



Dordogne, Périgord & Quercy

'Cycling in one of France's most beautiful and picturesque regions'



Beynac, Dordogne



Dordogne from Chateau Beynac



Sarlat

- Cycle through wonderful scenery and beautiful towns and villages
- Included canoe trip on the Dordogne
- Stay in the superb villages of Souillac, Sarlat and Rocamadour
- Famous caves of Lascaux and Padirac
- 7 nights' bed & breakfast plus all evening meals

This superb region conjures up images of what most people would consider to be France's finest attributes: timeless landscapes, beautifully preserved ancient towns and villages and a rich cultural history. The Dordogne is a 'lazy river' at this stage with many broad loops close to the tour start point of Souillac.

Scenic routes take you north into the region of Périgord, one of France's gastronomic jewels. Cycling distances are kept low to allow you to appreciate the interesting sights en route – Salignac with its medieval castle, Lascaux where the grotto and its prehistoric paintings were discovered only in 1940. Sarlat with its large mediaeval centre is sure to impress during your two night stay.

An included canoe trip on the Dordogne allows you to paddle past the lovely villages of Beynac and La Roque-Gageac. The route from Sarlat to Rocamadour takes you into Quercy. There is no doubting the dramatic situation of Rocamadour, perched on top of an imposing rock face. You spend the final two nights here. Options on the last day include a 4 hour walk to the scenic Alzou gorges, or a short cycle ride to the famous underground caves at Padirac.

ITINERARY

7 nights: Dordogne, Périgord & Quercy

- Day 1 Arrival in Souillac**
Arrive in Souillac, a pretty town wedged between Périgord Noir (Black Périgord) and Quercy, the two areas that you will explore in the next few days. You stay in a 3-star "hôtel de charme" in Souillac. The rep will brief you on the itinerary and hand over all the necessary tour material.
- Day 2 Souillac to Montignac** ■ Cycling 24m; 38km
Take a stroll and explore Souillac before getting on your bike! We've kept today's mileage down to allow you to do just that! Your itinerary will take you away from the crowds on a discovery tour of "authentic Périgord," through the magnificent gardens of Eyrygnac and typical Périgord villages. All are rich in remarkable sights: Salignac and its medieval castle, Saint-Armand-de-Coly and its beautiful church, and Montignac where the famous Lascaux grotto is located.
- Day 3 Montignac to Les Eyzies** ■ Cycling 17m; 26km
Les Eyzies, "the Capital of Prehistory", is today's destination. There's much to see: the National Museum of Prehistory, Cro-Magnon Shelter, Font-de-Gaume Grotto, etc.... Today's low mileage will allow you to visit most of the sites in the afternoon and the following morning.
- Day 4 Les Eyzies to Sarlat** ■ Cycling 17m; 26km
A scenic route through superb countryside to Sarlat, capital city of "Périgord Noir." Sarlat is one of France's most attractive towns with its maze of narrow lanes and attractive honey-coloured mediaeval and Renaissance buildings.
- Day 5 Sarlat** ■ Canoe the Dordogne
Not exactly white water rafting, but an opportunity to enjoy the Dordogne from a different angle. Your included canoe ride will take you past the acclaimed villages of Beynac and La Roque-Gageac. Each bears the coveted title "Un des Plus Beaux Villages de France" (One of France's Most Beautiful Villages).
- Day 6 Sarlat to Rocamadour** ■ Cycling 35m; 56km
Back in the saddle for another superb ride. The mediaeval Château de Fénelon may be your first stop. You will soon notice the distinctive landscape of the Quercy region, with its limestone plateaux or "causses". The mediaeval village of Rocamadour is your destination, and one of the area's most photogenic sites. Two nights' accommodation are reserved for you here.
- Day 7 Rocamadour** ■ Optional walking or cycling
Have the day off or enjoy a 4 hour walk to the scenic Alzou gorges. A short cycle ride could take you to the caves at Padirac where guided tours by boat are available.
- Day 8 Departure**
After breakfast, depart Rocamadour at the time of your choice. A transfer to Souillac (for trains to Paris) or to Sarlat (for trains to Bergerac) can be arranged.



Rocamadour

TOUR & TRAVEL INFORMATION

Terrain
Mainly on the flat with occasional short hilly stretches.

Daily Mileage
17-35 miles (26-56 km)

Climate
Summer daytime temperatures are in the range 25-35°C (76-95°F) with Spring and Autumn lower at 22-28°C (70-83°F). Rainfall is low with showers more likely outside the Summer months. Evening thunderstorms can occur in high Summer.

Travel & Transfer Information
Flights to Bergerac, Toulouse or Brive (airport due to open June 2010), then rail to Souillac
Flight/rail to Paris then rail to Souillac (4.5 hours)
Please ask us for assistance if required in planning your journey.



Canoeing the Dordogne

"We will be booking again. Say no more."

David Young

PRICES

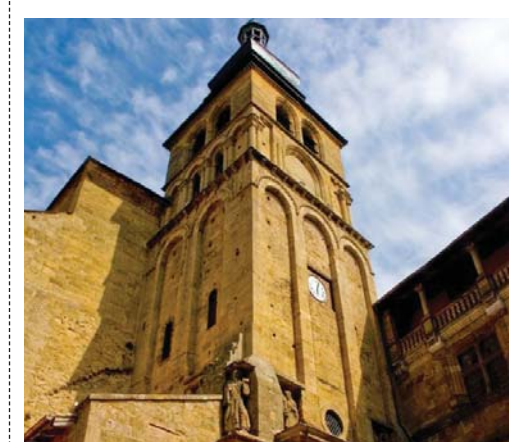
Prices are per person and exclude flights. Board basis is bed & breakfast for 7 nights with 7 evening meals. Prices are based on two adults sharing a room in 3 star hotels.

	ALL DATES
SELF-GUIDED 7 nights	£ 969

Single room supplement £28 per night.

DEPARTURE DATES 2010

Any day between 1 April and 31 October 2010



Sarlat