



# Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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## Cappadocia Family Ride

### TURKEY

A magical **family holiday** in the heart of Cappadocia, riding beautiful **Arabian horses** through one of Turkey's most scenic locations. This horseback holiday is perfect for those wishing to enjoy a family holiday combining **riding and non-riding activities**, surrounded by nature. This ride is open to younger children and is suitable for beginner and intermediate riders that are looking to experience trail riding in a fun, but safe way. There will also be wonderful opportunities to go hiking, enjoy sightseeing trips and cultural visits to discover everything **Cappadocia** has to offer.

<b>Trail Riding</b>	 <b>8 days (5 riding) -</b>	 <b>From £0</b>		Family holidays from 8 y.o	Open to non-riders
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This is a great riding holiday for families



Trail riding in Cappadocia, Turkey



Discover the stunning landscapes of Cappadocia in the saddle

### ITINERARY

### Highlights

- Discover some of the most beautiful villages of Cappadocia (Göreme, Urgüp, Ortahisar...) and one of its hidden jewels: Mustafapasa.
- Experience a natural approach to outdoor riding in the heart of Cappadocia, Turkey.
- Learn the basics of trail riding on beautiful Arabian horses, in a fun way, with not too many hours in the saddle.
- Enjoy the restaurants' pools during refreshing lunch breaks
- The program below is for your information only and can be modified upon request, according to the participants' ages, interests and riding levels.

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

Fly to Kayseri through Istanbul (not included but we can quote for flights upon request). You will be welcomed at the airport and then transferred by minibus to your guest house in Mustafapasa, the heart of Cappadocia (1h transfer). Dinner with your guides and the rest of the group at around 08:00 pm.

Note: 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. If necessary, you can fly in a day early.

The following itinerary is an example itinerary and can be modified on request or to accommodate special interests.

### Day 2 — 2 : ORTAHISAR - 2-3 hours riding

This morning you will explore Nicolas and Helene's farm, meet the animals and be introduced to the horses. Lunch will be served at the farm before a short introductory ride in order for you to familiarise yourself with your horse. Back to the guesthouse in Ortahisar for the night.

## Day 3 — 3 : ORTAHISAR-MUSTAFAPADA-ORTAHISAR - 4 hours riding

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After a delicious breakfast, you will participate in farm activities and try your hand at goat-milking and cheese making. After a natural horsemanship demonstration, you will get ready to ride and explore the narrow rock canyons in Mustafapasa. This beautiful village's houses bear witness to its Greek heritage. You will be able to take a leisurely stroll or enjoy the restaurant's pool during lunch break. In the afternoon, you will ride back to the farm in Ortahisar via the troglodyte village of Gomed. Dinner and overnight at the guest house.

## Day 4 — 4 : ORTAHISAR-UCHISAR - 2 hours riding/2-3 hours hike

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Today you will discover northern Cappadocia in the saddle, riding to the lovely village of Uçhisar. You will visit the valleys of Yatak and Tartali in the heart of colourful and impressive rock formations, as well as the renowned fairy chimneys.

Lunch is in Uzumlu Kilise before you hike to Cavusin through the valley of roses. Transfer to your guesthouse in Uçhisar.

## Day 5 — 5 : GREEN VALLEY- GÖREME- UCHISAR - 3 hours hike

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After breakfast you will depart from your guest house and embark on a beautiful hike. You will make your way through arches and tunnels dug into the rocks of the spectacular Green Valley, a 4km long canyon that leads to Göreme. Lunch at a restaurant by the pool. In the afternoon, you will explore the village of Göreme, enjoying its painted rock churches and the open-air Museum. Return to Uçhisar by vehicle before sunset.

## Day 6 — 6 : WHITE VALLEY-ORTAHISAR - 3 hours hike/2 hours riding

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This morning you will hike to a different canyon called the White Valley. You will wander through labyrinths of rock, arches and abundant vegetation until you reach the village of Cavusin. After lunch you will return to the farm for another go at natural horsemanship. Dinner and overnight at a guesthouse in Ortahisar.

## Day 7 — 7 : PANCARLIK - URGUP- ORTAHISAR - 4-5 hours riding

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In the late morning you will begin your ride in the garden of the Pancarlik Valley and its colourful rock formations. Picnic in the valley and return to the farm crossing the scenic valley of Ortahisar. In the afternoon you will stay at the ranch for a good cup of Turkish tea on the terrace or you could be driven to Ürgüp's Old Hammam, for a relaxing family steam bath or a traditional massage. Overnight Mustafapasa.

## Day 8 — 8 : KAYSERI - EUROPE

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

### DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

## Price details

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No departure for this destination. Please contact our travel advisers for more information.

- International flights to Kayseri are not included, but can be booked upon request.

- Rates are per person and based on two riders sharing a twin or double room.

- The group is made of 2-6 international riders.

- Optional air balloon flight can be arranged at around €300 per person (prices fluctuate depending on the season). 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.

- 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 (around £50-65 per person per night).

- 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

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### SUPPORT TEAM

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1 English-speaking horse guide

### LOGISTICS

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1 horse equipped with saddle and bridle per rider

### INLAND TRANSPORT

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

### ACCOMMODATION

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Double ensuite room

### MEALS

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Full board accommodation except for lunch on D5 including water and tea

## Price doesn't include

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### MEALS

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Beverages and personal extras

Lunch on D5

### TRANSPORT

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International flights

### EXTRAS

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Tips to the local team

Park, museum and other site entry fees

Access to the restaurants' pools: €5-€10 to be paid locally

### INSURANCE

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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

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### ACCOMMODATION

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Single room supplement

### EXTRAS

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Hot air balloon flight or additional activities

## EQUESTRIAN INFO

## Horses

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The horses are Arabian and Arabian Cross. Only one mare is of Turkish Anatolian type (ancestor of the Purebred Arabian). You will find mostly mares

and some young geldings that were born on the farm. The horses have lively temperaments and excellent stamina, but some are more relaxed and suitable to novice riders. They are sure footed and have an average size that varies between 14.3 - 16.1 hands depending on the horse. Young children who may not be experienced or confident enough to ride these horses can ride donkeys instead - please contact us regarding your child's riding skills (donkeys are not suitable for children over 30 kg).

## Guide & local team

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Your lead guide Nicolas has been living in Cappadocia for over fifteen years. You will discover his and his wife Helene's traditional farm built in the rock on the first and last days.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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This ride is open for families: adults and accompanied children from 8 years old. This holiday is perfectly suitable for beginners and intermediate riders (as part of a family trip), but more experienced riders are welcome too. Please keep in mind that the group will ride to accommodate the weakest rider's abilities. The program can be modified upon request, depending on the participants' ages, interests and individual energy.

**IMPORTANT:** The Arab and Anatolian horses are endurant but very small in size. Our horseback holidays in Cappadocia require a great amount of sustained effort from the horses which is why we are very strict with riders' weight. 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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Riders will have the opportunity to practice all three paces based on their own riding ability: walk, trot and some canters. Some of the hiking trips will be guided while others will be 'self-guided' with the use of a GPS device (training will be provided). For the hikes in Ortahisar a donkey will be available for children under 30kgs.

### TACKING ABILITY AND PARTICIPATION

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The horses will be tacked by the local team, unless you would prefer to prepare your horse yourself.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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A reasonably good physical condition is required. The trails can be adapted to suit different abilities and individual levels of energy. This programme involves hiking as well so you must be fit enough for this. Beginner and Intermediate riders are welcome to enjoy the trail, more experienced riders should bear this in mind.

### EQUESTRIAN EQUIPMENT

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McClellan type light trail saddles with saddlebags

We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit. Helmets are not provided on this ride.

## TRAVEL INFO

### COMFORT

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You will be welcomed in two charming Ottoman guest houses in the heart of Cappadocia.

**In Ortahisar:** You will stay in an en-suite room decorated in the purest Anatolian style. The guest house has a large terrace where you can enjoy tea and coffee. Your host will prepare tasty traditional meals every night for dinner.

**In Urchisar:** You will stay in a troglodyte guest house in the heart of Uçhisar village overlooking the famous Pigeon Valley. The rooms are also en-suite and have been recently renovated. With its very scenic views dominated by rocky landscapes visible for miles around, the village of Uçhisar is one of the most beautiful sites in Cappadocia. The troglodyte tuff cones and years of erosion in the Pigeon Valley offer quite a striking sight. Uçhisar is located just a few kilometres away from Göreme, a village famous for its painted rock churches.

Lunches are taken in village restaurants and in the summer most restaurants have a pool where you can take a refreshing dip.

### MEALS

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Breakfast: Turkish and continental (taken at the guest house)

Lunch: Typical Turkish meals (taken in restaurants and inns)

Dinner: Anatolian specialities - Appetizers, one or two main courses and dessert.

Vegetarian options are offered on request. Alcoholic drinks (Cappadocian wine and beer) available as an option and payable locally. Tea and coffee are available. Other drinks are to be paid on site.

Water is provided during your stay.

## CLIMATE

Cappadocia has a continental climate, with hot and dry summers but never extremely hot thanks to the altitude. Winter is usually cold and snowy. Nights are always cool, even in summer.

Average temperatures in this region are 11 ° C in April, 16 ° C in May, 20 ° C in June, 23 ° C in July and August, 18 ° C in September, 13 ° C in October and 8 ° C in November. Spring can be rainy and you should be prepared for unpredictable weather!

## TIPS

Tipping in Turkey is not compulsory, but it shows appreciation for a good service. In restaurants it is customary to tip almost 10% of the total bill. Some restaurants already include "service charge - 10%" in the bill, in which case it would not be considered rude if you do not leave a tip.

For the equestrian team, tips are not mandatory but would be highly appreciated. However, the amount you would like to tip will be left at your discretion.

## PACKING LIST

If you would like to take a camera, you would need to take a device that can be held with just one hand to allow the group to continue to move forward and for you to still have some control over your horse.

### Head

- A riding helmet is strongly recommended and often compulsory (mandatory for children). Helmets are not provided on this ride. Helmet manufacturers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable. You also have the option of buying protective shells to go under your hats (Ranch & Rider, Lexington Safety Products) or western hat helmets (Troxel)
- Sun hat when not riding (essential)
- Sunglasses-with a cord attached so they don't fly away when galloping.
- Buff or bandana for protecting your neck and face from the sun and dust.

### Upper body

- Thermals (long or short sleeved)
- Long sleeved shirts to provide protection from the sun.
- T-shirts
- Lightweight fleece or jumper.
- Warm polar fleece or equivalent (depending on the season)
- Waterproof jacket- rain is difficult to predict, it is better to be prepared.

### Legs

- Riding breeches or long leather chaps. We recommend riding in them at home to ensure they won't rub during your holiday.
- Casual clothes for the non-riding days (jeans or walking trousers)
- Swimsuit - for dips in the pool.

### Hands and Feet

- We recommend that you 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.
- Walking shoes for the hiking trails
- Lightweight shoes or trainers for the non-riding days.
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

### Nightwear

- Pyjamas

### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (passport, camera, sunscreen, lip balm etc)
- Any liquids in your hold luggage, such as shampoo, moisturizer, over 100ml should be decanted into small, clear, plastic ziplock bag. We recommend biodegradable washing products where possible.

- In your hand luggage take any valuables, such as your camera, ipod, ipad etc.
- Travelling in your boots/ hiking shoes and carrying your hat and some riding clothes in your hand luggage is highly recommended - then if your luggage goes astray you are still able to ride!

#### Other useful items:

- Camera and high capacity memory card. Spare battery
- Headlamp, batteries and spare bulb
- Bumbag for carrying your camera and small items whilst riding
- Water bottle (2 litres or 2 x 1 litre in the summer, 1L in the spring/autumn)
- Ear plugs (for light sleepers)
- A pair of binoculars if possible

#### Medical kit

- Sunscreen and lip balm - should 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...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Hand wash gel

#### Our Recommendations

- Take a second, smaller bag to pack things you may need during the day such as a book or sunscreen then you can easily access it during the long lunch break
- 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](#) .