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BLACK PÉRIGORD, BETWEEN HISTORY AND PREHISTORY

Self guided 6 days / 5 nights

Black Perigord is the fruit of nearly 440,000 years of history. Today, it is known for the exceptional richness of its historical, architectural and gastronomic heritage. It concentrates a multitude of internationally renowned sites: prehistoric caves, troglodyte sites, medieval villages, castles, abbeys, churches ... Finally, the Périgord, it is also a gastronomy out of the ordinary associating all the products of its soil in a kitchen rich and inventive. This hike links three major exceptional sites: Lascaux / Montignac, Les Eyzies / Sarlat.

ITINERARY

DAY 1: MONTIGNAC

Night at the hotel - Half board

Welcome to your hotel at the end of the afternoon in Montignac, in the Vézère valley. Choose preferably as day 1 a Sunday or a Thursday, to enjoy the day 7 of the market in Sarlat.

DAY 2: VALLÉE DE LA VÉZÈRE - MONTIGNAC - THONAC

Half board at the hotel / 8.5 km / Walking time : 2 to 3 h / Elevation : + 205 m / - 215 m

You can spend the morning visiting the new Lascaux 4, the new International Center for Parietal Art, housing a 100% copy of the Lascaux cave. This new museum is 1 km from the center of Montignac. In the afternoon, you start your hike in the Vézère valley. Climb to Quatre Chemins and the site of Thot and Espace Cro-Magnon, coupled with CIAP and complementary to know even more about our distant ancestors. Descent to the village of Thonac, Half board in hotel.

DAY 3: SERGEAC -ROQUE SAINT CHRISTOPHE - LES EYZIES

Half board at the hotel / 21 km / Walking time : 6 h / Elevation : + 560 m / - 560 m

From the hamlet of Sergeac located on the left bank of the Vézère, the route quickly leads to the authentic prehistoric shelters of Castel Merle. Passing the hill of La Souquète to reach the exceptional troglodyte site of Roque Saint-Christophe. Move then right bank until Lespinasse, then Tursac on the other bank. The final itinerary is done by the top of the relief of the Jarjottes, descent on Les Eyzies, the capital of the prehistory with its national museum and the shelter Cro-Magnon.

DAY 4: LES EYZIES - BOYER / LAMY

Half board at the hotel / 16.5 km / Walking time : 4 to 5 h / Elevation : + 510 m / - 415 m

From Les Eyzies, you can visit the inescapable grotto of Font de Gaume (polychrome paintings). Then climb to Le Repaire before crossing the valley of Little Beune. Go back to the village of Sireuil before reaching the castle of Commarque in the valley of the Beune, a little mysterious site ... Back to the Little Beune passing near the

dry stone huts of Breuil, visit possible with a small detour. Step on the hill in the heart of the forest Périgord at Boyer or Lamy.

DAY 5: VALLÉE DE LA DORDOGNE

Half board at the hotel / 14 km / Walking time : 4 à 5h / Elevation : + 450m / - 355 m

Transfer to the castle of Milandes on the Dordogne valley. The route leads you to Castelnaud, a beautiful golden stone village nestled at the foot of its feudal castle. Following the left bank of the Dordogne, we reach Cénac, a round trip allows you to go to discover the Bastide de Domme and its magnificent point of view on the valley. Night in a hotel near the Port of Domme.

DAY 6: VALLÉE DE LA DORDOGNE

Half board at the hotel / 12,5 km / Walking time : 4 h / Elevation : + 230 m / - 215 m

The route of the day along the "Esperance River" by some of the most beautiful villages in the valley of the castles. We quickly joined La Roque-Gageac, nestled between cliff and river. Shortly after, you pass by the castle of Marqueyssac and its beautiful sculpted boxwood gardens before crossing Vézac and reach Beynac and Cazenac, another medieval village on the banks of the river, overlooked by an impressive fortress. Late afternoon, short transfer to Sarlat. 1/2 board in hotel in Sarlat.

DAY 7: SARLAT CAPITAL OF BLACK PERIGORD

Visit of Sarlat

Free day to visit Sarlat in peace, its narrow streets, medieval houses, its market Wednesday mornings and Saturday all day, its restaurants In the afternoon, transfer back to the Vézère valley in Montignac.

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Disclaimer

Visits are given as an indication as opportunities to be included in the day of the tour, visits are not included in the package. The program was established according to the latest known elements when it was written; imponderables are always possible and situations beyond our control can modify the course.

LEVEL

WALKING OR ACTIVITY TIME

3 to 5 hours of walking per day (Day 3 : 6 hours walking).

CONSECUTIVE DAYS OF ACTIVITIES

7 days / 6 nights.

5 days hiking.

ENGAGEMENT

Difference in elevation : from 205 to 560 meters, no special technical difficulties. The routes take place on good trails and hiking trails with a few portions of small country roads. Be careful, the walking times do not take into account the time of visits.

EXPERIENCE REQUIRED

Practice a sporting activity 1 to 2 hours a week, walk regularly and 2 months before your departure, reinforce

your endurance 2 times a week.

DATES & PRICES

Half-board formula from J1 to J7

From 01 April to 31 October

2 TO 6 PEOPLE TRAVELING TOGETHER

For 2 people (2 people in the room) :

Backpack : **825 €**

Luggage transportation : **895 €**

From 3-6 people :

Backpack : **720 €**

Luggage transportation : **825 €**

Single room :

Backpack : **1115 €**

Luggage transportation : **1185 €**

1 PERSON TRAVELING ALONE

Backpack : **1285 €**

Luggage transportation : **1430 €**

OPTIONS

Extra night in a hotel *** in Montignac with half board :

Room for 2 people (price / pers) : **107 € / pers**

Single : **145 € / pers**

OUR PRICE INCLUDES

ACCOMMODATION

Hotel accommodation ** and ***

MEALS

½ board from dinner Day 1 to breakfast Day 7.

TRANSPORTS

Depending on the option chosen. Luggage transport every day from accommodation to accommodation if you pay this option.

EQUIPMENT

The Road Book (documentation for the realization of the hike). A logbook is provided by registration file.

VARIOUS

Tourist taxes From day 1 to day 7

OUR PRICE DOES NOT INCLUDE

MEALS

All the lunches of the stay.

Drinks and personal extras.

VARIOUS

Visits are not included in the package ; they are given as an indication as long as the possibility is included in the day of hiking.

Cancellation insurance, baggage, interruption of stay and assistance repatriation : 3.95% of the price of your trip.

Compulsory registration fee : 15 € per file

PRACTICAL INFO

ACCOMMODATION

Half board in hotels ** and ***

Most of them have a garden and / or swimming pool.

FOOD

Dinners and breakfasts are taken in the restaurants of hotels or partner restaurants. Picnics at your expense, shops at most stages.

Upon reservation in advance, they can provide packed lunches (not included, payable locally).

CLIMATE

We are in the southwest, the climate is mild, can be quite hot and dry in July and August.

HOW TO GET THERE

Our stays are specially designed from station to station; an incentive to use the least polluting means of transport.

For your pre-routing in a personal vehicle, consider carpooling.

Example : <http://www.covoiturage.fr> on which you can search for an ad or deposit yours.

IF YOU TRAVEL BY TRAIN

Railway station Brive or Périgueux, then taxi to Montignac (45 km or 60 km)

Taxi LORIDAN in Montignac - Tel: 05 53 51 80 46

IF YOU ARE TRAVELING BY CAR

To prepare your itinerary, consult the websites www.viamichelin.fr or www.mappy.fr

In Montignac, free parking near the hotel. If you travel by plane Brive - Souillac airport, for more information visit www.aeroport-brive-souillac.com

Airport, for more information visit www.bergerac.aeroport.fr

Then taxi to Montignac - Taxi LORIDAN in Montignac - Tel: 05 53 51 80 46

BEFORE AND AFTER STAY

Possibility of extra night before or after your hike half board in Montignac.

Possible also on Les Eyzies, Domme and Sarlat, to consult us

DOCUMENTATION PROVIDED FOR THIS HIKE

2 IGN cards at 1 / 25,000 ° 1 / 25,000 °

Map extracts with the routes 1 topo-guide (description of the hikes day by day)

MARKING

The proposed circuits use, from time to time, red and white markers (GR) and red and white markers, as well as blue, yellow or green hiking trails (PR). Some portions of the route are not marked. It is therefore necessary to know how to use the map and the compass.

ENVIRONMENT

In order to develop a synergy between the Sensitive Natural Spaces and Environmental Education policies, the Department adopted, by deliberation of the General Council on March 24, 2000, the principle of labeling certain places of public reception, under the name " POLLEN PERIGORD "(Environmental Labeled Poles). By this labeling, the Department wishes to encourage the awareness of all audiences: school, professionals, scientists or tourists to the richness of the natural heritage of the Dordogne and, more broadly, the preservation of our environment. The local development of its policy regarding the enhancement and protection of natural environments, the networking of these different places of reception. To date, 12 structures distributed throughout the department have obtained the POLLEN label by signing a Charter that defines the objectives of the network, its scope, as well as the commitments of the Department and the signatory organization. . POLLEN-labeled structures have special origins and skills in a wide variety of fields. They offer a wide range of activities aimed at both children (schools, recreation centers, students, etc.) and adults.

RECOMMENDED EQUIPMENT

CLOTHING

for maximum comfort, prefer a "multi-layer" clothing system: warm underwear (tights + jersey) type "carline" or "capilene" (hollow fibers wicking perspiration) + sweatshirt or fleece jacket + mountain jacket and overpants with waterproof and breathable membrane ("gore tex" type or equivalent) for bad weather. In general and outside warm climates and countries, avoid cotton that retains moisture close to the body (and hard to dry) in favor of suitable synthetic materials.

- canvas pants - short - T-shirts
- several pairs of hiking socks
- 1 rain cape covering hiker and backpack. If you have very technical tracksuits (see above), it is possible to cover only the backpack with a rain bag protector. The umbrella meanwhile is less convenient, especially in case of wind or thunderstorm
- 1 sun hat, the ideal being a Saharan type cap with visor and neck protection
- 1 scarf to protect yourself from the sun and / or the wind
- 1 hat and 1 pair of gloves, depending on the season and altitude : always have them at the bottom of the bag.

SHOES

1 pair of hiking boots (with waterproof and breathable membrane, type "gore tex" or equivalent) in which you are good! We must "break" the new shoes before going on a ride by wearing a few weeks before to avoid the inconvenience of light bulbs and warm-ups ...

OTHER EQUIPMENT

- 1 (or 2) pair of sunglasses with glasses of index 3 minimum.

- 1 large solid plastic bag to wrap clothes and belongings in the backpack (in case of heavy rain)
- 1 water container preferably isothermal at least 1 liter. Drinking is essential for hiking, 2 water container of 1 to 1.5 liters will not be luxury in summer and / or in dry and hot areas.
- 1 folding knife type Swiss knife + cutlery + tumbler.
- 1 tupperware bowl with lid for picnics.
- toilet paper, facial tissues.
- 1 pair of telescopic sticks, optional, but they serve to balance and lighten the weight of the body in descent, and help during the climb by pacing the march and in addition to pushing.
- 1 compass (recommended).
- 1 pouch to hold your papers and values: passport or identity card, insurance contract, vital card, vaccination certificate, plane tickets, train, credit card, money ...) 1 small personal pharmacy (Attention non exhaustive list to adapt according to your own medical needs): pre-cut sterile dressings, local antiseptic for external use (wounds), Elastoplast and / or double skin (ampoules), analgesic paracetamol type, Antidiarrheal and antiseptic intestinal, antisapsmodic, antihistamine (allergy), physiological saline or eye drops, light sleep aid, high protection skin and lip cream, Biaffine moisturizing cream (sunburn and burns), cream or mosquito spray, Arnica Montana granules 9 CH (aches) ...

FOR THE EVENING

1 pair of light shoes, type sandals.