

# Trek the High Taurus Mountains and Cappadocia

Trip Code: CHT

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Camp on the wildy remote Yedigoller Plateau and summit Emler (3723m)
- Hike through colourful valleys and the magical landscape of Cappadocia
- Take tea with the nomads and explore the underground city of Derinkuyu

- The beautiful Emli Valley nestled in a timeless mountainous region in Turkey

## AT A GLANCE

- 8 days trekking
- 2 days walking and sightseeing
- Max altitude - 3723m
- Join at Kayseri

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Home to breath-taking scenery, stunning mountains, fairy chimneys, delicious food, a rich melting pot of cultures and a guaranteed warm welcome, Turkey is one of the most vibrant destinations on the planet and a land of smiles. In classic KE style, this Turkish delight of a walking holiday combines a jaw-dropping trek in the Taurus Mountains and charming walks in the incredible landscape of Cappadocia. We start in the heart of the remote and stunningly beautiful Aladaglar Mountains surrounded by alpine lakes and deep valleys before heading over remote passes to the spectacular Yedigoller Plateau. Here we'll meet nomadic Turkish shepherds and enjoy tea as we learn about their lifestyle living in a timeless region. The ascent of Mount Emler (3723m), a wild and dramatic mountain, is a holiday highlight and offers a unique opportunity to summit a peak which is truly off the beaten track. After the immense beauty of the Taurus Mountains we'll explore the stunning area of Cappadocia. Here fairy chimneys, cave dwellings and rock churches lie hidden in magical valleys and the result is a unique destination. We'll wander through lovely Goreme, marvel at the spectacular rock pinnacles in the Ilhara Valley and explore the fascinating underground city of Derinkuyu, once home to over 20,000 people. This is a superb trekking holiday with unforgettable hospitality, incredible landscapes and excellent Turkish cuisine.

## Is this holiday for you?

This holiday combines an 8-day trek in the Taurus Mountains of Turkey with relaxed walks in Cappadocia. The maximum altitude attained on the holiday is 3723 metres with only 2 nights spent above 3000 metres on the Yedigoller Plateau and at relatively moderate altitude acclimatisation should not be a problem. For most of the trek we follow well established trails between valleys and villages which are suitable for mules and straightforward for walkers. However there are a couple of days with a good deal of ascent and descent and we may encounter snow patches on the Yedigoller Plateau. You should ensure you are physically prepared for the trek and able to walk for 5 or 6 hours each day and for several days continuously. Towards the end of the holiday we transfer to Cappadocia for two days of easy walking and some relaxed sightseeing.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified Tour Leader
- Single timed Kayseri Airport transfers at the beginning and end of the trip
- All accommodation as described
- All meals
- All land transport throughout the trip
- A full trek service including cook and baggage transfer
- Entrance and camping fees for the Aladaglar National Park

### What's not Included

- Travel insurance
- Kayseri Airport transfers (other than the single group transfer at the beginning and end of the trip)
- Tips for local staff
- Entrance fees at tourist sites and optional activities
- Miscellaneous expenses - drinks and souvenirs etc.

### Joining Arrangements & Transfers

The group will meet at Kayseri Airport in the afternoon of Day 1.

A single timed group transfer from Kayseri Airport to the first night's camp will be provided.

On the last day of the itinerary there will be a single timed group transfer from the group hotel in Cappadocia to Kayseri Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Agent contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals are included in the trip price from dinner on day 1 to breakfast on day 12.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Turkish cuisine is world renowned for its variety, colour and fresh produce. Breakfast options include cereals, fruits, bread, preserves, eggs, salami, feta, olives, melon, dried fruit and nuts, tea and coffee. After breakfast and whilst on trek, clients will make up their own picnic lunch using bread sticks and a variety of meats, cheeses, tomatoes and cucumber. There will also be plenty of fruit, biscuits and cake. The evening meal is freshly prepared by our cook and served at the camp table. This may be a barbecue of local meats or any of a number of excellent Turkish dishes. Vegetarian food is also available, so please inform us if you require a vegetarian diet. Dinner options in hotels range from simple grilled meats to elaborately baked fish and meat casseroles. There are also plenty of delicious vegetarian options.

## Accommodation

The group will spend 1 night in a simple guesthouse in Cukurbag village, 3 nights in a comfortable and well located hotel in Cappadocia and 7 nights camping.

The Cappadocia region is a large area and is made up of a collection of villages, and the group will stay in an atmospheric 'cave and arch hotel' in one of these villages.

During the 8 nights of camping, there will be a cook, and either drivers or muleteers for transporting the main luggage from camp to camp. Each camping site has basic facilities (cold running water and a toilet) and is in location off the beaten track.

Accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired with another single traveller of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

## Group Leader & Support Staff

A professional English-speaking guide will accompany the trip. The group will also have a support vehicle and driver, and a trek crew and cook. On days 6 - 9 the group will also be supported by baggage animals and their handlers.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £200 (or equivalent in US dollars, Euros etc) should be allowed for miscellaneous expenses including your bar bills and reasonable tips to the support crew. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Turkey's unit of currency is the New Turkish Lira. During the trek there will be the opportunity to buy beer and wine as part of an honesty bar service, which is then paid on the last night of trekking. And as the trek crew do not travel with you to Cappadocia, tips will also be paid on the final night of the trek. You will be able to find ATM's at Kayseri and throughout Cappadocia. Credit cards can be used to purchase goods and services in some shops, hotels and restaurants in Turkey.

## Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £25 (or equivalent in US dollars, Euros etc) and that tips are then distributed between the guide and support staff as the group feels is appropriate.

## Baggage Allowance

Your baggage on trek should weigh no more than 15kg. During the holiday your main bag will be carried in the support vehicle from day 2 to day 5 and by pack animals from day 6 until day 8. Any items you do not require between days 6 and 8 can be left in the tour vehicle and you may wish to bring an extra (fold away) bag for this.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Turkey

UK passport holders do not require a visa for visits of up to 90 days in any 180 day period.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Turkey is the Turkish Lira.

## Preparing for your Holiday

It makes sense before coming on this holiday to increase your fitness by get some additional exercise. While regular hiking is the best preparation, running, cycling and swimming are also good for developing better cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks with your daypack.

## Climate

Daytime temperatures in Cappadocia will vary between 22°C/72°F and 28°C/82°F at the times of year we operate this trip. The weather in early and late summer is generally excellent - with hot days, clear skies and little rain. In the Taurus Mountains, the temperature will, of course, decrease as we climb. Typically, we will be trekking at temperatures around 15°C / 59°F. At night at our highest camp, we can expect the temperature to fall close to freezing point. In common with many mountain areas, cloud can build during the day resulting in late afternoon rain.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Turkey - Lonely Planet Travel Survival Kit
- The Rough Guide to Turkey
- Turkish Odyssey - A Traveller's Guide to Turkey and Turkish Culture - Serif Yenin.
- Landscapes in Panoramic Turkey - from Istanbul to Ararat - Gerold Yong.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### You should bring the following items:

- Hiking boots
- Socks
- Gaiters (to protect boots from scree/talus and occasional snow)
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or casual shirts
- Fleece jacket or warm jumper



- Waterproof jacket
  - Sunhat
  - Fleece hat
  - Sunglasses
  - Thermal or fleece gloves
  - Sleeping bag (comfort rated -5°C)
  - Daypack 30 litres
  - Second 'hold-all' type bag\*
  - Headtorch and spare batteries
  - Sun protection (including total bloc for lips, nose etc.)
  - Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
  - Water purification tablets / filter bottle (such as Water-to-Go)\*\*
  - Washbag and toiletries
  - Small towel
  - Antibacterial handwash
  - Selection of dry bags (to keep trek bag contents dry)
  - Small padlock (to lock your KE kit bag)
- Basic First Aid Kit including the following: antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

**The following items are optional:**

- Trekking poles (recommended)
- Sleeping bag liner
- Trainers or sandals for camp
- Shorts
- Light down jacket
- Insect repellent
- Camera
- Travel clothes
- Pen-knife
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

**Notes**

Foam camping mattresses are provided.

\* Second bag: Please bring a bag (additional to your trek bag and day pack) which is large enough to store items not required for 3 days of trekking up to the Yedigoller Plateau. This bag will remain in a vehicle so does not have to be waterproof.

\*\* Water purification tablets/filter bottle: At all the camps on trek spring water is available and good to drink. However you might wish to treat this water to be extra safe.

**Cotswold Outdoor**

Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the airport at Kayseri. A single timed transfer from Kayseri Airport to the first camp in Cukurbag is provided. The holiday ends in Cappadocia and a single timed transfer to Kayseri Airport will be provided.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kayseri.

Outbound flights will depart from the UK in the morning arriving in the afternoon of the same day. Return flights will depart Kayseri afternoon of the last day of the itinerary, arriving in the UK in the evening the same day.

# Why Choose KE

## Why KE

The Ultimate Turkish Delight for walkers and an Exclusive to KE. We've combined two fantastic areas in one superb holiday - the undiscovered Taurus Mountains and stunning region of Cappadocia. With all meals included, fully supported trekking, a maximum group size of 12 and wonderful leaders, all you need to do is lace up your boots, take in the excellent scenery and enjoy the Turkish hospitality.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change