



## Wonders of Cappadocia

### TURKEY

Enjoy a sportive **horse riding trail** in the beautiful Cappadocia region in central Turkey. This progressive trail ride will take you on a 6-day tour of this mysterious region, and is ideal for competent riders looking for a **fast trail ride**. On horseback, discover the region's famous rock formations and canyons, steppe-like plateaus and orchards. A great adventure for those who want to experience the beauty of **Cappadocia** and learn about its unusual geography and cultural heritage.

Trail Riding	 8 days (6 riding)	 From £2,261		Open to non-riders
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Riding in Cappadocia is quite the experience!



Enjoy a fast trail ride through this mysterious region



See the wonders of Love Valley from horseback

### ITINERARY

## Highlights

- A sportive trail with many opportunities for canters and fast gallops - the trail is approx. 200 km.
- Discover the historical and cultural heritage of the area, including troglodyte (cave) citadels and churches now part of the UNESCO world heritage list.
- Comfortable accommodation in different guesthouses during the week
- Experience the warmth and friendliness of the local people
- Small groups of 8 riders max

## Day 1 — 1 : HOME - KAYSERI AIRPORT - URGUP

Arrival at Kayseri airport.

Transfers are included (shuttle bus from the airport to your hotel). We strongly recommend your flight to arrive at 6:00 pm at the latest so you can enjoy dinner with the guides and the group on the first night - this is important as this is when your guides will make the final horse attributions. If necessary, you can fly in a day early and we can book an extra night at the hotel you will stay on the first night (see dates and prices).

Please note: this is a sportive trail and you must be riding fit. Some walking is involved: every morning you start with 5-10 minute walk to warm up, and same in the evenings to cool down. There will also be some steep paths where you will be asked to dismount and lead your horse on foot (up to 20 min). We have a slightly more relaxed itinerary (Cappadocia Explorer) if you feel like this might be too much of a challenge.

## Day 2 — 2 : URGUP - RANCH - AKKOY - 5-6 hours riding

You are driven to the ranch in the morning to meet the horses and get acquainted with the riding equipment. You will have time to try your horse on a training course going around the farm. The trail begins with a short ride through lush vegetation and along the stream of the Uzengi canyon. After a canter across a high plateau, villagers cook lunch for you on an open fire, at the foot of troglodytic citadels of dovecotes carved out the abrupt rock

walls. Very quickly, the first long canter brings you to the Avlak mountain. The views from the top are truly stunning and this is your first proper glimpse of Cappadocia.

You spend the afternoon riding through a vast valley to the ghost village of Karain. Arriving in Akkoy, the horses are left close to the overnight hotel.

## Day 3 — 3 : KARAIN - LAKE DAMSA - AYVALI - 5-6 hours riding

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Today starts with a fast canter across the fields of the high Anatolian plateaus (1600 m above sea level). As you reach a steep trail down to Lake Damsa, you will be asked to dismount and lead your horse on foot for about 20 minutes. Arriving at Keslik Monastery, villagers will cook your lunch on the woodfire.

In the afternoon, and weather-permitting, you will have the opportunity to swim with the horses in the lake. Spend the afternoon riding through expanses of bare hills surrounding the lake, with canters along tracks of soft red clay leading to the village of Ayvali through a hidden canyon.

## Day 4 — 4 : AYVALI - GOLGOLI - MUSTAFAPASA - AYVALI - 5-6 hours riding


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In the morning, get ready for a quick start with a canter that will bring you to the underground village of Gologli. With your sure-footed horses, get off the beaten track and follow a scenic path through curious rock formations, vineyards and orchards, surrounded by table-mountains. Lunch at a restaurant in the centre of the old Greek village of Mustafapasa, or by the swimming pool in Ayvali (weather dependent).

In the afternoon you climb a scenic plateau where you will have the opportunity for another gallop. A short ride will take you back to your guesthouse in Ayvali, for your last night in the village.

## Day 5 — 5 : AYVALI - GOMEDA VALLEY - CANYON OF GUMUSLU - UCHISAR - 5-6 hours riding

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
 Uchisar guesthouse

This morning's ride will take you through a varied scenery of narrow tracks, small canyons, farmed land, and the wide-open spaces of Subasi. Ride along the lush, narrow canyon of a remote village, before a gallop on large sandy tracks. There will be time for a visit of the underground village of Kirkule. A long canter on a sandy path lined with vineyards and orchards will take you to the fairy chimneys of Gomeda valley before you explore the canyon of Gumuslu.

Lunch at an excellent local restaurant, "Babayan evi". You then start the ascent of the 'twin hills' of Cappadocia to reach a panoramic viewpoint encompassing northern Cappadocia and the towering rock fortress of Uchisar. As you ride towards the village, you can admire the multicoloured rock formations of the famous Pigeon Valley, and Uchisar's picturesque fairy chimneys. You reach your panoramic guesthouse on horseback and enjoy a drink on the terrace. You may spend the rest of the day exploring Uchisar.

## Day 6 — 6 : UCHISAR - VALLEY OF ROSES - UCHISAR - 3 hours riding

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
 Uchisar guesthouse

Optional hot-air balloon flight to see the sunrise: travel with the wind over Cappadocia's magical landscape in the early morning ride. (not included, see dates and prices)

After lunch, set out on horseback through rock tunnels and arches, reaching the 4 km-long canyon called the Green Valley. You will also ride to the famous Love Valley and its gigantic phallic rock formations, then into the Sword Valley and Red Valley. With its citadels of red, pink and ochre rock, and its beautiful troglodytic churches, this is Cappadocia's most spectacular ensemble of geological formations. A cave cafe located in an ancient monastery welcomes you for lunch. In the afternoon, you keep exploring the Red and Rose Valleys, then ride out into the fields, surrounded by the rocky hills of north Cappadocia. The winding paths of the Shepherd's valley take you back to your guesthouse in Uchisar, in time to admire north Cappadocia in the sunset light.

## Day 7 — 7 : BOZ DAHA' PLATEAU - 5-6 hours riding

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 Nazim guesthouse

After breakfast, the horses are waiting to take you to a beautiful canyon called the White Valley, named after the colour of its rock. You ride through stone labyrinths and lush vegetation, and pass impressive fairy chimneys. Crossing the picturesque village of Çavuşin, you dismount for a short walk to reach the plateau of Boz Dahan. Enjoy a canter along the crest overlooking Red valley on one side and Devrent valley the other side. There will be more long canters through the maze of woody, sandy paths of the valley of Urgup before reaching the valley of Pancarlik and its multicoloured rock formations, gardens and orchards. You return to the ranch in the afternoon. After tea on the terrace, you have an option to be driven to the hamam in Ürgüp for a relaxing steam bath and massage (free 4x4 transfer - hamman price not included, approx. 45TL). A short transfer will take you back to your guesthouse for a farewell dinner.

\* There is a hamman in Urgup, which can be organised for you (entrance is around €50 payable locally). <https://urguphamam.com>

## Day 8 — 8 : KAYSERI - EUROPE

After breakfast you are transferred to the airport in Kayseri for your flight home.

DATES & PRICES			
DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
26/05/2024	02/06/2024	£2,261	Full
09/06/2024	16/06/2024	£2,261	Guaranteed departure
08/09/2024	15/09/2024	£2,261	Full
20/10/2024	27/10/2024	£2,261	Full

## Price details

- Flights or transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.
  - Rates are per person, based on two riders sharing a twin or triple room during the ride
  - Groups are composed of a minimum of 2 riders and a maximum of 8 international riders, plus guides.
  - Transfers are included (shuttle bus from the airport to your hotel). We strongly recommend your flight to arrive at 6:00 pm at the latest so you can enjoy dinner with the guides and the group on the first night - this is important as this is when your guides will make the final decision to match horses with riders. If necessary, you can fly in a day early and we can book an extra night at the hotel you will stay on the first night - around £75/€82/\$90 (single rooms, half board), or £85/€92/\$105 in 2024.
  - There is no single supplement if you are willing to share a room/tent with another guest of the same sex (twin or triple rooms) (policy valid for females only). The single supplement rate is £245/€275/\$290 or £380/€431/\$460 (luxury upgrade), or £265/€305/\$330 or £410/€480/\$525 (luxury upgrade) in 2024.  
NOTE: the accommodation upgrade is only available for 3 out of the 7 nights.
  - An optional air balloon flight can be arranged. The price is generally around €210-€230 per person (prices fluctuate depending on the season and fuel price - this will be reconfirmed on request). If interested, please contact us in advance. Availability can be difficult in the high season so please make sure to let us know with plenty of notice if you are interested. This is payable locally in cash.
  - Non-riders will be offered a hiking programme, in autonomy with GPS device and roadbook. You will hike for around 4hrs a day and meet the riders for lunch. Price on request.
  - There is a strict 85 kg / 13.3 stone / 190 lbs rider weight limit on this trail (including riding gear). If you weigh more than that, an additional horse can be arranged at a supplement, please contact us before booking.
- Please Note
- The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
- The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

### SUPPORT TEAM

1 English-speaking horse guide

### LOGISTICS

1 vehicle and driver

1 cook

### INLAND TRANSPORT

Private minibus

Airport transfers on set times (late arrivals will have to pay a taxi)

### ACCOMMODATION

Double (or triple) room - guesthouse

### MEALS

Full board from dinner on day 1 to breakfast on day 8, including water, tea and coffee

### ADDITIONAL EQUIPMENT

Saddle bags

First aid kit

## Price doesn't include

### MEALS

Beverages and personal extras

### TRANSPORT

International flights

### EXTRAS

Tips to the local team

Park, museum and other site entry fees

### INSURANCE

Visas and personal purchase

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

## Optional

### ACCOMMODATION

Single room supplement

### EXTRAS

Hot air balloon flight or additional activities

## EQUESTRIAN INFO

## Horses

The herd comprises forward-going Anatolian, Arab and cross-Arab mares. They are robust and sure-footed, responsive and respectful of their riders, but are overall spirited and forward going - more relaxed horses are available on our "Cappadocia Explorer" trail ride.

There are no big horses (on average 1,50-55 m, 15hh) so there is a strict 85 kg / 13.3 stone / 190 lbs rider weight limit on this trail (including riding gear). If you weigh more than that, an additional horse can be arranged at a supplement, please contact us before booking.

## Guide & local team

Your guide will be French-born Nicolas Guillo. He decided to make Cappadocia his home over 11 years ago and has been organising trail rides every

since. He speaks English and also Turkish.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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You must be a competent rider with an experience of riding outdoors. You must be able to mount your horse unassisted, and be confident over rough terrain and during group canters. Riders must be riding fit and have good levels of fitness.

There is a strict 85 kg / 13.3 stone / 190 lbs rider weight limit on this trail (including riding gear). If you weigh more than that, an additional horse can be arranged at a supplement, please contact us before booking.

### PACE

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This ride will see you riding for approx. 5h-6h each day. Pace is walk, with prevalent canters (not trots and some very fast canters, but no gallops). Some long canters of up to 15 minutes and some technical canters, some in single files, and some spread out. The terrain can be tortuous and difficult, and you will on occasions have to lead your horse from the ground, sometimes up or down steep paths, for durations up to 20 minutes.

### TACKING ABILITY AND PARTICIPATION

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Riders are expected to tack and untack their horse, and help with watering/feeding in the evenings.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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You must be in good physical condition. On some occasions you will have to dismount and walk with your horse, sometimes on steep paths up to 20 minutes. The days in the saddle are long (5-6 hours almost every day) and you should not underestimate the physical demands of this trail. The weather can be hot, in which case you will take a longer lunch break to get some rest in the shade (bring a book!).

An experience of trail rides over several days is necessary. Riders should be comfortable with heights as the terrain is challenging with cliffs and low altitude passes.

### EQUESTRIAN EQUIPMENT

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The riding equipment includes McClellan light trail riding saddles. These are fitted with two saddlebags.

We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

## TRAVEL INFO

### COMFORT

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You stay in hotels which are typical of the area with local architecture. They are chosen for their authenticity, intimacy and warmth and are ideally located in the old quarters of the villages within the national park and close to the horses paddocks. Most are double rooms with private bathrooms. Most hotels offer internet access and laundry service.

Upgrade to luxury accommodation can be arranged at an extra cost - please see dates and prices.

### MEALS

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Turkish and continental breakfast at the guesthouses

Lovely lunches either out in charming picnic spots (tables and chairs provided), often from local restaurants.

Dinners are taken at the guesthouses - starter, main and desert.

Water, tea and coffee are included. Cappadocia wine, beer and other drinks are available and payable locally. Vegetarian meals are available on request.

### CLIMATE

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Cappadocia has a continental climate and stands at over 1000 m above sea level. Expect cool nights from May through late June and possible rain during the day (average temperature is 15°C). This is a good time to visit and it also marks the beginning of the hot air balloons season. The summers are dry and hot with the hottest weeks from late July to late August.

### TIPS

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Tips and gratuities are not mandatory in Turkey, although it is customary to leave a tip at restaurants (some already include a 10% in the bill). Tips to the local team are appreciated but are left to your discretion.

## PACKING LIST

### Head

- Equus Journeys strongly recommend that you wear a riding helmet and that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana

### Upper body

- Long sleeved shirts provide protection from the sun and dust
- T-shirts
- Fleece, jumper or jacket - the evenings can be cold
- Waterproof jacket - the rains can be difficult to foresee in spring and it's better to be prepared. Layering is key to cope with the fluctuations in temperature between day and night
- Casual clothes for the evening

### Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Shorts for lazy lunchtimes
- Casual clothes for the evening

### Hands and Feet

- Please bring hiking shoes with half chaps as some of the passages you may take on foot can be steep. Riding boots are not suitable as they don't have enough grip.
- Sandals, flip-flops or trainers for the evening
- Gloves - your hands are particularly exposed to the sun whilst riding

### Nightwear

- Pyjamas

### Other useful items

- Mandatory: Water bottle (1.5 litre or two x 1 litre)
- Hand sanitiser
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Headtorch or small torch

### Medical kit

- Sunscreen and lip balm - must be high factor
- Insect repellent
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Rehydration sachets (dioralyte or similar)
- Spare prescription glasses/contact lenses
- Ear plugs, particularly if you are a light sleeper

### Our Recommendations

- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- You should also bring a copy of your passport/insurance in case you lose your documents. You can also save a copy into your mobile phone.

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never

get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.

4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .