

# Dordogne Gastronomic Walk

Hotel-to-hotel  independent walking

- Wonderfully unspoiled scenery; well-marked tranquil paths
- Pinky-gold cliffs, forgotten river valleys, beautiful medieval villages
- Varied hotels, full of character, special gastronomic menus; swimming pools everywhere
- World-famous Stone Age art; unrivalled pre-historic treasures
- Baby deer, red squirrels, buzzards and kites; vibrant orchids, poppies, garlic and wild mushrooms

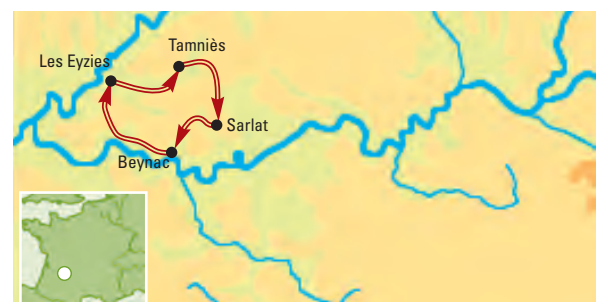


You explore the limestone cliffs, painted caves, wild wooded valleys and meandering rivers of Périgord, following marked paths linking some of France's finest fortified châteaux and hilltop fortresses. At the end of each day, you can look forward to an extravagant Périgord feast washed down with fine Cahors or Bergerac wines. Try the gourmet fare of *foie gras*, truffles, *confits d'oie* and the walnut liqueur *eau de noix*. You stay at a grand country manor, a rural family-run hotel with great views and a tiny family-run auberge on the banks of the Dordogne. All hotels have private swimming pools.

You visit the best sights in the region. The Valley of Pre-History shows how homosapiens lived around 20,000 years ago, and Sarlat's medieval magic will hold you spellbound. The towering strongholds of Beynac, Castelnaud, Domme and Montfort, built during the Hundred Years' War (1337-1453) have breathtaking views and your route also takes you to little-known châteaux hidden deep in the woods. You're never far from the Dordogne and Vézère rivers, so you often get the chance to swim and you can go fishing or canoeing too.

*"Everything seemed to go like clockwork - no hassles or worries and completely different. More than lived up to our expectations."*

*Mr Dempster*



## DORDOGNE GASTRONOMIC WALK | DAY BY DAY



### Day 1 Arrive in Sarlat

Our ★★★ hotel is a lovely country house, set in 3 acres of private pine woods, overlooking the Sarlat valley.

### Day 2 Sarlat to Beynac 17km/11mi/4.5hr

Sarlat has the highest concentration of mediaeval, Renaissance and 17C façades of any town in France and its richly ornamented stone buildings are protected by law. You feel like a time-traveller as you wander the narrow mediaeval streets peeping through archways into ancient courtyards. When it's time to leave, it's down through shaded woods and pretty villages to Beynac where you spend the next two nights.

### Day 3 At Beynac

Beynac is built on narrow terraces leading gradually to the top of a dramatic limestone crag overhanging the Dordogne. A steep footpath lined with C15-C17 stone houses takes you up to the castle where there's a breathtaking panorama taking in the serpentine sweep of the river and the spectacular C13 hilltop château. Visit the beautiful Jardins de Marqueyssac or go swimming, fishing, canoeing or take a trip in a flat-bottomed boat.

### Day 4 Beynac to Les Eyzies 22km/14mi/5.5hr

From Beynac you start off following the course of the Dordogne River along riverside paths, meandering through fields of maize, then climb up into the lively town of St Cyprien and via well marked paths through shaded woodland to your hotel set in lovely private gardens just outside Les Eyzies.

### Day 5 At Les Eyzies

Les Eyzies – an archaeologist's paradise – lies at the base of steep limestone cliffs crowned with evergreen oaks and junipers. The rock is riddled with caves and shelters inhabited by Stone Age man tens of thousands of years ago and the town is world-famous as the 'capital of prehistory'. The Grotte de Font de Gaume contains multi-colored paintings of animals and a remarkable frieze of bison.

### Day 6 Les Eyzies to Tamniès 24km/15mi/6hr

Leave Les Eyzies taking the GR6 path through sleepy hamlets and shady wooded valleys. First stop is the Roc de Cazelle - a troglodyte cave complex excavated in the cliffs and inhabited from prehistoric to mediaeval times (and even, allegedly, as recently as 1966!). Then it's on through woodland to the hilltop village of Tamniès for a refreshing dip in the pool.

### Day 7 At Tamniès

The pretty flower-filled village of Tamniès looks down on the Vallée de la Beune. There is an interesting C12 church housing an amazing multi-colored wooden crucifix. Not far from here is the C16 Château de Puy Martin, perched on a hill and renowned for its lush furnishings and tapestries. We provide full walking notes for a local circular walk; alternatively there's a sandy lake beach just 5 mins walk away where you can swim if you fancy a change from the hotel pool.

### Day 8 Tamniès to Sarlat 15km/9mi/4hr or 19km/12mi/5hr

Your walk from Tamniès back to Sarlat takes you through woodland and up through the hills - great views of the surrounding valleys - via Marquay and on through the sleepy village of Campagnac with its evocative château. Then you're on the outskirts of Sarlat, ready to savour its medieval delights again.

### Day 9 Leave Sarlat



## Dates and Prices

Departs every two days **Tour Only**

### 2012 departures

May 11-25, Sep 12-24	\$2,959
May 27-31, Jun 8-12	\$2,974
Sep 2-10	\$2,974
Jun 2-6, Jun 14-Jul 8	\$3,084
Aug 29-31	\$3,084
Jul 10-Aug 27	\$3,104
Child (any dates, see notes)	\$1,883

**Singles:** Add \$57 per night for sole occupancy of a double room.

**Child:** Over 2 and under 12, sharing with 2 adults.

**Room upgrade:** Prices from \$28 per person, per night, based on 2 sharing.

**Holiday type:** Independent walking, hotel-to-hotel, no minimum group size.

**Departs:** Every two days from May 11 to Sep 24.

**Duration:** 9 days (8 nights).

**Meals:** Continental breakfast and evening meals.

**Other details:** Shuttle Bus from Toulouse Blagnac Airport to Toulouse Matabiau Station payable locally cost approximately 5 Euro/\$7 per person per one way journey. For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

## Tailor-made travel choices

### Nearest Arrival Airport: Toulouse Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

**The above prices include our standard transfers:** Souillac train station at 15:08 Mon-Sat, 15:32 Sun (transfer to hotel, 45 mins, provided). **Return:** Souillac train station by 11:31 Mon-Fri, 12:27 Sun (transfer provided), (Brive train station by 11:59 Sat - Transfer to Brive 60 mins, provided).

**Rail Options:** Toulouse Matabiau to Souillac 13:22/15:08 Mon-Sat, 13:46/15:32 Sun. Return: Souillac to Toulouse 11:31/13:20 Mon-Fri, 12:27/14:16 Sun. (Brive to Toulouse 11:59/14:08 Sat).

**Second Class French Rail:** Add \$97 per person, round trip.

**First Class French Rail:** Please phone for details and prices.

**Tour only:** Transfers included from Souillac train station at 15:08 Mon-Sat, 15:32 Sun and back to Souillac train station departing hotel at 10:20 Mon-Fri, 11:20 Sun and back to Brive departing hotel at 10:15 Sat.

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## DORDOGNE GASTRONOMIC WALK | WHERE YOU STAY

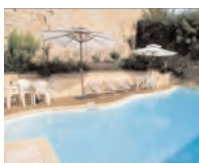


Hostellerie de Meysset

★★★

Sarlat

Days 1+8



Hotel du Château

★★

Beynac

Days 2+3



Hotel les Glycines

★★★

Les Eyzies

Days 4+5



Hotel Laborderie

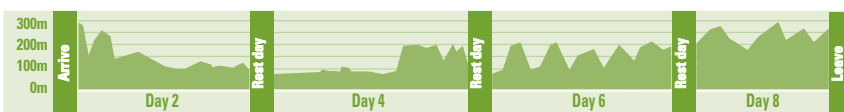
★★★

Tamniès

Days 6+7

For extra nights we recommend Sarlat, and city add-ons can be arranged in Toulouse.

## DORDOGNE GASTRONOMIC WALK | WALKING DETAILS



Peaceful well marked walks mainly through forests, sunflower fields and along riverside paths. Gentle hills only so no need for a head for heights.



Average daytime temperature (°C):

24 27 29 29 24  
MAY JUN JUL AUG SEP



Average monthly rainfall (mm):

61 65 56 70 84  
MAY JUN JUL AUG SEP

Further details at [www.breakaway-adventures.com](http://www.breakaway-adventures.com)