SPICE ROADS
CYCLING



TRAILS

CAPPADOCIA TRAILS

Tour Code
TUR-CAP

7 DAYS
6 NIGHTS

Destinations	Türkiye
Tour Meets	Kayseri Airport
Tour Ends	Kayseri Airport
Fly in to	Kayseri International Airport (ASR)
Fly out of	Kayseri International Airport (ASR)
Group Size	n/a
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

5 Cycling days	**191** km Total cycling distance
38 km Avg distance / day	**713** m Avg climbing / day

PRICING

Price	On request
Bike Hire	N/A
Single Supplement	N/A

DEPARTURES

There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride 191 km, about 80% off road, in 5 cycling days. There are first-class single-track trails to gentler dirt roads. We will be riding through valleys, alongside and into streams, and there will be some climbing. Please note the daily ascents and descents listed. There is limited vehicle support on this tour due to the remoteness of the trails. In case of an emergency, we will be able to call for assistance. Please bring a camelbak or similar hydration system for water and to carry snacks. Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty.

We use a nice variety of accommodation, including a family guesthouse, a historic Greek hotel, and a special cave hotel for two nights with a swimming pool. Your luggage will be transported between hotels.

Suitability: You should be confident of your physical condition and bike handling skills. Some climbs are challenging, so you should have a good level of fitness to cope with more than 1,000 m of climbing in a day. As mountain biking surfaces require competent bike handling skills, it is advisable to have off-road and preferably downhill experience, although difficult obstacles can always be avoided. Suitable for cyclists with a keen attitude and adventurous nature!

Biking Conditions: This tour follows a mixture of single track, trails, and gravel paths as well as sections of tarmac. The daily distances aren't long, and we will be stopping to see sights along the way.



Day 1: Arrive in Goreme

We will welcome you upon your arrival flight at Kayseri Airport and transfer to your hotel in Goreme. The rest of your day is free. In the evening, we meet for a trip briefing and dinner.

Holiday Cave Hotel Dinner

Day 2: Selime - Ihlara Village - Guzelyurt

In the early morning, we take a 1.5-hour transfer to Selime, a city with more than 100 churches from the Byzantine period. We get our bikes fitted ready for our adventure. From Belisirma, we climb out of the canyon, following quiet asphalt and dirt roads to Ihlara as we approach the wide-open rolling foothills of the Melendes Mountains. We climb steadily to the village of Kitreli, where we stop for lunch. From here, it's downhill to Ilisu village and then on to Guzelyurt on a lovely dirt road, with commanding views over the flat lands and canyon below. We arrive in Guzelyurt's Monastery Valley, a charming historical part of the town with lots to see, including 19th-century Little Hagia Sofia, underground cities (don't forget a torch!), and rock-cut churches. Tonight, we relax our muscles in one of Cappadocia's finest "Konak" luxury boutique hotels and enjoy a real taste of Ottoman grandeur.

Kapadokya Ihlara Konaklari Breakfast, Lunch, Dinner



Ride 40km +660m

Day 3: Guzelyurt - Gaziemir - Soganli

Today's ride takes us up to a 1780-m pass at Sivrihisar with fantastic views over the plains below. The route descends through the old, deserted part of the village to Red Church, one of the oldest Cappadocian Orthodox churches, dating from the 5th or 6th century. From here, we cross "yayla", a green pasture surrounded by mountains where you will see shepherds and their flocks. Following a dirt road across the grassy plain, we spot our first "fairy chimney" rocks before descending to Nar village. This section can be impassable after heavy rain due to clay and mud; in which case, an alternative asphalt route is available. We climb up through the old village and arrive right on the crater of Nar Lake, an awesome extinct volcanic caldera, whose sulphurous waters are ever-changing greens, yellows and blues. You follow a rough dirt track down to the lakeshore for a picnic lunch. We then continue downhill through Sofular Valley to reach the little-visited village of Gaziemir, home to a huge underground city complex that is worth a visit. While we are exploring Anatolian rural life, there are also plenty of photo opportunities before meeting our driver in Gaziemir. After visiting the underground city, we transfer to Soganli for a night in the traditional, homestead style cave rooms of Emek Pension and enjoy a delicious meal on the terrace.

Emek Pension Breakfast, Lunch, Dinner



Ride 32km +720m

Day 4: Soganli - Mustafapasa

Amidst photogenic scenery, today's ride is a perfect balance of restful freewheeling and memorable historic sites. This morning starts with a circular bike tour around the valley to visit several incredible rock-cut churches. We cycle on asphalt and single-track trails past Guzeloz to the lovely little village of Baskoy. From here, a wide dirt track leads up through green trees to Debenbasi, at the head of the canyon. Then we gradually climb up over the Sahinefendi Pass before dropping down into the Damsa Valley, where we visit the Roman ruins at Sobessos, unique in Cappadocia. After a picnic lunch, we follow the road north, stopping to visit the Medresse and Selcuk Mosques at Taskinpasa and the monastery at Keslik. From Cemil, we turn onto a dirt road for a scenic ride through vineyards, fruit trees, and "fairy chimney" valleys. We overnight at Mustafapasa and have time to explore this fascinating historical Greek village

before relaxing for the evening in the comfort and splendour of our hotel - one of the region's most enigmatic historic buildings.

Old Greek House Breakfast, Lunch, Dinner



Ride 48km +747m

Day 5: Mustafapasa - Goreme

We ride through some of Cappadocia's most memorable terrain. From Mustafapasa, we follow a very scenic dirt road through Gomeda Valley and climb slowly on a beautiful dirt track that takes us up towards Ibrahimpasi village, a picturesque, unspoilt place with plenty of local charm. We continue to a panoramic viewpoint on Karlitepe, high above Goreme Valley, and enjoy one of the area's most stunning horizons. From here, a rough dirt track takes us downhill to the town of Uchisar that is dwarfed by an imposing rock hewn hill fort. After a wander through, we'll have lunch, and then it's time to hit the trails again. Riding on a dirt road that skirts the canyon edge of White Valley, we'll have fantastic views of fairy chimneys and deeply eroded rock scenery. We ride directly to Goreme and visit the Open-Air Museum to see the region's finest examples of rock-cut churches and frescoes. We overnight in lively Goreme where there are a wide range of cafes, bars, and restaurants.

Holiday Cave Hotel Breakfast, Lunch, Dinner

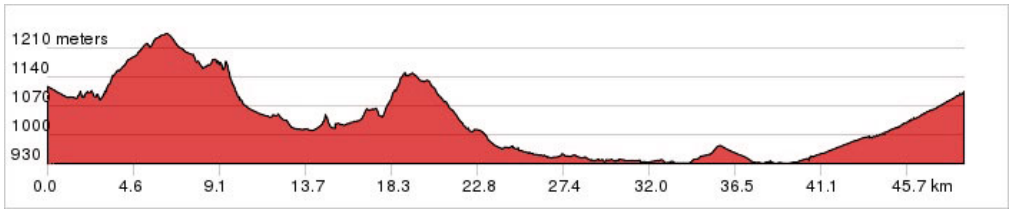


Ride 26km +700m

Day 6: Goreme Loop

We ride on a dirt road for a superb circuit of Rose Valley and a visit to the Church of Columns on the way. We climb up through the barren Devrent Valley and enjoy a long downhill track that brings us out at the majestic Sarihan Caravanserai, a 13th century fortified trading post on the Silk Road. After a break in the ancient courtyard, we head off on an easy mountain biking trail that follows a stream with many water crossings (be prepared to get wet!) and meet up with Türkiye's longest river, the Kizilirmak. We follow paths beneath shady trees along the riverbank, past picnic spots, and on to Avanos, a quaint town famous for its quality ceramics. Avanos is a perfect place for a leisurely drink in the square or a stroll through its many bazaars and markets. Finally, we take a scenic dirt road tour back to Goreme. We meet up for a special farewell dinner at the nationally renowned Orient Restaurant.

Holiday Cave Hotel Breakfast, Lunch, Dinner



Ride 45km +740m

Day 7: Departure

After breakfast, we will transfer you to Kayseri Airport for your onward travel back home.

Recommended morning activity: Discover Cappadocia from a different perspective by hopping on a hot air balloon ride. Enjoy the beautiful scenery while drifting leisurely over the region's fairy chimneys, stunning rock formations, and picturesque valleys. Contact us for more information

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Depending on the passport you hold, you may be able to enter Türkiye visa-free or must obtain an e-visa in advance. This link outlines the requirement for each country, so please check the information carefully and make the arrangements accordingly. If you require an e-visa, then head to this link and follow the necessary steps. Make sure your passport is valid for at least 60 days beyond the duration

of your stay (for example, if you have a 90 day visa, your passport must be valid for 150 days beyond the day you arrive in Türkiye).

Health

No vaccinations are needed.

Weather

Türkiye has seven distinct climatic regions, the area between the coast has moderate winter temperatures and hot, humid summers, and the inland areas with their extremely cold winters and excessively hot summers. In Cappadocia, from May through late June and even into early July the days are warm and the nights are cool. July and August temperatures hover around 40 C/100 F, too hot for cycling. By mid-September the temperatures have fallen and are comfortable through to late October. Sun cream is a must!

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Turkish cuisine is a fusion of Middle Eastern, Central Asian and Balkan tastes. Known for the use of fresh ingredients, dishes are simply presented, not hidden under sauces, or excessive presentations. There are many regional specialties and variations – there are at least forty ways to prepare eggplant alone – to try on this tour.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. But you may also want to bring electrolyte in powder or tablet form. Alcoholic drinks are available everywhere, but are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra liras for possible incidentals that might arise. It is always wise to have some paper currency in case of ATM absence or credit card problems. This will save you a lot of unnecessary worries. It is also customary to tip local tour guides and drivers; however, the amount you give should be dependent on the level of service you receive.

Money

The Turkish lira is the currency. ATMs dispense Turkish lira to Visa, MasterCard, Cirrus and Maestro card holders and most machines offer instructions in English, French and German. You can usually draw out about $470/ €350 per day. The Euro and the US dollars are the favorite foreign currencies.

Be Aware

Overall, the level of petty crime is much less than in most Western countries. However, take the usual precautions about avoiding rowdy political demonstrations, not flashing money around and being aware of pickpockets in crowded places.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

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