



## **Cappadocia: Hike & Yoga**

**Tour Type:** Hike & Yoga Tour

**Duration:** 7 Days / 6 Nights

**Level:** Easy-Moderate

**Arrival Airport:** Kayseri or Nevsehir Airport

**Departure Airport:** Kayseri or Nevsehir Airport

### **Experience**

Embark on a transformative journey through Cappadocia on this seven-day Hike and Yoga tour, with each day a blend of natural exploration, spiritual practice, and cultural delight. Begin mornings with revitalizing yoga sessions, before setting out for the day's adventure and exploring Cappadocia's surreal landscapes. Hike through extraordinary rock formations, ancient dwellings and lush valleys, before returning for another restorative yoga session in the evening.

All in the comfort of Cappadocia's best hotels, BikeHikeTürkiye's program seamlessly weaves together the threads of hiking, yoga, ancient history, natural beauty, Turkish hospitality and delicious cuisine. Discover the region's rich history and delve into local traditions through workshops in ceramics, carpet kilim weaving, and pottery making and prepare for an extraordinary adventure that transcends the ordinary, leaving you with memories etched in the heart of Cappadocia.

### **Highlights**

- Embark on an exhilarating hiking adventure amidst the lunar rock formations of Cappadocia
- Begin each day with an energizing yoga session and end it with yin yoga, sound healing or meditation
- Discover the secrets of ancient cave dwellings, underground cities and rock-cut churches
- Witness the beauty of Göreme's fairy chimneys with a memorable hot air balloon flight.
- Admire the art of Cappadocia: Stone Artwork, Pottery and Ceramic Making, Carpet Weaving Ateliers
- Engage in sensory experiences such as wine tastings amidst vineyard-covered hills and enriching visits to historic sites.
- Explore underground cities and witness the historic Byzantine churches, art and monasteries

- Relax in a Turkish hammam bath of a massage after a thrilling hike
- Savor local cuisine and wines at some of Cappadocia's finest restaurants.

## **Day-to-Day Itinerary**

### ***Day 1: Hello Cappadocia!***

- Arrive at Kayseri or Nevşehir airport, where you will be met by guide. Take one hour transfer to Cappadocia.
- Check into hotel, relax and unwind.
- Join a rejuvenating yoga session either at your hotel's serene yoga studio or at a specially chosen outdoor spot surrounded by Cappadocia's natural beauty.
- After the yoga, enjoy a delicious dinner at the hotel's restaurant or venture out to a local eatery to savor traditional Turkish cuisine.

### ***Day 2: Derinkuyu Underground City, Hike in Ihlara Valley, Selime Monastery Visit***

- Start your day with an energizing yoga session at hotel, preparing your body and mind for the day's adventures in Cappadocia.
- After yoga, enjoy a Turkish breakfast at the hotel
- Depart from the hotel to explore Derinkuyu Underground City, a fascinating labyrinth of tunnels and ancient chambers carved deep into the volcanic rock.
- Next, embark on a scenic 8km hike through Ihlara Valley, known for its landscapes, towering cliffs, ancient rock-cut churches and the chance to hike along the Melendiz River,
- Continue your journey to Selime Monastery. Explore the monastery's impressive rock-cut rooms, chapels, and from it, admire panoramic views of the surrounding valleys
- After a full day of exploration, return to hotel in Cappadocia. Take time to relax and unwind, perhaps indulging in a spa treatment, Turkish bath or simply enjoying the tranquil ambiance of your cave or stone hotel.
- Enjoy a leisurely dinner at the hotel's restaurant or local dining spot to savor Turkish cuisine.

### ***Day 3: Yoga, Zemi Valley, Göreme Open Air Museum, Meskendir Valley, Sound Therapy, Sunset at Kızılçukur***

- Begin day with a revitalizing yoga session at hotel.
- Enjoy a hearty breakfast at the hotel, featuring a variety of delicious options to fuel your energy for the day ahead.

- Embark on an adventure to Zemi Valley for an 8-kilometer hike amidst stunning rock formations and picturesque landscapes.
- Next, visit Göreme Open Air Museum, a UNESCO World Heritage site renowned for its rock-cut churches and Byzantine frescoes dating back to the 10th-12th centuries.
- Break for a leisurely picnic lunch,
- After lunch, take a stroll through Meskendir Valley, a serene oasis known for its lush greenery and small streams.
- End the day's hiking at Kızılçukur sunset point for a relaxing sound therapy session, designed to promote relaxation and healing through the use of sound vibrations and soothing melodies.
- After the sunset yoga session, indulge in a delightful dinner at a local restaurant or back at your hotel, savoring the flavors of Turkish cuisine.

#### ***Day 4: Avla Canyon Hike***

- After a calming yoga session, savor a delicious breakfast at the hotel
- After breakfast, take a transfer to Soğanlı, a picturesque village nestled in the heart of Cappadocia
- Upon arrival in Soğanlı, begin a scenic 5-kilometer hike through Avla Canyon. Immerse yourself in the peaceful ambiance of the canyon as you traverse its natural beauty.
- Pause for a relaxing picnic lunch amidst the tranquil surroundings
- After completing the hike return to hotel for a yin yoga session
- In the evening, indulge in a leisurely dinner at the hotel's restaurant or explore nearby dining options to savor more Turkish culinary delights. Reflect on the day's experiences and cherish the memories created amidst Cappadocia's natural wonders.

#### ***Day 5: Hike in Pigeon and Love Valleys***

- Start day with a revitalizing yoga session at your hotel in Cappadocia before a hearty breakfast to fuel for the adventure ahead.
- Embark on an exhilarating 12-kilometer hike through Pigeon and Love Valleys, renowned for their breathtaking landscapes and geological formations. Walk through pathways surrounded by fairy chimneys, ancient cave dwellings, and panoramic views of the valley below.
- Break for a well-deserved picnic lunch amidst the picturesque surroundings of Love Valley.
- Continue your hike through the valleys, exploring hidden caves, rock formations, and encountering local flora and fauna along the way.

- After the hike enjoy a calming meditation session
- In the evening, enjoy a delicious dinner at a local restaurant. Reflect on the day's adventures and soak in the peaceful atmosphere of Cappadocia as you prepare for the final days of your journey.

### ***Day 6: Red and Rose Valleys***

- Begin the last full day with a revitalizing yoga session
- Enjoy a nutritious breakfast at the hotel, featuring a variety of local flavors and energizing dishes to prepare you for a day of exploration.
- Embark on a scenic hike through Red and Rose Valleys, known for their striking rock formations, fairy chimneys, and vibrant hues.
- Explore the ancient rock-cut churches and well-preserved Byzantine frescoes nestled within Red and Rose Valleys, including the iconic Column Church and Cross Church.
- Lunch with a picnic amidst the tranquil surroundings of Rose Valleys.
- Continue your exploration discovering hidden caves, ancient cave dwellings, and unique geological formations along the way
- After we return to the hotel, a closing ceremony to mark your inner journey
- Dinner at a local restaurant

### ***Day 7: Breakfast and Transfer to Airport***

- Final breakfast, relish your inner and outer journey of discovery among the beauty of Cappadocia
- Your driver will pick you up from the hotel and transfer you to Kayseri or Nevşehir Airport for your onward journey, relish the memories made on your trip

### **WHAT'S INCLUDED:**

All accommodation, as indicated in itinerary

All transfers (including to/from airport)

Meals, all breakfasts and lunch

Yoga Alliance Certified instructor

English speaking tour guide

All yoga equipment (mat, blocks, cushions, bolster, strap, eye cover)

7 hatha or vinyasa morning yoga sessions

4 restorative or yin yoga sessions

2 sound healing sessions

Meditations sessions throughout the trip

Water

**WHAT'S EXCLUDED:**

Domestic and international flights

Gratuities for guides

Alcoholic and non-alcoholic drinks

Travel and health insurance

Turkish bath and massages

Entrance fees to historical sites and museums

Visa if applicable