



ADVENTURES  
*in good company*



## CAPPADOCIA EXTENSION

### Trip Summary

#### HIGHLIGHTS

- Exploring the unique and enchanting underground city in Cappadocia
- Hiking through the Red Valley
- Experience the active meditation of the Whirling Dervishes
- Feast on a traditional, home-cooked Turkish meal

Phone: 877-439-4042

Outside the US: 970-833-3132

Email: [info@goodadventure.com](mailto:info@goodadventure.com)

## 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

Travel to Turkey and break away from the bustle of the big cities to experience the rural culture of the Cappadocia region. A series of volcanic eruptions resulted in the area being swamped in ash, which then hardened to form a porous rock. The elements carved the terrain into the odd fairy chimneys, and later the inhabitants discovered they too could carve the rocks into homes and churches. A base in Goreme allows you to easily explore Cappadocia with a local guide, so come and discover Cappadocia's many mysteries and legends.

**Minimum group size:** 4

**Maximum group size:** 10

### Rating

This trip is designed for active women in good physical condition who want to combine hiking with immersion in the sights, smells, culture, and cuisine of Turkey.

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

### What's Included

- Experienced guides including one local guide and one Adventures in Good Company guide
- Four nights double occupancy accommodation
- All meals from dinner on Day 1 through breakfast the last day
- 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 experience

## OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and 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.(D)

Overnight: Heybe Hotel

### 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. (B, L, D)

Overnight: Heybe Hotel

### 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. We will then head on over to make a stop at Pasabag (Monks Valley) and check out the three headed fairy Chimney's. 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.

(B, L, D) Overnight: Heybe Hotel

#### 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 corridors and rooms 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!

(B, L, D)

Overnight: Heybe Hotel

#### DAY 5

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