

# CONTENTS

<b>THE GUIDE</b>		<b>PAPHLAGONIA</b>	65	<b>PRACTICAL INFORMATION</b>	Timeline	II3
<b>INTRODUCTION</b>	6	History of Paphlagonia	65		Index	II5
<b>ARDANUÇ, THE GEORGIAN CHURCHES AND LAKE ÇILDIR</b>	8	Çankırı, Caesarea, Hadrianopolis and Pompeiopolis	67			
<b>TRABZON</b>	13	Salarköy and Kastamonou	68			
<b>THE MATZOUKA VALLEY AND THE TRABZON HINTERLAND</b>	27	Safranbolu	68			
				<b>MAPS</b>		
		<b>THE COAST FROM EREĞLİ TO SİNOP</b>	70	Getting there and around	103	
		Ereğli	70	Maps	106	
		Filyos (Hisarönü)	72	Accommodation	107	
		Amasra	73	Eating	107	
		Sumela Monastery	30	Climate and when to go	108	
		Vazelon Monastery	31	Pronunciation guide	108	
		St George Peristerota Monastery	31	Glossary	110	
		The Chaldia region	33			
		Bayburt and İspir	36	Turkey overview	7	
		Uzungöl Lake	37	Trabzon	19	
				Erzurum	43	
				Sivas	58	
				Atlas of the region	II8-II22	
<b>ERZURUM</b>	40	<b>THE COAST FROM SİNOP TO AKÇAABAT</b>	84			
<b>ERZİNCAN, DİVRİĞİ AND ŞEBİNKARAHİSAR</b>	46	The Kızılırmak Delta	84			
		Samsun	84			
		Çarşamba Ovası and the Amazons	86			
		Ünye	87			
		Fatsa, Bolaman, Medresönü				
		and Ordu	88			
		Giresun	89			
		Tirebolu	90			
		Kuşköy, Eynesil and Tonya	91			
		Akçaabat	93			
<b>SİVAS, TOKAT AND AMASYA</b>	56	<b>THE COAST FROM TRABZON TO THE GEORGIAN BORDER</b>	95			
		Sürmene and Of	95			
		Rize	97			
		Pazar, Ardeşen and the Fırtına Dere	99			