



7-Day Turkey Itinerary

A day-by-day plan from Poppy Carla

Best time to go: April to May, or September to October, for pleasant weather.

Getting around: Trams, ferries and walking in Istanbul. Short domestic flights link the major regions.

Book ahead: Internal flights, a hot-air balloon ride and a hammam visit.

DAY
1

Sultanahmet

Visit Hagia Sophia, the Blue Mosque and the Basilica Cistern, then explore Topkapı Palace in the afternoon. Keep shoulders and knees covered for the mosques.

DAY
2

Bazaars & the Bosphorus

Shop the Grand Bazaar and Spice Bazaar in the morning, take a Bosphorus cruise after lunch, and climb Galata Tower for the evening view.

DAY
3

The Asian Side

Take the ferry to Kadıköy for its food market and cafés, wander Moda by the water, and finish with a traditional hammam.

DAY
4

Fly to Cappadocia

Take a morning flight (about 1.5 hours) and spend the afternoon exploring Göreme and its rock-cut valleys.

DAY
5

Balloons & Valleys

If the weather allows, start with a sunrise hot-air balloon ride, then hike a valley such as Rose Valley.

DAY
6

Underground Cities & Ihlara Valley

Visit an underground city such as Derinkuyu and walk part of the Ihlara Valley canyon.

DAY
7

Back to Istanbul

Fly back to Istanbul, visit any sights you missed, and have a farewell dinner by the water.

Opening times, ticket rules, travel times and prices change, so check each detail before you book. More guides, stays and packing lists at poppycarla.com.