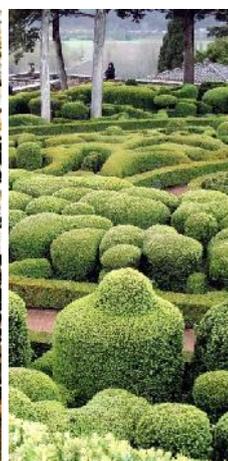
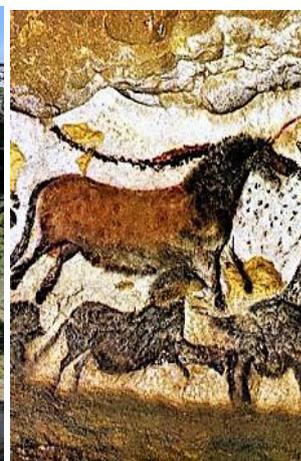


## FRANCE - DORDOGNE & PERIGORD

8-days / 7-nights **SELF-GUIDED** inn-to-inn cycle touring through historic rural France from Souillac



This moderate self-guided cycling holiday through Dordogne and the Perigord, over undulating terrain with some steep climbs, is the perfect way to work up an appetite and to explore this, perhaps the most famous gastronomic region of France. It is a world of fertile green valleys, castles and bastides, fortified villages, gently meandering rivers, lush verdant pastures, wine, walnuts, geese for foie gras and warm sunshine – this is the real France, this is Dordogne!

Cycle through the lush green countryside, visiting Neolithic cave dwellings, medieval villages, eerie grottos, historic chateaux – then reward yourself with a glass of rustic Pécharmant red or the inky purple Malbec from nearby Cahors, and a dinner of Rocamadour cheese, confit duck leg, and perhaps walnut cake for dessert.

Inn-to-inn self-guided cycling holidays are perfect for exploring France's iconic landscapes. Travelling by bike gives you the freedom to see more of the countryside, following mostly quiet roads and paths, and offer a memorable active holiday experience. Being self-guided gives you the flexibility to travel at your own pace, to stop and relax or explore, secure in the knowledge that your room is waiting for you, your bags have gone ahead and the day is your own.

The Dordogne countryside is spectacular, undulating and rugged. Daily distances are 30 to 50 kilometres over gently rolling to undulating terrain, with a few steeper climbs. The cycling, on purpose-built hybrid touring bikes, is well within the capability of most reasonably fit cyclists who cycle regularly. E-bikes with battery assistance are available for a surcharge – they help the hills feel flatter and the distances shorter, and allow cyclists of different abilities to ride together. For those who want a more challenging ride, extensions and additional loop rides may be available on certain days.

**Departs:** Daily departures on demand from late March to late October 2019

**Cost from:** **\$1545** per person twin-share July & August departures: supplement from **\$105** per person  
Single room supplement from **\$465**  
Half Board supplement **\$465** per person (includes seven 4-course dinners)

**Includes:** 7 nights' accommodation in comfortable 2- or 3-star hotels and guesthouses in rooms with ensuite; breakfast daily; hire of multi-gear hybrid touring bicycle; luggage transfers; welcome briefing; detailed route notes with stage-by-stage route descriptions, maps and travel information; emergency telephone support.

If you opt to pay the Half Board supplement then a 4-course dinner is included each night.

**Not included:** Other meals, drinks, personal expenses, optional visits or entry fees, travel to the start/end of the tour. Hire of bike helmets is not included – we recommend you take your own helmet or hire one for @\$20 when making your booking.

**E-bike hire:** From \$210 per E-bike – availability strictly limited, please request when booking.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**

## Suggested itinerary:

### Day 1: Arrive in Souillac

Plan to arrive at your Souillac hotel with time to explore the nearby 12<sup>th</sup> Century Benedictine monastery with its fine carvings and statue of the prophet Isaiah, a masterpiece of Romanesque art. Meet your local representative for your briefing on the week ahead and to receive your bikes.

### Day 2: Souillac – Tamniès

**cycling distance @ 45km**

Your first day of riding is easy and follows the Dordogne River valley. There are many places to visit along the way such as the gardens of Eyrignac – seven hectares of French-style formal gardens including many impressive examples of the art of topiary. Allow time to explore Salignac – there is a Gothic church and village hall, which has a traditional ‘lauze’ stone roof, and the Château de Salignac (built in the 12<sup>th</sup> through 16<sup>th</sup> Centuries) with its round towers and lauze roof. Continue on to Tamniès where you stay the night.

### Day 3: Tamniès – Les Eyzies

**cycling distance @ 40km**

A leisurely ride past typical Dordogne villages, and onward to stunning views from the Castle of Losse in the Vézère River valley. There are many beautiful panoramas on your route, including La Roque-St-Christophe, a fantastic limestone cliff with many grottos and caves. You finish the day in the amazing town of Les Eyzies – the centrepiece of the world of prehistory, where you can discover a wealth of archaeological history, cave paintings and kilometres of underground caves. You stay here two nights.

### Day 4: Les Eyzies

**free day or an optional cycling circuit**

You may like to take a break from cycling today – perhaps visit the National Museum of Prehistory in Les Eyzies, or walk around the town and explore sites where humans of the Palaeolithic Age once lived. For those interested in cycling, an early start is essential to allow time to visit the grottos along your route and to spend time in the chateau village of Beynac perched high on a cliff top overlooking the river and valley. Or you may prefer to organise a visit to the cave art centre at Lascaux near Montignac, 25km from Les Eyzies, for a visit to the replica of this UNESCO World Heritage-listed Palaeolithic cave painting site.

### Day 5: Les Eyzies – Sarlat – Vitrac

**cycling distance @ 34km**

En route from Les Eyzies to Vitrac, visit Sarlat, a popular well-preserved medieval town. There are many sites to see including the Cathedral, several 16<sup>th</sup> Century manor houses, and the produce market selling fresh fruit, nuts and liqueurs so typical of the Perigord. You have two nights in Vitrac, a small village on the Dordogne River.

### Day 6: Around Vitrac

**cycling distance @ 37km**

Visit the grottos of Cougnac and continue onward along the Dordogne River valley with its many chateaux. You should make time to visit the Chateau and fortified village of Domme overlooking the river, and La Roque Gageac, an old river port constructed into the cliffs.

### Day 7: Vitrac – Souillac

**cycling distance @ 32km**

Today the cycling route follows the Dordogne River passing the chateaux of Veyrignac and Fenelon, and returns to Souillac, where you stay at the same hotel as on the first day (Day 1).

### Day 8: Departure day

Depart from Souillac after breakfast. Souillac is well-connected to Paris or Toulouse by train.

**Outdoor Travel** offers guided or self-guided cycling and walking holidays in many areas of Europe. We offer famous cycling trails such as the river rides from **Passau to Vienna** along the Danube or along the **Inn Bike Trail** from Switzerland to Austria. Travel too from **Vienna to Budapest** through Austria, Slovakia and Hungary, from the mountains near **Bolzano to Venice** in Italy, or across **Tuscany** or **Umbria**. If you prefer a leisurely cycle, ride around **Lake Constance** in Germany, Switzerland and Austria, or if you are up for a challenge, take on the **Camino de Santiago** in Spain or the **Coast to Coast** crossing in England. Other **Outdoor Travel** cycling destinations include Spain, France, Ireland, England and Scotland, Poland, the Czech Republic, Romania, China, Vietnam, Japan, South Africa, North America and New Zealand.

We also offer group guided **Bike and Barge** cycling cruises in many destinations including along the canals & rivers of **France, Belgium, Holland and Germany**, the **Amalfi Coast** or **Venetian Lagoon** in Italy or the **Dalmatian Coast** of Croatia, the many beautiful **islands of Greece**, or **Vietnam**.

## Contact Outdoor Travel for more details and reservations:

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