



Turkey Istanbul, Cappadocia & the Coast Cultural Discovery

12 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Turkey Istanbul, Cappadocia & the Coast Cultural Discovery

Discover the wonders of Turkey, a country boasting some of the most diverse and rich cultural heritage sites in the world. Sail across 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.

Details

Arrive:	Istanbul, Turkey
Depart:	Dalaman, Turkey
Duration:	12 Days
Group Size:	4-12 Guests
Minimum Age:	14 Years Old
Activity Level:	

Testimonials

"Excellent food, swimming, hiking, gulet crew, exposure to diverse parts of the country, historical context - ruins, civilizations, philosophies, beauty of the Mediterranean. Logistics were masterfully handled. Great variety of restaurants with excellent and diverse foods and settings."

Sandra D.

"It's a high quality experience with a very professional staff and excellent service."

Stephen M.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Why Take This Trip With Us?

REASON #01

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

REASON #02

Join our local expert hiking guides to help you get to the best trails of Turkey and other highlights in 12 days.

REASON #03

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

What to Expect



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.


Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

We work with only the most experienced and knowledgeable local guides on our trips. You will be in excellent hands with a fully licensed and accredited local guide who will share their expertise in everything from history and architecture, to culture and traditions, the best local cuisine, activities and crafts, or even shopping. Local guides live, breathe, and love their trips because as locals they are an integral part of their communities. Their connections run deep and pride in their piece of the world is contagious.

Local Tour Guide

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Itinerary

DAY 1

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: D

DAY 2

EXPLORE BYZANTINE & OTTOMAN ISTANBUL

Start the day with a hearty breakfast at your hotel, then meet your tour 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.

Activity: Full-day cultural touring

Meals: B, L

DAY 3

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 tastes, smells, and aromas. Next, visit the Rustem Pasa 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. Start your boat cruise from the Golden Horn, and sail up north through the Bosphorus Strait, admiring the shores of both the European and Asian sides of Istanbul.

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

Meals: B, L, D

DAY 4

EXPLORE CAPPADOCIA

Take an early-morning flight to Kayseri, where you'll discover the UNESCO World Heritage Site of Cappadocia, known for its unique volcano 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.

Activity: 2 hours hiking; cultural touring

Meals: B, L, D

DAY 5

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.

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

Meals: B, L, D

DAY 6

KAYMAKLI UNDERGROUND CITY & IHLARA VALLEY HIKE TO SELIME MONASTERY

This morning, head out on a full-day tour to Kaymakli Underground City, followed by a hike to Ihlara, the most picturesque river valley in Cappadocia. This multi-level underground city was initially built as dwellings 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 Valley and walk along the Melendiz River until reaching the awe-inspiring Selime Monastery.

Activity: Cultural touring; 4 hours/5 miles walking

Meals: B, L, D

DAY 7

JOURNEY TO ANTALYA VIA KONYA MEVLANA MUSEUM & ASPENDOS AMPHITHEATRE

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 tomb of Rumi, an important mystic and poet and the founder of the Mevlevi order. After visiting the Mevlana Museum, head south to Aspendos. Built in the 2nd century AD, Aspendos is acknowledged as the best-preserved Roman amphitheater in the entire Asia Minor! Reach Antalya, your base for the next two nights, and check into your seaside hotel.

Activity: Cultural touring

Meals: B, L, D

DAY 8

EXPLORE ANTALYA'S OLD TOWN & BOAT TOUR TO THE DÜDEN 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 on Greco-Roman artifacts in Turkey. From the old port, set sail on a boat tour up to Düden Waterfall, where you'll enjoy the changing colors of the Mediterranean and the relaxing sound of the waterfall. Enjoy Antalya at your leisure this evening.

Activity: Cultural touring & private boat cruise

Meals: B, L

DAY 9

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.

Activity: Cultural touring

Meals: B, L, D

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 for your tour start near Phellos. You'll start descending through Cukurbag and will explore city ruins. Take in the smells, sights and the azure Mediterranean as you hike. When your hike ends, you'll take a tushort transfer back to Kas.

Activity: 2-hour walking tour

Meals: B, L, D

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 Ucagiz. 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 sub-aquatic ruins long lost to a distant past. Make sure to try out a freshly made ice cream at Simena Castle, while you enjoy the view of the old sea. Once the tour ends, we'll join together in the evening for a farewell dinner.

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

Meals: B, L, D

DAY 12

DEPART FROM DALAMAN

After breakfast, transfer to the Dalaman Airport for your homeward bound flight and bid Turkey farewell.

Meals: B

Dates

May 11 - 22, 2024

Sep 21 - Oct 2, 2024

Oct 12 - 23, 2024

Apr 12 - 23, 2025

May 3 - 14, 2025

Sep 13 - 24, 2025

Oct 11 - 22, 2025

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

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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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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