6 - 8 the group's luggage will be transported by baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatisse successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150 (or equivalent in US dollars, Euros etc) should be allowed for miscellaneous expenses including your bar bills and reasonable tips to the support crew. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Turkey's unit of currency is the New Turkish Lira and it is recommended that you pre-order some Lira before travelling to take with you. The new and recently opened Istanbul Airport does not have cash ATMs as of yet, only currency exchanges and commission charges are high. During the trek there will be the opportunity to buy beer and wine as part of an honesty bar service, which is then paid on the last night of trekking. And as the trek crew do not travel with you to Cappadocia, tips will also be paid on the final night of the trek. You will be able to find ATM's in Cappadocia, but it is better to have some local currency (equivalent to approximately £80 to £100) before setting off on trek. 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. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £25 (or equivalent in US dollars, Euros etc) and that tips are then distributed between the guide and support staff as the group feels is appropriate.

Baggage Allowance
Your baggage on trek should weigh no more than 15kg. During the holiday your main bag will be carried in the support vehicle from day 2 to day 5 and by pack animals from day 6 until day 8. Any items you do not require between days 6 and 8 can be left in the tour vehicle and you may wish to bring an extra (fold away) bag for this.

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.

>> Find out more

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/

Preparing For Your Holiday

It makes sense before coming on this holiday to increase your fitness by get some additional exercise. While regular hiking is the best preparation, running, cycling and swimming are also good for developing better cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks with your daypack.

Climate

Daytime temperatures in Cappadocia will vary between 22°C/72°F and 28°C/82°F at the times of year we operate this trip. The weather in early and late summer is generally excellent - with hot days, clear skies and little rain. In the Taurus Mountains, the temperature will, of course, decrease as we climb. Typically, we will be trekking at temperatures around 15°C / 59°F. At night at our highest camp, we can expect the temperature to fall close to freezing point. 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.

Books

• Turkey - Lonely Planet Travel Survival Kit
• 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.

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 with Turkish Airlines. Outbound flights will depart from the UK in the morning arriving in the afternoon of the same day (day 1 of the itinerary). Return flights will depart Kayseri afternoon of the last day of the itinerary, arriving in the UK in the evening the same day. Regional departures and/or alternative carriers are available on request.

Please note that departures from other airports or with other carriers may require extra nights or additional transfers.

Please also be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures or flights with an alternative carrier, we will contact you with an alternative quote. Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. 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. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that 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. For clients making their own flight arrangements, Kayseri airport is the most convenient for transfers to the group hotel. Turkish airlines is the logical choice of airlines for flights to Kayseri although it is possible to use a different carrier to Istanbul and connect there with the Turkish Airlines domestic flight to Kayseri. Turkish Airlines operate flights to Kayseri via Istanbul from London Heathrow, Manchester, Edinburgh and Birmingham airports. Please check the timings of arrival and
departure for your prefered flights and be aware that some flight schedules may require additional nights in Istanbul or extra transfers in Kayseri. Please refer to the 'Joining arrangements & transfers' and 'Flights' 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?

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.

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.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

**You Should Bring The Following Items:**

- Hiking boots
- Socks
- Gaiters (to protect boots from scree/talus and occasional snow)
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Fleece hat
- Sunglasses
- Thermal or fleece gloves
- Sleeping bag (comfort rated -5°C)
- Daypack 30 litres
- Second ‘hold-all’ type bag*
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets**
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock your KE kit bag)
• Basic First Aid Kit including the following: antiseptic cream; throat lozenges; diarrhoea treatment (Dioscalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

The Following Items Are Optional:

• Trekking poles (recommended)
• Sleeping bag liner
• Trainers or sandals for camp
• Shorts
• Light down jacket
• Insect repellent
• Camera
• Travel clothes
• Pen-knife
• Repair kit – (eg. needle, thread, duct tape)
• Reusable cloth bag for shopping (to avoid plastic bags)

Notes

* Second bag: Please bring a bag (additional to your trek bag and day pack) which is large enough to store items not required for 3 days of trekking up to the Yedigoller Plateau. This bag will remain in a vehicle so does not have to be waterproof.

** Water purification tablets: At all the camps on trek spring water is available and good to drink. However you might wish to treat this water to be extra safe.

Please note: This document was downloaded on 6 Oct 2020, and the trip is subject to change.