EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Cappadocia Freewheel (CCF 2015)

CYCLING

TOURDURAT
8
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Cycling Grade: Easy
tour Code: CCF

Tour Highlights - Cappadocia Freewheel

- ✓ Heart of Cappadocia - Enjoy four nights in a small town in the heart of Cappadocia
- ✓ Unique Landscapes - Cycle this unique landscape of enchanting valleys, 'fairy chimneys' and cave dwellings
- ✓ Ihlara Valley - Discover rock-cut churches and well-preserved Byzantine frescoes by bike
- ✓ Kaymakli Underground City - Historic city carved out as an underground safe haven for local inhabitants in turbulent times
- ✓ Uchisar Castle - Climb the rock-cut castle for wonderful views

Tour Essentials

Accommodation:	2 nights Simple Hotel 1 night Simple Guesthouse 4 nights Standard Hotel
Included Meals:	7 breakfasts, 0 lunches, 0 dinners
Start Point:	Join tour: Kayseri Airport
End Point:	Tour ends: Goreme
Included Bike:	21 gear Mosso Wildfire Tourney mountain bike with front suspension
Transport:	Bus, Bicycle
Countries:	Turkey

Cappadocia Freewheel

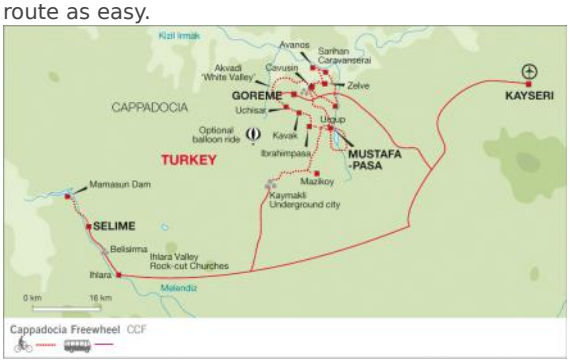
Cycling along quiet backroads and farm tracks we discover the beautiful region of Cappadocia in central Turkey where soft lava and ash rock has eroded to form a landscape unlike any other on earth. We cycle among the 'fairy chimneys', the contoured cliffs and rock-cut churches of the Ihlara Valley, and discover the underground city of Kaymakli.

Why Book this tour

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

Cycling Information

On this tour we cycle 156 km over six days (an average of 25km per day) with further optional rides available. The terrain is generally flat, following the valley floors. We cycle mainly along unsurfaced farm tracks and minor rural back roads. A support vehicle accompanies the rides throughout the tour. We have graded the route as easy.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

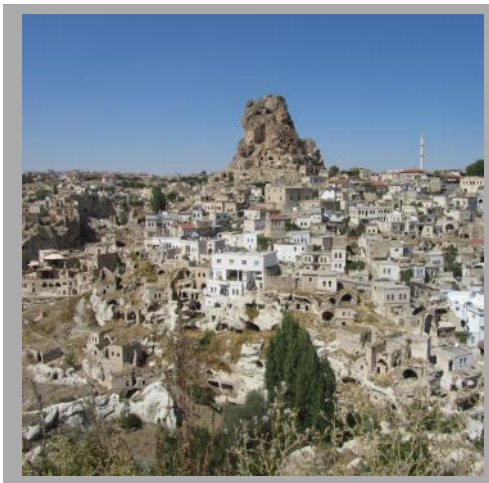
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Cycling Grade: Easy

Suitable for cyclists who enjoy easy and relatively short rides on flat or gently undulating terrain. Ideal if you simply want to explore a region by bike at a relaxed pace.



Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

DAY 1 Join tour Kayseri airport

Joining the tour at Kayseri airport we then drive to our first night stop at Selime. Located at the head of the Ilhara Valley, Selime is home to one of the largest rock cut monasteries in Cappadocia. Chance to acquaint yourself with your tour leader and fellow travellers.

Overnight: **Simple Hotel**
Single Room Available

Included Meals: None

DAY 2 Drive to Cappadocia area; cycle Dogantarla Village to Selime

This morning we spend time getting acquainted with our bikes and then we set off. We first cycle to Selime Monastery for a short visit before continuing to Dogantarla village. From the village we follow the Melendiz river valley. As we cycle along we see small gardens that originally would have been planted by the monks to allow them to be self-supporting. Many of the rock-cut churches have well preserved frescos dating from the 9th century. Finally we return to Selime and our hotel. Our total cycling distance today is approximately 33 kilometres

Overnight: **Simple Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Drive to Kaymakli; cycle to Mustafapasa

In the morning we drive to nearby Kaymakli village to visit its fascinating underground Byzantine city. Several underground 'cities' were constructed by early Christians in the seventh century, as they fled from persecution. They sheltered in these safe and well-hidden complexes from the iconoclastic strife of Byzantium as well as from other invasions. The cities were a complete and self-sufficient environment, including rooms for grain storage, stables, sleeping chambers, kitchens and ventilation shafts. After our visit, we cycle from Kaymakli to the small, sleepy village of Mustafapasa, via Ayvali. Mustafapasa was formerly called Sinasos, before the Greek population living there were forcibly repatriated to Greece in the exchange of populations of 1923. The attractive architecture of many of the stone built houses and churches of the village reflect their Greek origins. Our total cycling distance today is approximately 28 kilometres

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast

DAY 4 Cycle to Goreme via Kizilcukur Valley to Goreme

We start with a morning ride through Mustafapasa valley making our way to the attractive natural Damsa Lake. Later we cycle to the Pancarlik Valley, with stops en route to take in the dramatic landscapes. We then cycle along the Pigeon Valley renowned for its beautifully decorated rock-cut pigeon houses in which locals obtain pigeon guano to be used as viniculture fertilizer. This 200 year old custom is perhaps one of the unique assets of the region. Finally we cycle on the short distance to our hotel just outside Goreme. Our total cycling distance today is approximately 26 kilometres

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 5 Day ride through the 'fairy chimney' landscape

This morning there is a short drive to Kavak village from where we will begin today's ride. Kavak is a village renowned for its wine as the fine volcanic soil is very fertile. Other produce from these fertile soils include walnuts, mulberries and a variety of fruit. Often the largest rock cones are used as depots for citrus and other fresh fruit. Ibrahimpasa is an old Greek village where, until the turn of 20th century, Orthodox Anatolian Greek communities lived. We will have some tea in local café then drive the short distance to Kizilcukur village in time for lunch. Hidden in its array of 'fairy chimneys' (tall columns of tufa rock with basalt tops protecting them from erosion) is the 'Church with Grapes' - where there are frescos depicting viniculture and fruit growing. Wine production has continued in Cappadocia since the Hittites were here 3,000 years ago, as the volcanic soil is very fertile. It was the exiled Christians who really developed the vineyards, as well as fruit orchards. Often the largest rock cones are used as depots for citrus and other fresh fruit. In the afternoon we visit the citadel from where there is a panoramic view of the whole region, returning to Goreme via Akvadi, White Valley. Our total cycling distance today is approximately 24 kilometres

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 6 Cycle the Valley of the Hermits, Avanos and troglodyte village

We then continue on to reach Cavusin, which lies on top of a collapsed section of an early Christian cave city. The atrium of the church at Cavusin has fallen down, exposing some of the finest frescoes in the region. The richness and variety of these frescoes makes them among the best works of early Christian icon painting. Pasabaglari, sometimes called the 'Valley of the Hermits' due to the number of rock cones that were carved out by hermits in the early Christian period. Here the 'fairy chimneys' are amongst the most impressive in the region. We also pause to visit Zelve, a troglodyte village that was still inhabited as late as 1952, and is now a warren of tunnels and interconnecting dwellings. Then we cycle on to Avanos, on the banks of the Kizilirmak river. Avanos is known for its handicrafts, in particular its pottery, rug weaving and knitting. After lunch we cycle on in the direction of Sarihidir village, a lively tourist centre at the foot of a rock ridge riddled with old dwellings. On the road we visit Sarihan Caravanserai, whose gate is a fine example of Selcuk architecture and is a reminder that we are travelling on one of the ancient caravan routes linking Asia with Europe. We return to Goreme for our last night in the town. Our total cycling distance today is approximately 26 kilometres

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 7 Rose Red Valley and Urgup

After a short bus ride our last day of riding is spent exploring the route from Rose Red Valley, Dervent Valley and Urgup. Our route follows an old farm track between the apricot orchards and vineyards and past the now familiar fairy chimneys. Viticulture has been here since the Hittites, but it was the exiled Christians who really developed the vineyards and, for a while, wine was exported under the label of mineral water! Things have changed little and today most wine is still bottled for export. Arriving in Urgup we have some free time for last minute shopping before driving back to Goreme for our final supper. Our total cycling distance today is approximately 19 kilometres

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 8 Tour ends Goreme

The tour ends in Goreme after breakfast this morning.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 0 lunches,0 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Turkey

Lunch £: 7.00

Dinner £: 13.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Turkey

Bottle of Beer £: 2.70

Water £: 1.00

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Cappadocia - Visit Turkish bath £25.00, Whirling Dervish ceremony £13.

Cappadocia - Hot Air Balloon ride - Classic Flight (on average 100 minutes) - EUR220pp or Budget Flight (on average 65 minutes) - EUR155pp. (Please note all bookings for this activity must be booked direct with the provider - please visit http://www.rainbowballoons.net/en/)

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Local Crew: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.
Accordingly you should allow £12 for tipping.

Foreign Exchange

Turkey

ATM Availability: ATMs are widely available throughout Turkey. To avoid large queues at the airport exchanges, you may wish to xchange some lira before arriving.

Credit Card Acceptance: In major restaurants.

Travellers Cheques: Not recommended.

Local Currency: Turkish Lira.

Recommended Currency for Exchange: Major foreign currencies such as US Dollars, £Sterling and Euros can easily be changed. We advise against travelling with Travellers Cheques as commission rates are high. Other currencies can be exchanged in larger cities. We advise you to change money in Turkey as rates tend to be better.

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Turkey: Visas are required by UK citizens. We recommend that you obtain your visa online, prior to arrival at https://www.evisa.gov.tr/en/
This will cost US$20 and you will need a blank page in your passport for the stamp.

Other nationalities should consult their local embassy or consular office.

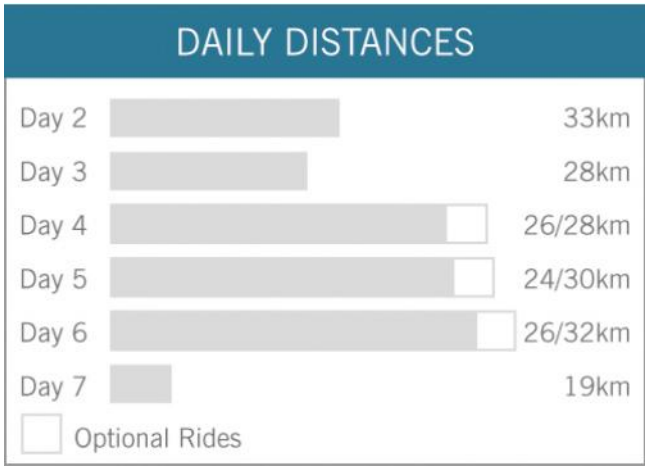
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

Vaccinations & Protection

Turkey

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Tour



Bike Details

Your included bike is a 21 gear Mosso Wildfire Tourney mountain bike with front suspension and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Climate

Turkey

Evenings and early mornings can be cool in the early and late season (before mid May and after early October). Summers are hot and dry with refreshing sea breezes. It is often cooler on higher ground and in the mountains and can be cold at night, even in the summer. Seasonal weather patterns can be unpredictable. Up to date information on the weather worldwide can be found by following the BBC weather link on this page.

Clothing

We recommend you bring padded cycle shorts, cycle gloves and quick drying cycle shirts. It is essential to bring some warm clothing including a wind and waterproof outer layer as it may be possible for rain in the Spring and Autumn. A sunhat is essential and don't forget your swimsuit. Overnight temperatures can be cold any time of the year, and very cold in the early and late season so please pack accordingly.

Equipment

A puncture repair kit and lock are provided - we recommend you bring your own helmet. We strongly advise that helmets are always worn whilst cycling. Bring a water-bottle that clips on to the bike. Wraparound sunglasses help protect your eyes. For added comfort you may like to bring a gel seat cover. A torch is useful in case of powercuts/ emergencies.

Footwear

Comfortable trainers or cycling shoes, plus sandals. Some of the rock-cut churches can only be reached by scrambling, so shoes with a good grip is essential.

Luggage: On Tour

One medium size rucksack or large holdall and a day sack for the day. Suitcases are not recommended.

Luggage allowance on tour: 20kg

General Information

Country details

Turkey

Population: 66,000,000

Size of Country: 779,452 sq km

Major Language: Turkish

Religion: Muslim, Christian

Time Difference to GMT: +3

Electric Supply & Plugs

Turkey

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel,

Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

These tour notes were printed on 03/09/2015 18:34:09