



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.

Trail Riding	8 days (5 riding)	From £780		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

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

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

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

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

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

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

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
07/08/2022	14/08/2022	£780		Open
14/08/2022	21/08/2022	£780		Open

Price details

- 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 at 3:30 am can be arranged at €160/£145/\$190 per person. Discounted rates available for children. 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.

- 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

SUPPORT TEAM

1 English-speaking horse guide

LOGISTICS

1 horse equipped with saddle and bridle per rider

INLAND TRANSPORT

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

ACCOMMODATION

Double ensuite room

MEALS

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

Price doesn't include

MEALS

Beverages and personal extras

Lunch on D5

TRANSPORT

International flights

EXTRAS

Tips to the local team

Park, museum and other site entry fees

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

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 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).

Minimum riding ability

MINIMUM RIDING ABILITY

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 enduring 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 as a supplement, please contact us before booking.

PACE

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

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

TRIP CONDITIONS AND REQUESTED EXPERIENCE

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

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.

TRAVEL INFO

COMFORT

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

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!

GUIDE AND LOCAL TEAM

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.

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). We recommend that you take your own to ensure a correct fit. 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

- Comfortable and sturdy walking shoes with chaps, or boots with mini chaps.
- 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 bumbag 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 you 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 suncream 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.

VISA & HEALTH

Formalities

British Citizens travelling to Turkey for tourist or business purposes are able to travel without a visa for visits of up to 90 days in any 180-day period.

If you plan to remain in Turkey for a period of more than 90 days, you should either apply for a longer stay visa before you travel, or get a residence permit from the local authorities in Turkey before your 90 day stay has elapsed. If you intend to work in Turkey, ensure you have the correct permits. More information is available from the Turkish Ministry of the Interior. If you don't abide by the terms of your visa or permit, you may be fined, deported and banned from re-entering the country.

If you're entering Turkey via a land border crossing, make sure your passport has a dated entry stamp before you leave the border crossing area. Turkish visit visas issued on arrival are valid for multiple stays up to a maximum of 90 days in a 180 day period. In case of problems with the computer systems at the Turkish port of entry, print off and carry a paper copy of your e-Visa, or make sure you have an electronic copy on a smart phone or other device to show to the immigration officer.

Passport validity

The Turkish government advise that your passport should be valid for at least 6 months from the date you enter Turkey and that there is a full blank page for the entry and exit stamps. You can find more detail about the requirements for entry into Turkey on the website of the Turkish Ministry of Foreign Affairs.

Source: <https://www.gov.uk/foreign-travel-advice/turkey/entry-requirements>

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Health

The European Health Insurance Card (EHIC), is not valid in Turkey. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Budget and money

Turkish Lira is the local currency of the Republic of Turkey. Visitors can exchange their cash money for Turkish Lira at exchange tiles and banks. International credit and debit cards are widely accepted in shops and restaurants throughout Turkey. However it is advisable also to carry cash for the smaller shops and cafes, particularly in more rural areas.