Kapadokya Ranch

Riders' guide

Welcome to Cappadocia !

This small guide contains a detailed description of this week's programme.
It also includes some historical and geological background on Cappadocia, once called "the land of the beautiful horses".
We hope you will find it informative !

With greetings from the team at Kapadokya Ranch.

Kapadokya Ranch

Daily schedule:
Breakfast : 08:00
Departure of the trail : 9h30
Diner : 20:00

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www.horseriding-turkey.com

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Overview &
Guesthouse accommodation

During the week, we will ask you to tack up/untack your own horse, water it and help feed it.

We will ride from Monday to Friday. We will ride on average 30 km and spend from 5 h 00 to 6:00 on back of the horse each day. Lunch is taken in different restaurants and snacks, you will taste local specialities.

Depending on availability, the guesthouses used are located in the villages of Urgüp, Ayvali or Uchisar.
You will stay in picturesque, comfortable guesthouses located in ancient stone houses or in renovated cave houses, typical of the local architecture.

You will have the time to visit Cappadocia's nicest villages and experience the legendary Turkish hospitality and the Anatolian way of life. Most guesthouses are run by families.

Dinner and breakfast are taken at the guesthouses. Guesthouses serve Anatolian cuisine for dinner comprising a starter, one or two courses and a dessert.
Vegetarian menu on request. Tea, coffee and mineral water are included.
Cappadocia wine, local alcoholic drinks, beer and soft drinks are available as an option.

Your luggage will be transfered by our logistics vehicle.
Wifi is available in our hotel, ask the code.

Travel with the wind

If you want to travel with the wind over Cappadocia's magical landscape at sunrise, we can arrange for you a 1 hour hot-air balloon flight during the week.
Flights usually take place on Friday or Saturday morning at sunrise.
You will return in time for your day of riding.

You could also enjoy the magnifical balley of balloons in the early morning from the terrace of Kilim pension in Uchisar.

A spectacle not to be missed !

What to do in Cappadocia ?

Mustafapasa

Mustafapasa is a typical old greek village which used to be inhabited by rich Greek and Ottoman merchants. The ancient architecture is recognizable by its two-sided roofs, by contrast with the flat-roofed Ottoman houses.

The village was called Sinasos. Its mixed population was mainly composed of orthodox Greeks and muslim Turks. Mosques, churches, monasteries and coranic schools coexisted. The rich people had wealthy houses built there, mainly as secondary dwellings. Life was pleasant until Greece and Turkey agreed on an exchange of population in 1924. The Greeks of Turkey were sent to the North of Eubee Island (not far from Athens) as Sinasos welcomed muslims from Macedonia and Turks from Jeverni (a village on the Greek peninsula). Only the Greeks converted to Islam could stay in their village.

After the first world war the town choose a new name, Mustafapasa. The city is today protected by the Turkish Ministry of Culture. Several partnerships and exchange programmes between the deplaced families of Greece and Turkey commemorate the souvenir of this event.

When you walk along the streets, enjoy the spectacular architecture of the town.
- Sakir Pasa Medrese (ancient coranic school) with a finely sculpted seldjouk-type portal; this universitary complex of the ottoman period is today a modern university;
- Camii Kebir mosque built in 1600, with an old cappadokian-type minaret contrasting with newly added parts;
- Saint Constantin and Helene Church, in the center of the village, Saint Nicolos monastery and many churches hidden in the neighbouring valleys show the splendor of this orthodox period;
- Two splendid Greek houses can be visited;
- An old Greek house (transformed in a hotel) and the Doll Museum (Bebek Müzesi). The blue paint on the carved doors and the walls is called Sinasos blue.

Uçhisar & Göreme

The highest peak in the region and the most prominent land formation, the Üçhisar Castle is a larger-than-life sculpture. A climb up the 120 steps to the summit of the fortress will give you a gorgeous view across Cappadocia.

Visit Uchisar's troglodytic quarters and fortress

In the 15th and 16th centuries, the Byzantine army took advantage of the natural elevation of three of the area's rock formations and used them as natural fortresses.
Üçhisar, together with Ortahisar and a rock castle at Ürgüp (now in ruins), provided the means for an early warning system using mirrors and lights, sending messages among the fortresses and as far afield as Istanbul.

Today the outer layers of Üçhisar's rock have been washed away by erosion to reveal a honeycombed structure of tunnels and cavities, rising above the facades of the modern semi-troglodyte village. Recently discovered was a secret tunnel leading to the riverbed, which provided an emergency water supply in the event of an attack.

Shop for local Arts & Crafts

A large choice of shops for local crafts and souvenirs can be found in the villages of Göreme and Uchisar.
Local crafts include: kilims, carpets, pottery, embroidery, jewelry, etc. Shops close late and you will also find any current article you may need such as camera films, batteries, etc.

Cappadocia is a wine producing area. You can buy bottles of locally produced alcohol in most small shops:
Turkish raki, Cappadocia wine (white wine: Emir; red wine: Kalecik Karası)
Local producer Kocabag has recently opened a wine-tasting shop in Uchisar, close to the large Kaya Hotel; Turasan' wine producer is installed in Urgup.

If you are particularly interested in carpets or kilims, we can recommend shops to you that offer quality products at a fair price.

Local women of Cappadocia create amazing knitted, crocheted and beaded items such as scarves, and jewelry. Pop your head in to Daisy handicrafts in Göreme.... we're sure you will like it!

A very interesting art gallery can be visited in Uchisar, Ebru art is a very unique type of marble painting, demonstration of the technique and pieces of this interesting art are on display in Ebru art Gallery.

If you have time, visit the city Avanos, welknow for his potters since the Antic period.

Walk the Pigeon Valley

4 km: 60 to 90 minutes, from Uchisar to Goreme

A moderate walk in a green valley with many different rock formations and hundreds of pigeon houses carved into fairy-chimneys.
To reach the entrance of the Pigeon Valley, walk down Sisik Pension's street. After passing several hotels, you will see on your right, a modern wood sculpture, representing pigeons.
From here, follow the Pigeon Valley wooden sign to Göreme.

Painted churches

In the 4th century small communities began to form in the region, acting on the instruction of Saint Basil of Caesarea.
The communities carved cells, churches and monasteries in the soft Capadoccian rock. The architecture (domes, vaults, pillars) is Byzantine and the elaborate frescoes that were painted up from the 8th century are typical of a provincial style blending Egyptian, Syrian, Palestinian and Byzantine influences.
During the iconoclastic period (725-842) the decoration of the many sanctuaries in the region was held to a minimum, usually symbols such as the depiction of the cross.
After this period, churches became richly decorated with colourful frescoes.
Christian communities in Cappadocia kept digging and painting churches under the reign of the Seljuks, but few new buildings were made after the 13th century.

Open Air Museum - Gorëme

- Visit the painted churches at Göreme's Open Air Museum
The most famous sight in Cappadocia is the Göreme Open-Air Museum (a 20 min walk from Göreme center and a short taxi ride from Uchisar)
Price: Admission price is not included the dark church
A torch can be useful to look at the frescoes

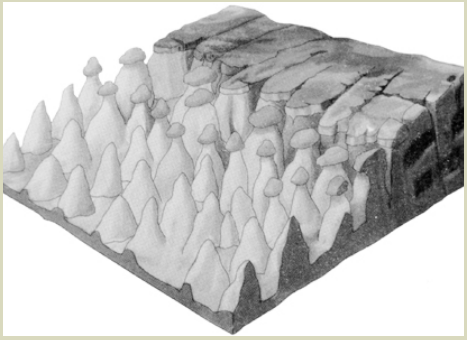
The 3 main churches inside the grounds of the museum:
- *Elmalı Kilise (or the Apple Church)* is a small cave church, built around 1050. Restoration on the church was completed in 1991. The name of the church is believed to refer to a reddish orb in the left hand of the Archangel Michael in the dome of the main apse, or possibly to an apple tree that grew in the vicinity.
- *Karanlık Kilise (the Dark Church)*: the best-preserved frescoes
The Karanlik Kilise was a monastic compound built in the 11th century.
The domed church, build with one main arch, two small arches and four columns, are decorated with scenes from the New Testament: Christ Pantocrator, Nativity, Adoration of the Magi, First Bath, Last Supper, Betrayal of Judas, Crucifixion, Anastasis.
- *Tokalı Kilise (Buckle Church)*
Included in your admission ticket
Outside the main museum building, down the hill towards the town of Göreme, and you will find the church on the right-hand side. Don't miss it!

Geological Cappadocia

Located in the heart of Turkey's Anatolian plateau, Cappadocia was formed by the activity of three ancient volcanos : mount Erciyes (3916 m - near Kayseri), mount Hasan (near Aksaray) and Melendiz (near Nişde).

Millions years ago, the volcanic ash solidified into layers of soft, porous rock (the 'tufa'), giving birth, after thousands years of erosion by water and wind, to Cappadocia's deep valleys and canyons.

Fantastically shaped rock formations appeared, coloured in pink, ocre and red shades by various kinds of minerals. Topped by 'hats' of harder rock, the famous cone-shaped formations are called 'fairy chimneys' from local popular tales.



On the itinerary!

Valley of Üzengi; Valley of Cemece; Green Valley (Zemi Vadisi); Love Valley (A?k Vadisi); White Valley (Ba?li Dere); formations of Pasaba?i; Devrent Valley; Rose and Red Valleys (Kizil çukur).

TROGLODYTIC CAPPADOCIA
Cities, monasteries, dovecotes and caves

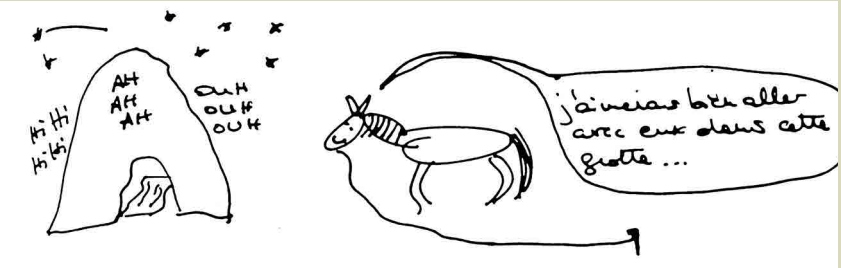
The Hittites were probably the first people to dig into Cappadocia's soft tufa and create 'underground cities', as found in Kaymakli, Derinkuyu, Maze and Özkonak.
Featuring series of rooms, stairs and tunnels aired by deep ventilation wells, the larger cities descend to 8 levels below ground level. Each subsequent civilisation continued to enlarge the sites, using them as storage spaces in peacetime, and as shelters during war or invasion.
Some tunnels were fitted with heavy rock wheels that could be rolled into openings to stop intruders, while other tunnels, some several kilometres long, served as emergency exits.

On the itinerary !

The largest underground cities are located outside the national park and are not on our itinerary;
however, however, you will visit Golgoli, a old wild city, have a look on Gomeda, discover Uchisar fortress, it will give you a good idea of how these sites where developed and conceived.

Dovecotes

Cappadocia is also the land of dovecotes. You will see them in caves, in ancient troglodytic churches, in cliff walls, often at surprisingly high levels.
The entrances of many dovecotes were decorated with the naïve paintings of their owners.
The collection of guano (pigeon droppings) used to be a lucrative industry in Cappadocia.



Many pigeon houses with their painted holes can be seen through the Cappadokian valleys. As high as buildings, they were carved in the tuff starting from the XVIIIth century. These pigeon houses were essential to collect nitrogen-rich droppings (guano).
This material was used as a precious fertilizer and as a basis for the production of gun powder, but chemical compounds have replaced this natural fertilizer

On the itinerary!

For Dovecote, Uzengi full of amaizing constructions !

History

2nd millennium BC: Hittite Empire

5th century BC: Wars between the Persians and the Greeks

4th century BC: Alexander of Macedon conquers Asia Minor

2nd century BCE: Romans conquer Asia Minor

330: Byzantium is named Constantinople in honor of Emperor Constantine

395-1453: Eastern Roman Empire with Constantinople as its capital

9th century: Arrival of the first Turks/Turcomans in the Middle East

1299: Foundation of the Sultanate of the Ottomans in Anatolia

1402: Defeat of the Ottomans against Tamerlane at the Battle of Ankara

1453 Capture of Constantinople by Mehmet “Fatih” (the conqueror)

1492: Expulsion of Sephardic Jews from Spain, many settle in the Ottoman Empire

1514: Victory of Selim I over the Safavids of Iran at Tchaldiran

1520-1566: Reign of Soliman the legislator (known as the «magnificent» in the West)

1571: Naval victory of the Christian powers united against the Ottomans at Lepanto

1878: Sultan Abdülhamid II suspends the constitution of 1876. Loss of many territories in the Balkans

1908: Young Turkish Revolution

1914-1918: The empire participates in the war on the side of the triple alliance. Armenian Genocide from 1915

1923: Proclamation of the Republic by Mustafa Kemal who leads it until 1938

1950: Alternation in power, the Democratic Party of Menderes in power for ten years

1952: Turkey becomes a member of NATO at the same time as Greece

1960/1971/1980: Military coups

2002: Victory of the AKP in the legislative elections

2016: Failed coup against the AKP

2017: Referendum modifying the constitution in a presidential direction

Turkish words

Bye bye : görüşürüs (gueuruchurus)
Thank you : teşekkürler or sağol (techekurler /sa-ol)
Please : lütfen
Yes : evet
No : hayir or yok
Water : su (sou)
Tea : çay (tchay)
Coffee : kahve – with milk : sütlü / no milk : sade (sadey)
Fruit juice: meyve suyu (sou-you)
Beer: bira
Red wine : kirmizi şarap (charap)
White wine : beyaz şarap
Vegetarian: vegetarian or etsiz
Bread : ekmek
Salt : tüz
Sugar : şeker (cheker)
Hot : secak (sejak)
Cold : soğuk (so-ouk)
Toilet : tuvalet
Where ? nerede ?
When ? Ne zaman ?
How much ? ne kadar ?
It’s too expensive :
Çok pahali (tchok pahaleu)
One : bir
Two : iki
Three : üç (ütch)
Four : dört (deurt)
Five : beş (bech)
Six : alti (alteu)
Seven : yedi
Eight : sekiz
Nine : dokuz
Ten : on

Tacking-up and handling instructions

• YOUR SADDLE-BAGS

Always included: a bridle, a long rope for long breaks, a brush, a hooftpick and a saddle rain cover.
You can put any personal belongings you need for the day (sun cream, hat, clothes) in the saddle bags; except large cameras or heavy books.
In spring and autumn: bring a waterproof jacket and 1 litre of water.
In summer, we recommend you to take 2 litres of water.

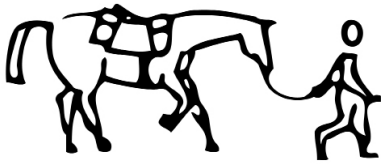
WARNING:
- Please make sure that your 2 saddle bags are equal in weight.
- Your camera should be within easy reach for single handed use, in a pocket, case or on your belt.

• TACKING UP (Bivouac and Guest-house trail)

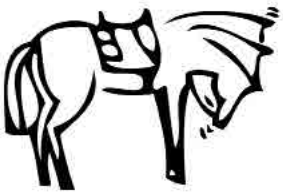
You are required to groom and tack up your horse. Please also check your horse's hooves.
We un-tack the horses completely at lunchtime (saddle and hackamore), except in rainy or windy weather.

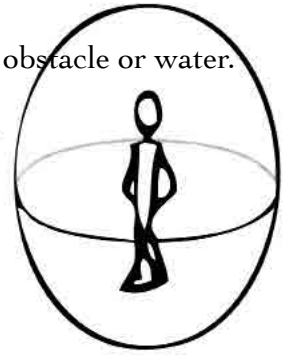
Please remember :
- The girth should be tighead in 3 stages:
1-loosely when tacking up 2-before walking the horse 3-just before mounting
- The collar should be centered at the girth.

• LEADING YOUR HORSE



When necessary, we will dismount to lead the horses through difficult terrain.
When you are leading your horse, it must walk BEHIND you ! If it tries to pass you, make it step back.
Do not stand in its way if it needs to jump over an obstacle or water.



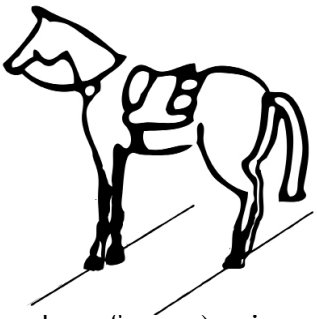


Do not let your horse rub its head on you or show you any other sign of disrespect.

• MOUNTING

- Please use a stone or any other natural "mounting block" to get on your horse.
- Do not let the horse step forwards when mounting.
- Your horse must have its hooves squarely on the ground before you get on it.
- If your horse moves forwards then ask it to step backwards.

Note : on the sportive trail, you need to be able to get on your own on horse. from both right and left sides.



• SECURE YOUR HORSE

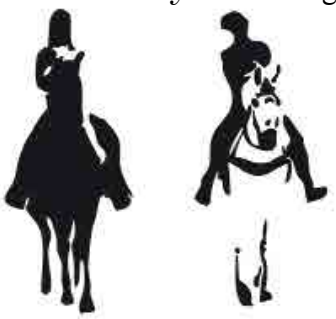
- When stopping for a few minutes, you can tie your horse to hight point (e.g:branches of a tree) using the hackamore reins.
- At lunch, we secure the horses at a low point (e.g: the base of a tree) with the long rope provided in your saddle-bag.

Always secure your horse a good distance from the other horses; they should never be able to touch each other !

RIDING

• RIDING

- The day begins and ends with a 10 minute lead walk in order to warm the horses up and avoid muscular cramps.
- The pace is mostly walk, but there will be long cantering opportunities each day.
- The one-rein emergency stop: pull strongly on one rein so the horse cannot keep going forward.
- Do not let your horse graze while riding. Eating is only allowed when we stop.



Mares can be quite agressive towards each other (kicking), so respect safety distances at all times, especially when stopping to drink or to take pictures : AT LEAST 3 METERS IN FRONT, and behind your horse.
Do not let your horse sniff another horse.
Riding side by side is allowed and recommended.

• HACK WAY OF RIDING

As much as possible, we ask you to guide your horse on a loose rein or stay between the reins without contact. To slow down or stop your horse, 'pull and release' on the reins, however, do not pull constantly on the reins.

• TROT

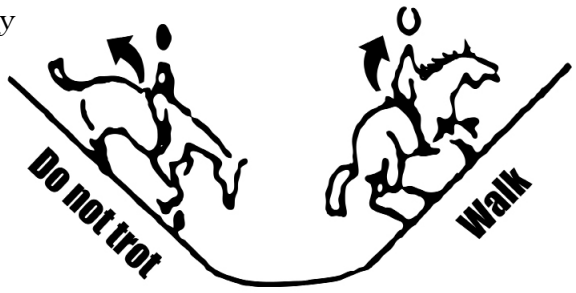
Don't let your horse trot if you are less than 5 meters from the horse in front of you. You can trot to catch up if you are far behind.

• CANTERS

- If there is any problem during canter, SHOUT. If you hear someone SHOUT, stop your horse.
- Do not try to pass by another rider or the guide. Keep your safety distance (at least 5 metres).
- Do not lean forward too much in canter as this puts too much weight on the horse's shoulders and makes it go faster.
- 'Pump' on the reins to reduce speed.
- It is crucial that you respect the 5 metres safety distance during canters.

• RIDING DOWNHILL, UPHILL

In Cappadocia, the terrain is very hilly and horses work very hard. If you respect your horse, please make an effort to:
- UPHILL : LIFT YOUR BODY FROM THE SADDLE AND LEAN FORWARD
- DOWNHILL : SIT IN THE SADDLE, LEAN YOUR BODY BACKWARD.

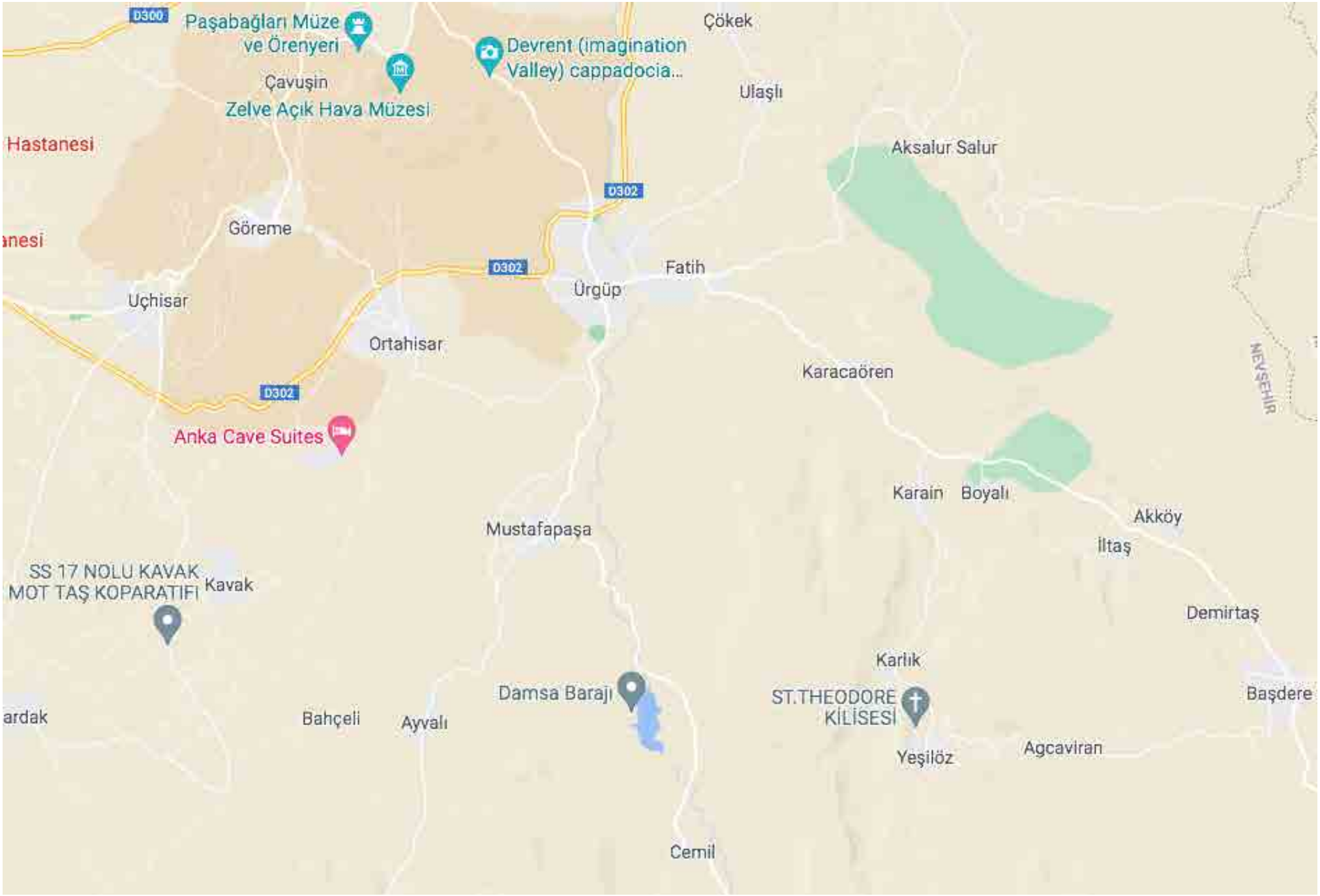


• CROSSING ROADS & PASSING VILLAGES

- Please remain silent and be careful when walking on or crossing roads.
- There are two ways to cross a road: in line or next to each other (i.e. everybody crosses the road at the same time.)
- Wait for the guide to give the signal before crossing.
- We ask you to remain together when passing through villages.

• WATERING YOUR HORSE ALONG THE WAY

Sweaty horses can get dangerous colic from drinking too much cold water too quickly.
To avoid this: let it drink 10 gulps and move your horse to the back of the group.
Dry horses, however, can drink as much as they like.


D300
Paşabağları Müze ve Örenyeri
Çavuşin
Zelve Açık Hava Müzesi
Devrent (imagination Valley) cappadocia...
Çökek
Ulaşlı
Hastanesi
Aksalur Salur
D302
Göreme
anesi
D302
Fatih
Ürgüp
Uçhisar
Ortahisar
Karacaören
NEVŞEHİR
D302
Anka Cave Suites
Karain
Boyalı
Akköy
İltaş
Mustafapaşa
SS 17 NOLU KAVAK MOT TAŞ KOPARATIFI
Kavak
Demirtaş
Karlık
Damsa Barajı
ST.THEODORE KİLİSESİ
Başdere
ardak
Bahçeli
Ayvalı
Yeşilöz
Agcaviran
Cemil

Active ride - day by day itinerary

Arrival Day:
Arrival at Kayseri airport. You are met by your chauffeur and transferred in 50 mn to your guesthouse in Ortahisar, where you have dinner with your guide.

DAY 1 : Mustafapasa
You are driven to the ranch in the morning to meet your horse, and get acquainted with the riding equipment. You will have time to try your horse on a training course going around the farm.

Your first long canter is the ascension of the Avlak mountain (in case of rain, the Avlak mountain is unrideable and will be avoided), with a magnifcent encompassing view of Cappadocia. The rocky hills could provide the perfect background to a Western movie... Arrival in the center of the old Greek village of Mustafapasa.

After lunch, you may stroll among Mustafapasa's old stone houses, its Ottoman madrasa and its painted church.

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DAY 2 : KESLIK MONASTERY

We start this day by cantering through fields of the high Anatolian plateau (1600 m high) : barley, wheat, oat and beans fields. We ride throught a steep single trail down to Damsa lake. Villagers cook lunch for us on a woodfire. Opportunity to visit the monastery.

Passing by and overlooking a valley of fairy chimneys, the afternoon scenery is made of bare hills surrounding the lake. Visit of the underground village of Golgoli.

You canter along tracks of soft red clay leading you to the village of Ayvali through a hidden canyon, and stop at your hotel, for the second and last night in this village.

DAY 3 : UCHISAR

Today's itinerary takes you to the beautiful valleys of north Cappadocia, and to the village of Uchisar. You trot and canter through vineyards and orchards and over rolling hills of white tuffa to reach Ibrahimpasa, where you will have your lunch.

From this picturesque village, you start ascending the 'twin hills' of Cappadocia. A nice canter at the top takes you to a panoramic viewpoint encompassing northern Cappadocia and the towering rock fortress of Uchisar. As you ride towards the village, you can admire the multicoloured rock formations of the famous Pigeon Valley, and Uchisar's picturesque fairy chimneys. Night in Uchisar

DAY 4 : RED VALLEY

Optional hot-air balloon ride in the early morning: travel with the wind over Cappadocia's magical landscape at sunrise.

You enter another beautiful canyon called the White Valley. You sneak your way through arches, rocky labyrinths and lush vegetation, then into the Sword Valley and Red Valley. With its citadels of red, pink and ocre rock, and its beautiful troglodytic churches, this is Cappadocia's most spectacular ensemble of geological formations. A cave cafe located in an ancient monastery welcomes you for lunch.

In the afternoon, you keep exploring the Red and Rose Valleys, then ride out into the fields, surrounded by the rocky hills of north Cappadocia.
The winding paths of the Shepherd's valley take you back with a long canter to your guesthouse in Uchisar, in time to admire north Cappadocia in the sunset light.

DAY 5 : BALKAN VALLEY & DAY 6 : DEPARTURE DAY

Leaving the village on horseback, you ride through the rock tunnels, arches and small woods of the spectacular, 4 km-long canyon called the Green Valley. You make a detour through the famous Love Valley and its gigantic phallic rock formations, then ride till the village of Ortahisar, where you will have lunch.

You canter on a sandy track lined with trees. You cross the Valley of Pancarlik and it's multicoloured fairy chimneys, and you arrive at the ranch in the afternoon. Short transfer to your hotel in Urgup.

DAY 7
After breakfast, departure to Kayseri (or Nevsehir) airport for your flight to Istanbul.