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Adventureline

WALKING HOLIDAYS

Turkey

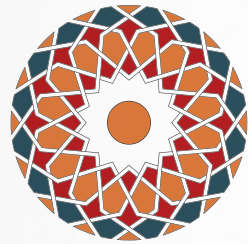
10 DAYS EXPLORING
CAPPADOCIA

April 22nd - 1st May 2026

**Bespoke walking tours Merging Nature, History
and Story Telling into an art**

To view our 2026 Turkey tour, please go to the '[Holiday Availability](#)' page on our website to see the latest availability.
Space is limited, early booking is recommended.





"Sabır Acıdır Ama Meyvesi Tatlıdır"
(Patience is bitter, but its fruit is sweet)

Turkish proverb

10 days exploring Cappadocia

Human settlement in the Cappadocia region dates back to the Paleolithic era. The lands where the Hittites once lived have been one of the most important centres of Christianity in later periods. Houses and churches carved into the caves and rocks turned the region into a huge haven for Christians escaping from the dominance of the Roman Empire.

Tour Highlights

- **Cappadocia** - Explore this unique landscape of enchanting valleys, 'fairy chimneys' and cave dwellings.
- **Ihlara** - Walk along this narrow valley dotted with rock-cut churches and well-preserved Byzantine frescoes.
- **Kaymakli** - Visit an historic city carved out as a safe haven for local inhabitants in turbulent times.
- **Uchisar** - Climb the rock-cut 'castle' and take in the views down over the region.
- **Goreme** - Enjoy seven nights in the small town at the heart of Cappadocia.
- **Museum of Goreme** - A visit to this open air marvel.

Come and see one of the great natural wonders of the world before mass tourism begins to spoil it. Cappadocia is already well known, yet until now it has not been spoiled by too much tourism. We believe it's best to visit now, as that will certainly change over the coming years, for the Turks are a people who are well versed in making the most of any opportunity. When Martin was first there 3 years ago, he visited a Pottery workshop, where he bought an amazing item that the local potters had created/invented during the Pandemic lockdown, just to amuse themselves. We won't reveal what it is, as no doubt you will discover it for yourself when you are there, but it just goes to show how ingenious they are!

The tour Pete is leading, together with his excellent English speaking local guide Faruk, will be in the area known as Cappadocia, in Central Anatolia, about 500 kms from Istanbul. It is a fairly compact area and our tour will never have drives of more than an hour or two. In fact, on most days the transfers will be very short. The region is dominated by three ancient volcanoes, Mount Erciyes (Argeus), Mount Hasan and Mount Güllü. These volcanoes have in the distant past erupted quite violently and spewed vast quantities of ash and lava over the region, completely burying the original

geology. However, since those times, wind, rain and ice have eroded away much material, leaving an incredible mix of mountains, gorges, valleys and plains in Cappadocia - all made of tufa. Tufa is just compressed ash and although it forms quite a hard rock, it is nevertheless easily eroded and makes an ideal medium into which people have (over many centuries) carved homes, store rooms, pigeon houses (dovecots), churches and other useful spaces. During our tour, we will explore this region on foot and see all the incredible geological formations, with many fine examples of early Christian churches, complete with frescoes, some as old as 5th century. Of course, today, Turkey is a Moslem country and there are many mosques to be seen. In Springtime and we should see much blossom and trees coming into leaf. There are many fruit and nut trees in the region - particularly Pistachios.

As Turkey is a long way to visit for just 10 days, we are assuming that most people would want to spend a number of days 'doing their own thing' (probably in Istanbul) before the actual Cappadocia tour commences. This would make sense for most people, as being guided around a huge city such as Istanbul would be madness, as everyone has their own ideas about that they'd like to do.

We would suggest up to 5 nights in central [Istanbul](#) from where you can easily explore some of this amazing city. 5 nights/4 whole days is just about a sufficient amount of time to see many of the main sites and to take magnificent cruises on The Bosphorus.

We can recommend a nice little hotel that is situated in Sultanahmet area, called [The Garden House Hotel](#). It is about a 10 minute walk from The Blue Mosque, The Topkapi Palace and The Hippodrome. The famous Grand Bazaar is about a 20 minute walk, as is the equally fascinating Spice Market.

There are of course other options for places to visit in Turkey before we fly to Cappadocia and we can make various suggestions for you. Wherever you might choose to visit first, we will meet at **Istanbul Airport (IST) on Wednesday April 22nd** for our afternoon flight to Kayseri, where we will meet our local guide Faruk and transfer by private bus to Ihlara for the first two nights. After that, we will visit an underground city, on our way to Cappadocia, where we will then spend the next seven nights in Goreme. We have chosen better than average hotels for this tour and we will enjoy good hospitality and food. The last 7 nights will be spent in the excellent [Sobek Stone House](#) in Goreme.



Pete in Istanbul in 2025



Your guide

Pete Isaac

Over 36 years ago, Martin Hunt spearheaded his unique discovery walking holidays in Cornwall and founded what became the very first walking tour operator in Cornwall in 1988 - Adventureline, now often mimicked, but never equalled. Back in the mid to late 90's, Martin began to broaden his horizons and has since run tours in many countries for the past 25 years or so. Consequently, it has become popular with nature lovers and adventurers of all ages, nationalities - and of many different backgrounds.

Now joined by Martin's son Pete, Adventureline manages to maintain an intimacy and cohesion (with humour!), which is warmly appreciated by all.

Pete is always interested in others, so you will be appreciated and enjoyed too, for whoever you are and wherever you come from. Adventureline's groups often turn out to be an eclectic International mix too.

Pete, along with our amazing local guide Faruk are passionate about enabling our guests to have fun learning about wherever they might happen to be, by stopping for an informal lecture, taking a closer look at the natural flora and fauna and history, enjoying an exploratory scramble, taking a swim - or exploring some of the awesome caves and underground churches.

Pete has been with Adventureline for 3 years now, but also has a rich history of adventuring going back to the early 80s!

Pete (and Martin) also lead walking tours to other destinations in Great Britain and abroad - see our website: <https://adventureline.co.uk/> for further information on any of these tours.



Our local guide Faruk

Itinerary

This region enjoys on average 300 days of sunshine per year, so with almost guaranteed good weather, Cappadocia is an ideal destination in which to hike and explore, without being too worried about waterproofs and warm clothing. The itinerary outlined below is flexible and may change slightly if necessary.

Day 1
Meet at Kayseri airport - transfer to Ihlara.

Arrival Kayseri and then transfer to our hotel in Ihlara. Overnight in Konagi Hotel or similar, 2 nights.

Day 2
Walk in Ihlara Valley (BLD)

In the morning we start our walk from Ihlara to Belisirma village. Ihlara valley in the spring and summer there are wild flowers everywhere together with isolated gardens that abound with fruit and vegetables all surrounded by the lunar landscape of the remote valleys. Many of the frescos in the rock-cut churches are in excellent condition. We will have our lunch in a restaurant and then continue our walk



Ihlara Valley

through Belisirma to Selime village, at the beginning of the Ihlara valley. This canyon was created by the fracturing and collapsing of the cooling lava of basalt that originated from the Hasan volcano. Overnight hotel. . 4-5hr walk.

Day 3
Drive to Goreme visit Kaymakli underground city, walk in Zemi Valley (BLD)

We drive to Goreme via the Underground City at Kaymakli. After our visit we drive to Goreme where we will take an afternoon circular walk through Zemi valley. The walk takes us through local farming areas and follows a stream. The path is mostly downhill and will end at the hotel.

In the evening, there may be the opportunity to have a Turkish bath. An invigorating scrub followed by a relaxing massage is the perfect way to end a day! Overnight good Hotel in Goreme, 7 nights.

OPTIONAL EXTRA



Hot air balloon flights

Cappadocia is world famous for its massed hot air balloon flights, early every morning - weather permitting. Just Google Cappadocia and you'll see what I mean! Timed to see the sunrise from the air, depending on weather and wind conditions, most experiences last about 2 hours in total, with a typical flight time of 1 hour. It is difficult to book in advance, as the price fluctuates wildly (from 180 euros to 450 euros), depending on the duration of actual flight time, demand and numbers. However, as a group, we can make a decision once we arrive as to what we would like to do (and how much we are willing to pay) and book it.

Day 4
Akvadi /Uchisar visit Uchisar castle - Guvercinlik (BLD)

We trek thorough the Akvadi (white valley) eroded so perfectly by time, rain and wind over many centuries. On our way following a seasonal river, many strange curious rock formations and fairy chimneys surround us. If we are lucky we can also see some wild birds (like hoopoe) and some wild animals (like fox). In 3hrs, our walk gets us up to Uchisar village where we have a lunch break in a restaurant. Uchisar village is settled around a high promoter (rock stack), which is called citadel. We visit it walking to the top where we will have rewarding panoramic views on the surrealist Cappadocia area. The lunch will be at House of Memories restaurant. In the afternoon we follow a path to the Guvercinlik (pigeon valley). The pigeon houses are really very holy for Moslem people because of the Koran (holy book of Islam) and the prophet Mohammed. Local people of the region use pigeon's fertiliser for their vine fields. The path will take us to Goreme town. Overnight hotel. 5hr walk.

Day 5
FREE DAY

Today is free day to enjoy Cappadocia. Overnight hotel.

DAY 6
Walk Cat Valley to Aciksaray – pottery making learning.

We'll start the day with a short drive to Cat town where we'll begin our walk. The route follows a path with yet more great scenes for photography enthusiasts, passes by huge dovecotes that hosted thousands of pigeons, and continues on the valley floor.

The route is filled with hawthorn, oleaster, and rosehip bushes and the walk ends at Aciksaray ruins, a 10-11th century Byzantine site of cave houses, churches and a monastery. In the afternoon, we can visit Cappadocia

pottery shop. In this ceramic workshop, you'll learn how to create and decorate a typical piece of pottery from Cappadocia and you'll get to know the Turkish culture in a fun and unique way. 2hr walk.

Day 7
Walk through Gomed Valley to Mustafapasa (BLD)

Picnic at lunch time. After a short bus ride, we arrive in Kavak where we begin our day's walk. As well as the landscape, this region is also renowned for its wine as the fine volcanic soil is very fertile. Viticulture has been here since the Hittites, but it was the exiled Christians who really developed the vineyards and, for a while, wine was exported under the label of mineral water! Wine drinking is considered to be against the preaching of Islam, and much of the wine is now grown for export and for the non-Muslims (such as tourists!) in Turkey. Other produce from these fertile soils include walnuts, mulberries and a variety of fruit. Often the largest rock cones are used as depots for citrus and other fresh fruit. Picnic enroute. Our afternoon walk is through the Gomed Valley. 5-6hr walk.

Day 8
Walk in Pancarlik and Kizilcukur valleys via Cavusin to Goreme (BLD)

We spend the morning walking through the little visited Pancarlik Valley and admiring the unusual formations. We continue onto Kizilcukur Valley. Sometimes known as the 'red hole', Kizilcukur is probably the hottest valley in the region. Hidden in its array of fairy chimneys is the Church with Grapes where there are frescoes depicting viticulture and fruit growing. The wine produced here now is very sweet and heavy. We reach the small village of Cavusin which lies on top of a collapsed section of an early Christian cave city. This was caused by a huge rock slide which, together with earthquakes and natural erosion, caused a split in the plateau. The

atrium of the church at Cavusin has cascaded down, exposing some of the frescoes. 5hr walk.

Day 9
Walk up Bozdag mountain – visit Goreme Open air Museum (BLD)

Today we explore the area around Cavusin. In the morning we have the opportunity to walk up Bozdag mountain (4 hours); the highest point in Cappadocia for fine views over the area. In the afternoon we visit the Goreme Open air Museum, a monastic complex of rock churches and chapels covered with frescoes, is one of the best-known site in the region. Most of the chapels date from the 10th to 13th centuries and many of them are built on an inscribed cross-plan with a central cupola supported by four columns. The first settlements in the area were founded after the missionary journeys of St. Paul in the year AD 53. The soft rocks were hollowed out for different purposes. The museum also contains many of the rock churches. It is a very popular and touristy open air museum, but nevertheless it is well worth mingling with the many other tourists to see this remarkable area.

Day 10
Tour ends (B)

This morning transfer to the airport and tour ends. (Included meals, breakfast).



Turkish tea



Spectacular domes

This photo is of Rustem Pasa mosque's dome in Istanbul. There are hundreds of incredible mosques in the city! I was surprised at the fact that even when praying, visitors are welcome (no shoes!) and the children can run around laughing and playing without upsetting anyone.



Interesting weathered shapes!



A landscape hewn from rock

This is what Cappadocia is all about - practically everything is hewn from rock. Why build something when you can simply carve it out?

Millions of years ago, the region was home to far more volcanism than it experiences today. You can find plenty of shield volcanoes dotted around the country today; most are extinct, but a handful are expected to be dormant, if not active.

What is now Cappadocia certainly saw its fair share of eruptions, with most of the activity taking place around 3 to 9 million years ago. First came the layers of ash, then came the lava effusions, which fell over the fine glassy powder like the newly baked crust of a cake.

This tuff - the rock type left behind by the consolidation of said ash - was stronger in some places, and weaker in others. Weathering beat away at it and carved out these extraordinary minaret-like forms, whose peaks of erosion-proof basalt rock remained in place. These otherworldly, inverted cones appeared long before humans had even evolved, and they stood unadulterated for millennia upon millennia.

Around the 4th century, at a time when the Romans ruled the roost, Christians

who were often being persecuted fled across the region, hoping to hide. Some made their way to Göreme, where they came across these unusual forms. Discovering that the tuff was easy to carve, they began excavating the region, building statues, accommodation, and churches out of the volcanic remnants. Caves expanded into subterranean metropolises, and between the years 300 and 1200, the region was a monastic centre. Today, it's a UNESCO World Heritage Site, and it's not difficult to see why.





Carved Landscape

On some of our hikes, we'll walk through tunnels carved out over time by water. Here, the ash layers in the tuff can be clearly seen and we are reminded that this would not have been place to be hanging out at - had humans been around at the time of the original eruptions! We are also constantly reminded that the world as we know it is made up of rock - some of it having been erupted from volcanoes and other rocks being of sedimentary origin. Most of us live somewhere that is either urban and the bedrock is not visible, or we live where soil and vegetation cover the bedrock, making it kind of invisible. But here in Cappadocia, we realise that life just rocks!



We might take an early morning balloon ride



Goreme National Park



Faruk, our friendly local guide in Ihlara Valley



Kume Valley



Kume Valley again - carved out church and orchards



Our Philosophy...

...is to enrich our guests lives and enjoy our work on a daily basis, providing impeccable customer service and promoting long-term sustainability of ecology, economy and community.

See what our many satisfied clients say about us - you'll be surprised!
<https://adventureline.co.uk/testimonials/>

Read more reviews: [Trip Advisor](#) | [Google Reviews](#)

Facebook: <https://www.facebook.com/AdventurelineUK>



Balloons over Cappadocia. Picture: Kateryna Ivanova. Inset picture: Daniel Burka



Booking

Tour cost £2,275 per person
with a single supplement of £310.

Our great package includes:

- All airport transfers in Cappadocia.
- Pete's dedicated services.
- Faruk, our bilingual English speaking guide.
- All Hotels in Ihlara and Cappadocia (good quality).
- All meals, except lunch on free day.
- Museum and historical site entrances.
- Bus driver, motoring and parking costs are included.
- One free day to relax in Goreme, doing as you please. Perhaps a massage or a Turkish bath?

Adventurelines' unique formula for a relaxing yet stimulating holiday (in good company) is well rounded and is good value for money too. Early booking is recommended as we have limited capacity per trip.

Not included:

- Insurance.
- Flights.
- Alcoholic drinks, personal expenses.

Booking and cost:

1. All prices are as stated in the booking request.
2. We will also provide assistance with your travel planning from Istanbul to Nevşehir-Kapadokya Airport (NAV). It will be most practical if we all meet at Istanbul International Airport and fly together, usually in the late afternoon.
4. We will hold any provisional reservation for you, provided you confirm your travel arrangements with us within a month.
5. We will require a £250 non refundable deposit, unless we know you well!
Final balances are due 2 months before tour commences.

Please feel free to contact us by phone or email for further information, or for details of any of our other holidays around the world, our terms and conditions, or to make a reservation. Phone: +44 (0)1209 820847 | holidays@adventureline.co.uk

We look forward to hearing from you and hope to have the pleasure of your company in Turkey in April 2026.

Pete Isaac

Pete Isaac

See you soon!



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All pictures: Martin Hunt unless otherwise credited

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Above picture: Mujo Hasanovic

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