Trek the High Taurus Mountains and Cappadocia

Trip Code: CHT

Version:

WALK & TREK	GUIDED GROUP	6 MODERATE



HIGHLIGHTS

- Camp on the wild and remote Yedigoller Plateau and summit Emler (3723m)
- Hike through colourful valleys and the magical landscape of Cappadocia
- Take tea with the nomads and explore the underground city of Derinkuyu

- The beautiful Emli Valley nestled in a timeless mountainous region in Turkey

AT A GLANCE

- 8 days trekking
- 2 days walking and sightseeing
- Max altitude - 3723m
- Join at Kayseri

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Home to breath-taking scenery, stunning mountains, fairy chimneys, delicious food, a rich melting pot of cultures and a guaranteed warm welcome, Turkey is one of the most vibrant destinations on the planet and a land of smiles. In classic KE style, this Turkish delight of a walking holiday combines a jaw-dropping trek in the Taurus Mountains and charming walks in the incredible landscape of Cappadocia. We start in the heart of the remote and stunningly beautiful Aladaglar Mountains surrounded by alpine lakes and deep valleys before heading over remote passes to the spectacular Yedigoller Plateau. Here we'll meet nomadic Turkish shepherds and enjoy tea as we learn about their lifestyle living in a timeless region. The ascent of Mount Emler (3723m), a wild and dramatic mountain, is a holiday highlight and offers a unique opportunity to summit a peak which is truly off the beaten track. After the immense beauty of the Taurus Mountains we'll explore the stunning area of Cappadocia. Here fairy chimneys, cave dwellings and rock churches lie hidden in magical valleys and the result is a unique destination. We'll wander through lovely Goreme, marvel at the spectacular rock pinnacles in the Ilhara Valley and explore the fascinating underground city of Derinkuyu, once home to over 20,000 people. This is a superb trekking holiday with unforgettable hospitality, incredible landscapes and excellent Turkish cuisine.

Is this holiday for you?

This holiday combines an 8-day trek in the Taurus Mountains of Turkey with relaxed walks in Cappadocia. The maximum altitude attained on the holiday is 3723 metres with only 2 nights spent above 3000 metres on the Yedigoller Plateau and at relatively moderate altitude acclimatisation should not be a problem. For most of the trek we follow well established trails between valleys and villages which are suitable for mules and straightforward for walkers. However there are a couple of days with a good deal of ascent and descent and we may encounter snow patches on the Yedigoller Plateau. You should ensure you are physically prepared for the trek and able to walk for 5 or 6 hours each day and for several days continuously. Towards the end of the holiday we transfer to Cappadocia for two days of easy walking and some relaxed sightseeing.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified Tour Leader
- Single timed Kayseri Airport transfers at the beginning and end of the trip
- All accommodation as described
- All meals
- All land transport throughout the trip
- A full trek service including cook and baggage transfer
- Entrance and camping fees for the Aladaglar National Park

What's not Included

- Travel insurance
- Kayseri Airport transfers (other than the single group transfer at the beginning and end of the trip)
- Tips for local staff
- Entrance fees at tourist sites and optional activities
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at Kayseri Airport in the afternoon of Day 1.

A single timed group transfer from Kayseri Airport to the first night's camp will be provided.

On the last day of the itinerary there will be a single timed group transfer from the group hotel in Cappadocia to Kayseri Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Agent contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the trip price from dinner on day 1 to breakfast on day 12.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Turkish cuisine is world renowned for its variety, colour and fresh produce. Breakfast options include cereals, fruits, bread, preserves, eggs, salami, feta, olives, melon, dried fruit and nuts, tea and coffee. After breakfast and whilst on trek, clients will make up their own picnic lunch using bread sticks and a variety of meats, cheeses, tomatoes and cucumber. There will also be plenty of fruit, biscuits and cake. The evening meal is freshly prepared by our cook and served at the camp table. This may be a barbecue of local meats or any of a number of excellent Turkish dishes. Dinner options in hotels range from simple grilled meats to elaborately baked fish and meat casseroles. We can offer a vegetarian meal option on this tour, and we can also accommodate a limited number of vegan guests on each departure. Please inform us of any dietary requirements at the time of booking. We recommend that vegan guests also bring some supplementary snacks.

Accommodation

The group will spend 1 night in a simple guesthouse in Cukurbag village, 3 nights in a comfortable and well located hotel in Cappadocia and 7 nights camping.

The Cappadocia region is a large area and is made up of a collection of villages, and the group will stay in an atmospheric 'cave and arch hotel' in one of these villages.

During the 8 nights of camping, there will be a cook, and either drivers or muleteers for transporting the main luggage from camp to camp. Each camping site has basic facilities (cold running water and a toilet) and is in location off the beaten track.

Accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired with another single traveller of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

A professional English-speaking guide will accompany the trip. The group will also have a support vehicle and driver, and a trek crew and cook. On days 6 - 9 the group will also be support by baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £200 (or equivalent in US dollars, Euros etc) should be allowed for miscellaneous expenses including your bar bills and reasonable tips to the support crew. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Turkey's unit of currency is the New Turkish Lira. During the trek there will be the opportunity to buy beer and wine as part of an honesty bar service, which is then paid on the last night of trekking. And as the trek crew do not travel with you to Cappadocia, tips will also be paid on the final night of the trek. You will be able to find ATM's at Kayseri and throughout Cappadocia. Credit cards can be used to purchase goods and services in some shops, hotels and restaurants in Turkey.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £25 (or equivalent in US dollars, Euros etc) and that tips are then distributed between the guide and support staff as the group feels is appropriate.

Baggage Allowance

Your baggage on trek should weigh no more than 15kg. During the holiday your main bag will be carried in the support vehicle from day 2 to day 5 and by pack animals from day 6 until day 8. Any items you do not require between days 6 and 8 can be left in the tour vehicle and you may wish to bring an extra (fold away) bag for this.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Turkey

UK passport holders do not require a visa for visits of up to 90 days in any 180 day period.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Turkey is the Turkish Lira.

Preparing for your Holiday

It makes sense before coming on this holiday to increase your fitness by get some additional exercise. While regular hiking is the best preparation, running, cycling and swimming are also good for developing better cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks with your daypack.

Climate

Daytime temperatures in Cappadocia will vary between 22ºC/72ºF and 28ºC/82ºF at the times of year we operate this trip. The weather in early and late summer is generally excellent - with hot days, clear skies and little rain. In the Taurus Mountains, the temperature will, of course, decrease as we climb. Typically, we will be trekking at temperatures around 15°C / 59°F. At night at our highest camp, we can expect the temperature to fall close to freezing point. In common with many mountain areas, cloud can build during the day resulting in late afternoon rain.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Turkey - Lonely Planet Travel Survival Kit
- The Rough Guide to Turkey
- Turkish Odyssey - A Traveller's Guide to Turkey and Turkish Culture - Serif Yenin.
- Landscapes in Panoramic Turkey - from Istanbul to Ararat - Gerold Yong.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Socks
- Gaiters (to protect boots from scree/talus and occasional snow)
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Fleece hat
- Sunglasses
- Thermal or fleece gloves
- Sleeping bag (comfort rated -5°C)

- Daypack 30 litres
- Second ‘hold-all’ type bag*
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets / filter bottle (such as Water-to-Go)**
- Washbag and toiletries
- Small towel
- Antibacterial handwash
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock your KE kit bag)
- Basic First Aid Kit including the following: antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

The following items are optional:

- Trekking poles (recommended)
- Sleeping bag liner
- Trainers or sandals for camp
- Shorts
- Light down jacket

- Insect repellent
- Camera
- Travel clothes
- Pen-knife
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Foam camping mattresses are provided.

* Second bag: Please bring a bag (additional to your trek bag and day pack) which is large enough to store items not required for 3 days of trekking up to the Yedigoller Plateau. This bag will remain in a vehicle so dones not have to be waterproof.

** Water purification tablets/filter bottle: At all the camps on trek spring water is available and good to drink. However you might wish to treat this water to be extra safe.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the airport at Kayseri. A single timed transfer from Kayseri Airport to the first camp in Cukurbag is provided. The holiday ends in Cappadocia and a single timed transfer to Kayseri Airport will be provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kayseri.

Outbound flights will depart from the UK in the morning arriving in the afternoon of the same day. Return flights will depart Kayseri afternoon of the last day of the itinerary, arriving in the UK in the evening the same day.

Why Choose KE

Why KE

The Ultimate Turkish Delight for walkers and an Exclusive to KE. We've combined two fantastic areas in one superb holiday - the undiscovered Taurus Mountains and stunning region of Cappadocia. With all meals included, fully supported trekking, a maximum group size of 12 and wonderful leaders, all you need to do is lace up your boots, take in the excellent scenery and enjoy the Turkish hospitality.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change