

MOUNTAIN BIKE THROUGH
A UNESCO WORLD HERITAGE LANDSCAPE
CAPPADOCIA, TURKEY

Life is a Fairy Trail



Cappadocia is undoubtedly a bikers paradise.

Biking is the best way to explore the fairy-chimneys, surreal rock formations, abundant flora and rock cut, frescoed churches within the UNESCO World Heritage site of Cappadocia. The combination of unforgettable scenery, challenging trails, delicious local cuisine and luxury cave hotel accommodation is not to be missed.

The 8-Day mountain bike tour is a fully supported trip into one of the most stunningly beautiful parts of the world.

With a variety of single track trails weaving through volcanic valleys, table mountains, solid slopes and lush paths, Cappadocia offers a perfect playground for mountain bikers looking for adventure.

These MTB tours in Cappadocia have been tailored to make sure you enjoy the best riding, food & culture that Turkey has to offer.

Are you ready for an unforgettable adventure?

OVERVIEW

Duration:
8 Days 7 Nights

Ride Type:
All Mountain / Enduro

Skill Level:
5/9 (Intermediate)

Fitness Level:
5/6 (Fit and you know it)

Number of Ride Days:
6

Average Ride Duration (per Ride Day):
4 hours

Guide to Client Ratio:
1:5

TOUR DATES
MAY 16 - 22, 2027

PACKAGE PRICE
USD 2,800





INCLUDES

- Airport (Kayseri) pick up and drop off
- All land transport (by air conditioned van or car) during the trip
- Support vehicle
- All National Parks and Government permits
- Breakfast & lunch every day
- Dinner x 4 days
- Accommodation in clean and comfortable hotels on a twin sharing basis
- English speaking local guide and dedicated Trailsurfers host
- Full suspension MTB (Lapierre 2025)

EXCLUDES

- International airfare and visa fee to Turkey
- Domestic air fare (Istanbul to Kayseri)
- Personal travel & medical insurance (mandatory for all riders)
- Personal supplements, items and expenses (e.g. Hot air ballooning, Turkish baths, souvenirs, etc.)
- Entrance fees to historical areas and museums
- E-MTB rental options:
  - Hardtail @ EUR 50 per day
  - Full suspension @ EUR 100 per day
- Single supplement room option @ EUR 250
- Beverages (alcoholic & non-alcoholic)
- Guide tips (EUR 150 recommended)

TRIP HIGHLIGHTS

ANCIENT VOLCANIC LAND
Carved by millions of years of volcanic eruptions and erosion, Cappadocia's surreal landscape of fairy chimneys and rock valleys feels otherworldly. This ancient terrain tells a dramatic geological story etched into every cone, cave, and canyon.

SUBLIME SINGLE-TRACK
Flowing across open plateaus and winding through dramatic valleys, Cappadocia's smooth single-track trails are made for effortless riding. Expect fast lines, playful turns, and endless miles of uninterrupted mountain biking bliss.

UNESCO WORLD HERITAGE SITE
Cappadocia (specifically listed as Goreme National Park and the rock sites of Cappadocia) is a UNESCO world heritage site, recognised in 1985 for its stunning natural landscape of 'fairy chimneys' and its unique human-carved rock-cut architecture, including churches, monasteries, and underground cities, showcasing early Christian civilisation and human creativity.

UNIQUE ACCOMMODATIONS
Sleep within history in Cappadocia's iconic cave hotels and stone lodges, carved directly into the volcanic rock. These unique accommodations combine ancient character with modern comfort for an experience found nowhere else.

HIDDEN CAVES & CHURCHES
Tucked away in cliffs and valleys, Cappadocia's hidden caves and rock-cut churches reveal a quiet world of early Christian art and refuge. Discover frescoed chambers and secret passageways shaped by faith, time, and stone.

DELICIOUS ANATOLIAN CUISINE
Rooted in centuries of tradition, Anatolian cuisine blends fresh vegetables, grains, herbs, and lean meats into dishes that are both nourishing and full of flavour. Simple, seasonal ingredients create food that's as healthy as it is deeply satisfying.



DETAILED ITINERARY

DAY 01 ARRIVAL & WELCOME

The first day is a travel and settle-in day. You will be picked up from Kayseri airport and greeted by a number of friendly sights: the faces of your guide, driver and Trailsurfers host, as well as your first glimpse of the beautiful snow-capped Mount Hasan Volcano. You will be driven to Göreme valley to set up your bike up and get your first taste of the extraordinary Güzelyurt town. Far from the crowds, it provides a most peaceful start to our adventure.

In the evening, we enter hotel Ihlara Konaklari (an old Greek mansion), to enjoy the first of many generous Turkish feasts, before settling down to sleep in our rustic cave room.

DAY 02 RED CHURCH - IHLARA CANYON - GÜZELYURT OLD GREEK TOWN

(40 KM / 4-5 Hours / +600M)

Our day begins with a traditional Turkish breakfast, before a shuttle whisks us up to the Kizil (red) church, start of today's ride. From here, we climb to a mountain lake with stunning views of Mount Hasan Volcano. Then it's downhill to lunch at hotel Ihlara Konaklari. After a tasty lunch, the adventure continues with more downhill through the Ihlara Canyon. This lush canyon delights with a single track that follows the Melendiz River. After a long day of downhill, we shuttle back to the village of Güzelyurt. In the evening we return to our cave hotel for a scrumptious buffet dinner and drinks on the terrace, overlooking the Monastery Valley.
A perfect end to a perfect day.



DETAILED ITINERARY

DAY 03 GÜZELYURT - KAYMAKLI (UNDERGROUND CITY) - MUSTAFAPAŞA

(45 KM / 5-6 Hours / +900M)

Today begins with a drive out to the Kaymaklı Underground City, a UNESCO world heritage site. Here you touch history as you explore three stories of caves, caves carved by the area's early Christian inhabitants. It's an extraordinary experience, well worth the time out of the saddle. A brief car ride further on, we begin riding - our first taste of the amazing single-track riding that's to come. Before lunch, we 'whoop' our way over volcanic terrain on the first of many rocky, flowy single-tracks. We stop for lunch in the village of Ayvalı, in a beautiful restaurant with food as wonderful as it's views.

The second half of the ride is tough, with views to marvel at, whilst climbing. After one final push, we roll into the vibrant town of Mustafapaşa, for celebratory drinks over dinner. Our accommodation for the night is another lovely old Greek mansion hotel.

DAY 04 GOMEDA VALLEY - ÜZENGI VALLEY - UÇHISAR - ZEMI VALLEY - 2007 EURO XC

(37 KM / 4-5 Hours / + 850M)

From the hotel, we take a steep climb out of town towards Göreme, our base for the rest of the trip. Here, the riding intensity steps up with plenty of single-track, offering the perfect chance to sharpen your skills on sand and rock.

The morning ride is stunning, weaving between wide-open landscapes and narrow green valleys, with flowing single and double tracks leading us down into Gomeda Canyon. Lush plants and wildlife surround us as we criss-cross a gentle river via wooden bridges. It's here we explore one of the region's iconic pigeon houses, accessed by a steep climb on wood ladders. After Gomeda Valley, we ride through beautiful canyons, including a nine-million-year-old valley lined with pigeon houses and cave churches, before a non-technical climb brings us to lunch in Uçhisar. Post-lunch, more single-track awaits as we descend into Zemi Valley, with optional technical sections featuring arches and caves to ride through. The day finishes on the 2007 European XC Cup course, rolling over pump-track features back to our home base in Göreme.



DETAILED ITINERARY

DAY 05 BALLOON RIDE (OPTIONAL) - PIGEON VALLEY - LOVE VALLEY

(16 KM / 2 Hours / + 433M)

Depending on the weather, we have a chance to either fly in or ride under the hot air balloons that launch at sunrise. Both options require an early start, but are truly once in a life-time experiences. After the balloons and breakfast, we start a short, but spectacular ride, on flowy trails though wild rock formations, streams and orchards.

We start with Pigeon Valley, before a quick transfer to Love Valley (you'll quickly work out how it gained its' name). Our lunch stop is at a women's cooperative, where we finish the day's riding and rest for the upcoming world class trails tomorrow. Overnight in Göreme National Park.

DAY 06 SUNSET POINT - SWORD, ROSE & RED VALLEY - BALCONY TRAIL - ÇAVUŞIN

(27 KM / 5 Hours / + 750M)

Epic day six begins with a climb to Sunset Point, gateway to more single-track. We dive into the canyons of Sword, Rose & Red Valleys, a natural open-air bike playground filled with almond and apple trees. Stops at the Ghost Monastery and Column Church are a reminder that this historic land offers more than just great riding.

Lunch is taken at a canyon restaurant near the valley floor, where we sample a local pasta dish, a delicious twist on comfort food. If you're tempted by a post-lunch siesta, the cushioned caves above the restaurant are the perfect spot.

A short climb returns us to Sunset Point and the Balcony Trail. This thrilling off- camber ridge ride, with towering cliffs above and red rock canyons below, is squeaky bum time. The ridge finishes at a tabletop section before a descent into the village of Çavuşin. A short ride back to Göreme follows, where ice-cream-filled baklava awaits at the town's best coffee shop.



DETAILED ITINERARY

DAY 07 RED VALLEY SUMMIT - VIKING TRAIL - RED BULL TRAIL - CUSTOM RIDES

(20+ KM / 3-4 Hours / + 600M)

All great MTB adventures must come to an end, but your last day in the saddle is literally the highest point of the week. The ride to the Red Valley Summit lookout on this tabletop mountain is a pedal for the hardcore and a hike-a-bike for the rest of us. At the top you can review your week of fun with excellent views of all three surrounding volcanoes and canyons.

There's time to play on the tabletop mountains, before a sweeping downhill ride on the Viking trail. A short uphill returns us to Sunset Point for a lap of the Red Bull downhill trail. A lunch stop for a Turkish pizza (pide) in the village of Çavuşin, provides the perfect place to discuss which of our favourite trails we'd like to shuttle and ride again.

The best way to end your time in Göreme and scrub all of the trail dust from you is with a traditional Turkish Bath (Hammam). It is time to relax and reflect on this amazing experience, full of kind people, delicious food, and the best single-track riding, Turkey has to offer.
Overnight in Göreme National Park

DAY 08 DEPARTURE DAY

The last day of our Cappadocia adventure. It's time to rest those tired legs. We will take you to the airport in good time for your departing flight. Bon Voyage!



TRAVEL INFO

VISA
An e-Visa for Turkey is available for purchase online (mfa.gov.tr).

TEMPERATURE AND CLOTHING TIPS
From May through late June and even into early July you should expect warm days with cool nights, the average temperature for spring is approximately 15 degrees Celsius. Rain is not uncommon, although it appears in short intervals. Spring is a great time to visit as the trees are budding, life is stirring again, everything is available, and the temperatures are perfect for seeing all of the sites. The daytime and night time temperatures vary greatly. Make sure that you have a sweater and a jacket for the evenings.

FOOD AND ACCOMODATION
Turkish cuisine can best be described as a fusion and refinement of Mediterranean, Balkan, Middle Eastern, Central Asian and Eastern European cuisines. It's as delicious as it is healthy.

All accommodation is in clean, comfortable family run pensions and hotels.

TRAVEL INSURANCE AND VACCINATION
Travel medical insurance is mandatory for all riders and a copy of the insurance policy must be submitted to us along with a copy of your passport before travel. Please check with the Turkish embassy or consulate in your country of residence for information about any vaccinations you may require prior to travelling, or please visit your local hospital or clinic for the most up to date information.

CURRENCY AND MONEY EXCHANGE
The Turkish currency is the Turkish Lira. You can easily withdraw (local) money from an ATM in Istanbul, Kayseri and Göreme with your bank card and will usually be charged the best rate by your bank at home. A number of places will also accept EURO, POUNDS and other major currencies. Money exchange can be found all over the tourist areas, where you can negotiate for better rates. Money changers on the street usually offer a better rate than post offices, banks and hotels.



THINGS TO NOTE

SKILL & FITNESS LEVELS

For this adventure we recommend a skill level of **5**/9, with most trails graded Blue or Red.
And a fitness level of **5**/6, as we ride for a number of hours every day, with some trails demanding we either carry or push our bikes.

Biking in these conditions can be challenging, so always ride within your skill level and comfort zone.
Regularly maintain your bike and stay hydrated.
Respect your limits!

PACKING LIST

- Well serviced mountain bike (for those bringing their own)
- MTB clothing (i.e. jerseys, shorts/pants, socks, shoes, gloves, buff, light rain jacket, sunglasses)
- MTB body armour (helmet, knee pads, elbow guards)
- Skincare essentials (lip balm, sunblock)
- Hydration pack & supplements (e.g. power bars, energy gels)
- Extra brake pads, spare hanger, puncture repair kit, Allen key set, Swiss Army knife, first aid kit
- Training shoes and sandals
- Comfortable clothing for the evenings (which can get chilly)

PAYMENT

- Payment is to be made directly to Cappadocia Outdoorsy Travel in EUROs.
- A deposit of EUR 1,000 is required 3 months before the tour.
- The balance is due 1 month before the tour. Alternatively, it may be paid in cash upon arrival.
- Bank charges must be borne by the sender.

NOTE: If for any reason, you are unable to attend the tour, your payment can be transferred to another tour.

BANK DETAILS

Account Name:
ADVENTURKEY TURİZM VE TİCARET LİMİTED ŞİRKETİ
Bank Name: **HALK BANK**
Address of Bank: **DUMLUPINAR CD. NO : 111 ÜRGÜP**
IBAN: **TR070001200968700058000606**
SWIFT: **TRHBTR2A**
ÜRGÜP, NEVSEHIR, POSTCODE 50400
HALK BANK, 50400 ÜRGÜP/NEVŞEHIR
Cappadocia Outdoorsy Travel:
17185 LICENCE NUMBER – SAĞLIK SOK NO:3 GÖREME NATIONAL PARK



TESTIMONIALS

Brilliant MTB and sightseeing trip
“Getting away from the usual tourist places and seeing the real Cappadocia with a great guide. Absolutely loved every minute of this. Our guide was so knowledgeable and adjusted riding to suit skills and capability.

Can’t recommend this enough!.”

Be_Sing1

Brilliant Mountain Biking Tour
“We had a wonderful time on some superb single-track and small dirt roads. The guide found some exciting stuff for me, but was also very patient with my wife’s lack of experience. He made her feel very comfortable and welcome. We saw some amazing historical sites, and received insightful and interesting explanations. We highly recommend the skill and care.”

Tracey P

All you need in Cappadocia is a bike, a pide and a super guide
“The only way to explore Cappadocia is on a bike. Despite being a relatively novice mountain biker, I decided to go biking around the incredible valleys in this magical place with my husband and our awesome guide, Hami.

We were not only brought to places we'd have never discovered alone, we were given the history, the geology and the folklore. He took us through the different valleys, past hidden refreshment spots in the mountains and refueled us in amazing eateries along the way. Honestly, this was one of the highlights of our honeymoon and to us, the only way anyone should experience this incredible, immersive landscape.

Not only was Hami a great guide, he was great craic, a lovely character. We loved him so much, we did the Underground city tour with him the day after :D (which also led us to an awesome local lunch of tava kebabs... delicious)

Well worth your time (and sweat) if you're in Göreme. Hami will take amazing care of you. Enjoy!”

Roisin O

Adventure and history perfectly combined
“Hami and his colleagues offer an amazing biking experience through the valleys of Cappadocia. My wife and I both absolutely loved this tour. They will not only show you some amazing landscape but also guide you into abandoned churches and houses carved in the stone. Probably one of the best travel experiences we have ever had.”

Matteo B



WHY CHOOSE CAPPADOCIA OUTDOORSY TRAVEL?

All of us at TRAILSURFERS love to ride, as much as we love adventure!



Trailsurfers work closely with local guides to create a series of unique & affordable MTB tours in the places we've most enjoyed riding. Each of our tours are led by professional MTB guides - combining local knowledge, MTB expertise and a sense of fun.

Our partner in Cappadocia is Cappadocia Outdoorsy Travel, a highly regarded TÜRSAB-registered travel agency with 7 years of experience in creating authentic outdoor experiences. They enable visitors to discover Cappadocia beyond the usual tourist routes, exploring hidden singletracks, remote valleys, local villages and the region's rich cultural and historical heritage. They believe in sustainable, small-scale tourism that connects people with nature and local culture.

The goal is to share the Cappadocia we love through experiences we genuinely enjoy ourselves.



ATTENTION PARTICIPANTS

Your safety is our priority. Before embarking on the tour, it's crucial for all participants to disclose any pertinent medical history to our team. Your well-being matters, and this information enables us to ensure a safe and enjoyable experience for everyone. This important step allows our team to be fully aware of any medical conditions you may have. It empowers us to remind participants about their regular medications if necessary, ensuring that everyone can maintain their health throughout the tour. We're committed to creating a secure environment for all, and your cooperation in sharing medical information plays a pivotal role in achieving this goal. Let's prioritise safety and enjoyment as we embark on this adventure together!

TRIP WAIVER

As a condition of being permitted access to mountain biking trails during this entire season and each time I visit TURKEY and related facilities and/or renting certain equipment for mountain biking, I agree as follows:

1. I am at least 18 years of age (or, if younger, applicant must be accompanied by a parent or guardian who indicates his/her consent to the terms of this Release by signing below).

2. I warrant and represent that I am in good health and that I have no special problems or limitations that have not been listed on this form.

3. I agree and understand that mountain biking is a HAZARDOUS activity (hereinafter the Activity). Further, I recognize that there are risks, including, but not limited to, rocks of various sizes, uneven and/or slippery trail conditions, varying slopes, variations in terrain, bumps, stumps, forest growth, loose gravel and dirt, wet surfaces, holes and potholes, downed timber, debris, other bikes, man-made wooden boardwalks and similar features, and vehicles and paved surfaces. I further understand that mountain biking is different to road biking. I recognize that injuries are a common and ordinary occurrence of the activity. I hereby agree to freely and expressly ASSUME and accept ANY AND ALL RISKS OF INJURY OR DEATH while participating in the activity.

4. I hereby assume all risk which may be associated with and/or result from my involvement in such activity and hereby hold harmless, release, indemnify and defend directors, agents, guides, servants, and employees and insurers of Cappadocia Outdoorsy Travel, and from any liability claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury, including death, that may be sustained by damages caused by the negligence and/or breach of warranty, express or implied, on the part of Cappadocia Outdoorsy Travel. This Release does not apply to actions greater than ordinary negligence.

5. I understand that helmets are required, and I agree to wear a helmet at all times.

6. I agree to defend, indemnify and hold harmless Cappadocia Outdoorsy Travel for and from any injury to other person(s) or property which I may cause as a result of engaging in the activity.

7. If I am renting any equipment related to the activity from Cappadocia Outdoorsy Travel,

a. I acknowledge that I will be the only person using said equipment during this rental period. I accept for use as is the equipment and accept full responsibility for the care of the equipment while it is in my possession.
b. I will be responsible for the replacement at full retail value of any said equipment not returned to company. I acknowledge my obligation to return this equipment by the agreed date in clean condition and agree to pay for any repairs in the event the equipment is damaged beyond normal wear and tear.
c. I acknowledge that all instructions on the use of the equipment have been made clear to me and I understand the function of my equipment.

8. I agree that any and all disputes between Cicerone travel and I arising from my participation in the activity or my use of rented equipment and including any claims for personal injury and/or death, will be governed by me.

9. In the event any section of this Release is found to be unenforceable, the remaining terms shall be fully enforceable.

10.This Release shall be binding to the fullest extent permitted by law. This Release shall be binding upon my assignees, subrogers, distributees, heirs, next-of-kin, executors, personal representatives, administrators, and insurers and may be pled by Cicerone travel as a complete bar and defense against any claim, demand, action or causes of action by me or on my behalf.