

Cycling Safaris

DORDOGNE 2017

Self guided Tour
304 km | 7 nights / 8 days



The Dordogne is a spectacular area of castles, gorges, cliffs and cave, all rich in history. This is the area where Cro Magnon was discovered, the earliest homo sapiens, and the scene of some of the bitterest fighting witnessed in the Middle Ages. Because of the continual conflict, the area became heavily fortified – not just the castles and towns or bastides but the houses, churches and farms. They are dramatic but the landscape is equally stunning, varying from vertiginous cliffs and gorges to wide fertile flood plains. There are many cave including the famous

one at Padirac rated as a 3*** attraction by Michelin. The Dordogne is famous as the home of truffles, foie gras, cepes and a cuisine based on duck and goose.

TOUR ITINERARY

DAY 1 Arrive Les Eyzies

We will arrange collection from Perigueux train station and transfer you to Le Moulin de la Beune in Les Eyzies. Our host, George Soulié, specialises in local cuisine and was awarded a 'Toque' by influential French restaurant guide *Gault et Millau*.

DAY 2 Les Eyzies to Beynac 35 miles / 56 km

On your bike for the first time, we follow the Vézère to its meeting with the Dordogne at Limeuil. This beautiful bastide town was once a strategic crossing point, but more importantly it's a great place for a swim. After lunch in Limeuil, you follow the Dordogne upstream, passing the Château de Milandes and Chateau Castelnaud on our way to Beynac, a small riverside village below the magnificent fortress of Beynac. You stay at the Hostellerie Maleville in Beynac.

DAY 3**Beynac to Payrac****30 miles / 48 km**

Today you visit a couple of spectacular sites, and venture into the wilds of France. The intrepid may walk up to Chateau Beynac, but everybody should visit Castelnaud as you cycle past, with its impressive museum of medieval warfare. From Castelnaud you

follow the Dordogne through Roque Gageac to Domme, a beautiful walled bastide atop a memorable hill – but the views are worth it!

Your afternoon ride takes you on tiny back-roads through empty farmlands (with the opportunity of strawberry scrumping in season). Past Payrac the scenery changes as you cycle through the limestone *causses* on your way to Cales.

DAY 4**Cales to Loubressac****27 miles / 43 km**

Today starts with a wonderful downhill to a fascinating fortified flour mill – the owner will almost certainly offer you some homemade *eau de vie* – say ‘Yes’ your peril!. A long but gentle climb brings you to Rocamadour, a spectacular town clinging to the side of the Alzou gorge. Your next stop is the famous cave of Padirac, with a boat trip 700 feet beneath the ground that takes you underneath a 250 foot Stalactite. Amazing! Tonight we stay at Loubressac, a truly beautiful village.

DAY 5**Loubressac to Gluges****27 miles / 44 km**

A lovely, easy ride starting with a slight uphill, then a dramatic descent through the beautiful gorge of Autoire heading for St Céré. From here you return to the Dordogne and follow it downstream to the tiny village of Gluges nestled beneath imposing cliffs.

DAY 6**Gluges – Sarlat****38 miles / 61 km**

This morning you can choose to canoe down the Dordogne and meet up with your bikes after a couple of hours of messing about on the river. In the afternoon you follow the south bank of the Dordogne, meeting a cycle path along an old railway line into Sarlat-la-Caneda. Though it’s busy, Sarlat is particularly beautiful, especially the medieval centre with its honey-coloured stone. Tonight we stay at the Hotel Compostelle.

DAY 7**Sarlat – Les Eyzies****33 miles / 53 km**

A morning cycling through beautiful countryside will take you via a coffee stop in Marquay to the prehistoric fortress of Roque St. Christophe, perhaps the most spectacular visit of a pretty spectacular week. Your last ride is a gentle 10km back to Les Eyzies, the chance to enjoy a cold beer on the banks of the river at the Moulin de la Beune.

DAY 8**Departure**

Transfers available to Perigueux train station.

2017 TOUR DATES

Arrival any day between 1 May – Sept. 23 2017

2017 TOUR PRICE

€1,245.00 euro per person sharing

+ €410.00 single room supplement if travelling with others

+ €200.00 additional solo supplement if travelling on your own

WHAT THE TOUR PRICE INCLUDES

- 7 nights hotel accommodation
- Luggage transferred locally
- Bike hire (Trek 7.3 FX) incl. fitting and set up
- Basic repair kit
- Helmet, if required
- Panniers, helmets, waterproof jacket, cycling jersey, water bottle
- Comprehensive road book
- Transfer from Perigueux train station to the start of tour (Les Eyzies)
- Transfer to Perigueux train station at tour end

Not included:

- Admission charges to the chateaux.
- Dinners

WHAT TO BRING

- Comfortable cycling clothing – padded cycling shorts and cycling gloves are invaluable.
- Hat, sunglasses, suntan lotion, swimwear.
- Casual clothes for evening. You may be grateful for something warm with long sleeves.
- Helmets, though not obligatory in France, are highly recommended. To be sure of comfort we suggest you bring your own helmet, however, in the event that you need a helmet, they are provided.

BIKE / FITNESS



We use Trek 7300 FX Hybrid 24 speed touring bike with aluminium frame and Shimano gear system.

Level of difficulty:	Dordogne - *** a hilly region, moderate fitness required.
Average daily distance	30 miles
Maximum daily distance	38 miles

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

TRAVEL INFORMATION

You will be met at the train station in Prigueueux and brought to the starting point at Les Eyzies.

At the end of the tour you will be brought back to the train station.

Please inform us about your arrival and departure times.

Both local transfers are included in the tour price.

Train Arrival and Departure Times from London. *Note: Check-in no later than 30 minutes before departure.*
Please check train times prior to departure

Suggested times:

From/To London:

Outward Journey	Depart London St Pancras International	07:31
	Arrive Paris Gare du Nord	10:33
	Depart Paris Montparnasse	12:27
	Arrive Bordeaux St Jean	15:42
	Depart Bordeaux St Jean	15:55
	Arrive Perigueux	17:27
	Transfer to Les Eyzies	
Inbound Journey	Transfer from Hotel	
	Depart Perigueux	08:38
	Arrive Bordeaux St Jean	10:15
	Depart Bordeaux St Jean	11:18
	Arrive Paris Montparnasse	14:40
	Depart Paris Gare du Nord	16:13
	Arrive London St Pancras	17:13

From /To Paris

Outward Journey	Depart Paris Montparnasse	12:27
	Arrive Bordeaux St Jean	15:42
	Depart Bordeaux St Jean	15:55
	Arrive Perigueux	17:27
	Transfer to Les Eyzies	
Inbound Journey	Transfer from Hotel	
	Depart Perigueux	08:38
	Arrive Bordeaux St Jean	10:15
	Depart Bordeaux St Jean	11:18
	Arrive Paris Montparnasse	14:40

Please take careful note of the train times above. Our transfers are scheduled to meet these designed trains, if these train times are inconvenient please contact us so that we can be sure of arranging appropriate transfers.

If you do miss the train, try and arrange to get on the next one. If you have to pay for another ticket you are responsible for the cost (depending on circumstances you may be covered by insurance). Call the owner of the first hotel and give them your name and arrival details.

All details on trains in France are available through the website www.raileurope.com/us/index.htm. It is very easy to use and tickets can be booked directly.

GENERAL INFORMATION

Food and Drink

What if I have any special dietary requirements?

Vegetarians are catered for (please advise if you eat fish). Vegans choice will be limited but they can be accommodated.

Is the water safe to drink?

Yes, it is important to drink plenty of non-alcoholic fluid each day.

Are beverages included with the meals?

No, all beverages are to your own account.