

Turkish Delight

Trip Code: TUMB

Version: TUMB Turkish Mountain Bike Delight



CYCLE



GUIDED GROUP



MODERATE



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

- All meals included
- 8 nights Hotel

[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 Cappadocia 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, punctuated with short sections of quiet country roads. Good quality, semi-slick tyres will handle these conditions well. Vehicle support means that this holiday is 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. The support vehicle is almost always available and the average daily ride is a little more than 35 kilometres. **BIKE HIRE AVAILABLE LOCALLY.**

Itinerary

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DAY 1

Meet at the group hotel in Urgup. Transfers from Kayseri and Nevsehir Airports are provided.

Meet at group hotel in Urgup. Transfers from Kayseri (and Nevsehir) airports to the group hotel are provided for all flights. The local guide or a representative of our agent will meet you in the arrivals hall at the airport.

Meals: **D**



Accommodation
Hotel

DAY 2

Ride the Uzenghi Valley to Ortahisar Castle. Traditional village tour and downhill return to Urgup.

After breakfast at our hotel, we will have a quick briefing about the forthcoming trip and then assemble our bikes. Mid morning, we will set off, firstly on tarmac and then on a good dirt track. This first stage of our exploration takes us out to the valley of the Uzengi River and the village of Ortahisar. It takes about an hour to reach this charming settlement, with its picturesque castle and surrounding vineyards. Our local guide will make arrangements for our lunch in a restaurant, while we visit the castle. Ortahisar is a typical farming village, where harvested citrus fruits are still stored in caves in the surrounding cliffs. After lunch, there is a good downhill ride, with some sand traps. After a total of a little more than 20 kilometres biking (85 percent off-road) we arrive back at the hotel in Urgup. This afternoon's ride will act as a good warm-up for the following days and will give everyone a feel for the terrain and topography through which we will be riding. In the evening, we will take dinner at a local restaurant, before spending our second night in Urgup.

Meals: **B L D**



Accommodation
Hotel



Ascent
450M



Descent
450M



Time
2 - 3 hrs cycling



Distance
23KM

DAY 3

Leaving Urgup, cycle the 'Love Valley' to the troglodyte town of Uchisar in the heart of Cappadocia.

Today, we leave Urgup for a full day of biking. Riding alongside the Damsa, a tributary of the Red River, we reach Sarihan. Here, we can see a traditional caravanserai, which was built to house and protect traders travelling overland between Central Asia and Europe. We take lunch at our next stop, Avanos, which has been a centre for terracotta pottery since 3000 BC. We can visit one of the potteries, which is situated in a cave and have a go - it's not as easy as it looks. Leaving Avanos, we head out to Cavusin, the site of the oldest Christian building in Cappadocia. We will continue our ride through 'Love Valley,' which is so-called because of its distinctly phallic rock towers. Our overnight stop is in a hotel in the troglodyte (cave-dweller's) town of Uchisar, situated in the heart of Cappadocia. Approximately 90 percent of today's ride is off-road.

Meals: **B L D**

	Accommodation Hotel		Ascent 685M		Descent 435M		Time 3 - 4 hrs cycling		Distance 36KM
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DAY 4

Cycle through Pigeon Valley to the village of Goreme with its Open Air Museum.

After breakfast, we cycle on off-road trails through Pigeon Valley and across to the village of Goreme which is located in a natural amphitheatre surrounded by steep cliffs home to numerous caves, once one of the most important early Christian monastic settlements. At Goreme we can visit the Open Air Museum which has some of the best examples of Byzantine art in Cappadocia. The artworks take the form of frescoes and paintings which are found in several rock-cut churches and date from as early as the 10th century. After our museum visit we cycle through the Meskendir Valley to Cavusin where we have lunch at a local restaurant. We then cycle back to Uchisar on a combination of dirt road and ancient cobbled road with spectacular panoramic views of Goreme and Pigeon Valley (which is so-called because of the number of rock-cut pigeon houses). About 95 percent of today's ride is off-road. Dinner and overnight at the hotel in Uchisar.

Meals: **B L D**

	Accommodation Hotel		Ascent 700M		Descent 700M		Time 3 hrs cycling		Distance 30KM
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DAY 5

Cycle south to the rock spires and caves of the Soganli Region. Transfer back Uchisar.

Today we head southwards to Soganli, an area famed for its wild, natural setting. En route, we pass through numerous villages and see a variety of caves and rock spires. The day starts out on tarmac and then follows tracks between fields, with a couple of short descents and ascents. We gain a ridge, which affords some varied, but not difficult riding conditions, before descending to follow farmtracks to Kavak Village, where we have a tea stop - a good place to watch life go by. Beyond the village, the terrain feels more remote and barren and we enjoy a gradual descent to lunch in a local tea-house in Mazikoy. After lunch, we cycle on a dirt track through the farmland of a pleasant valley to Derbentbasi and then Baskoy. Ahead of us we can see the cliffs of the escarpment above Soganli which is one of the earliest settlements in the region and the end of today's ride. We have time to look around this quiet and scenic location before transferring back to our hotel in Uchisar. About 65 percent of today's ride is off-road.

Meals: **B L D**

	Accommodation Hotel		Ascent 780M		Descent 780M		Time 4 hrs cycling		Distance 50KM
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DAY 6

Transfer to Guzelyurt and cycle via Selime and into the Ihlara Canyon. Visit the Underground City of Derinkuyu and overnight at Urgup.

After breakfast, we have an hour's transfer to Guzelyurt where we start the day's ride through the vineyards and then around a small, picturesque lake to Analipsis Church which sits on a rocky hill. We will visit the church and then cycle northwards through potato fields to the village of Alanyurt, before circling around to Selime where we enter the Ihlara Canyon. Known variously as the Turkish Grand Canyon and also (locally) as the Valley of the Sky, the canyon is home to several beautifully decorated rock-cut churches, some of them occupying the most unlikely crevices. It is also home to the most challenging biking of the trip. There is some great riding, but also plenty of carrying bikes up and down narrow paths shrouded in thorny vegetation. We'll take lunch at Belisirma at a local restaurant by the river. And then, after lunch, we'll transfer to Urgup, stopping off en route to visit the Underground City of Derinkuyu, one of the largest and deepest of Cappadocia's many such settlements. Around 90 percent of today's ride is off-road. Dinner and overnight in Urgup.

Meals: **B L D**




	Accommodation Hotel		Ascent 500M		Descent 800M		Time 3 hrs cycling		Distance 33KM
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DAY 7

A loop ride from Urgup via the Pancarlik Valley, Ortahisar, Zelve and Imagination Valley.

From the hotel in Urgup, we ride through the Pancarlik Valley to Ortahisar and then follow the sandy walking trails of the Red Valley to Pasabag, where we see the best examples of 'fairy chimneys'. Continuing our ride to Zelve, we have lunch and afterwards there's the option to visit the local outdoor museum which, with its troglodyte houses, is a journey into the past. Zelve was one of the earliest monastic settlements in Cappadocia and one of the last to be abandoned. Heading back towards Urgup, we cycle through the Devrent Valley, known as 'Imagination Valley'. Dinner and overnight in Urgup.

Meals: **B L D**

	Accommodation Hotel		Ascent 750M		Descent 750M		Time 3 - 4 hrs cycling		Distance 35KM
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DAY 8

Visit the produce market in Urgup and cycle via Mustafapasa and the Gomeda Valley.

We start our last day with a visit to the market in Urgup which is one of the best you will ever see, with fantastically colourful fruit and vegetable stalls. Then, we set off on the final ride of the holiday which will take us on some great cycle tracks in and around the Pancarlik Valley. Riding through the vineyards, we'll arrive at the small reservoir of Damsa where we'll stop for lunch at an excellent barbecue restaurant. After lunch, we ride to the village of Mustafapasa and then on some very nice singletrack trails which follows the stream that runs through the Gomeda Valley and back to Urgup. Dinner and overnight in Urgup.

Meals: **B L D**

	Accommodation Hotel		Ascent 950M		Descent 950M		Time 4 - 5 hrs cycling		Distance 45KM
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DAY 9

Departure day. Transfers to Kayseri and Nevsehir Airports are provided.

Your holiday ends after breakfast. Transfers to Kayseri (and Nevsehir) airports are provided for all flights. Should you wish to extend your time in Turkey please talk to one of our adventure travel consultants.

Meals: **B**

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 8.

Food & Water

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.

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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 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 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 US\$200 for the week - (price subject to change). There is also the option to hire a Salcano E-Bike at a cost of \$300 for the week. Bike hire charges are paid locally and do not include loss of the bikes or damage to them beyond fair wear and tear. 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 '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.

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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Turkey

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

Health & Vaccinations

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.

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 prior to 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. 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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct 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

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.

Equipment Information

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.

Cotswold Outdoor



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 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

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

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

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 18/05/2024 and the trip is subject to change