



# CONTINENT

HOTEL - KAPADOKUS THERMAL  
SPA & WELLNESS

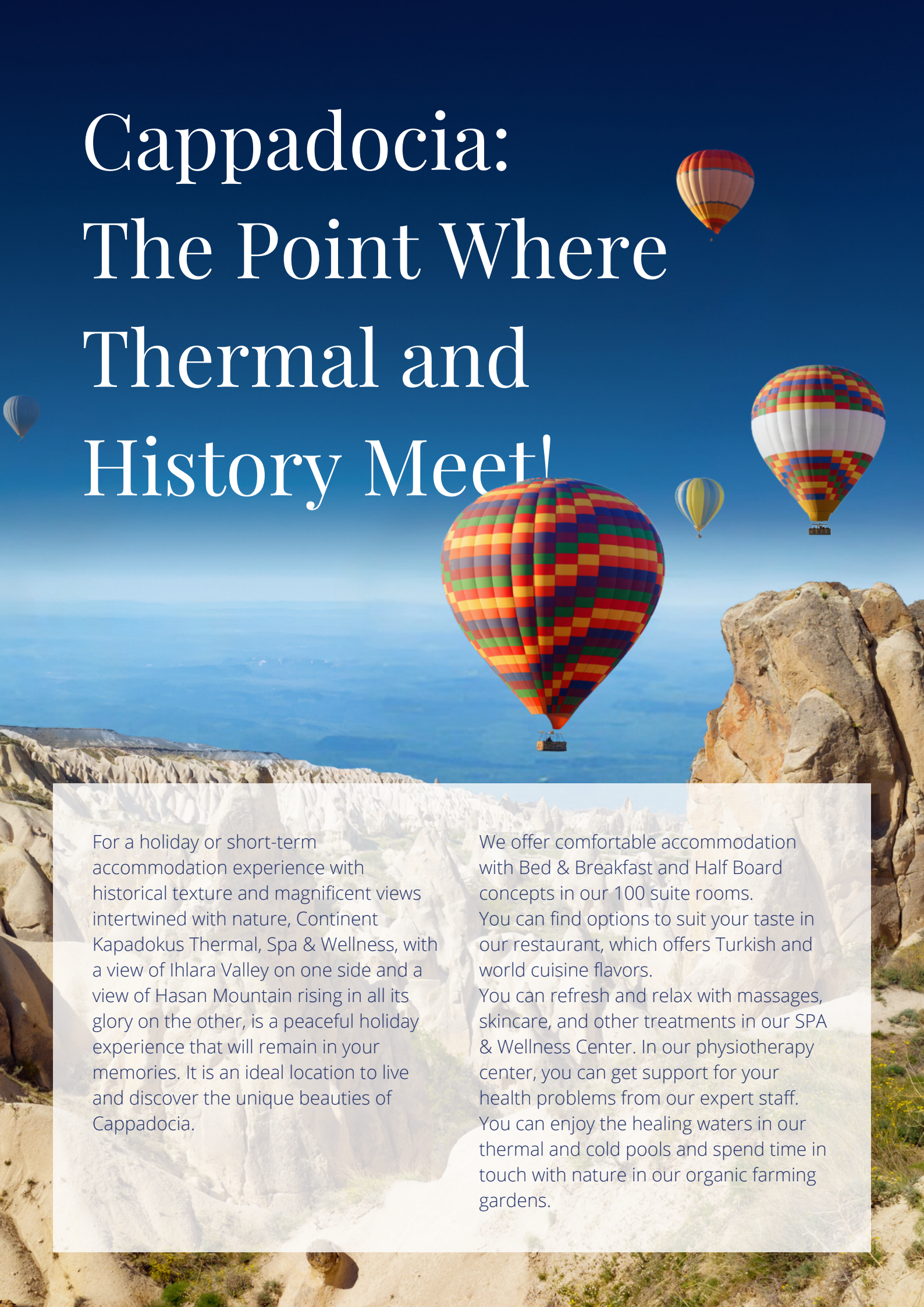


expect

*more*™ ...

IHLARA VALLEY - CAPPADOCIA

# Cappadocia: The Point Where Thermal and History Meet!



For a holiday or short-term accommodation experience with historical texture and magnificent views intertwined with nature, Continent Kapadokus Thermal, Spa & Wellness, with a view of Ihlara Valley on one side and a view of Hasan Mountain rising in all its glory on the other, is a peaceful holiday experience that will remain in your memories. It is an ideal location to live and discover the unique beauties of Cappadocia.

We offer comfortable accommodation with Bed & Breakfast and Half Board concepts in our 100 suite rooms. You can find options to suit your taste in our restaurant, which offers Turkish and world cuisine flavors. You can refresh and relax with massages, skincare, and other treatments in our SPA & Wellness Center. In our physiotherapy center, you can get support for your health problems from our expert staff. You can enjoy the healing waters in our thermal and cold pools and spend time in touch with nature in our organic farming gardens.

## View



- Magnificent natural view: While staying at the facility, you can enjoy the majestic view of Hasan Mountain and the fascinating beauty of Ihlara Valley.

## Organic Farming



- Fresh products grown in the facility's organic farming area are used to prepare delicious and healthy meals.
- Rich buffet options are offered for breakfast and dinner.
- A la carte restaurant option: There is also an a la carte restaurant option for those who want to try different tastes.

## SPA & Wellness



- You can relieve stress and find healing with thermal pools, spa treatments, and physiotherapy services.
- You can have a pleasant holiday and heal with the outdoor pool, thermal pool, spa treatments, and physiotherapy service.

## Large area



- Located on 50 acres of land, the facility offers an accommodation experience in touch with nature.
- There is a large outdoor parking area.
- Ideal for caravan lovers: it has a caravan park where you can park and meet all your needs.

## *Our rooms;*

Our hotel offers a comfortable and enjoyable accommodation experience with elegant room designs that blend modern and classical lines. Our rooms are illuminated by daylight and equipped with all the modern comforts that today's travelers need. We offer the ideal environment for every guest, from short-term stays to long holidays.

## *Room Categories;*

- Continent Suite  
50 m<sup>2</sup> 1+1
- Kapadokus Suite  
55 m<sup>2</sup> 1+1

In all our rooms;  
A thermal water bathtub, smart TV,  
high-speed Wi-Fi, hot drinks, a  
minibar, and a blow dryer exist.



# Gastronomy

Our hotel offers its guests an unforgettable gastronomic experience with its restaurants and open buffet that offer rich options that appeal to your taste.

- **Ana Restaurant:**

You can start the day with a delicious open buffet breakfast every morning in our main restaurant with a capacity of 250 people. Cheese varieties, olives, jams, omelets, sausages, fruits, and many more options await you for breakfast. You can taste the best flavors from the world and Turkish cuisine for lunch and dinner at the open buffet. You can find many options to appeal to your taste, with different menus offered daily at the buffet.

- **A La Carte Restoranlar:**

Our hotel also has three different a la carte restaurants for our guests who want to try different tastes.

- **Italian Restaurant:**

Many flavors, from pizzas to pasta, from lasagna to tiramisu, await you in our restaurant, which offers the best examples of authentic Italian cuisine.

- **Steakhouse Restoran:**

In our restaurant, you can have a satisfying and delicious meal with grilled steaks, meatballs, kebabs, and chicken varieties, which is ideal for meat lovers.



*Outdoor Event Area: We offer catering services for your weddings, receptions, cocktails, and other special events in our open event area for 500 people.*



# Banquet, Meeting, and Seminar

You can organize meeting packages and dinner events to suit your company's needs in our halls, which offer different layout options such as theater, classroom, or meeting table.

We can host events of all sizes with our halls with a capacity of 20 to 450 people.

## **Our Additional Services:**

- Multi-purpose divisible halls
- Technological infrastructure opportunities
- Presentation and meeting equipment
- Coffee break and refreshments
- Set menu or Open Buffet
- Lunch/Dinner

- **Ihlara Meeting Room**

Theater: 150 pax - Gala: 100 pax - Banquet: 90 pax

- **Nora Meeting Room**

Theater: 150 pax - Gala: 100 pax - Banquet: 90 pax

- **Cappadocia Hall (Combined Hall)**

Theater: 300 pax - Gala: 280 pax - Banquet: 180 pax

- **Great Mountain Meeting Room**

Theater: 450 pax - Gala: 320 pax - Banquet: 250 pax



# Realize the Wedding of Your Dreams!

Continent Kapadokus is a venue that will make your wedding, engagement, and henna nights unforgettable with its unique atmosphere and perfect service. Live the day of your dreams with your loved ones against the fascinating view of Ihlara.

It offers different options, with or without food, and provides solutions suitable for every budget. Whether you want to celebrate with a stylish dinner or plan a cocktail-style event, you can find the best option.

Our experienced team, which meticulously plans every detail of your wedding, engagement, or henna night, does its best to offer you the organization of your dreams.

## **What Do We Offer?**

- Our halls with different capacities
- Our delicious and original menus
- Our professional team
- Our decoration and organization services
- Photo and video shooting service
- Entertainment and music options

# The door to your soul...

Our Wellness & SPA center will be indispensable during your time with us..

We consider health, beauty, elegance, and peace, restructure the balance and harmony between body and mind, and send you off from our hotel fit and healthy after your holiday.

Beauty salon, skin, body care, anti-aging programs, aroma, detox, and relaxation treatments. Massage – Tell us which ones you want from our aromatic, herbal, medical, scrub foam, Far Eastern, and exotic massage menu...



## **SPA Services**

- Aromatic Massages
- Herbal Massages
- Medical Massages
- Scrub foam Massage
- Far Eastern Massages

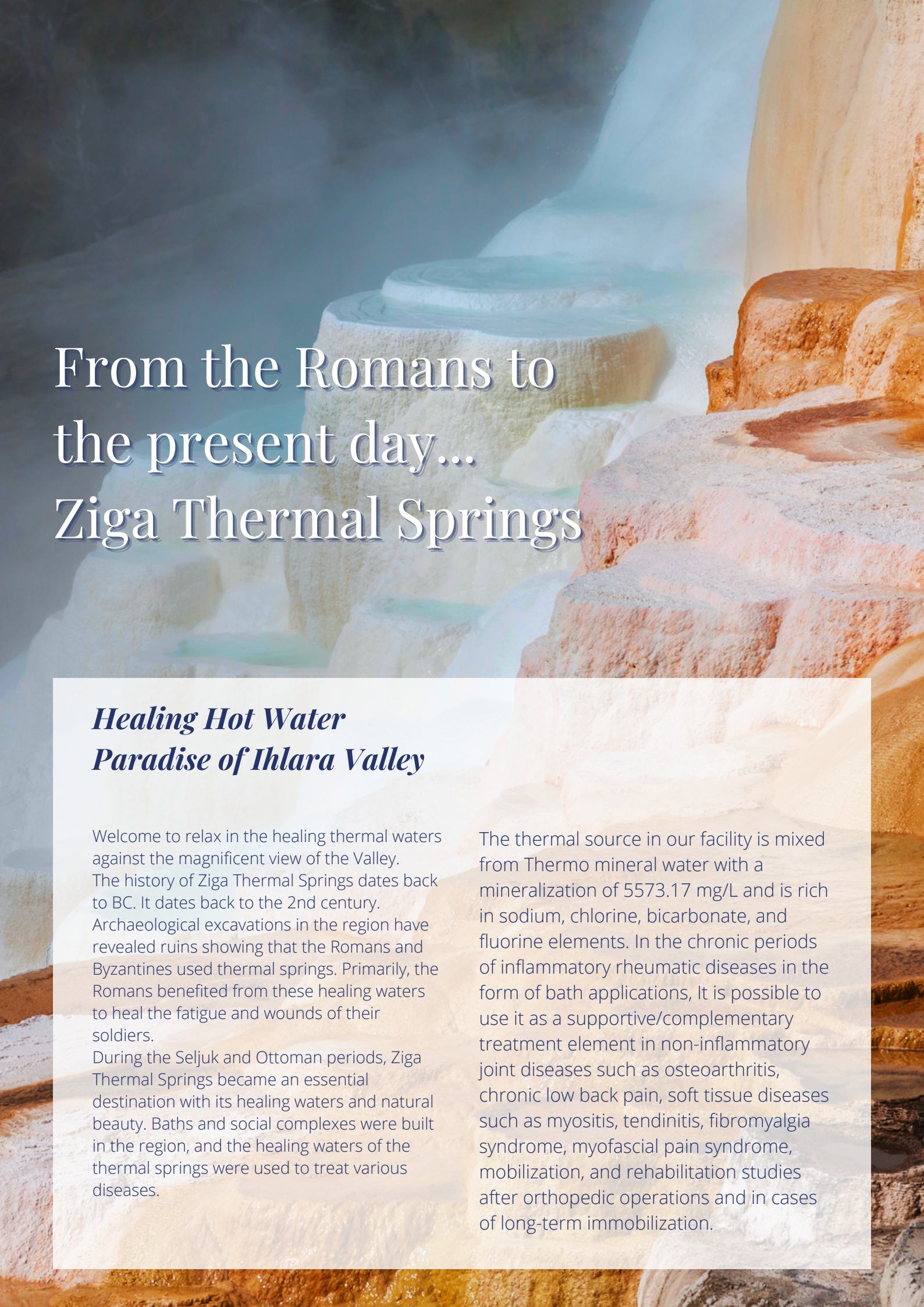
## **Wellness Services**

- Yoga
- Meditation
- Sauna

## **Other services**

- Personalized Diet Program
- Fitness / Gym
- Physiotherapy





# From the Romans to the present day... Ziga Thermal Springs

## *Healing Hot Water Paradise of Ihlara Valley*

Welcome to relax in the healing thermal waters against the magnificent view of the Valley.

The history of Ziga Thermal Springs dates back to BC. It dates back to the 2nd century.

Archaeological excavations in the region have revealed ruins showing that the Romans and Byzantines used thermal springs. Primarily, the Romans benefited from these healing waters to heal the fatigue and wounds of their soldiers.

During the Seljuk and Ottoman periods, Ziga Thermal Springs became an essential destination with its healing waters and natural beauty. Baths and social complexes were built in the region, and the healing waters of the thermal springs were used to treat various diseases.

The thermal source in our facility is mixed from Thermo mineral water with a mineralization of 5573.17 mg/L and is rich in sodium, chlorine, bicarbonate, and fluorine elements. In the chronic periods of inflammatory rheumatic diseases in the form of bath applications, it is possible to use it as a supportive/complementary treatment element in non-inflammatory joint diseases such as osteoarthritis, chronic low back pain, soft tissue diseases such as myositis, tendinitis, fibromyalgia syndrome, myofascial pain syndrome, mobilization, and rehabilitation studies after orthopedic operations and in cases of long-term immobilization.

# Thermal

# Our Pools



You can enjoy the healing waters in our thermal pools, designed separately for male and female guests. We have four thermal pools of different sizes:

- Our 20 m<sup>2</sup> thermal pools Provide an ideal environment to relax and benefit from the healing waters.
- Our 60 m<sup>2</sup> thermal pools are ideal for having a pleasant time with your family.
- Our 120 m<sup>2</sup> thermal pools are ideal for swimming and having fun with their large and spacious atmosphere.

### **Our Children's Pool:**

Our little guests can have a safe and fun time in our specially designed-pool.

### **Our Outdoor Pools:**

We have two outdoor pools to enjoy the sun and cool off.

### **Water park:**

Slides and other water games are available for our guests looking for excitement and entertainment.





# So that your children can have fun too...

Everything has been thought of to ensure that you have an unforgettable holiday with your family. Our facility has many entertainment options for both adults and children.

**Open and Indoor Children's Playgrounds:** Our little ones can have fun in our indoor and outdoor children's playgrounds suitable for different age groups.

**Cinema Hall:** Children can enjoy watching children's movies and cartoons in our cinema hall.

**Mini Football, Basketball, and Volleyball Field:** Everything is ready for children who love sports to have a pleasant time in our mini football, basketball, and volleyball fields.

**Billiards, Foosball, Table Tennis, and Game Console:** Children can have a pleasant time with games such as billiards, foosball, table tennis, and game consoles.



*Cappadocia*

*"a  
Concierge"*

*Our services*

**ACTIVITIES**

Photo Shoot  
Tour



Balloon Tour



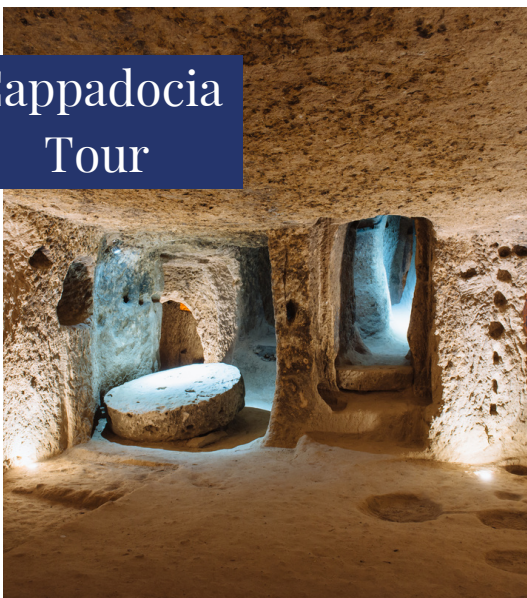
Horse  
Riding Tour



ATV Tour



Cappadocia  
Tour



Ihlara  
Valley Tour



You can also learn about all our activities, such as Turkish Night and Private Tours, from the Concierge desk in our hotel.

# Transportation and Location

**Aksaray City Center**

30 km

**Nevsehir City Center**

70 km

**Nevsehir Airport**

70 km

**Kayseri Airport**

130 km

Yaprakhisar Köyü No: 249 Güzelyurt

Aksaray | Türkiye



# ***PLACES TO VISIT***

**Selime Cathedral** - 3 km

**Ihlara Valley** - 7 km

**High Church** - 13 km

**Aşıklı Höyük** - 13 km

**Nora Ancient City** - 18 km

**Church Mosque** - 20 km

**Monastery Valley** - 21 km

**Red Church** - 25 km

**Somuncu Baba Tomb** - 29 km

**Zinciriye Madrasa** - 30km

**Narlıgöl** - 37 km

**Tabduk Emre Tomb** - 48km

**Derinkuyu Underground City** - 59 km

**Sultanhanı Caravanserai** - 76 km

**Uçhisar Castle** - 83 km

**Göreme Open Air Museum** - 91 km

**Dark Church** - 92 km





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