



SPA Istanbul - Cappadocia - luxury and relaxation **8 Days - 7 Nights**

Cultural visits, unique lunar landscape of caves, legendary locations

Istanbul - Capadocia - Avanos - Cavusin - Zelve - Goreme - Uchisar - Pigeon Valley - IbrahimPasa Ortahisar - Urgup - Devrent Valley - Mustafa Pasa - Kaymakli - Derinkuyu - Ihlara Valley - Istanbul.

4 nights Istanbul & 3 nights Capadocia - 4 and 5 stars hotels !

Day 1: Norway - Istanbul

KLM flight, Stavanger 12:40 pm or 5:15 pm - Istanbul 12:20 am (+1day). Ataturk international airport arrival and direct transfer to your hotel. The ancient **Constantinople**, the city also called "**The New Rome**", the capital of the Byzantine and the Ottoman empires, Istanbul is the only city in the world that lies on two continents. Istanbul accommodation, 5-star hotel in the historic part of the city or the **Bosphorus /Taksim area**, in the modern part of the city - on choice.

ISTANBUL 5 stars Hotel: [Crowne Plaza](http://www.crowneplazaistanbul.com), or [Hotel Sultanhan old city](http://www.hotelsultanhan.com).

[HTTP://WWW.CROWNEPLAZAISTANBUL.COM/](http://www.crowneplazaistanbul.com) OR [HTTP://WWW.HOTELSULTANHAN.COM/](http://www.hotelsultanhan.com)

Day 2: Istanbul, The New Rome or The Gate of the Orient

Breakfast. After breakfast, leisure time to enjoy hotel facilities or **SPA**. In the afternoon, **optionally** (~20 euro), a 2- hour private boat cruise along the Bosphorus banks. During the cruise - that starts from the **Golden Horn** natural estuary - you can admire **Galata Bridge**, **Bosphorus strait** that connects Europe and Asia, the Black Sea and the Sea of Marmara, **Galata Tower** in the Galata district of Istanbul, the ancient **Pera**, the palaces and the traditional red wooden houses called **Yalii**, built on the Asian bank, the large bridges that connect the two continents, **Rumeli Hisari** fortress, **Anadolu Hisari**, **Dolambasce** palace (Turkish Renaissance style), **Ciragan Saray** (a luxury restaurant nowadays), **Cuciuksu** palace (Turkish rococo style), **Beylerbey** palace (including classical and oriental baroque elements), the Naval Academy, **Ortakoy** mosque, a real jewellery carved in stone that became the symbol of the city, the ancient Hrisopolis named **Uskudar** today (the very place where Constantine defeated Licinius), the mosque of princess Mihrisah and the old customs located on a small island in the middle of the strait - **Kizkulesi** or **Leandru Tower**. The visit continues with Soliman mosque or **Suleymania**, a masterpiece of the great architect Sinai, located near the University, and Bayazid mosque located near the Great Bazaar.

Recommendations:

1. Optionally, in the evening, you can climb **Camlicea** hill, the highest point of the city, the place from where you can admire one of the most beautiful sunsets of the world and the very place from where the Bosphorus seems to be a little river. A cup of tea or coffee, served in one of the restaurants with XVIII century Ottoman pieces of furniture.

2. **Cuciuksu Palace** and museum or **Beylerbey Saray**.
3. **Dolmabahce Palace** and museum.
4. A walk around ancient **Pera** and a visit to **Galata Tower** (with or without a dinner).
5. A dinner that includes fish dishes served in **Kumkapi*** or in one of the restaurants built under Galata bridge, while admiring the ships passing.
6. A walk around **Yildiz Park** (behind **Ciragan Saray Palace**).

Istanbul accommodation, 5-star hotel in the historic part of the city or the Bosphorus /Taksim area, in the modern part of the city - on choice.

ISTANBUL 5-star hotel: Crowne Plaza, or hotel Sultanhan old city.

Day 3: Istanbul, city of Constantine, Byzantine capital

Breakfast. After breakfast, a walk around the city once named Constantinople, after its founder, Constantine emperor. The day starts with a visit to the former **Saint Sophia** orthodox cathedral, turned into a mosque after the city was conquered by the Turks, and nowadays a museum. The next place to visit is the **Roman Hippodrome**, built by Septimiu Sever, the **Blue Mosque**, the hammam - **Baths of Roxelana**, the **Fountain of Ahmet III** and **Topkapi Palace Museum** that includes 4 courts. The first court (free access) where **Saint Irina Church** is located (closed to the public), the only church that was never turned into a mosque, the second court where horse-drawn carriages, Ming and Yang porcelains, celadon pots, silver objects, miniatures, Sevre and Meissen porcelains are exhibited and where the old **Treasury**, a weapon exhibition nowadays, the **Divan** and the **Harem** are also located, then the third court that includes the **Treasury**, the **Audience Hall**, the **Library of Sultan Ahmet III** and, the last court, the sultan's private court, that includes **Baghdad** and **Revan pavilions**. After this visit you can have a coffee or you can have lunch on the palace terrace that overlooks Bosphorus and the Sea of Marmara. In the afternoon, you can enjoy the hotel **SPA**. And in the evening, you can enjoy a tea or a nargile on one of the terraces near Aya Sophia church or in **Arasta Bazaar**, a spectacular place where you can attend, free of charge, a dervish show (in summer). The visits last for 4 hours and can be made either in the morning or in the afternoon, depending on **SPA** hours.

Istanbul accommodation, 5-star hotel in the historic part of the city or the Bosphorus /Taksim area, in the modern part of the city - on choice.

ISTANBUL 5-star hotel: Crowne Plaza, or hotel Sultanhan old city.

[HTTP://WWW.CROWNEPLAZAISTANBUL.COM/](http://www.crowneplazaistanbul.com/) OR [HTTP://WWW.HOTELSULTANHAN.COM/](http://www.hotelsultanhan.com/)

Day 4: * Istanbul, flight to the fascinating land of Cappadocia

Breakfast. In the morning, transfer to Atatürk international airport for the domestic flight to Cappadocia, TK9010 flight, departure 08:40 am, arrival: 09:40 am in Nevsehir. On your way to the airport you can admire the Sea of Marmara, the **Byzantine walls**, the **Golden Gate** and the Fish market or **Kumkapi**. Arrival in Cappadocia and transfer to your hotel. Cappadocia, "the land of beautiful horses" and of lunar landscapes, was the cradle of Christianity and the place where the first monastic buildings - monasteries were built. From here you can start to explore the fascinating valleys of Cappadocia where the **Goreme Open Air Museum** and **Tokali Church** are located; Tokali Church shelters the most beautiful representations in the entire Byzantine iconography of Virgin Mary. The visit continues with **Goreme Valley**, **Goreme city** (with a short tea stop in the city centre), **Uchisar** and "**Uchisar Castle**". After visiting all the places mentioned before you can spend your time at the **SPA** until dinner. It is fair to say that this day is a busy day but as you visit all valleys by bus, you will not feel tired at all. After dinner, return to **Urgup**, a small town in Cappadocia, a few km away from Goreme, well-known for its shops that sell local artisan products, carpets, onyx, terracotta pots and many other. Cappadocia, Nevsehir accommodation and dinner 5-star hotel.

CAPADOCIA Nevsehir 5 stars Hotel: Cave Resort and SPA.

Day 5: ** Underground cities - cities carved in rocks

Breakfast. The visit continues today with **Pigeon Valley, Urgup, Devrent Valley, Avanos, Ceavusin, Zelve Valley**. Short stops to take photos and buy souvenirs from local bazaars. Departure to **Kaymakly**, the 8-floored underground city (only 4 floors are accessible and opened to the public). This area was a place of refuge for early Christians and then a place of refuge during Arabic invasions. Cappadocia has underground cities, with tunnels on eight floors that covers tens of kilometres and that are linked together, Kaymakli, Derinkuyu and other tens of churches and monasteries carved into the calcareous rock. The visit continues with **Theodora Church, Ortahisar, IbrahimPasa, MustafaPasa** - a sleeping Greek city... Optionally and free of charge, you can indulge in wine tasting. On your way, a short stop at an onyx workshop (with tour guide) to see how onyx is processed, and a stop at a ceramic workshop. Lunch in a local restaurant, on tourists' choice. Return to the hotel. **SPA** in the morning or in the afternoon, after the tour. **Optional:** a ride to Cappadocia valleys in a **hot air balloon**. The departure time is 5 am. The local operator takes the tourists from the hotel. Payment is made locally. Informative price: 150 euro per person. For more than 4 persons, the price is: 120 euro cash per person and 130 euro credit card per person. (limited seats!!!) Capadocia, Nevsehir accommodation and dinner 5-star hotel.

CAPADOCIA Nevsehir 5-star hotel: Cave Resort and SPA.

[HTTP://WWW.CAPPADOCIACAVERESORTANDSPA.COM/PPC/?Gclid=cod5kotslakcfyqs3godokrdvw](http://www.cappadociacaveresortandspa.com/ppc/?Gclid=cod5kotslakcfyqs3godokrdvw)

Day 6: * Balloon ride in Cappadocia**

Breakfast. Departure from Ürgüp to Ihlara Valley, cut by a small stream, the Melendiz through the volcanic landscape, where many churches and hermits' caves exist. West of Nigde, there are about 60 churches carved into the rocks of Ihlara Valley. You can **visit** here **Ihlara Valley**, or **Peristrema**, a 10 km long and 80 m wide canyon, with steeple walls where the Melendiz River flows. Out of the 10th and 11th century churches of the Valley, only 12 are opened to the public. The Valley once full of the agitation, prayers and incantations of the hermits, preserve nowadays a religious silence. Visiting the five churches located in the Valley takes 2 - 3 hours. Leisure time to visit the churches and the canyon of Ihlara Valley. All churches are located between Ihlara canyon walls, so the visit is technically a relaxing and enjoyable visit in the open. The restaurant at the end of the valley has its tables on the small islands of the Melendez river, on the terrace or inside the restaurant. Lunch break after valley crossing. On your way to Ihlara, optionally, you can visit the second underground city, **Derinkuyu** (similar to Kaymakli). Return to the hotel. **SPA** in the morning or in the afternoon, after the tour. Capadocia, Nevsehir accommodation and dinner 5-star hotel.

CAPADOCIA Nevsehir 5-star hotel: Cave Resort and SPA.

Day 7: Cappadocia - flight to Istanbul - return in Constantinople

Breakfast. Transfer to: Nevsehir or Kayseri airport for the domestic flight to Istanbul (2 hours). Arrival at Istanbul transfer to your hotel. Free time.

Recommendation: Visit accompanied by a tour guide* to the Princes' Island*.

Departure by ship from **Eminonu**, duration: half a day. There are no cars on the island as they are prohibited, but the island can be visited by horse-drawn carriage. Informative price: 50 Turkish Lira /**carriage of four**. The island is well-known for its landscapes and its **old Greek houses**, and the atmosphere downtown seems more Greek than Turkish. The ride by ferry is really pleasant and you will be accompanied by flights of seagulls all the way to the island. There are 7 islands called "Princes Islands" and the ferry can stops at each of them on request. The last island is the most popular. Istanbul accommodation and dinner, 4-star hotel in the old city.

ISTANBUL 4 stars hotel: Lady Diana.

[HTTP://WWW.LADYDIANAHOTEL.COM/GALLERY.PHP](http://www.ladydianahotel.com/gallery.php)

Day 8: Constantinople for ever...

Takeaway breakfast. Early transfer Ataturk international airport for the return flight. Flight hours: 06:40 am Istanbul - 02:55 pm Stavanger.

We wish you dream-like holidays and wonderful trips!



8 days / 7 nights: 3 nights Istanbul, 3 nights Cappadocia - domestic fly: Istanbul - Cappadocia.

PRICES: starting from 1210 euro - included fly from Norway and airport-taxes.

Included services:

- International flight Norway - Istanbul - Norway by KLM or Lufthansa.
- Domestic flight Istanbul - Cappadocia / Cappadocia - Istanbul by Turkish Airlines.
- Transfer airport - hotel - airport in Istanbul.
- Transfer airport - hotel - airport in Cappadocia.
- 7 accommodations in 4 and 5 stars hotels according to the programme. On request, SGL or TRP.
- Demi-pension (breakfast and dinner), excepting day 1 and day 8, due to flight hours.
- Transport by 3 stars bus/van, air conditioning, street fees, parking, bridges and tunnels.
- Tour companion and local tour guide in Istanbul - 2 days and in Cappadocia - 3 days.

Not included:

- Visa fee of 15 euro per person is individually paid when entering the Turkish territory (customs); (for who need).
- Tickets for tour objectives (museums, monastic buildings, etc).
- Medical insurance and other personal acquisitions.
- Additional meals and drinks, other supplements and optional trips & personal expenses.
- Tips (to Turkish service suppliers /driver, local tour guide, hotels). Not mandatory.
- **Optional: hot air balloon ride to Cappadocia, jeep safari, Turkish evening, dervish show.**

Remarks:

- Group of at least 10 persons.
- In case of less than 10 persons, a difference shall be paid according to the table or the trip is cancelled.
- The tour programme can be changed, meaning that the order in which some cities or tour objectives are visited can be changed without affecting the general structure of the tour programme.
- Hotel and restaurant category is the official one in Turkey and it is approved by the corresponding Turkish Ministry.

Necessary documents for your trip: passport valid for 6 months before departure date.

Application deadline:

- 3 weeks before departure date.
- The tour programme can be changed by the group leader depending on some special situations.

Withdrawal requirements:

- According to the agency general rules, in compliance with the Tour Service Contract.

The price not included SPA treatment.**The hotel have hamam, sauna and swimming pool.****It is a Special luxury trip for SPA - relaxation and cultural visits with 4, 5 stars hotels.****Note:**

- The bibliography used for the presentation included the following: "Ghid Complet Turcia - Editura Aquila 1993", "Luoghi delle origini cristiane" edizione Piemme", "Biblical sites in Turkey" Everett Blake & Anna Edmonds, "Capadocia"- authors Muammer Guzelgoz (director of Goreme Museum) and Memduh Guzelgoz (local tour guide), local brochures, internet, personal knowledge and other sources .

- Tour programme created and produced by Ramona Suci Rorvik, certified tour guide, certification no.781 in Romania.

- **Email: ramona@torcon.no or: ramona.travelguide@torcon.no**

Mentions:

According to Turkish legislation, travel agencies that organize trips to this country shall have their tourists accompanied by a local tour guide all over Turkish territory, starting from the customs. As this means additional accommodation and guiding costs, the Romanian travel agencies, as well as other travel agencies from different countries around the world, choose to ignore the aforementioned law, in force for a long time. This is an accepted compromise but, in case of controls, Turkish police imposes a fine, not higher than the price for a local tour guide for the entire trip. Anyway, it is necessary to hire a local tour guide for the visits paid to the Turkish tour objectives to avoid conflicts with tour police. It is important to know that even if there are no controls but other tourists accompanied by a local tour guide, the latter can immediately call the local police, which he often does in case he notices a group of tourists not having a tour guide. Thus, for an incident-free trip, local tour guides are included whenever this is highly necessary, in Istanbul and Cappadocia. Thank you for your understanding.

Important:

- Customs authorities are entitled to refuse any person they consider difficult to be trusted to enter the Turkish territory.
- The travel agency **shall not be held liable** for such situations that cannot be anticipated before departure and shall not reimburse the sums paid for the trip.
- The tourist shall undertake all risks associated with entering the Turkish territory and shall advise the travel agency on any incidents he may have been part of outside Romanian borders (country of origin).