

WILD FRONTIERS



Turkey: Wild & Active (New Tour) Turkey

An active adventure that takes us into the heart of ancient Anatolia, this spectacular journey travels from the surreal landscapes of Cappadocia, to the shores of the Mediterranean. We will explore the UNESCO World Heritage landscapes of Göreme National Park by bicycle and on foot; canoe down part of Turkey's longest river and hike in the spectacular Ihlara Canyon. Following in the footsteps of St Paul, we will then trek along a section of Turkey's second longest hiking trail, before rafting along the waters of the Köprülü River after it emerges from the deep gorges of the Koprulu Canyon National Park. Taking in Selcuk caravanserais and ancient Roman theatres along the way, the climax of this incredible journey sees us enjoying the beaches of Turkey's beautiful Turquoise Coast.

'I have travelled a lot with several different tour companies and would not hesitate recommending Wild Frontiers to those who want a very special adventure.' *Jayne Hanlin*

Highlights:

- Explore the unique landscapes of Cappadocia by bike and on foot.
- Canoe and raft respectively down the Kizlirmak and Köprülü Rivers.
- Hike part of the classic St Paul Trail in Central Anatolia.
- Visit the spectacular Roman ruins of Selge.
- Enjoy exhilarating adventures amongst the forests of Göynük.

Duration: 9 Days

Average group size: 5 - 12

Start: Sat 26 May 12

Finish: Sun 03 Jun 12



Why Wild Frontiers?

As a young, innovative company, Wild Frontiers is delighted to have been voted one of the 'Top 10 Tour Operators' by the readers of both Wanderlust and National Geographic Adventure. We are frequently asked what makes us different from other tour operators, and feel that the factors below answer this important question.

The Traveller's Ethos: WF is a company that has been set up by travellers for travellers, and our ethos is to help adventurous souls get to incredible and inaccessible places in safety and as much comfort as local conditions allow. We are firm believers that travelling is all about the experience and it's the details that make the trip - we specialise in drawing on our own extensive local knowledge and array of contacts to give our clients the very best experience possible.

Personal Service: Our London office is manned by experienced expedition leaders and every trip we run stems from their extensive knowledge - in short, we run the kind of trips that as passionate travellers, we like to do ourselves! When you ring our office, you can be guaranteed to chat to someone that knows the trips and the terrain, and is able to offer sound and practical advice.

Authentic Experiences: Our unique, original itineraries allow our clients to take journeys that venture beneath the surface of the region. Unlike the plethora of 'world specialists' out there who purport to know a hundred destinations, we concentrate on the locations we know and love. We don't run the same tour over and over, thus running the risk of creating a 'tourist circuit' and spoiling untouched regions. Instead, we rarely run any tour more than a couple of times a year and they are on routes we have discovered for ourselves, meaning we are able to give a truly authentic, off-the-beaten-track experience.

Be the First: Our style of travel is all about exploration, and nothing excites us more than opening up new routes to genuine travellers. We keep abreast of new destinations and are often the first to return to places that have vanished from the tourist map. We were the first back into Pakistan after 9/11, the first to return to Kashmir after a decade of tourist isolation, and the first to run a commercial travel trip to Afghanistan for almost 30 years. Since then we have helped bring Colombia, Yemen and Georgia back into the tourist fold, specialising in groundbreaking reconnaissance trips and imaginative expeditions.

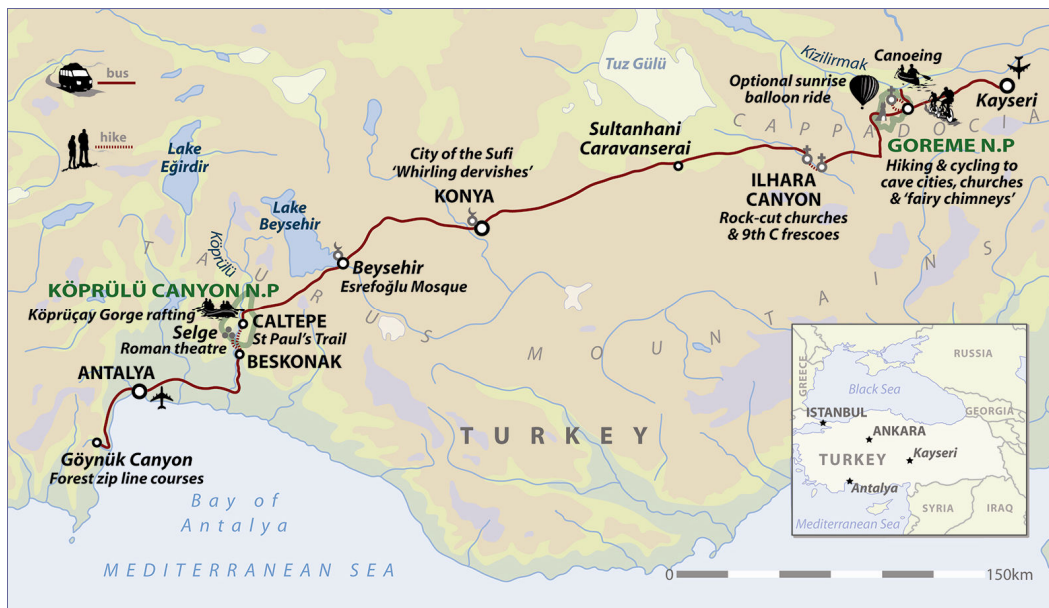
Small Group Size: We believe it is imperative to keep the group sizes small. Most trips are limited to a maximum of approximately 12 travellers, thus giving you more access to fragile cultures, better opportunities to interact with local people, and the knowledge you are making less of an impact while there.

Cost of Tours: We believe in an honest, upfront pricing system so you know exactly what the tour will cost before you book. We avoid local payments, 'optional extras' or forcing our clients to split every meal bill. Our tours are provided on a predominantly full board basis, with mineral water, government permits, entrance fees and transport all included.

Added Value: We aim to give our clients the very best (not the least expensive) experience through whatever facilities are available to us. We always try to provide accommodation that is interesting, characterful and convenient, and transport - another important part of any tour - that is as varied and comfortable as possible.

Our clients: Your companions can make or break a trip, and it's lucky therefore that our clients are our greatest asset. Travelling to remote regions is not for everyone, and as such we tend to attract open-minded travellers looking for genuine experiences, and a desire to reach those hard to get to places.

Responsible Travel: Awarded 5 star status by AITO (Association of Independent Tour operators), responsible tourism has always been an integral part of our company ethos and our adventures are designed with the local people, culture and eco-system in mind. For further details please refer to the RT section on this dossier.



Day 1: Tour starts in Cappadocia: This remarkable journey begins amongst the unearthly landscapes of central Anatolia and the 'fairy' chimneys and white tufa cliffs of Cappadocia. This evening, after an introductory briefing, we will enjoy a welcome meal in a local restaurant.
Hotel (D)

Day 2: Hiking & Biking in Cappadocia: This morning we take to two wheels, enjoying a morning's bike ride through the landscapes of the White and Love Valleys to the small village of Cavusin, where we find the remains of an early Christian cave city. Following lunch we then head out on foot into the wonderful rose-coloured landscapes of the Rose Valley and up to the Panorama Viewpoint to view this incredible setting in the ever-changing light of the afternoon sun.
Hotel (B,L,D)

Day 3: Canoeing & Hiking in Cappadocia: After the option of a sunrise balloon flight over the fairy chimneys and valleys of Göreme (not included) we'll take to the waters of the Kizilirmak River this morning to enjoy a half-day canoeing adventure on Turkey's longest river. Rising in the eastern Anatolian highlands, the Kizilirmak flows across the landscapes of central and northern Turkey and once formed the boundary between Asia Minor and the rest of the Asian world. Our journey this morning will take in just a small part of this historic river's 1,150 kilometre journey, but it does present us with an ideal way to explore a little

something of its scenic grandeur. After lunch we then visit the Göreme Open Air Museum, home to a quite breath-taking collection of churches and frescoes that date back to the 10th, 11th and 12th centuries. We will also hike some more around the surreal landscapes of the region. The rock cut temples and underground cities of this mesmerising region hide a cultural legacy that can trace its ancestry back centuries, to the Hittites, the Persians and Alexander the Great.
Hotel (B,L,D)

Day 4: The Ihlara Canyon - Sultanhanı Caravanserai - Konya: Our final hike through the tufa landscapes of Cappadocia takes us into the fertile landscapes of the Ihlara Canyon, a narrow valley whose walls are lined with a number of captivating Byzantine churches. Carved into the soft rock, these tiny rock-cut churches are famed for the quality of their beautifully preserved 9th century frescoes. After exploring the valley we then drive to the Sultanhanı Caravanserai, located close to the Anatolian city of Aksaray. Dating from the 13th century, this impressive old caravanserai was once the largest of its kind in Turkey and is considered one of the finest examples of Anatolian Selcuk architecture in the country. From here we then continue by road to the vibrant city of Konya, where we will be spending the evening.
Hotel (B,L,D)

Day 5: Konya - Lake Beysehir - Caltepe:

Konya is home to the famous sufi “whirling dervishes” and after some time spent exploring something of its cultural heart, visiting the tomb of Jalāl ad-Din Muhammad Rūmī, the founder of the Mevlevi Sufi sect, we continue to the stunning 13th century Eşrefoğlu Mosque, on the shores of Lake Beysehir. We then complete our journey via a mountainous and rarely used road later to arrive in Caltepe. This evening we will be staying in a simple village pension on Turkey’s famous St. Paul’s trail, part of the route followed by the apostle during his first missionary journey to Anatolia. We spend tonight with our genial hosts, Erdinc and Emine Barca, enjoying some fine, home-cooked regional cuisine before we turn in for the night. The accommodation this evening will be in communal rooms, with shared facilities.

Village Pension (B,L,D)

Day 6: Hike the St Paul Trail to Beskonak Village:

In AD 46, Saint Paul set out from Perge, just to the east of Antalya, on a journey to Antioch, set high on the Anatolian Plateau. Only opened to tourists back in 2004, the trail that today bears his name extends across some 500 kilometres, to the shores of Lake Eğirdir. After the Lycian Way, this is the longest hiking trail in the country but, unlike its southern rival, it is a lot less crowded, allowing us to enjoy the landscapes in relative peace. Using a combination of a couple of different walks and a back-up vehicle we will walk a little way in St Paul’s footsteps today, as we journey from Caltepe to the village of Beskonak. Our first hike will follow a convoluted path among some amazing rock-formations known locally as ‘rock-fathers’ Our shorter, second hike follows the course of the river making its way down through lush forest as we make our way up to our overnight stop at a remote but charming farmhouse. We will be staying in comfortable wooden bungalows with showers, toilets and electricity supplied by a generator.

Tevfik’s Cabins (B,L,D)

Day 7: Rafting on the Köprülü River:

After a short walk to the nearby Roman Oluk Bridge we make for Selge, an old Roman city set high above the Köprüçay Gorge, amongst a breath-taking landscape of limestone cliffs, cypress and

cedar forests. In the afternoon, we take to the waters of the Koprulu River, to enjoy an exhilarating rafting excursion through the Köprülü Canyon National Park. The river’s rapids are suitable for all levels of experience and the 1.5/2 hour journey is a great way to experience the local scenery. In the late afternoon we make for Antalya. Situated on the Mediterranean, in the shadow of the Beydağları Mountains, Antalya is blessed with a wonderfully diverse heritage that saw it grow and develop under the auspices of Roman, Byzantine and Ottoman rule, evidence of which can still be found.

Hotel (B,L,D)

Day 8: Antalya - Göynük Canyon - Antalya:

The beautiful Göynük Canyon provides the setting for our final activity in Turkey, a visit to the Göynük Adventure Forest. Set amongst a lush forest of pines, some of which reach heights of some 30 metres, this exciting park has created a series of zip lines and courses that run through the trees, allowing you to try your hand at any number of challenges. Ranging in height from two to eleven metres, each of the seven courses allow you to tackle bridges, rope swings and zip lines that run for some 50 metres between the trees. This afternoon then affords a chance to relax and enjoy the golden beaches and warm waters of Turkey’s Turquoise Coast, before a final farewell dinner this evening.

Hotel (B,L,D)

Day 9: Antalya: Tour finishes after breakfast in Antalya

(B)

Wild Extensions:

Arrive early to adjust to a new time zone or just to get a feel for the country before your tour starts. Explore the country after your tour on a bespoke Wild Extension or just allow a few days to relax afterwards. Maybe choose all of the above and get cheaper flights mid-week?

A sample of what you could do...

3-Day Istanbul: Break your inward or outward journey at Turkey’s cultural capital which straddles both Europe & Asia. Highlights include the Aya Sophia, Blue Mosque & Topkapi Palace.

Or if you have more time, the list is literally endless!

Contact the office for extension specifics.

TOUR DETAILS

Tour Code: TAA/E

Tour price: All our tours are priced on a LAND ONLY basis, giving you maximum flexibility when deciding how to get to and from your tour.

Single Supplements: These are NOT compulsory for any Wild Frontiers tour. Where single supplements are available please note that a single room cannot always be guaranteed for every night of the tour as depending on the destination, rooms may be limited. On this tour we are happy to offer an optional single supplement that will cover you for all night apart from Days 5 & 6.

Flights: If you would like us to send you a quote for the suggested tour flight (see GETTING THERE) or on any alternative flight that may suit you better, please let us know.

In all cases, for the latest prices, please refer to our website or contact the office.

Please remember that all Wild Frontiers tour prices mean NO hidden extras, NO local payments or kitty and NO compulsory single supplements.

WHAT IS INCLUDED?

- Full services of a Wild Frontiers Tour Leader with local guides and drivers.
- Meal plan as detailed in the itinerary (B=Breakfast, L=Lunch, D=Dinner) with mineral water as required.
- All transport as outlined in the itinerary.
- All accommodation
- All entrance fees, as per itinerary.

WHAT IS NOT INCLUDED?

- Visas
- Local airport taxes
- Tips
- Beverages & any costs of a personal nature.
- Sunrise Balloon Flight (approx £110)
- International Flights

- Airport transfers (unless booking suggested flights through WF office)

GETTING THERE

For this trip our suggested flights (subject to change) are:

26MAY TK1988 LHR-IST 06:55/12:45
26MAY TK2014 IST-ASR 14:15/15:40
03JUN TK2411 AYT-IST 10:35/11:55
03JUN TK1985 IST-LHR 13:10/15:15

Key:

LHR - London Heathrow

IST - Istanbul

ASR - Kayseri

AYT - Antalya

TK - Turkish Airlines

NB If you wish to arrange your own flights you are completely free to do so and in this case we can arrange any transfers or supplementary accommodation that you may require.

Please note that if you are making your own flight arrangements, we recommend that you only purchase flights that are totally flexible and refundable as due to the nature of adventure travel, itineraries can change at any time. For more information, please refer to our booking conditions.

PRACTICALITIES

Accommodation will be in a combination of small characterful hotels and locally owned farm/guesthouses.

Any accommodation mentioned in the itinerary is subject to availability and if not available substitutes will be of a similar quality.

Transport on the tour will be very varied from our own 2 feet, to bikes, canoes, rafts & zip-lines!

Trip Grading:

Adventure Rating ❖❖❖❖❖

Comfort Grade ❖❖❖❖❖

Fitness Level ❖❖❖❖❖

Cultural Interest ❖❖❖❖❖

Please note that this grading is an indication only and should you have any concerns please contact the office.

New Tours: Never complacent, Wild Frontiers is continually on the look-out for new tour ideas. Each year we aim to put on a selection of new tours in order to continually provide our clients with a fresh and varied choice of some of the best journeys on the planet. Although a lot of fun, these tours will often involve a greater element of unpredictability than our better established tours, so please come prepared.

Fitness...

Anyone in a decent state of health and reasonably fit will enjoy this trip. All the activities are classed as easy/moderate and none are compulsory activities. Individual walks, bike rides and water-based activities are all generally 2-3 hrs in duration.

It may sound obvious but...

Wild Frontiers tours are not always for everyone and it is important to us that the tour you choose is the most suitable. Please therefore take time to read the dossier carefully. All our tours are graded to give an overall picture of the trip but these are only guidelines and you should check the daily itinerary. Should you have any concerns about your ability to partake in any aspect of the tour then please contact the office.

Insurance: Insurance that provides cover for emergency repatriation in case of a medical emergency is compulsory for all tours. You should be aware that many standard insurance policies may not cover you adequately for all aspects of a Wild Frontiers trip and so we strongly recommend that you purchase a suitably designed insurance policy. One such policy is the "Wild Frontiers" policy underwritten by Travel & General Insurance Company plc, which is available to UK and Republic of Ireland residents through our website or via the insurance company direct on 0845 408 0583. Under this policy there are two different levels of cover available and for this trip the minimum requirement would be the Standard policy

Cover explained:

Standard policy: a comprehensive travel insurance policy that provides cover for all Wild Frontiers activities, including trekking up to 6,000m. This policy does not provide cover for travel to areas

where the FCO is advising against all or all but essential travel.

Elite policy: provides the same comprehensive level of cover as the standard policy. In addition the Elite policy also provides cover for travel to areas where the FCO is advising against all or all but essential travel. The policy will not provide cover for any claims arising from or relating to the reasons why the FCO is advising against travel.

If purchasing the Elite policy you also have the option to **extend the cover** provided by the policy to include cover for claims arising from a terrorist act in an area where the FCO is advising against travel. You can add this cover to your policy when purchasing online or over the telephone.

These policies are only available to those travelling on a Wild Frontiers holiday.

For more information and to purchase your policy online please visit the Insurance section of our website.

The cover is underwritten by the International Insurance Company of Hannover Limited (IICH), who are authorised and regulated by the Financial Services Authority (FSA). Wild Frontiers Limited is an Introducer Appointed Representative of Travel & General Insurance Company plc, details of which can be found at the FSA's website www.fsa.gov.uk.

If you do decide to purchase alternative insurance, then you must ensure that it covers you for every aspect of this trip including all the varied activities.

Visas: Visas are necessary for many of the destinations we travel to and while we aim to provide you with the most up-to-date information, requirements frequently change and as such we advise that you check with the relevant embassies or contact our recommended visa agency, Travcour (020 7223 5295) www.travcour.com for the latest advice.

For this tour, UK passport holders currently require a visa for Turkey available on entry.

Non-UK passport holders should contact the relevant embassies for individual requirements.

Further details will be sent out to you on booking, however ensuring that correct and valid visas are obtained remains the sole responsibility of the client.

Responsible Travel: Responsible travel and sustainable tourism are fundamental ideas that Wild Frontiers has been committed to since our birth. It is our strong belief that these words should not be simply 'tagged on' to dossiers and websites but should be at the very core of each trip, and our adventures are therefore designed with the local people, culture and eco-system in mind. We believe that a successful trip not only delivers a unique and unsurpassable journey for our clients, but that it also benefits the peoples whose lands we are privileged to visit.

The Wild Frontiers Foundation: In order to facilitate an enduring support structure for the communities we visit, and to show a commitment to these values, Wild Frontiers has set up a charitable foundation through which we can channel funds to both existing NGOs and our own development projects. In addition to organising ethically sensitive tours, having our own charitable foundation allows us to raise money - through the cost of our tours, charity trips and fund raising events - which can then be used to fund various projects in education, sanitation, reforestations and a number of other important issues facing developing communities. Wherever possible we are happy for our clients to visit these projects to see for themselves where and how this money is being spent. For a comprehensive list of all partner NGOs please visit our website. Should you wish to donate to the foundation please contact the office for details.

The Environment: Trying to do our bit for the environment, in 2005 we were among the first UK-based travel companies to automatically offset every client's international flight (if booked with us) with a payment to Carbon Clear to help promote sustainable energy.

Foreign & Commonwealth Office (FCO): The FCO travel advice highlights potential hazards people might experience when

travelling abroad. Given the nature of destinations offered by Wild Frontiers it is inevitable that from time to time some itineraries contravene this advice. Whilst WF takes the safety and security of its clients extremely seriously, we will not necessarily cancel a trip because of the FCO advice. It is recommended therefore that clients check this advice before booking and contact us if they have any queries or concerns. Please see our website for further information.

Climate: June should see us experiencing wonderfully hot days (early 30s) and fresh nights (early 'teens). Rain, although not impossible, is very unlikely.

Further information:
When you make a confirmed booking with Wild Frontiers we will send you our confirmation pack with complete pre-departure information giving you details on visas, health and vaccinations, packing lists, suggested reading on the region, insurance, photography and other useful tips to make your trip more enjoyable.

TURKEY - THE FACTS



Turkey has multiple identities, poised on two continents between East and West. Although in some respects Western, Turkey retains its contradictions: mosques coexist with churches, and Roman remnants crumble alongside ancient Hittite sites. Politically, modern Turkey was almost entirely the creation of one man, Mustafa Kemal Atatürk. Turkey is an explicitly secular republic, though the majority of its people are Muslim. It's a vast country and a great place to travel, not least because of the people, whose reputation for friendliness and hospitality is richly deserved.

Cappadocia: The name Cappadocia derived from the Old Persian "Katpatuka".

It is an enchanting open-air museum and an unparalleled example of the common cultural heritage of humanity. Centred on the triangle of Nevsehir, Urgup and Avanos, Cappadocia is in the middle of a once active volcanic region. At the time when Anatolia was completing its geographical evolution, these volcanic eruptions were so strong that the lava in some places was up to 100 metres thick. Over many millions of years, volcanoes, wind, rain and ice sculpted what we now know as Cappadocia. As the land eroded, the basalt stones remained and formed conical structures sometimes reaching as high as 45 metres. The local people called these unique rock formations "Fairy Chimneys", a name that has endured throughout the ages. If nature was the first artist to arrange the decor, it was Anatolian man who over the centuries carved the rocks and built houses, churches and over 120 underground cities. The canyon formed by the Melendiz stream, which has pierced its way through the rocks, is called the Ihlara Valley. In this 14-km long valley there are 105 churches and 4535 houses.

canyon. The drop from the parapet is worthy of a bungy jump.



Selge: Selge is a magnificent site, brought to grief by lack of water. The present-day village sits atop the jumbled ruins of a huge site, with baths, theatres, temples, a forum, and a stadium; many of the old houses are built from the old stones. We shall climb the old theatre to the seats of the gods before wandering for an hour or two over the rest of the city's tumbled remains.



Antalya: Antalya is a walled old city surrounded by modern sprawl. We'll spend the night in the old city, in a reconstructed Ottoman mansion, and we'll eat at a traditional restaurant, which serves the typical cuisine of the Black Sea (fish, olive oil, and unusual vegetables). In the morning, if you get up early, you can explore the old harbour and narrow maze of streets lined with tumbling wooden and stone houses. Don't get lost!

Oluk Bridge: After a night at a farmhouse near the canyon mouth, we walk the short distance to the Oluk Bridge - one of the original Roman bridges which spanned the

How to book:

In order to confirm your booking we need to have a completed signed booking form for each client together with a £400 deposit per person. You can either return your booking form to us by post or by booking online at www.wildfrontiers.co.uk

You can contact the office by email to info@wildfrontiers.co.uk or we are very happy to take your call on 020 7736 3968.

Wild Frontiers is a fully licensed and bonded tour operator and our ATOL number is 5975. You can book your holiday with Wild Frontiers in complete confidence that all monies you pay to us for your tour are fully protected.

We are also bonded with the Association of Independent Tour Operators (AITO). AITO members comply with the highest standards of consumer protection. Every AITO holiday is backed not only by AITO's Quality Charter but also by full financial protection.

We do recommend that you take out adequate travel insurance at the time of booking in the event that you are no longer able to travel as all deposits are non-refundable - full booking conditions can be found on the booking form and online at our website.