SPICE ROADS
CYCLING



TOURING

CAPPADOCIA TO THE MEDITERRANEAN BY BICYCLE

Tour Code
TUR-CTM

10 DAYS
9 NIGHTS

Destinations	Türkiye
Tour Meets Tour Ends	Kayseri Antalya
Fly in to Fly out of	Kayseri Erkilet Airport (ASR) Antalya Airport (AYT)
Group Size Minimum Age	4-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**420** km Total cycling distance
60 km Avg distance / day	**904** m Avg climbing / day

PRICING

Price	US$ 4,990
Bike Hire (Hybrid Bike)	US$ 320
Bike Hire (E-Bike)	US$ 560
Single Supplement	US$ 695

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

11 Apr - 20 Apr 2027
02 May - 11 May 2027
17 Oct - 26 Oct 2027
31 Oct - 09 Nov 2027

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of 420 km over 7 cycling days. We begin with three rides in Cappadocia, taking us across a hilly terrain of volcanic valleys and high plateaus. After a bike-free day to visit Derinkuyu Underground City and transfer to Konya, we have a longer ride across the Anatolian plateau before two stages in the Taurus Mountains. A cool-down ride from Side on Day 9 offers a relaxed way to finish while taking in the Roman sites. With several vehicle transfers before and/or after our rides, we avoid busy roads, focus on the most enjoyable routes, and leave time for sightseeing.

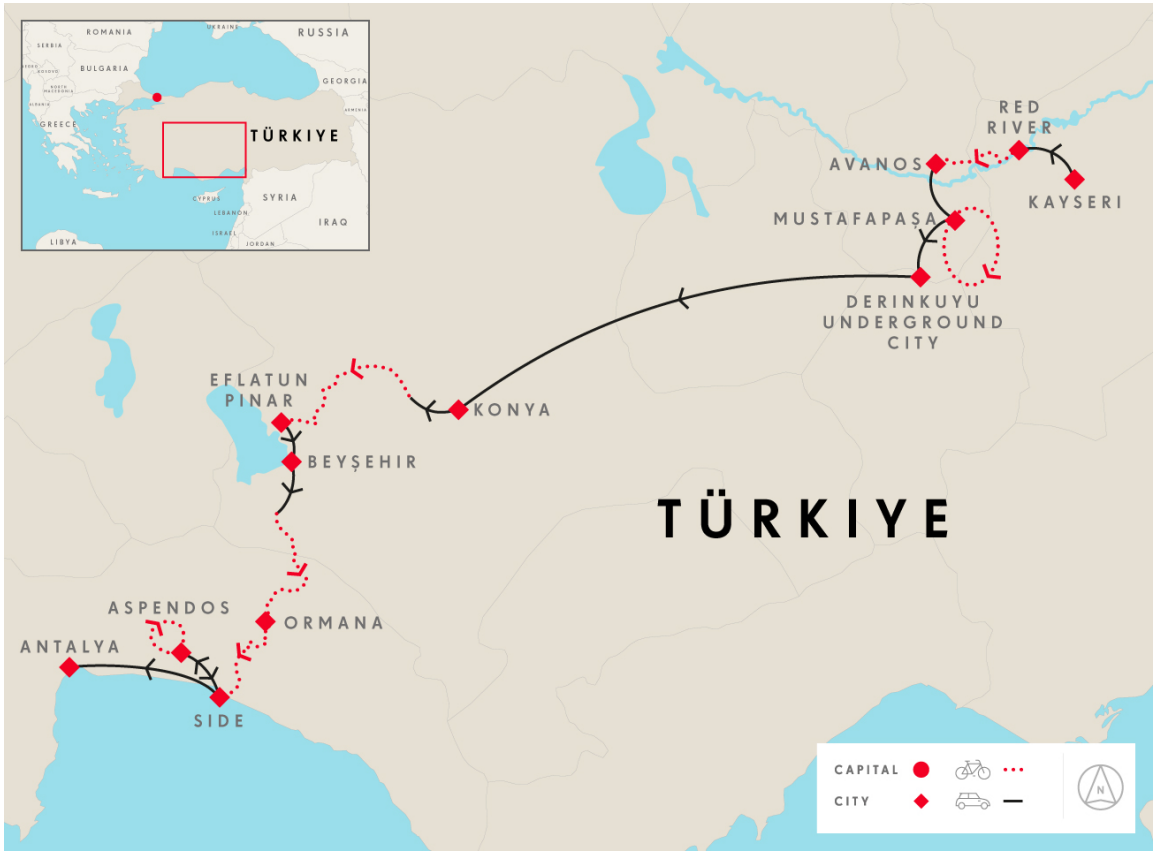
This is an action-packed tour with a busy daily schedule, combining moderately challenging cycling with a heavy dose of history, culture, and cuisine. The heavy hitters are, of course, ancient sites like Derinkuyu, Göreme and Side, but we also visit lesser-known places such as the Hittite monuments of Eflatun Pinar and the 'button houses' of the Taurus Mountains. In just 10 days, this tour provides a vivid snapshot of Türkiye you won't get by any other mode of travel. In Cappadocia, you have the option of joining a hot-air balloon ride (a must for many); this is not included in the tour cost but can be arranged on request (advance booking is required).

The trip is fully supported, and 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. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active-level tour, and riders can expect to be challenged by both the route and the terrain in various ways. Daily distances and climbing are fairly consistent, typically between 50–60 km with +600–1,000 m of gain, with the exception of the two days in the Taurus Mountains where we ride between 75–85 km and gain +1,000–1,500 m. The downhills are just as prominent (if not more!), especially as we descend to the Mediterranean coast on Day 8. We have one day off the bikes (Day 5) to visit Derinkuyu and the Valley of Monasteries, so our legs will still be busy. The majority of the riding takes place on paved roads, so there is no technical manoeuvring, but good handling skills for long bumpy sections and the occasional bit of gravel or sand are necessary. Riders with less experience are welcome, and this is a fantastic intermediate-level tour to help push your boundaries — just be sure to prepare by building stamina for the distances and strength for the climbs. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: On this tour, riders can expect around 90% of the route to be on paved surfaces, consisting of a mix of high-quality tarmac and older "chip-seal" country roads that can be bumpy or coarse. The remaining 10% is made up of hard-packed gravel and vehicle-width dirt tracks. While much of the route follows quiet backroads with minimal traffic, we will regularly share the road with cars, tractors, buses, and, of course, flocks of sheep and goats. There are a handful of unavoidable sections along main provincial roads, but these are few and far between. Türkiye can get windy — which, at different times, works both in and against our favour — and rainfall is not uncommon, especially at higher elevations, during the times we schedule our tours. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!

Accommodations: We stay in a wide range of hotels and lodgings fitted to the unique character of each region visited. In Kayseri, we have one night in a classy city hotel before three nights of Cappadocian charm in a restored 19th-century Greek mansion. In Konya and Beyşehir, we stay in centrally located 3* hotels with Turkish flair, while in the Taurus Mountains, we get cosy in a rustic collection of restored 'Button Houses'. And finally, in Side, we treat ourselves to two nights at a boujee resort with all the bells and whistles. While all accommodations provide clean rooms, private bathrooms, hot water and heating, extras like pools or AC aren't always available (or necessary!). Please be aware that some older properties, while charming, may show signs of wear and tear. Room sizes may vary, and beds can be firmer than you are used to. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property of a similar standard to those listed in the itinerary.



Day 1: Meet in Kayseri

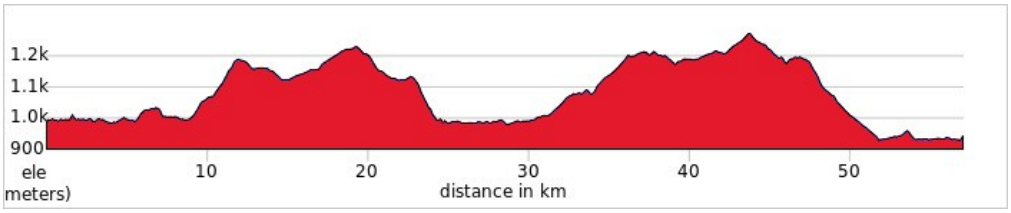
Welcome to Kayseri, the **gateway to Cappadocia**! The city is framed by the massive, snow-capped silhouette of **Mount Erciyes**. After **picking you up from the airport**, you'll have some time to unwind before we meet for our trip briefing and **Turkish welcome dinner**. As we walk to a favourite restaurant in town, we'll pass the stone walls of the **Seljuk-era castle** and peek into the central bazaar where you can sample some **pastırma** — Kayseri's signature air-dried spiced beef, and the ancestor of the modern pastrami.

Wyndham Grand Kayseri Dinner

Day 2: Kayseri → Özkonak Underground City → Mustafapaşa

It's time to hit the road! This morning, a 45-minute transfer brings us to a medieval stone bridge arching over the **Red River**, Türkiye's longest waterway. From here, our **first ride alternates between the lush, farm-studded riverbanks and the dry, sun-drenched hills of the Anatolian plateau**. We finish after 46 km as we reach the lesser-known **underground city of Özkonak**. Carved into the soft volcanic rocks, Özkonak features stables, wine cellars, and living quarters used primarily by early Christians sheltering from war and persecution. From here we transfer a short distance to **Avanos, the region's artisan heart**, where we refuel with a **cave lunch** before visiting a workshop to witness **Hittite-era pottery techniques**, still using the river's red clay today. Another short drive then brings us to the dramatic sheer cliffs and hauntingly beautiful **rock-cut dwellings of the Zelve Open Air Museum**. A final 30-minute transfer brings us to Mustafapaşa, where we spend the next three nights nestled among the village's elegant façades of **19th-century Greek stone mansions**.

Gul Konaklari Breakfast, Lunch, Dinner

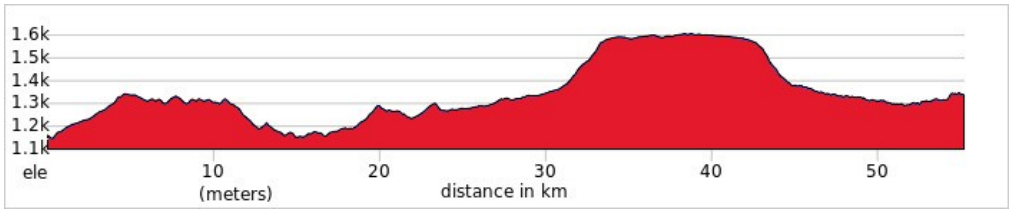


Ride 46km +767m -548m

Day 3: Mustafapaşa → Soğanlı Valley

At sunrise, you can partake in the quintessential experience of floating above Cappadocia's fairy chimneys in a **hot air balloon**. Let us know in advance as pre-booking is required (the cost is **not included in the tour price**). Whether or not you opt for this aerial view, after breakfast we all jump on our bikes for a ground-level exploration of Cappadocia's iconic landscapes! The first 15 km feature dirt trails to get us into the **rugged backcountry**, before we switch to a paved road heading south past **Damsa Lake** — a fertile area filled with vineyards and apricot orchards. At around 25 km, we stop to visit **Keşlik Monastery**, a fascinating time capsule of Christian monastic life in medieval Cappadocia. From here, a longer climb brings us up to the rocky high plateau, followed by a steady descent into the lush **Soğanlı Valley**. Here, we discover rock-hewn, **Byzantine-era churches** blending remarkably with the towering canyon walls and volcanic tuff formations. In the mid-afternoon, we transfer around 45 minutes back to Mustafapaşa, where the rest of the day is at your leisure and you can choose your own dinner.

Gul Konaklari Breakfast, Lunch

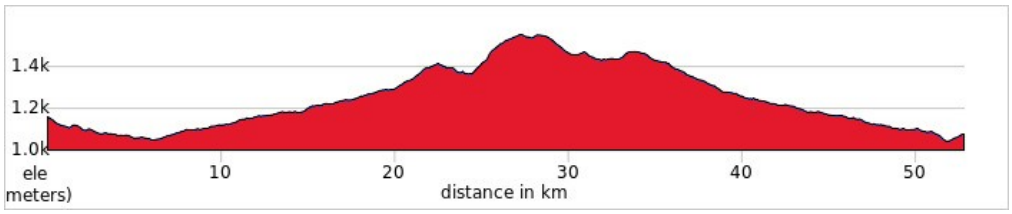


Ride 55km +983m -802m

Day 4: Mustafapaşa → Ürgüp Loop → Göreme

The morning is spent in the saddle, discovering more of the **Cappadocian countryside rarely seen by tourists**. Our route leads north to the town of Ürgüp, from where we ride a loop on **quiet, rural roads** winding through small villages and past wide fields of potatoes, chickpeas, and pumpkins. Upon reaching the highest point of the day, we are rewarded with splendid views of Mount Erciyes before a downward-trending return to Ürgüp. After lunch in town, we head back to Mustafapaşa for some R&R and reconvene in the mid-afternoon to visit the **Göreme Open-Air Museum**. This UNESCO World Heritage Site preserves a unique collection of monastic cave churches, famous for their **rock-cut architecture and vibrant Byzantine art**. Chief among these is the **Dark Church**, where the absence of natural light has left its 11th-century frescoes remarkably vivid. Before returning to the hotel, we round off the day with a memorable dinner at a village house where we are treated to some homemade **Anatolian soul food**. You can also get involved in preparing a dessert made from locally grown apricots and walnuts.

Gul Konaklari Breakfast, Lunch, Dinner



Ride 53km +719m -801m

Day 5: Mustafapaşa → Derinkuyu → Konya

Today is a bike-free day as we turn our attention to **Derinkuyu Underground City**, the most extensive of its kind in all of Cappadocia. We take our time exploring this masterpiece of human ingenuity — a labyrinth of chambers, tunnels, rolling stone doors, and ventilation shafts descending deep into the volcanic tuff. Spanning millennia, from the time of the ancient Phrygians to the Ottoman Empire, Derinkuyu served as a subterranean sanctuary whenever the world above turned tumultuous. After resurfacing, we drive 45 minutes to explore the **Valley of**

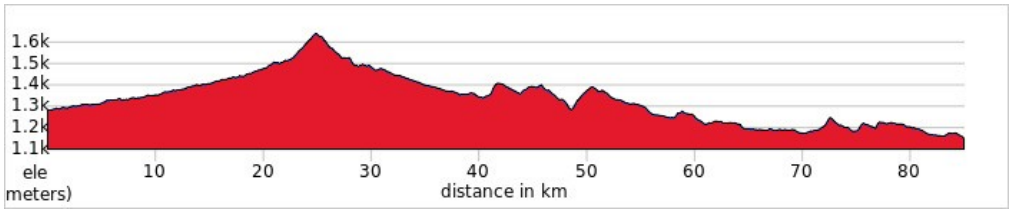
Monasteries and enjoy meze **(Turkish tapas)** paired with **natural wines** at a winery where grapes are fermented in traditional clay amphorae. We then settle in for a 2.5-hour drive southwest across the Anatolian plateau to the city of **Konya**. Along the way, we stretch our legs at a once-lavish, **fortified Silk Road rest station from the Seljuk-era** and, upon arrival in Konya, head out for a late-afternoon stroll through the old town with its **beautiful mosques** and bazaar. Dinner is on your own — for a true taste of Konya, try **Fırın Kebabı**, a melt-in-the-mouth slow-roasted lamb served with fresh flatbread.

Selçuk Hotel Breakfast, Lunch

Day 6: Konya → Beyşehir

We start the day with a visit to the **mausoleum of Rumi**, the highly revered 13th-century Islamic mystic and poet who draws millions of pilgrims to his turquoise-domed tomb every year. But we won't linger for too long because today we're back in the saddle for a big ride! Following a 30-minute transfer from Konya, we begin cycling on quiet country roads that reveal vast, **rolling vistas of the Anatolian plateau**, filled with poplar trees, wheat fields, and farming communities. We take a steady pace, conquer a couple of climbs, drink plenty of tea, and refuel with a lunch of **Etli Ekmek** — a long, thin, oven-baked flatbread topped with spiced meat. Our ride concludes at **Eflatun Pınar**, a 3,300-year-old stone monument built by the Hittites at the source of a natural spring. From here, it is a short transfer to **Beyşehir**, a lesser-visited city sitting on the shores of a massive freshwater lake framed by the snow-capped peaks of the Taurus Mountains. The evening is free to stroll the lakeside promenade and follow your nose to an independent dinner at one of the local eateries in town.

Ali Bilir Hotel Breakfast, Lunch

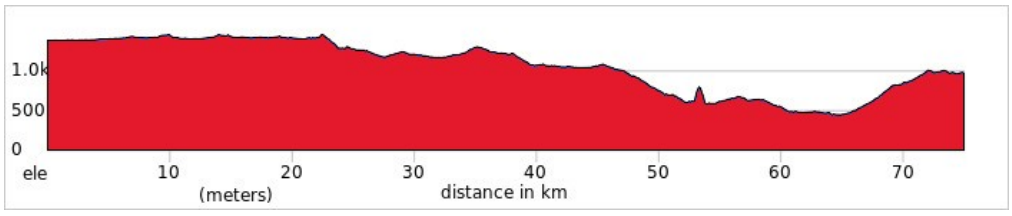


Ride 85km +921m -1047m

Day 7: Beyşehir → Taurus Mountains

We begin the day with a visit to the UNESCO-listed **Eşrefoğlu Mosque**, the largest wooden-columned mosque in the Islamic world and a true marvel of Seljuk-era craftsmanship. A 30-minute transfer then takes us south where we hop on the bikes, officially leaving the Anatolian plateau behind as we ride into the **Western Taurus Mountains**, characterised by **craggy limestone ridges and deep, forested valleys**. The first 45 km are relatively gentle, leading us to lunch in the village of Cevizli. From here, we begin a gradual 8 km descent to the banks of the Manavgat River, before a tough 6 km climb brings us into a **remote highland world of sheep and goat pastures nestled between rock faces**. By the 70 km mark, we begin to roll towards the **village of Ormana**, where we spend the night in one of the area's signature **'button houses'** — cosy manors built out of stone and wood without the use of mortar.

Ormana Active Hotel Breakfast, Lunch, Dinner

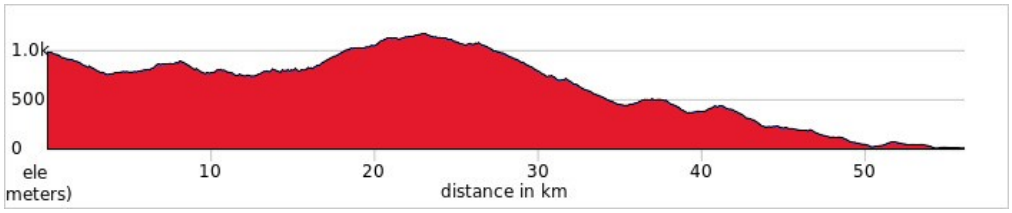


Ride 76km +1374m -1785m

Day 8: Taurus Mountains → Side

We start cycling directly from the hotel, drifting past the raw natural beauty of the Taurus Mountains. The road coils up and down through rocky terrain covered in juniper and cedar trees, with some sections running right along the steep ridges. **It is simply stunning cycling in a rarely visited part of Türkiye's mountains**. A series of winding climbs brings us to the top of a pass where, on a clear day, **the shimmering Mediterranean Sea begins to come into view**. A glorious **28 km descent** then takes us down the southern slopes of the range, dropping from over 1,000 metres to near sea level, where we end our ride at the **Manavgat Waterfall**. From here, a short transfer brings us to lunch, followed by check-in at our **stylish resort** on the **Turquoise Coast** near the ancient Roman city of Side. The rest of the day is yours to relax by the pool or head down to the beach before enjoying dinner at your leisure.

Barut Goia Hotel Breakfast, Lunch

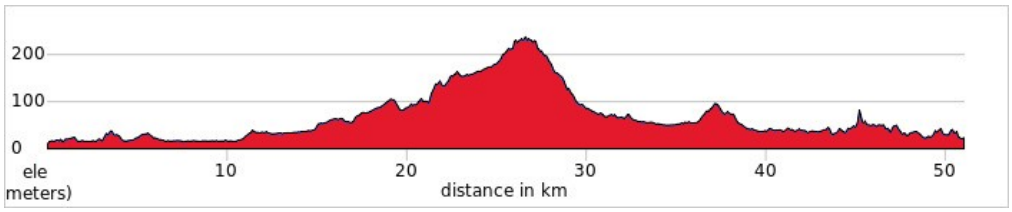


Ride 56km +1003m -1977m

Day 9: Side → Aspendos Ride

Our final day is dedicated to the fascinating history and beautiful countryside of the Antalya region. A 40-minute transfer brings us to the remnants of a **Roman aqueduct**, from where we begin cycling through the gently rolling hills surrounding the Köprüçay River. The rural landscape is dotted with **orange and olive groves**, tomato greenhouses, and pomegranate orchards. Flat at first, a mild, gradual climb leads us to the **Zeytintaş Cave** at around the 20 km mark, where we stop to admire the needle-thin crystals hanging from the ceiling. A swift descent brings us back into the farm-covered valley for a final stretch along the river to our lunch spot. Before returning to Side, we visit the legendary **Aspendos Theatre**, one of the best-preserved Roman theatres in the ancient world. Upon returning to the hotel, we reconvene in the late afternoon for a stroll through the **monumental Roman ruins of Side** and toast to our adventure over a **farewell dinner by the old harbour**.

Barut Goia Hotel Breakfast, Lunch, Dinner



Ride 47km +538m -545m

Day 10: Side → Antalya Departure

Our tour has come to an end, but feel free to extend your stay in Türkiye and explore even more of what this captivating country has to offer. **If you have a flight out today, we'll bring you to Antalya Airport (AYT)**, around an hour from Side, which has many daily flights to Istanbul and select destinations in Europe and the Middle East. If you have an extra day or two to spare, you can't go wrong hanging out in Antalya, a vibrant and worldly city. The old town — a maze of cobblestone streets tucked above the ancient harbour — is a delight to explore, with boutiques, museums, and cafes to browse during the day, and restaurants and bars with live music to stumble into at night. Let us know if you need assistance with post-tour hotel bookings.

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. We provide high-quality hybrid bikes by Merida or similar. E-bikes by Carraro or similar are also available. If you bring your own bike, a hybrid or gravel bike is ideal. A road bike with wider tires (30mm+) or a mountain bike with slicks will also get the job done. Whichever bike you choose, please ensure it is in excellent mechanical order before arrival.

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.

CONTACT US

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