

small valley river. The Gomed valley is very picturesque rich in rock houses and bird houses, rock arches, small vegetable yards and abundant vegetation. After around 2 hours walking in the shades of the valley you turn west and go up and out of the valley on a dirt road until you reach Ortahisar.

Walking time: 6 h;
uphill/downhill walk: 240/320m
/breakfast, dinner/

Day 4: ORTAHISAR - UCHISAR

Today's walk will take you down to Zemi valley interesting for its rock churches and rich vegetation. You walk upstream the small river on a single track surrounded by rich versatile flora, high white sand rocks, passing by small vegetable yards and going under natural rock arches. Look in the sky above you – you will surely spot some kestrels flying around the rocks. You reach Ortahisar on a sandy dirt road when you climb out the valley. Accommodation at pension in Uchisar.

Walking time: 6 h;
uphill/downhill walk: 250/150m
/breakfast, dinner/

Day 5: UCHISAR - CAVUSIN

Today's trek is one of the shortest but one of the most beautiful ones. You start walking in the famous Love valley (Bagli valley) with one of the most picturesque fairy chimneys in Cappadocia. Enjoy the marvelous sculptures made by nature and sense the mystic spirit of the valley. It is most likely that you will spot a turtle or a rabbit while walking. After you go out the valley you reach Chavusin on a sandy dirt road. Overnight at pension in Cavusin.

Walking time: 3.30 h;
uphill/downhill walk: 80/200m
/breakfast, dinner/

Day 6: CAVUSIN – ZELVE - CAVUSIN

Today's trek is probably the longest and most exciting of all. From Cavusin you start climbing on a nice single track path passing through beautiful red, orange and white sand pyramids until you reach Pasabagi. Take a rest and visit the rock churches nearby. Then you walk to the stunning Zelve open air museum. Take a walk in the ancient rock city and enjoy a lunch in a restaurant in the rocks. Then a steep climbing in a tunnel like path surrounded with sand pyramids awaits you. The path takes you to the top of Bozdag plateau. You walk on a path on the edge of the plateau with great views of Zelve open air museum and Urgup town. Then you go start descending and at some point reach the path to Causin. Overnight at pension in Cavusin.

Walking time: 7 h;
uphill/downhill walk: 320/300m
/breakfast, dinner/

Day 7: CAVUSIN – GOREME

You start from Cavusin in direction to Goreme. Today you walk mainly on dirt roads. First you will visit some interesting

rock churches in Gulludere (Rose valley) and then continue on a small ridge to the main road and Goreme open air museum. After a visit of the museum you reach the town of Goreme on the main asphalt road. Overnight in a hotel in Goreme.

Walking time: 4 h;
uphill/downhill walk: 450/400m
/breakfast, lunch/

Day 8: GOREME - KAYSERI

Transfer to Kayseri airport for departure.
/breakfast/

Accommodation & luggage

transportation: We stay in family-run hotels or pensions with private facilities on halfboard (breakfast and dinner). Luggage is taken care of throughout the whole trip. A small rucksack for carrying personal items during the day-walks is necessary (20-35 l). It is possible to skip some of the walks and to take the bus with the luggage instead.

Difficulty grade: B

Best period: May 15 – October 15

Weather:

The Anatolian plateau is cooler in summer and quite cold in winter. It is quite dry and rainfalls are not common. Temperatures could vary between 25 and 35°C during summer, and could fall down to 5-8°C during autumn.

Necessary equipment: Sunglasses with UV protection, hat for sun protection, sunscreen lotion and lip balm, daypack (35 l), trekking boots.

Remarks:

- It is advisable to start for the treks as early as possible because of the high temperatures around noon (especially for summer months).
- You should carry at least 1,5 l of water during the trekking. Water is hardly to be found on the routes.
- We advise you to dress in long trousers and wear hiking boots not sandals during the walking, because of the dense vegetation in the valleys.

Brief about the Turkish cuisine

It's tasty but the chilli meals are pretty common. Of course no pork meat at all (you can find pork only in some restaurants in the big cities), mainly mutton, veal and chicken. But don't expect a lot of food on your plate. Usually the meal portions in Turkey are small. A classic Turkish meal would include shepherd's salad, lentil soup, "sis kebab", and for dessert some of the many Turkish pastry stuff flooded in sugar syrup like "baklava" or "tolumba". Usually Turkish people finish their lunch or dinner with coffee or tea. They drink black tea in small glasses (flasks). And when you go out of a Turkish restaurant, at the exit, they

pour some eau-de-Cologne in your hands. Alcohol is not served in every restaurant.

Group size: Min. 2persons

The price includes:

Transfers from and to Kayseri Airport; Luggage transport every day; accommodation at pensions; HB service at pensions (breakfast and dinner included); detailed map and roadbook.

The price does not include: Flight tickets; meals in big cities; travel insurance; drinks; entrance fees; lunches.

GENERAL

TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades! Whether you will choose individual and group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request.

Difficulty grades

To prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

B; Moderate
3,5-5 hours of cycling per day on average over hilly or flat terrain with only several steep parts (climbing max. 12 %) which can be skipped if it's a guided tour with a supporting vehicle. All people used to cycling should be able to make this trip. However 30-50 km cycling per day is recommended for some time before the start of the tour.

Equipment and clothing

Recommended items: waterproof rucksack (60 l) & daypack (35 l); walking waterproof boots with suitable ankle support; sandals; light casual shoes for walking and/or for travelling; loose, casual trousers for trekking; waterproof trousers; fleece windstopper jacket; windproof, waterproof outer shell garment (breathable if possible!); hat for sun protection; sunglasses with UV protection; sunscreen lotion and lip balm; water bottle; torch (headlamp); mobile phone; underwear (not cotton); mosquito repellent; trekking sticks.

Money and personal expenses

You will need some extra money to cover meals, drinks, entrance fees etc., which are not included in the tour price. Additional money for souvenirs and personal things could also be spent. That is why it is always necessary to have Turkish money in cash. The payments in Turkey are usually made in "YTL", which is the official currency. Euros and USD are largely accepted. The exchange rate with EU and USD is quite changing sometimes, but approximately it is: YTL: EU -1.6:1; YTL: USD - 1, 3 -1. Credit Cards could be used primarily in some shops and restaurants in the biggest cities. Usually it is marked on their front doors if Credit Cards are accepted. Cash Points

Penguin Travel DMC-Bulgaria

Address: 9 Orfej Str., 1421 Sofia, BULGARIA; Phone: +35924001050; E-mail: info@penguin.bg

(ATMs) are more frequent (again in the biggest towns only!). Traveler's cheques take quite a lot of time to handle and not each bank deals with them (in many cases it takes even few days since their deposition in the bank!). Thus they are not recommended!

Here are some examples of comparative costs in Turkey (NB: prices in mid-range restaurants! /as you know it differs from place to place):

- Coffee - 1-1,3 Euro
- Tea -0,8 Euro
- Beer -2-3 Euro
- Soft drink - 1-1,2 Euro
- Bottle of water -0,8 Euro
- Bottle of mark red wine – 20 Euro
- Three-course lunch -6-8 Euro

Cell phone coverage

Please be sure to visit the web site of your carrier to get up-to-date information on coverage and options. If your carrier does not have a plan or coverage that is suitable for you, there are several other options:

- Rent a cellular phone.
- If available buy a disposable phone in the country of travel.
- You may be able to purchase a compatible SIM card for your existing phone, in the country of travel (newer phones do not have SIM cards). Your phone must be unlocked for this to work so you will need to contact your service provider to find out if it is unlocked.

Electricity

In Turkey two-pin sockets are normal. Voltage is 220 watts. If you come from the U.S. or UK you need to purchase an adapter.

Vaccination

Hepatitis A & Typhoid are recommended. Check the latest requirements with your doctor/clinic prior departure.

Brief about Turkey

Territory – 779 452 sq km

Population – 69 660 559

Capital city – Ankara. Population – 5 153 000

Boundaries – To the south and west are the Mediterranean and Aegean Seas respectively; to the north is the Black Sea. In clockwise order, Turkey shares borders with Greece, Bulgaria (northwest); Georgia, Armenia, Iran (northeast- east); Iraq, and Syria. (East and southeast)

Distribution of the lands - More than 75% of the land lies at elevations above 500 m (1,640 ft), and the average elevation is 1,100 m (3,600 ft)

Major physical features – highest point: Ararat (5 073 m) - 19 mountains are over 4,100 m, longest river: Kizil Irmak – 1 150 km, largest lake: Lake Van – 3 675 sq km

Protected areas - 33 Official National Parks, 16 Nature parks, 58 Nature Monuments, 35 Natural protection Area

Form of government – Multiparty republic with one legislative house

Largest cities – Istanbul (8 803 468), Ankara (5 153 000), Izmir (2 665 000), Adana (1 430 000), Bursa (1 031 000)

Weather

Although Turkey is situated in large Mediterranean geographical location where climatic conditions are quite temperate, diverse nature of the landscape, and the existence in particular of the mountains that run parallel to the coasts, result in significant differences in climatic conditions from one region to the other. While the coastal areas enjoy milder climates, the inland Anatolian plateau experiences extremes of hot summers and cold winters with limited rainfall. In general the climate in Cappadocia is quite extreme. Temperatures can vary to a great extent (see the table below).

