



## Pre & Post-Educational Journey Striking Cappadocia | November 6-9 & 14-17, 2019

**COST:**

Pre-Educational Journey		Post-Educational Journey	
Occupancy	Price (per person)	Occupancy	Price (per person)
Double Occupancy	\$775	Double Occupancy	\$713
Single Occupancy	\$894	Single Occupancy	\$824

**WHERE:** Cappadocia

A country of almost unparalleled diversity, Turkey is the epitome of that overused phrase 'eastmeets-west'. Literally spanning the two continents of Europe and Asia, its turbulent and fascinating history unfolded as a succession of powerful empires sought control.

**CAPPADOCIA – A MASTERPIECE OF SOIL**

More so than anyplace we've visited, Cappadocia's unique charm is intimately



tied to the soil beneath our feet. Descending into underground cities that early Christians carved out of the hillsides, we sat on the cool stone earth that once served as a church. At dawn, we floated above in a hot air balloon, as the sun splashed pink on this lunar landscape that always reminds of us of melted ice cream. The eerie quiet as we float overhead was meditative. That eroded volcanic soil, which lent such dramatic beauty in the valleys of Cappadocia, also hosts a unique variety of grapes from which local wines are made. We enjoy them with the rustic cuisine of the region, like lamb stew cooked in a clay pot in a hardwood fire. At night we slept in rooms scooped out of those same hills, cave hotels with a touch of luxury. Exploring Cappadocia draws all of the senses to the earth. It's hard not to dream of it.

Deep into the heart of Turkey's Central Anatolia, Cappadocia is Turkey's most visually striking landscape where volcanic rock has been eroded over time to form massive towers standing over the surrounding plains. But that's not the end of the story. The soft volcanic deposits also proved easy to carve for the local inhabitants, with one site boasting an astonishing eight-level city carved entirely underground. The area is also known for its 9<sup>th</sup> century painted churches, lovingly crafted by Christians fleeing prosecution in the major cities. Why not let us fly you high over this amazing "moonscape" by hot air balloon—a totally unique experience as you float down into the valleys and soar high over the fairy chimneys of this extraordinary landscape. Complete your Cappadocia experience by staying in one of the many exquisite boutique hotels which offer luxury cave-rooms for their guests.

**WHEN:** November 6-9 & 14-17, 2019

**ITINERARY:**

- Wednesday, November 6/ Thursday, November 14
  - Cappadocia
- Thursday, November 7/ Friday, November 15
  - Ballon & Fairy Chimneys
- Friday, November 8/ Saturday, November 16
  - Valleys & Underground City
- Saturday, November 9/ Sunday, November 17
  - Kayseri
  - Departure

**WHAT'S INCLUDED:**

- Transportation by private air-conditioned comfortable vehicle
- English Speaking Professional Lecturer Guide
- Accommodation: Cappadocia (3)
- Entrance fees to the museums and sites mentioned in the itinerary
- Lunches, Dinners those are mentioned on the itinerary - menu
- Balloon ride (1 hour)
- Service charges and VAT

## **EXCLUSIONS:**

- Flights
- Lunches & Dinners those are not mentioned on the itinerary
- Personal Expenses
- Drinks at meals
- Tips to the guide & drivers

## **ESSENTIAL INFORMATION:**

- This FAM tour will operate with a minimum of 10 participants.
- Your registration is non-refundable unless the FAM is cancelled by ASTA or the Supplier.
- Travel insurance is not required but is highly recommended.
- Have questions? Contact [meetings@asta.org](mailto:meetings@asta.org)
- All excursions are subject to change without notice. Descriptions, departure times, itineraries, pricing and locations may be altered and may vary due to unforeseen circumstances.
- Descriptions and excursion lengths are all based on approximate times and Predetermined points of interest.
- We suggest you take your Walking Shoes and Glasses

## **FULL ITINERARY:**

DAY 1: WEDNESDAY, NOVEMBER 6, 2019 / THURSDAY, NOVEMBER 14, 2019

Through your connection flight in Istanbul arrive to Kayseri, from where we drive to the land of wonders that is Cappadocia, whose name means "the land of the beautiful horses". The region's unique landscape of multicolored pinnacles and lunar rock formations known as "Fairy Chimneys" has been hollowed out into Byzantine churches, monasteries and entire subterranean "cave towns". For the next three days, you will be immersed in a stunningly photogenic world. Explore monastic cave churches, some dating to the 3<sup>rd</sup> century, where the frescoes are often remarkably intact.



Welcome drink shall be served during the check-in to the Hotel.

Upon arrival to Kayseri, drive to the surrealistic region of Cappadocia.

**Optional Activity:** For those who arrive to Cappadocia early afternoon we can organize Spa Activities at the hotel OR Cooking class run by a local family, therefore we want you to feel that their home is your home and enjoy Turkish hospitality with our tradition. Family also use only natural fruits, vegetables and spices farmed in their own garden. Firstly, you will welcome with Turkish tea. While you are having a tea, you will be introduced family's cooking class area, organic garden, home and our village. To start, you picked the vegetables from their organic garden. You prepare regional home cooking with your psychical attendance. Such as, chopped the onion, diced the tomato, mixed with garlic and mince beef, cooked them in the pot. On the other side, peel the eggplant on zebra style, half fried in olive oil (This could be sun flour oil) ... this is how you make a stuffed eggplant meal. All this preparation and cooking are done by your psychical attendance. This will take about 3 hours including soup, entrée, main meal and local dessert. Of course, many other side dishes will be served as well as your meals. You will enjoy your own cooked delicious Turkish foods.

DAY 2: THURSDAY, NOVEMBER 7, 2019 / FRIDAY, NOVEMBER 15, 2019

This morning we will wake up early for a **hot air balloon** excursion over Cappadocia- Take in the best of this unique landscape by hot air balloon from above...

Depending on the weather conditions, in the early morning before sunrise you will be transferred to the meeting point for the tour with hot air balloons.



When the balloon slowly rises, we see Erciyes Mountain, which stands with all its majesty. As you slowly go down in the sky, you are almost passing by watching the color games on the pink orange light of the sun, sleepy valleys, rocks, vineyards, and fairy chimneys. Watching the unique beauty of the region from the sky is a dream experience.

- The Balloon Flight is organized early in the morning after sunrise and estimated flying time is 1 hour.
- As it is early in the morning and the breakfast shall be taken only after the balloon program before departing from the hotel we will have small sandwiches / cake / fruit / tea- coffee for our guests
- The Balloon capacities varies from 10-20 guests and we will organize a variety of balloons for our guests
- Departure from the hotel shall be confirmed with the balloon company the evening prior according to sunrise and wind conditions.

At the end of the balloon tour, which will take about 1 hour, the team collects balloons and the champagne is served to our guests. Afterwards, a transfer will be provided with

vehicles and drive back to the hotel for breakfast and some time to freshen up at the hotel.

Breakfast at the hotel. Visit **Devrent Valley** where various types of fairy chimneys are abundant. We will walk through this amazing valley. Thereafter visit **Pasabai (Monk's Valley)** with multiple stems and caps, peculiar to this area. After visiting Pasabai, drive to **Avanos** which is known for the pottery, a craft dating back to the Hittite period. The red clay which is worked by local craftsmen comes from the residue in the Kizilirmak river, the longest river of Turkey. Private pottery lesson shall be arranged for ASTA Members only.

Lunch at the local restaurant in Cappadocia...

After lunch proceed to **Goreme Open Air Museum** to visit the churches, chapels and monasteries carved into the fairy chimneys from the 10<sup>th</sup> to the 13<sup>th</sup> centuries with frescos painted on the walls. Next to the **Uchisar Rock-Castle**; has the numerous hollowed-out containers, rock tombs, and a large water cistern all welcome you as silent witnesses to history and human life giving you panoramic view of the valleys of Cappadocia. Thereafter time to take photos in the neighboring valleys before going back to the hotel.

**Evening:** Dinner at a **Cave Hotel - Terrace**. Return to the Hotel.



### DAY 3: FRIDAY, NOVEMBER 8, 2019 / SATURDAY, NOVEMBER 16, 2019

The morning starts with a Sunrise Meditation Overlooking the Valley. Our therapists will lead the meditation (depends on weather conditions). Fresh juices, breakfast prepared with local products, freshly cooked pastries shall wait our guests at the restaurant of our hotel.

Visit to Rose Valley, one of the most beautiful trekking valleys in Cappadocia and explore the famous rock-cut churches by hiking through the valley. Rest in Cavusin, an old Greek Village, known for its Christian houses and churches.



After having time for lunch at a local restaurant, visit **Ortahisar Castle**, similar to the Uchisar Castle in style, where storage caves can also be observed. In the afternoon visit Kaymakli Underground City where early Christians lived in fear and faith. On the way back visit to panoramic **Pigeon Valley** where pigeons contributed to the lives of the locals with their manure to fertilize the vineyards. You may also like to taste Cappadocia wine in a local winery. Return to the Hotel where you will feel at home in a unique area.

In the evening enjoy dinner at a Cave Restaurant- Terrace.

Return to the hotel.

DAY 4: SATURDAY, NOVEMBER 9, 2019 / SUNDAY, NOVEMBER 17, 2019

Breakfast at the hotel, free day at leisure till flight time. Transfer to Kayseri Airport to take the flight back to Istanbul for International flight connection.

**This Educational Journey is hosted by**



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## **TURKEY GUIDE**

### **Electricity**

230 V, 50 Hz. Plugs are two-pin in the round European style and some include a third, female contact to accept the grounding pin in the socket.

### **Entry & Exit Requirements**

American, Canadian and British passport holders require a visa to visit Turkey. Visas can be obtained upon arrival in Turkey. A tourist visa allows for multiple entry and is valid for 3 months from the date of entry. Please also ensure that your passport is valid for 6 months from the date of entry. For Americans, visas cost 20 USD or 15 EUR for multiple entry (at point of entry). For Canadians, visas cost 60 USD or 45 EUR for multiple entry (at point of entry) For British citizens, visas cost 10 GBP for single or multiple entry (at point of entry).

## **Food**

Rice, wheat, and vegetables are the foundation for Turkish cuisine. Dolma, rice and meat-stuffed vegetables, is frequently prepared throughout the country, most often with peppers, grape leaves, or tomatoes. The eggplant is the country's most beloved vegetable, with zucchini a popular second and then beans, artichokes, and cabbage, particularly when prepared in olive oil. Pilav (pilaf), Turkish rice, is a common filling for dolma, as well as a popular side dish. Various grains are used to make pide (flat bread), simit (sesame rings), and börek, a flaky, layered pastry filled with meat or cheese that is often eaten for breakfast. Seasonings and sauces are frequently used, and the most popular seasonings include dill, mint, parsley, cinnamon, garlic, cumin, and the lemon-flavored red berries of the sumac tree. Yogurt is often used to complement both meat and vegetables dishes. Turkish meat usually means lamb, the main ingredient to the country's most popular national dish, kebab (skewered grilled meat), close cousin to the North American shish-kebab. Patties of seasoned minced meat called köfte are also popular. Most cattle are raised for their milk rather than for beef, and pork is prohibited in the Islamic religion. Poultry and seafood, however, are second in popularity for meat-based meals. Turkish sweets are most frequently eaten with coffee or as a snack, rather than an after-dinner dessert. The most common dessert is a bowl of seasonal fresh fruit, such as strawberries or apricots. Baklava, widely known throughout the Western world, Halva (a sesame paste), dondurma (ice cream), and muhallebi (milk-based desserts, such as pudding) are all popular. Tea and strong Turkish coffee are popular punctuations on a day, as is raki, the clear liquorice-flavored national beverage.

## **Getting Around**

Turkey has been pouring investment into road infrastructure, including the establishment of the multilane toll roads around Istanbul, Ankara, and Izmir and the widening of major provincial thoroughfares. As a result, driving through Turkey is a great way to travel independently with the utmost of freedom. If it wasn't for the road signs (which on the toll collection booths are now also in English), you'd almost think you were driving in Europe. In the cities, however, be aware of parking shortages and confusing one-way traffic systems. Many of the major international car rental companies are represented at most airports. Turkish Airlines provides regular domestic service within Turkey, with major hubs in Istanbul, Ankara, and Izmir.

## **Medical Concerns**

We recommend that you visit a travel health clinic 4-8 weeks prior to your departure to determine what shots and inoculations you may need for your trip. Requirements change and depend on your specific itinerary. You will receive the best advice from a physician who specializes in travel health. As a reference, please consult the websites and general guidelines below: Recommended: Hepatitis A, Hepatitis B, Typhoid, Required: Nothing CDC ([www.cdc.gov/travel](http://www.cdc.gov/travel)) World Health Organization ([www.who.int/ith/en/](http://www.who.int/ith/en/)) If you do come down with a stomach bug or worse while in Turkey, speak directly with your guide or the concierge at your hotel. Both can direct you to a pharmacy or to medical attention appropriate for your condition.

## **Money & Banking**

The local currency is the Turkish Lira (TL). ATM machines are available in banks in all large cities and towns to take out local cash. You can either choose to change money at home or to travel with your credit card and withdraw local currency as you go along; we suggest the latter option. Changing USD or EUR is possible in currency exchange businesses and in some (but not all) hotels, but better rates will be found at banks or via the ATM. We recommend always keeping a couple of hundred USD or EUR in cash with you for emergencies, but you'll need small local currency for taxis, meals and petty purchases.

## **Packing**

Turkey is a reasonably casual place, so the emphasis is on warm-weather comfort. You don't need formal wear at any point on the trip, but you may want some 'smart chic' outfits for Istanbul nights out. Sunscreen, swimwear, sunglasses, sandals and good walking shoes are a must. Shorts, jeans, light pants or skirts, and shirts and light sweater are about all you'll need. Nights can get cool, so best to bring a fleece or light jacket. And a rain jacket is also a good idea.

## **Phone & Internet**

The country code for Turkey is 90. From North America, dial 011 90 followed by the number. To call North America from Turkey, dial 001 followed by the number. Direct international calls made from hotels tend to be fiendishly expensive—be warned. Likewise, local calls made from hotels can be unreasonably expensive (especially when calling mobile phones). Always ask what the rates are before calling. You may purchase phone cards locally and use either public telephones or your hotel phone for a nominal

hotel charge. Alternatively, you can purchase a local SIM card for your personal cell phone in most convenience stores or kiosks. Your cell phone must be unlocked at home for this to work. Most hotels have high speed wireless Internet connection. There is usually a charge for this.

## **Safety**

Turkey is a safe country. The country is politically and economically stable, with no recent civil disturbances. While incidents of violent crime are rare, travellers should exercise requisite common sense to avoid petty crime. For up to date information about Turkey, refer to your government's travel advisory information: US: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1046.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1046.html)

## **Shopping**

Istanbul's Kapali Carsi Bazaar has jewelry, carpets and antiques for sale. There are also a large number of shops selling carpets and Turkish handicrafts in the Sultanahmet district. The Egyptian Bazaar near Galata Bridge is a good place to buy food products. Turkish handicrafts include a rich variety of textiles and embroideries, articles of copper, onyx and tile, mother-of-pearl, inlaid articles, leather and suede products, jewelry and, above all, carpets and kilims. Nargiles (water pipes) and musical instruments also make good, reasonably priced souvenirs, as do spices like saffron and sumac. Outside Istanbul, most other cities and larger resorts have a market area where visitors can buy souvenirs and handicrafts. Often this is a covered bazaar area where the goods on sale are manufactured in workshops adjacent to the shops that sell the produce. If buying an old carpet or kilim, it is important that the seller issues an invoice (fatura) that states the carpet's estimated age and purchase price in order to satisfy customs that it is not an antique.

## **Tipping**

Tipping in Turkey, as with most of Europe, is a generally modest practice. Although it's preferable to tip in Turkish Liras, any currency is acceptable. As always, tip only where you believe it's warranted. It's always difficult to know exactly how much to give. A basic guideline is suggested below: Local Guides: 20/40 USD for a half/full day tour. Private Drivers: 10/20 USD for a half/full day tour, 5/10 USD for a transfer Housekeeping: 1-2 USD per day Porters: 1 USD per bag Taxis: simply round the fare upwards to the most convenient amount Restaurants: Smaller restaurants expect less, while the luxury restaurants are used to North American style tipping practices.

Turkish Bath: At the end of your services attendants may gather to say "goodbye" and collect their tips. General practice is to spread out 10-15% of the service between employees.

## **Weather**

Turkey has Mediterranean temperate climate with hot, dry summers and mild, wet winters. As you go away from the coast towards the interiors, the climatic conditions are harsher. Mountains close to the coast prevent Mediterranean influences from extending inland, giving the interior of Turkey a continental climate with distinct seasons. The central Anatolian Plateau is much more subject to extremes than coastal areas. Winters on the plateau are especially severe. For specific short-term weather forecasts, consult <http://www.accuweather.com/world-index.asp?partner=netweather>