OUTDOOR TRAVEL
THE ACTIVE HOLIDAY COMPANY

WALKING HOLIDAYS IN EUROPE

2012

FRANCE – HISTORIC DORDOGNE & ROCAMADOUR

8-days / 7-nights self-guided inn-to-inn walking holiday

This 8-day self-guided moderaterately graded walking tour offers an opportunity to explore a fascinating region of France. The “Dordogne” refers to both the French *Department* or to the river that rises in the mountains of the Massif Central flowing westwards to meet the River Garonne at Bordeaux. This is one of the longest rivers in France and it is also oone of the most beautiful. Before it was named “Dordogne”, the area was known as “Perigord” taken from "Petrocaurii", the name of the tribes of Gauls that inhabited the region 2000-years ago.

This walk allows you to traverse a countryside with a well-documented history going back over 50,000-years. When early man first arrived in the region – leaving his equisite and world reknowned cave paintings at nearby Lascaux - he undoubtedly found a green and pleasant land with good hunting, shelter and a favourable climate. Perhaps the living was easier then than in medieval times when history records dominant warlords, marauding armies, crippling taxation and plague. There are many castles, churches and historical monuments in the region.

Here today, apart from some excellent walking routes, gastronomy is king and the duck and goose are very much the mainstay of the rich cuisine. Foie gras appears on most menus and in shops - it is the fattened liver of either duck or goose with a rich buttery taste – but if you don’t like the sound of the fois cras then look out for magrets, which are juicy duck breasts, often accompanied by a truffle sauce, another specialty in the region. And of course, there are some superb local wines to enjoy….

Departs: Daily on demand – from mid-April to end of October 2012

Grade: Moderate walking in a rolling countryside. Walks of 4-6 hours a day of 14 -20km

Cost: AU$1430 per person (twin share)
AU$490 single supplement AU$180 solo traveler supplement

Tour includes:

- Overnight accommodation in 2 or 3-star hotels with 7 breakfasts & 5 dinners
- Luggage transportation on walking days
- Detailed walking route notes (in English) and route maps
- Local contact if support is required

Not included:

- Meals other than those shown or drinks with dinners, personal expenses
- Transport to the start or from the end of the walk

Extra nights of accommodation can be arranged (at extra cost) in Souillac or St Cere – ask for details

CALL OUTDOOR TRAVEL FOR DETAILS & RESERVATIONS on 1800 331 582

Suggested itinerary:

Day 1: Arrive in Souillac
Arrive in Souillac and explore the narrow streets of the fascinating old town quarter and its 11th century Romanesque church.

Day 2: **Souillac to St Sozy**
Leave Souillac following the trail through the woods above the Dordogne with magnificent views of the many picturesque small farms and villages below. Take a riverside path from Blanzaguet to St Sozy and explore some of the interesting caves on your way to Meyronne.
17.5km, 1,148ft of ascent, 4hrs 45mins

Day 3: St Sozy to Rocamadour
Walk across the valley gently ascending steadily onto the *"Causse"* de Gramat, a high limestone plateau. Follow a pleasant trail through green and fertile countryside to the village of Rocamadour - clinging to the side of a narrow gorge – an important stopping point for pilgrims on the way to Santiago on the way of St James.
14km, 885ft of ascent, 4hrs

Day 4: Explore Rocamadour – with optional circular walking route
Free day to relax and explore the medieval town of Rocamadour and its seven religious sanctuaries. There is much to see both in and around Rocamadour.

Day 5: **Rocamadour to Loubressac**
Walk cross the limestone plateau to Alvignac, where there is an opportunioty to taste the local spring waters. Continue through the Combe *Molière* valley and visit the subterranean cave system at Padirac. In the afternoon pleasant sandy paths lead you on to the village of Loubressac.
20km, 984ft of ascent, 5hrs

Day 6: **Loubressac to St Cere**
Follow the edge of the rocky plateau descending to the charming village of Autoire, nestled in a gorge, with many fine old houses. The trail continues past the Château de Presque to the village of St Jean-Lespinasse. On the way to St Céré, stop to visit the elegant Château of Montal.
16km, 1,480ft of ascent, 4hrs 45mins

Day 7: **Explore St Cere – with optional circular walking route**
Free day to relax and explore the pleasant old market town of St Céré. There is an optional local walk in the surrounding hills.

Day 8 Departure
Tour ends after breakfast in St Céré

Outdoor Travel offer a wide range of guided or self-guided walking holidays in most regions or France, Italy and most destinations in Europe.

Contact Outdoor Travel for more itinerary details and reservations

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