



Yenice Çiftliği

Gordion

Yazılıkaya

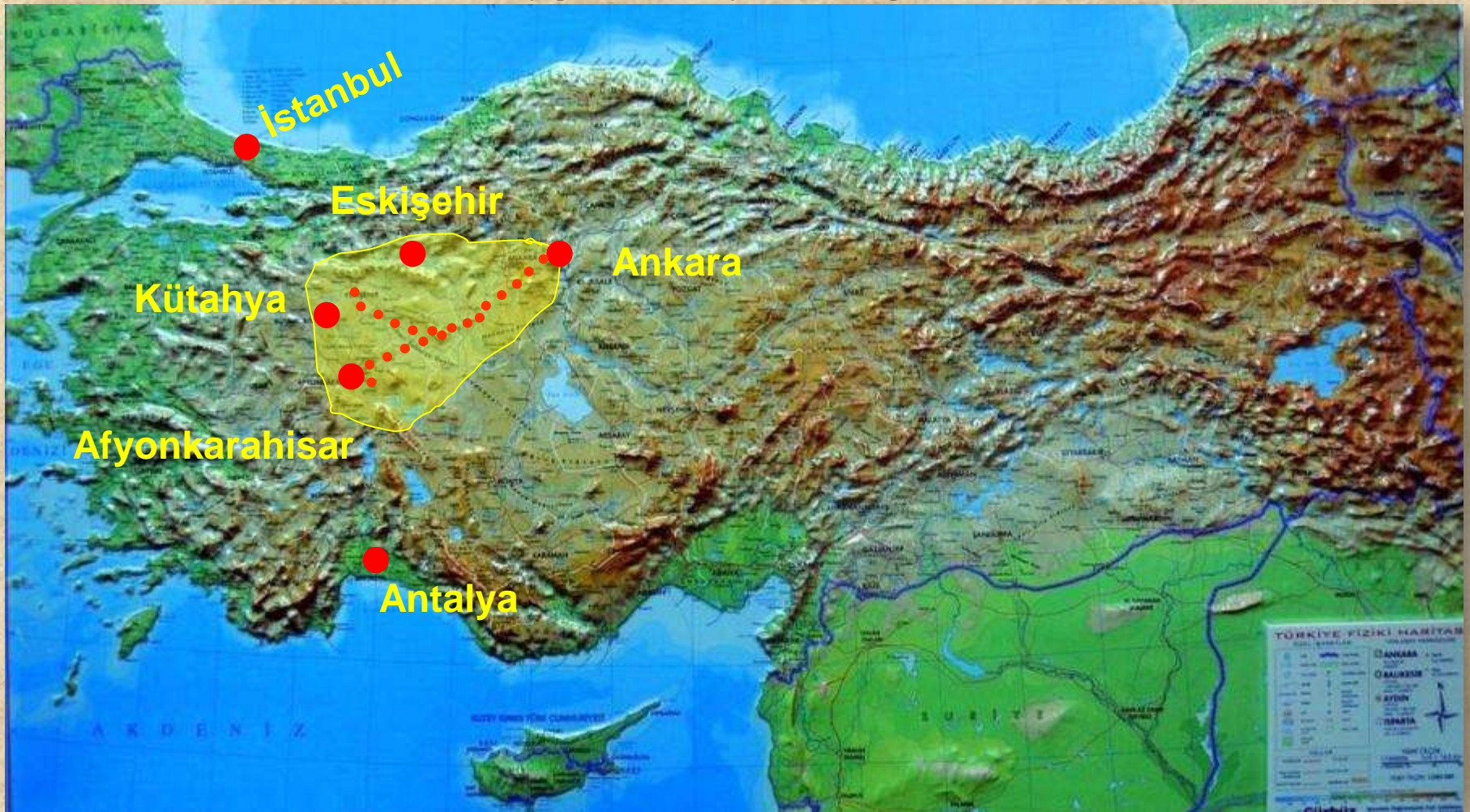
Seydiler

PHRYGLIAN WAY



Phrygian Way

Phrygian Way is long-distance **walking** and **cycling** route (**506 km in length**) in Phrygian Valleys distributed over the modern-day Turkish provinces of Ankara, Afyonkarahisar, Kütahya, and Eskişehir. It allows the visitors to explore the Phrygian Valleys through which it passes.



Project Team and Sponsor



Project Team
Songül Sonal
Naci Beytekin
Hüseyin Sarı



Sponsor
Union for the Protection and
Development of Phrygian
Cultural Heritage (FRİGKÜM)
and
Afyonkarahisar , Eskişehir
and Kütahya Governorships



Phrygian Valleys

Phrygian Valleys are within the borders of Afyonkarahisar, Ankara, Eskişehir and Kütahya. Phrygian valleys are like open-air museum; culture and nature are mixed.





Phrygian Valleys: Geology

Greater part of the region is covered by volcanic tuff (Mount Turkmen); so it is easy to carve out stones to build temples and monuments.





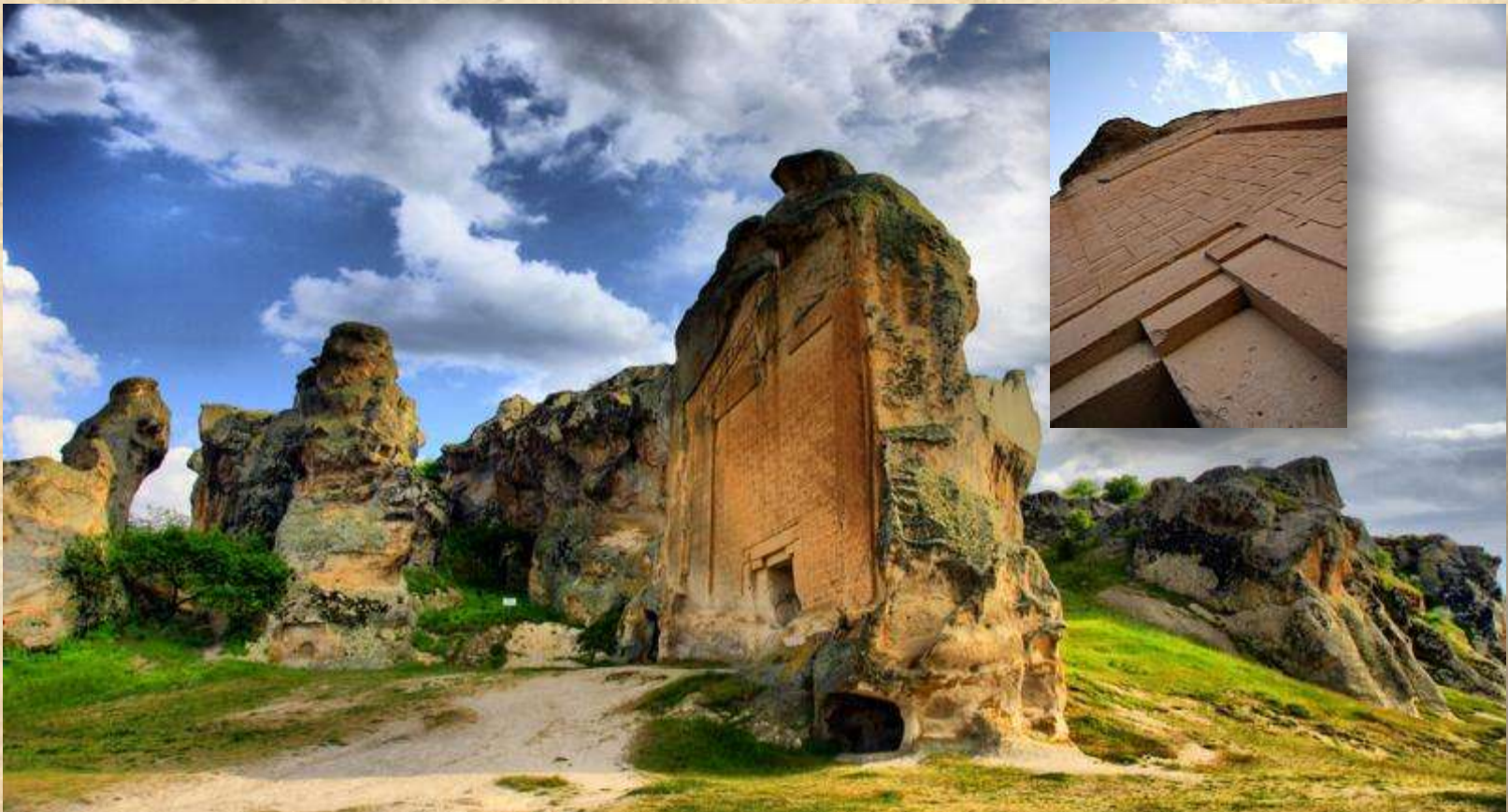
Phrygian Civilization: History

- Phrygians came from Europe (Thrace) in 1200 BC and seized the control of the region in central Anatolia (Asia Minor)
- They become dominant power in central Anatolia in the Early Iron Age (9-7th century B. C.)
- Today the region is now known as Phrygia
- Phrygians invented the music instrument flute and held the first music contest in history



Phrygian Civilization: Ancient Cities

- **Gordion** (near Ankara) was the capital of Phrygians
- The city **Midas** was the religious metropolis of the region (Cult center of Phrygians)
- **Pessinus** (near Sivrihisar) was the religious and commercial centers



Midas City-Yazılıkaya, Eskişehir



Phrygian Civilization: Mythology

Bekos



This mythological legend involving the Phrygians is told by the Greek historian Herodotus. It goes that Phrygians were the first known people because Phrygians call bread as "*bekos*" in which any child who is not exposed any language can say this word instinctively.

Gordian Knot



"The Gordian Knot is a legend of Phrygian Gordium associated with Alexander the Great. It is often used as a metaphor for an intractable problem solved easily by cheating or "thinking outside the box"- Wikipedia

Phrygian Hat



This hat made its way from the Phrygians to Europe. In greek culture this had was used to depict people of oriental origin, and later become used in Rome as a symbol of the desire for freedom by slaves.



Phrygian Civilization: Inscription



It is known that Phrygians spoke an Indo-European language.

Phrygian inscriptions are perfectly legible but have yet to be deciphered.



Phrygian Way: Thema

The thema of the Phrygian Way is the ancient road used mainly by Phrygians in the region.



Phrygian Way: Thema

In addition to that of the ancient roads the culture, history, geology and natural beauties of the region are also included.



History-Culture



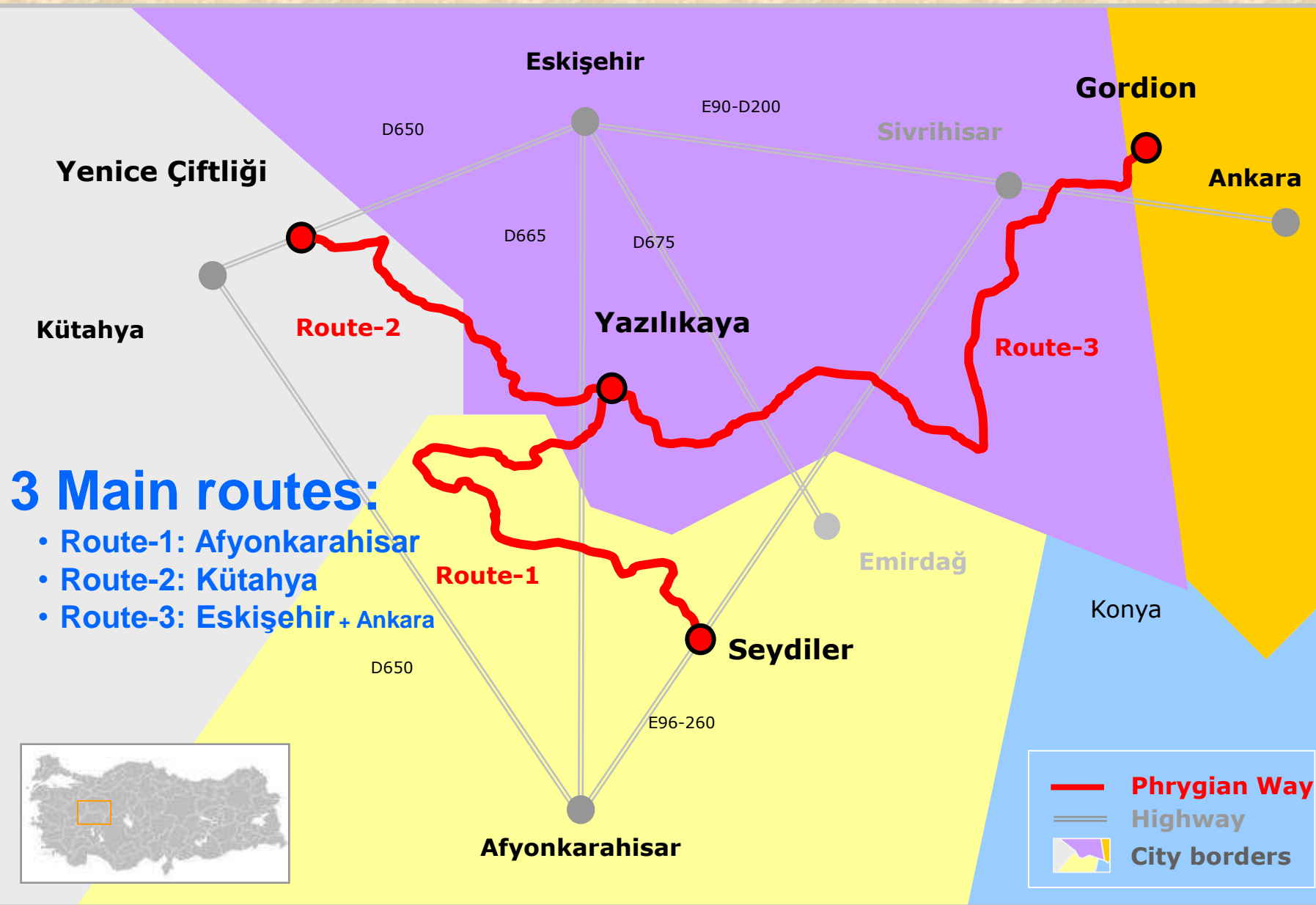
Geology

Nature





Phrygian Way-Main Routes





Phrygian Way-Route Length

Route	City	Length (km)
Route-1	Afyonkarahisar	140
Route-2	Kütahya	147
Route-3	Eskişehir + Ankara	200 ~20
	Total	506



Phrygian Way-Detail Route

Phrygian Way passes through 4 cities ve 8 town soils including 44 villages and 1 town center.

Eskişehir-Kütahya Highway

Y.Çiftliği
S.Pınar Fındık
Seydiköy Doğuluşah İncik
Kaiser Kale

Sökmen

İnli Yumaklı

Kütahya

İkizoluk

Lütfiye Sandıközü

Salihler

Eskişehir-Afyonkarahisar Highway

Fethiye

Çukurca

Eskişehir

Yazılıkaya-Gordion

Yazılıkaya Ağlarca

Gökçeğüney

Oynaş

Gökbağçe

Sarıcaova

Urumkuş yaylası

Döğer

Aslantaş

Bayramaliler

Demirli

Göynüş

Ayazini

Eski Eymir

Kıyır

Alanyurt

Selimiye

Karakaya

Afyonkarahisar

Eskişehir-Emirdağ Highway

N

Ankara-Eskişehir Highway

Beyören

Doğanay

Başara

Arslanlı

Malıca

Gökçeyayla

Akhisar

Sivrihisar

Nasrettin Hoca

Demirci

Beylikköprü

Tekören

Koçaş

İstiklalbağı

Ballıhisar-Pessinus

Ertuğrulköy

Ahiler

Balıkdami

Buzluca

Düden

Ankara-Afyonkarahisar Highway

A
n
k
a
r
a

Yassıhöyük-Gordion

Yazılıkaya-Yenice Çiftliği

Yazılıkaya-Seydiler

- Waymarked
- Yazılıkaya-Yenice Çiftliği
- Yazılıkaya-Seydiler
- Yazılıkaya-Gordion
- Connection Routes
- Alternative Routes





Phrygian Way: Waymarks

Phrygian Way is marked with Grande Randonnée style waymarks.





Phrygian Way - Signposts

Total 109 poles, 217 signposts



Phrygian Way-Starting Points



FRİG YOLU

PHRYGIAN WAY

BAŞLANGIÇ NOKTASI


START

Frığ Yolu, Friglerin hüküm sürdüğü, artık Güneyde Frigye olarak adlandırılan, günümüzde Ankara, Afyonkarahisar, Eskişehir ve Kütahya illerine dağılmış Frig Vadilerinin bulunduğu stratejik tarihi, kültürel, jeolojik ve doğal güzellikleri bütünlük içinde yürüyerek keşfetmeyi sağlayan uzun yoldur ve bisiklet yoludur.

Bölgenin adını veren Frigler, M.Ö. 1200 yılından itibaren Balıkesir'den, Trakya ve Doğuştan Anadolu'ya gelen Trak (Balkan) kökenli halklardır. Frigler, M.Ö. 6. yy. başlarından M.Ö. 7. yy. başlarına kadar yaklaşık 600 yıl bir arada yaşamışlardır.

Üç farklı noktadan; Seydiler Beldesi (Afyonkarahisar), Gordion (Yazılıkaya Köyü, Patate-Ankara) ve Yenice Çiftliği (Ahmetoğlu Köyü, Kütahya) başlayarak güneyli Frigya topraklarına giren Yol, Friglerin kutsal Mitras kentinde (Yazılıkaya Köyü, Hacı-Sakayın) biter. Yolu takip eden sırada, alternatif ve belirsiz yollarla birlikte 501 km'lik Yal, 40 km'lik cömert bölge ile Anadolu ve Ege, 4 il ve 6 ilçe topraklarında dağınık 56 yerleşim merkezinden geçer. Yolu takip eden ziyaretçiler, standartlarda kurmuş büyük parkur yolu işaretleri ile işaretlenmiş ve belli noktalara yön levhaları dikilmiştir.

Yal hakkında daha fazla bilgi ve güncellemeler web sayfasından alınabilir: www.frigyolu.org



Phrygia is the ancient name of the region in Anatolia covering the present day provinces of Afyonkarahisar, Ankara, Eskişehir and Kütahya. The name comes from the Phrygian people who migrated across the straits from Thrace and settled in the region. By the mid 6th century BCE a vibrant civilisation was flourishing, centred around the capital Gordium (Gordien), present day Yazılıkaya, near Patate-Ankara.


The Phrygian Trekking Route is one of the longest trails in Turkey. The route passes through the renowned Phrygian Valleys where visitors may visit the ruins of ancient civilisations and enjoy the natural beauty of the region. The trekking route is 501 kilometres long, and is marked in accordance with international standards. It is also suitable for mountain bikes.

The Route has three starting points: Gordion, Seydiler and Yenice Çiftliği and the trails meet at Yazılıkaya (Inscribed Rock), which was a focal point for the Phrygians. The Route was planned in order to introduce walkers to Phrygian culture, and to enable them to enjoy a safe journey through the Phrygian Valley along trails once used by the Phrygians.

More information and updates about the route can be found at www.frigyolu.org

BU PROJE, FRİGYA KÜLTÜREL MİRASINI KORUMA ve KALKINMA BİRLİĞİ (FRİGKÜM) TARAFINDAN DESTEKLENMİŞTİR

SPONSORED BY FRİGKÜM



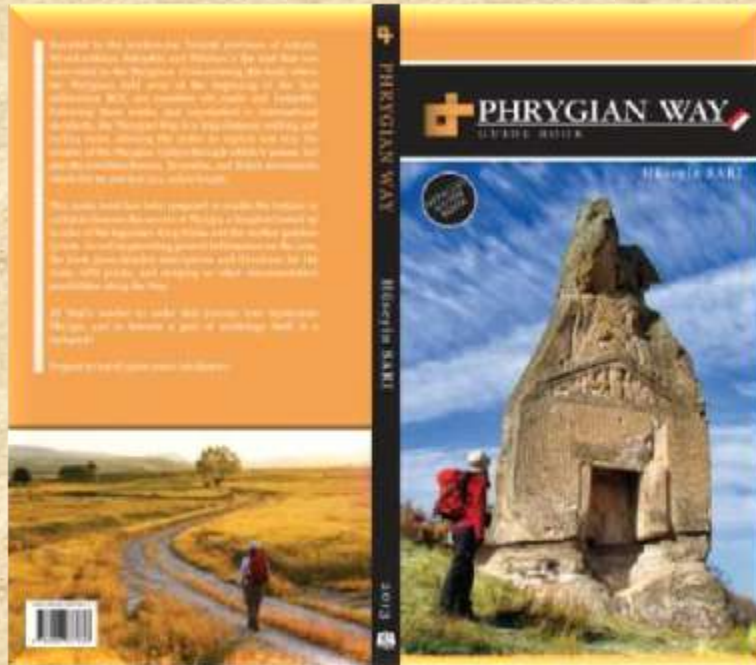
Information Panels (2m by 1.4m):
At the three starting points (Gordion, Seydiler and Yenice Çiftliği) and as well as at the converge point (Yazılıkaya) (total 4 panels)





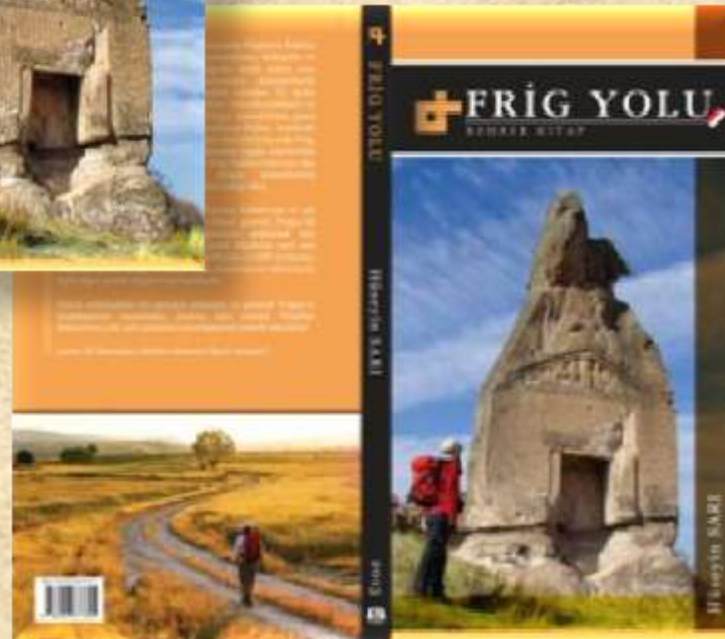
Guide Books

Guide books both in Turkish and English including detail map and GPS points of the trail are available...



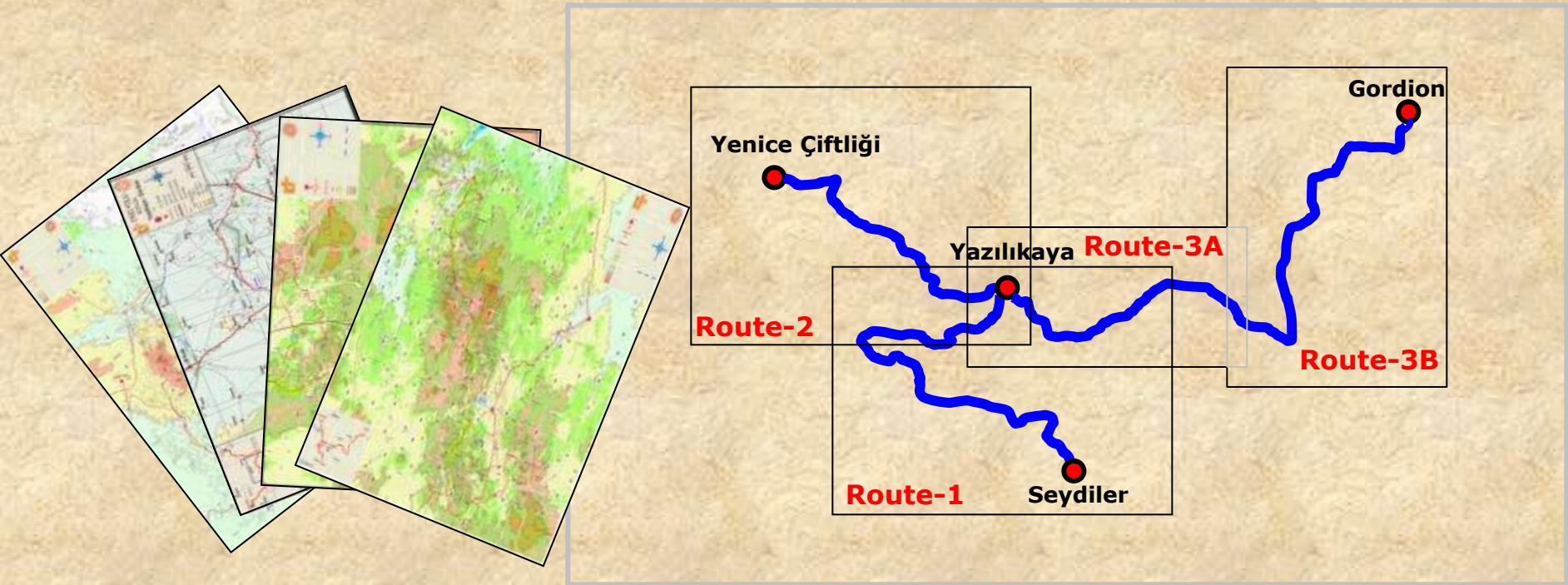
The book includes;

- General info,
- Route details (**67 walks**),
- Hiking plans,
- Maps.



Maps and GPS Points

Maps in scale of 1 / 130 000



GPS

GPS points of can be downloaded from the official web side of the Phrygian Way (key word may required) :

www.frigyolu.com



Phrygian Way: A Bridge

Phrygian Way is in a position to connect the other routes nearby



FAQ...

- Does the entire route suitable for cycling?

About 90-95% of the entire route is suitable for cycling. In the guiding book the degree of the both walking and cycling is stated; in the portion where cycling is not possible the alternative routes are described.



- Where to stay?

Phrygian Valleys offer billion stars hotel to stay. But if you do not want to stay in these luxurious hotels! There are Phrygian houses along the Route-1 and Route-2. You can stay in these houses as well as in Köyodası (guest houses in villages) located in almost all the villages in entire route .



In Short...

Phrygian Way is;

- **a long distance walking and cycling route through the Phrygian Valleys for hikers and cyclists to explore Phrygian monuments and natural beauties in the valleys more efficiently and safely.**
- **506 km long**
- **marked with international standart and well documented; including guide book, gps, web page**
- **completed in 2013**

Contact Info

Hüseyin Sari

www.huseyinsari.com.tr

e-mail: hsari100@gmail.com

Phrygian Way (Official Web Site)

www.frigyolu.com

(Turkey) Cultural Routes Society (KRD)

www.culturerolesinturkey.com

GİZEMLİ FRİGYA SİZİ BEKLİYOR...



Thanks for your
interest in Phrygian
Valleys...

