



Turkey Istanbul, Cappadocia & the Coast Cultural Discovery

Fairy Chimneys, Ancient Cities & Mediterranean Treasures

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivaled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been creating immersive cultural adventures for more than 50 years and we've been exploring Turkey for decades!

REASON 2

Join our local expert hiking guides to traverse hidden valleys and ancient cities and experience Turkey's splendid highlights in 12 days.

REASON 3

This trip blends cultural touring of UNESCO-listed wonders in Cappadocia and Istanbul with off-the-beaten track explorations of the ancient city of Phaselis and sunken city Simena.

At A Glance

ACTIVITIES

Easy to moderate hikes and cultural tours that take in the region's stunning land- and seascapes, including Cappadocia.



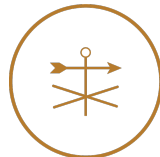
LODGING

Comfortable historical and modern seaside hotels, perfectly located for your adventure.



CLIMATE

The coastal areas of Turkey generally have a mild Mediterranean climate. The weather in Antalya is mild and somewhat rainy in winter, hot and humid in the summer. Cappadocia is at about 3,600 feet above sea level, with average temperatures between 72-84°F in July and August.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



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Discover the wonders of Turkey, a country boasting some of the most diverse and rich cultural heritage sites in the world. Sail between Asia and Europe in Istanbul and marvel at the Ottoman royal collections of the Topkapi Palace. Take a flight to Cappadocia to hike the moon-like valleys and go deep down to underground cities, while exploring the hidden rock-hewn churches of the Byzantine monks. From walking on the Lycian Way to swimming in the ancient city of Simena, this 12-day trip blends the very best of Turkey. If desired, continue your journey with an extension to UNESCO-listed Ephesus; contact us for further details.

12 Days

Start: Istanbul, Turkey

End: Dalaman, Turkey

Departing: April, May, September, October

Activities: Hiking & Trekking, Cultural Discovery

Lodging: Comfortable Hotels

Group Size: 4-12 Guests

ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

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"This is a great choice for anyone who is curious about the rich history of Turkey and want to be enjoy in the wonderful sights, sounds, and its delicious cuisine."

- Chisoo L.

The Itinerary

DAY
01

Arrive in Istanbul, Turkey

Welcome to Istanbul, the unique city bridging two continents and the cultural heart of Turkey. Settle into your boutique hotel and join your group for a trip briefing and welcome dinner.

MEALS: Dinner

DAY
02

Explore Byzantine & Ottoman Istanbul

Start the day with a hearty breakfast at your hotel, then meet your guide and head out to explore Istanbul's historical peninsula. Today's focus will be the old town district, the center for the royal court of both the Byzantine and Ottoman empires. Walk or take a short tram ride to Sultanahmet Square, where you'll see the regal Hippodrome and the awe-inspiring Basilica Cistern. Next, visit the Hagia Sophia Mosque, a distinctive architectural gem dating back to the 6th century AD. The royal church of the Christian faith during Byzantium, the Hagia Sophia has been a place of sanctuary and political power for centuries. Move on to Topkapi Palace, the royal palace of the Ottomans from the 15th to 19th century. The exhibition halls, the Harem and the quarters belonging to the royalty offer a true glimpse into the lives of the Sultans while reflecting the remarkable architectural heritage of the Ottoman Empire.

MEALS: Breakfast | Lunch

ACTIVITY: Full-day cultural touring

DAY
03

Eminonu Heritage Walk & Private Bosphorus Boat Tour

A short walk through Ottoman Istanbul's financial district of Karakoy will lead you to the waterfront area of Eminonu. Stroll around the Spice Bazaar, a key part of Old Istanbul, where you'll find thousands of diverse scents, flavors, and colors. Next, visit the Rustem Pasha Mosque, constructed above the Spice Bazaar's shops. Designed by the imperial architect Mimar Sinan during the reign of Sultan Suleiman the Magnificent in the 16th century, the mosque displays lavish tile decorations. Just a few steps from the mosque, you'll reach the shore of Eminonu, where your private boat awaits. Begin your cruise in the Golden Horn, and sail up north through the Bosphorus Strait, admiring the shores of both the European and Asian sides of Istanbul.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: Full-day cultural touring; 1.5-hours private boat cruise



Explore Cappadocia

Take an early-morning flight to Kayseri, where you'll discover the UNESCO World Heritage Site of Cappadocia, known for its unique volcanic terrain and cultural splendor. Your tour starts at Uchisar, famous for its historical fortress. Hike for approximately 2 hours to reach the Pigeon Valley in Goreme. Goreme Open Air Museum offers off-the-charts scenery with its beautiful landscape and Byzantine Empire rock-hewn churches. After exploring the lunar-like land of the Cappadocian valleys, reach Avanos, an important ceramics center since 2000 BC. After touring the area and some free time for shopping, return to the hotel.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour flight transfer; 1-hour private van transfer

ACTIVITY: 2 hours hiking; cultural touring



Visit the Greek-Orthodox Village of Sinasos & Hike to Gorgoli Valley

If you choose, wake up early and take a hot-air balloon tour (at an additional cost). Later, set off on a loop hike from your hotel in Sinasos. First, explore this beautiful town (modern-day Mustafapasa), the former home of Greek Orthodox and Muslim communities before the Population Exchange of 1924. Often referred to as the "Pearl of the East," the town contains a variety of heritage buildings, including the Hagios Constantinos Eleni Church. Continue through the green fields of Sinasos and the volcanic Damsa Valley to reach the serene St. Nicholas Monastery. At the end of the valley, you'll see fine examples of rock-hewn churches and cave dwellings. From here, you can opt to take a steep hike to Gorgoli Hill, where rock formations and caves date back to the 3rd and 5th centuries. After enjoying the unique landscape, descend to a trout restaurant located close to the dam for lunch. Close the loop with a light walk back to the hotel.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours hiking/6 miles (option to extend to 12 miles)



Kaymakli Underground City & Ihlara Valley Hike to Selime Monastery

This morning, head out on a tour of Kaymakli Underground City. This multi-level subterranean metropolis was initially dwellings built by settlers as early as the Phrygians. As you move from level to level, gain insight into the everyday customs and needs of the ancient people who lived here. After Kaymakli, continue to the Ihlara, the most picturesque valley in Cappadocia, and walk along the Melendiz River until you reach the awe-inspiring Selime Monastery.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: Cultural touring; 4 hours/5 miles walking



DAY 07

Journey to Antalya via Historic Konya & Ancient Aspendos

Today take a scenic drive from Cappadocia to Antalya, with stops at Konya and Aspendos along the way. Explore Sultanhani, a 13th-century caravanserai that reflects the detail-oriented architecture of the Seljukids. The caravanserais played a critical role in the Silk Road trade, offering shelter and protection to tradesmen. After a short visit, reach Konya, home of the Mevlana Museum. A highlight of the museum is the tomb of Rumi, an important mystic and poet and the founder of the Mevlevi order of Sufism. After visiting the museum, head south to Aspendos. Built in the 2nd century AD, Aspendos is acknowledged as the best-preserved Roman amphitheater in all of Asia Minor! Reach Antalya, your base for the next two nights, and check into your seaside hotel.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 6.5-hour private van transfer

ACTIVITY: Cultural touring

DAY 08

Explore Antalya's Old Town & Boat Tour to the Duden Waterfall

Discover the wonders of the port city of Antalya and its old district, known as "Kaleici." See stunning heritage sites dating back to Roman, Seljukid, and Ottoman times, including Hadrian's Gate, Yivli Minaret and Kesik Minaret. After a pleasant stroll around Kaleici, visit the Antalya Archaeological Museum, which hosts one of the greatest collections of Greco-Roman artifacts in Turkey. From the old port, set sail on a boat tour up to Duden Waterfall, where you'll enjoy the changing colors of the Mediterranean and the beautiful view of Antalya from the sea. Enjoy Antalya at your leisure this evening.

MEALS: Breakfast | Lunch

ACTIVITY: Cultural touring & private boat cruise

DAY 09

Drive to Kas via the Ancient Cities of Phaselis & Myra

On today's journey to Kas, you'll stop to visit the charming port city of Phaselis along the Lycian Way. Surrounded by pine trees and skirting a beautiful coastline, Phaselis was famously conquered by Alexander the Great in 334 BC. The city became a member of the Lycian League after the 2nd century AD, with its ruins and one of the best conserved Roman aqueducts open to today's travelers. After touring the city, continue to Myra, which was one of the six cities leading the Lycian League and famous for its rock-cut tombs carved in the cliff above the ancient amphitheater. After your tour, you'll reach the beautiful coastal town of Kas. Before dinner there is time to stroll through the lively town.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-hour private van transfer

ACTIVITY: Cultural touring

DAY 10

Hike from Phellos to Antiphellos

Enjoy today's hike on the Lycian Way from the hilltop Phellos to Antiphellos by the sea. Antiphellos means "below Phellos" or "port of Phellos," which is where modern-day Kas was founded. You'll first take a transfer to your tour starting point near ancient Phellos. Visit the ruins of the city, then begin your descent towards the sea. Take in the smells, sights, and the azure Mediterranean as you hike. When your hike ends, you'll take a short transfer back to Kas.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4.5-hour private van transfer

ACTIVITY: 2-hour hiking

DAY 11

Aperlai Hike & Boat Tour of the Sunken City of Kekova

Today, take a hike to Aperlai, an ancient city on the Lycian Way near Uçagiz. You'll take a short transfer to Kilicli town and start your hike from there. Famous for its centuries-long tradition of making royal purple dye out of crushed mollusk shells, Aperlai will amaze you with its serene natural beauty, forgotten church ruins along the coastline, and impressive fortified city walls. Next, take a boat tour to Kekova Island, where you'll see the ruins of the sunken city of Simena. Above ground are the remains of Lycian tombs, a church and a staircase that leads to the sea. Because the Mediterranean Sea is crystal-clear, it is possible to see the subaquatic ruins long lost to a distant past. Make sure to try some freshly made ice cream at Simena Castle, while you enjoy the view of the sea. Celebrate the end of a wonderful adventure at a farewell dinner.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: Cultural touring, 4 miles hiking, 3-hour boat tour



Depart from Dalaman

After breakfast, transfer to the Dalaman Airport for your homeward bound flight or continue your adventure with an extension to UNESCO-acclaimed Ephesus!

MEALS: Breakfast

TRANSPORTATION: 2.5-hour private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

The Bank Hotel Istanbul

The boutique Bank Hotel boasts stunning views of old Istanbul and is ideally located in the prominent Karakoy neighborhood. Rooms are beautifully designed with warm, organic colors, and come with parquet floors, high-end bath products, Wi-Fi, bathrobes, slippers, and much more. Enjoy the hotel's sophisticated design, rooftop restaurant, Turkish hammam, fitness center, sauna, and steam rooms.

Gul Konaklari Sinasos Hotel

Gul Konaklari Sinasos is comprised of two beautifully restored, late-19th-century Greek mansions and is the perfect place to rest after visiting Cappadocia. Set in the historically rich village of Sinasos (today known as Mustafapasa), the stone mansions offer guestrooms that beautifully blend traditional decorative elements with modern amenities. Amenities include a winery, a tandoori kitchen, a rose garden, a fireplace lounge, and a terrace and courtyard area.

Akra Hotel

The Akra Hotel boasts an enviable seaside location on the Mediterranean. Sleekly designed guestrooms offer city or water views and modern amenities, such as a wide balcony, wide-screen television, mini bar, and high-speed Wi-Fi. There is a full-service spa on-site, with a variety of innovative body treatments, Turkish and steam baths, and saunas. Several dining options are available, including healthful cuisine at Panora, local and international flavors at Asmani, and quick bites at Pablito Bistro.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Suna Sun Hotel

Perched on a rocky outcrop at the edge of the sea, Suna Sun Hotel is a delightful coastal getaway. Comfortable and stylish guest rooms overlook the ocean and are surrounded by lush gardens. Dine on international and Mediterranean cuisine crafted with organic produce from the hotel's own farm. Relax in the spa's sauna, mini-hammam, jacuzzi, and massage rooms. There is a heated outdoor pool and sunbeds at the ocean's edge to enjoy as well.

Departure Dates

This trip is available to run in: April, May, September, October

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

April 12-23, 2025

May 3-14, 2025

September 13-24, 2025

October 11-22, 2025

April 11-22, 2026

May 2-13, 2026

September 19-30, 2026

October 10-21, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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