

# ADVENTURES

*in good company*



## CAPPADOCIA EXTENSION

### Trip Summary

#### HIGHLIGHTS

- Explore the stunning Red and Ihlara Valleys on guided hikes.
- Visit the UNESCO-listed Goreme Open Air Museum and marvel at Byzantine-era frescoes.
- Experience the region's artistic heritage with a hands-on pottery workshop.
- Delve into the depths of Derinkuyu Underground City.
- Witness the mesmerizing Whirling Dervish ceremony.
- Enjoy local flavors with home-cooked meals and regional wines.

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## TRIP AT A GLANCE

Location:	Cappadocia
Activities:	Hiking and Culture
Arrive:	Transfer from IST to ASR airport on the final day of your
Depart:	At Istanbul airport (IST) on the last day of the extension.

### Trip Overview

Escape the hustle of Turkey's big cities and immerse yourself in the enchanting landscapes and rich traditions of Cappadocia. Shaped by ancient volcanic eruptions and sculpted by time, this otherworldly region is famed for its whimsical fairy chimneys and rock-hewn dwellings. Generations of inhabitants have transformed the soft volcanic rock into homes, churches, and even underground cities. With a stay in Goreme as your base, you'll explore this mesmerizing terrain alongside a local guide, uncovering its secrets, legends, and breathtaking beauty.

**Minimum group size:** 4

**Maximum group size:** 10

### Rating

This trip is designed for active women in good physical condition who want to blend hiking with an immersive experience of Turkey's sights, sounds, culture, and cuisine.

**Rating:** 1 2 **3** 4 5

### What's Included

- 1-2 local guides and an AGC guide depending on group size
- Four nights double occupancy accommodation
- Meals as described in itinerary- 4 breakfasts, 1 lunch, 4 dinners
- All activities on the itinerary including tours, excursions, and entrance fees
- Airport transfer from IST on the final day of your Gulet trip
- Flight from Cappadocia back to Istanbul

**What's not included:** Optional Hot Air Balloon flight and optional Turkish Bath

## OUR ITINERARY

Below is the planned itinerary for your trip. As with any adventure, daily plans may be adjusted due to weather, unexpected events, new opportunities, or group interests.

### DAY 1

After arriving in Istanbul (IST) after our gulet cruise, you will be met by our in-country partner and shuttled to Istanbul's domestic airport. We will all fly together to Cappadocia on an afternoon flight, arriving in Cappadocia late afternoon. The time before dinner is yours to explore the village, or just relax before our Welcome Dinner.

**Included Meals:** Dinner

**Accommodations:** Niche Cave Hotel or similar

### DAY 2

Without a doubt, one of the most amazing memories of this journey could be of a hot air balloon ride over the majestic landscape. This aerial tour of the region is guided by our experienced operators and is an incredibly memorable experience. **Note:** this is an optional activity and the cost varies depending on what type of flight you choose. Don't worry, you will be back in time to enjoy a good local breakfast.

This morning your guide will meet you at 9:00am for an adventure into the heart of the region. We set out on foot to explore one of the many valleys of the Cappadocia Region. We will hike around the beautiful Red Valley and Goreme National Park, where the iconic fairy chimneys are spread throughout the valley. For lunch we will visit a local family where they will prepare an amazing local and fresh meal for us. Be sure to bring your appetite! After lunch we spend the afternoon on a visit to the UNESCO Open Air Museum with its many rock-cut churches. This open air museum holds the best examples of Byzantine art in Cappadocia.

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Niche Cave Hotel or similar

### DAY 3

We will start our day with a hike through the Ilhara Valley, famous for the natural rock formations, you can't help but stare at it for hours on end. In Devrent Valley let your imagination run wild trying to make shapes and figures out of the rock formations. Later, you will learn about a traditional handicraft of the region. Pottery making is known to be an ancient art since Hittite times (1800 BC) in this area and is continued in the ancient traditional ways. For a perfect end to a perfect day, enjoy a drop of local wine at a local wine house, grab a bottle to go and watch the sunset over this magical landscape.

**Included Meals:** Breakfast, Dinner

**Accommodations:** Niche Cave Hotel or similar

### DAY 4

Another big day today as we head underground to see the ancient city of Derinkuyu. This morning you are picked up from your hotel at 9am. Discover underground Cappadocia with your guide as they take you on an adventure through the subterranean corridors, tunnels, and caves of this fascinating part of the city. This multi-level city housed as many as 20,000 people along with their livestock and food storage facilities. It reaches a depth of 280 feet and is one of the deepest discovered underground cities in the world. For the afternoon, we will get to see an amazing performance of the Turkish Whirling Dervishes. These dances were originally started as an active way to meditate. They are still performed today during the sema, or worship ceremony. We end our night with a delicious dinner, and lots of laughs before our final night in Turkey!

**Included Meals:** Breakfast, Dinner

**Accommodations:** Niche Cave Hotel or similar

### DAY 5

After another hearty breakfast, we will all fly together back to Istanbul where we say our farewells. What a wonderful adventure!

**Included Meals:** Breakfast