

ITINERARY

DAY 1: Our Turkey bike tour begins!

Our Turkey bicycle tours start at either Kayseri or Nevsehir Airports. From here we'll take you to Uchisar, a town of stone houses and cobbled streets that is famous for its rock castle, built into the highest peak in Cappadocia. Your hotel is a historic Turkish mansion dating back to the first millenium, which has since been converted into a boutique hote with both cave and stone rooms. Situated right next to Uchisar Castle, the views from the hotel are breathtaking! You'll have time to explore the town and then we'll meet for a delicious traditional Turkish dinner.

DAY 2: Bike Turkey's terraced farmland & vineyards

We'll start the morning with a clinic on mountain bike fundamentals and checking the group's bikes. For those wanting to cover the basics, you will have the opportunity to put your bike on a trailer and practice changing gears, reviewing which gears to use while riding, and how best to use the breaks. Those who opt-out of the clinic can begin on a ride through the old part of town. We'll then embark on a picturesque warm-up ride that will take us along the Uzengi Stream and past lush farmland. Our instructor will stop here to assess the group's riding skills and answer any questions. We'll break for lunch at Ortahisar, a quaint farming village that Lonely Planet rightly describes as 'a gem waiting to be discovered'. After lunch we'll ride to Urgup via a fun downhill track that weaves its way through vineyards and apricot trees. At the end of the ride we'll transfer to our boutique hotel in Uchisar. You can watch the sunset from the top of Uchisar Castle. We'll have a well-earned dinner and glass of local wine in Uchisar and then head home to our lovely hotel.

Distance: 20 km/12.5 miles

Off-road: 80%

Climbing: 700 meters

Descending 700 meters

DAY 3: Bike Turkey's sleepy villages & ancient Roman city

We'll spend the morning discovering some of the most traditional villages in Turkey by bike as we ride through the Cappadocian countryside, following streams and rivers and passing an ancient Caravanserai (a staging post for camel caravans) that was once important along the 13th century Silk Route. For lunch we'll stop in the village of Avanos, an ancient Roman city now famous for its prolific pottery industry. Our afternoon ride will take us to a sleepy, off-the-beaten track village whose houses are carved into a steep rock cliff. Our Turkey bike instructor will break here to review the group's riding technique and answer any questions. The day's ride will culminate in a pleasant ride through Love Valley before ending in Uchisar. Dinner tonight will be in the magical village of Goreme, set among honeycomb cliffs and surrounded by vineyards, is home to a Roman castle and a maze of cobbled streets. After dinner we'll return to our cave hotel. Note: Advanced riders will have the opportunity to bike from Uchisar down to Goreme through the single tracks of Pigeon Valley and back up to Uchisar.

Distance: 35 km/22 miles

Off-road: 90%

Climbing: 800 meters

Descending: 1100 meters

DAY 4: Bike Turkey's off-the-beaten-track villages

This morning we'll leave from our hotel in Uchisar where our tour of Turkey by bike continues with another ride through quiet farmland trails and off-the-beaten-track villages. After reaching Kavak village, we'll bike deeper into the countryside where we'll stop for a picnic lunch at a small village. Here our Turkey bike instructor will discuss technical biking skills and share some tips with the group. Our after-lunch ride takes us through potato fields, several villages, and a picturesque valley. By evening, we will reach Soganli, which Lonely Planet describes as a 'magnificent place to explore which you'll often have to yourself.' One of Cappadocia's earliest settlements, Soganli is famous for its ancient churches and monasteries that are cut right into the rock face. Then we'll return for our final night at the cave hotel and enjoy a delicious dinner.

Distance: 50 km/31 miles

Off-road: 70%

Climbing: 1000 meters

Descending: 900 meters

DAY 5: Explore underground city

For sheer fascination and mystery you can hardly beat the underground cities of Cappadocia. There are 200

underground cities in the region and some are as old as 4000 years. These cities housed entire villages of people and protected them from Roman soldiers and raiding Arab tribes. This morning we'll visit Derinkuyu, one of the largest underground cities, with a maze of rooms and tunnels that go 7 levels (85 m) underground. Seeing an entire town built underground is a unique and humbling experience! After lunch at our favorite local restaurant, we'll continue by van to Guzelyurt ('beautiful land' in Turkish), a sleepy Cappadocian town nestled amongst citrus groves and filled with stone houses and rock-cut churches. Set against a striking backdrop of fairy chimneys, the Guzelyurt landscape is punctuated by the shining, often snow-capped peak of Mount Hasan Dagi. Home to rock-cut churches and underground cities, Guzelyurt is surprisingly non-touristy. Those who would like to explore can go for either an optional afternoon bike ride (see distance below), stroll through the town's lively streets past homes carved into rocks, take a walk through Monastery Valley and visit the cave churches, or go fishing at a nearby lake. We'll spend the night in a charming local hotel.

Distance: 20-30 km/12-18 miles (for optional afternoon ride)

Off-road: 70%

Climbing: 300-500 meters

Descending: 300-500 meters

DAY 6: The Turkish Grand Canyon

This morning, we'll cycle along Ihlara canyon which is commonly called the 'Turkish Grand Canyon,' stopping to review and assess your biking progress with our instructor. This valley, a favorite retreat of Byzantine monks, is home to dozens of painted churches carved into the rocks. The 16 km valley starts wide and then narrows to form a spectacular gorge. Biking in here is an unforgettable experience thanks to the dense greenery lining the stream and the deep red walls of the canyon. Although relatively non-touristy, many guidebooks cite the Ihlara Valley as one of the highlights of traveling in Turkey. After lunch we'll walk 4 km along a trail through the valley, stopping to visit churches from the 10th century. At the end of the day we'll transfer by jeep to our hotel in Urgup, a unique and luxurious cave hotel that is literally built into the rock overlooking Urgup. Surrounded by vineyards, Urgup is a town of stone houses and cobbled streets that was formerly home to a large Greek population. You'll have time to explore the town and then we'll meet for a delicious traditional Turkish dinner.

Distance: 35 km/22 miles

Off-road: 100%

Climbing: 300 meters

Descending: 600 meters

DAY 7: World Heritage Ruins & the Valley of the Fairy Chimneys

Today our bicycle tour will take in some of Cappadocia's most impressive sights. Our morning ride will take us from Urgup, through past Pancarlik Valley, to Cappadocia's crown jewel, the Goreme Open-Air Museum. This World Heritage Site is made up of a cluster of Byzantine churches, chapels & monasteries all built into the rock and all sporting impressive frescoes. After a short ride through Rose Valley, we'll arrive in Cavusin, a quiet, picturesque village off the beaten path with one of the oldest churches in Cappadocia. We'll ride through the cobbled streets of Cavusin on our way to Zelve, where 3 valleys of abandoned homes, churches, mosques and tunnels converge. Our ride home will take us through the unforgettable "Valley of the Fairy Chimneys", so called for the remarkable rock formations that dot this region. Upon returning to Urgup, we'll shower at a local hotel and pack our bags before transferring to Kayseri or Nevsehir Airports for an evening flight to Istanbul. Those who would like to stay another night and be transferred to the airport in the morning can choose this option from our [optional extras](#).

Distance: 30 km ride/18.5 miles

Off-road: 70%

Climbing: 400 meters

Descending: 700 meters

Please note: This itinerary is designed to give you an idea of what to expect while exploring Turkey by bike, but it is not set in stone. What we actually do on a given day is flexible and is tailored to weather conditions and the interests and abilities of the group.

TURKEY BIKE TOUR ARRIVAL & DEPARTURE INFORMATION

Arrival and Departure Airport: You should fly into and depart from Kayseri Airport (airport code: ASR) or Nevsehir (airport code: NAV) in Turkey. Please plan to arrive at anytime on Day 1, and depart after 6pm on Day 8. Please note this may require an overnight stay in Istanbul to meet your international connection. We are happy make reservations if you decide to stay in Urgup for an extra night. Also, Nevsehir Airport will be the closest airport at the end of the trip.

However, you may find more departure flight options at Kayseri Airport.

Pick-up & Drop-off Information: We provide complimentary group airport pick-ups and drop-offs on the first and last day of the trip. We will be waiting for you with a sign saying 'Access Trips' as you exit customs at Kayseri or Nevsehir Airport. If you would like to be picked up or dropped off on a different day or to somewhere other than the airport, please contact us.

Airlines and Checking Equipment: If you intend to bring your own bike, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

Flights: We do not book flights or insurance for our clients. For recommendations, [click here](#)

TRAVEL REQUIREMENTS

Travel Insurance: Medical insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage and providing the details to Access Trips. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances). We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance. Additional details are on our website at: <http://www.accesstrips.com/company/insurance/>

Passports & Visas: All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. Please see below for more details:

<http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

Age: Most of our trips do not have any age restrictions. The majority of our clients are between the ages of 28 and 50, but we also have many clients who are older and younger than this. Please contact us with any questions.

HEALTH AND SAFETY

Emergency Contact: If you need to contact Access Trips in an emergency, you can reach us at the following:

Email: customer_service@accesstrips.com

Mobile-phone: +1 (415) 260-7270

Dialing within North America: 1 (650) 492-4778

Dialing outside of North America: +1 (650) 492-4778

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

Health requirements: Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1046.html. We strongly recommend that you visit a travel doctor before embarking on international travel. You are responsible for ensuring that you receive any necessary vaccinations before traveling on your trip with us.

Fitness requirements: Our Cappadocia Village Tour is appropriate for advanced beginners to more experienced bikers. You should have a reasonable level of fitness and be able to bike for up to 6 hours each day. Van support is available for most of the trip so if you find yourself getting tired (especially on an uphill) you will be able to jump in the van for a break. We recommend seeing a doctor before participating in any new physical activities.

Safety & Security: To maximize your safety during our tours you should exercise common sense and caution at all

times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Turkey, please review the safety and security section of the following webpage:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1046.html

As in all parts of the world, women walking alone in certain areas of cities and rural areas are particularly vulnerable to harassment from men. Women are advised to travel with a companion or in a group when possible and to ignore any harassment. Responding to verbal harassment can escalate the situation. The best course of action is generally not to respond or make eye contact with the harasser.

Drinking water: You should drink only bottled water or water that has been filtered and boiled. Other bottled beverages are safe to drink.

Climate, Currency, Banking & Electricity

Climate: The average temperatures for spring and early fall (May and September) is 78F- 81F during the day and 60F- 63F at night. Early summer (June) warms up a bit with temperatures around 83F- 87F during the day and 65F- 68F in the evenings. Late summer temperatures (August) can be between 86F- 90F during the day and 68F-74F at night. In early October, you can usually expect daytime temperatures between 73F- 77F and 53F- 59F at night. However, there is also a chance of rain and cold weather in the fall. Please pack hats, gloves, and warmer clothes during this time.

Currency & Banking: On January 1, 2009, Turkey introduced a new, smaller-sized currency referred to as Turkish Lira. It makes most sense to wait until you arrive in Turkey to change your money, since you will probably get a better exchange rate inside the country than outside. For the latest currency exchange information please go to:

<http://finance.yahoo.com/currency>

ATM's are available in all cities and major towns and will dispense new Turkish lira to Visa, MasterCard, Cirrus and Maestro card holders.

Credit Cards are widely accepted by hotels, shops, bars and restaurants, although not by pensions and local restaurants outside main tourist areas. American Express is rarely accepted.

Note: It is recommended to notify your bank or card issuer that you intend to travel abroad so that no block will be put on the usage of your credit or ATM cards.

Electricity: Turkey operates on 220 volts, 50 Hz, with round-prong European-style plugs that fit into recessed wall sockets /points.

PLEASE NOTE: The hotels do not have adaptors

WHAT TO TAKE

Equipment

We have bikes available for rent. This option saves you the time and hassle of dismantling and shipping your own bike. Please see the optional extras in our booking form for information about our bike rental prices or email us at customer_service@accesstrips.com

However, you are welcome to bring your own bike if you prefer. We recommend that your bike have at least front suspension and that it is a quality brand (Giant, Trek, Kona, Cannondale, Scott, Specialized). If you bring your own bike it is important that you check it thoroughly to ensure it is in good mechanical order before you depart for your trip. Our team is equipped to make minor repairs but to save you hassles during the journey it is a good idea to check your bike before you arrive. If you are not familiar with bike maintenance, your local bike shop can help you with this.

Also, if you intend to bring your own bike, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges, and liabilities.

Additional things to bring: To minimize the effort of carrying your bags into your accommodation each evening, we recommend that you pack as lightly as possible.

We suggest that you bring the following items:

Note: While not mandatory, when not biking we recommend wearing loose-fitting clothing that covers your shoulders and knees, out of respect for the culture you are visiting.

Clothing & Equipment

- * your bike (if you decide to bring your own)
- * helmet
- * padded bike shorts
- * bike gloves
- * cycling shoes
- * water bottle or camelback (we will supply water bottles but you may like to bring your own)
- * T-shirts
- * a rain coat (just in case!)
- * walking shoes
- * sandals
- * a sweater for potential cool evenings in spring months
- * hats, gloves, and a warm jacket for riding in potentially cold weather during fall months
- * toiletries
- * money belt
- * sunscreen
- * sunglasses
- * swimsuit
- * first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)

Documents & Money

- * Passport (with photocopies)
- * Travel insurance (with photocopies)
- * Airline tickets (with photocopies)
- * Credit and/or debit card and/or travelers cheques and/or cash
- * Any entry visas required

Spending Money

- * **Meals** - All meals are included in the trip price.
- * **Other expenses** - There are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, drinks and internet cafes.
- * **Tippling** - Tips for meals are included in the trip price. However, discretionary gratuities are greatly appreciated in Turkey for your driver and guide. Most people choose tip \$10 per day for the driver and \$20 per day for the guide. It is also customary to leave \$3 per person/ per day at your hotel.

USEFUL LINKS

Country Information: For additional information about traveling in Turkey:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1046.html

<http://www.tourismturkey.org/>

Currency Exchange: The currency in Turkey is the New Turkish Lira (TRY). For the latest currency exchange information: <http://finance.yahoo.com/currency>

FINAL NOTE

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document

may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Trips, Ltd.

TERMS & CONDITIONS

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!