

FRANCE - DORDOGNE & PERIGORD

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



A moderate self-guided inn-to-inn cycling holiday through Dordogne and the Perigord. Over undulating terrain with some steep climbs, this is the perfect way to work up an appetite and to explore the most famous gastronomic region of France. It is a world of lush, wooded valleys, castles and bastides, fortified villages, gently meandering rivers, verdant pastures, wine, walnuts, geese for foie gras and warm sunshine. Visit Neolithic cave dwellings, medieval villages, eerie grottos, historic chateaux. This is authentic France, this is Dordogne!

Ride on quiet side roads and greenways to some of the most beautiful sites in this region of France, the Périgord Noir. Departing from Sarlat-la-Canéda, a well-preserved medieval town nestled between the Dordogne and Vézère rivers, you cycle the valleys of both rivers, discovering some of *les plus beaux villages* in France. Visit the pilgrimage site of Rocamadour in its dramatic setting on the cliffs of the Alzou gorge; charming little Tamniès; the medieval market town Souillac; Montignac, within easy reach of the caves of Lascaux; and Les Eyzies, the 'world capital of prehistory' with many important paleolithic sites. The rivers of the region – the Dordogne, the Vézère, the Lot, and their tributaries – are your constant companion as you cycle through the lush green landscape.

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 offers a memorable active holiday experience. You have 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.

Departs: Daily departures on demand from 1 April to 31 October 2026

Cost from: **\$2470** per person twin-share Upgrade accommodation supplement from \$750 per person
Single room supplement from \$795 Solo traveller supplement from \$375

Includes: 7 nights' accommodation in comfortable, charming hotels and guesthouses in rooms with ensuite; 7 breakfasts, 2 dinners; hire of multi-geared hybrid touring bicycle with lock, repair kit, pannier, handlebar bag (helmet also included if requested); luggage transfers; route book with maps and travel information; GPS tracks by app; emergency telephone support.

Not included: Meals not mentioned, drinks, personal expenses, optional visits or entry fees, local city taxes (paid locally), travel to the start/end of the tour, bike insurance (can be added at extra cost, please ask when booking).

Terrain: 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 touring bikes, is within the capability of most reasonably fit cyclists who cycle regularly. **E-bikes** are available for a surcharge – they 'flatten out' the hills, make distances feel shorter and allow cyclists of different abilities to ride together.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested itinerary:

Day 1: Arrive in Sarlat-la-Canéda

Plan to arrive at your hotel in Sarlat mid-afternoon. Sarlat has a small railway station with direct services from Bordeaux or Libourne, or you can take a train to Souillac then a local bus or taxi. Sarlat is a jewel of the Black Périgord, a well-preserved medieval village which sprang up during the 9th century around a large Benedictine abbey. There are many sites to see including the Cathedral, several 16th century manor houses, and the produce market selling fresh fruit, nuts and liqueurs so typical of the Périgord.

Day 2: Sarlat – Souillac

cycling @ 30km

The day's ride is a short one, allowing for a leisurely morning exploring Sarlat's narrow streets and architectural riches. If you are here on a Wednesday or Saturday, visit the market. Leave Sarlat on a cycle path on the old railway line to Cazoulès. This easy route offers a varied landscape, in the shadow of cliffs, between forests, small villages on the banks of the Dordogne and the countryside. From Cazoulès it's just a bit further to Souillac. The 12th-century Byzantine/Romanesque Abbey of Ste Marie is worth a visit.

Day 3: Circuit ride to Rocamadour

cycling @ 42km

This circular route takes you first to the small village of Lacave, on the edge of the Dordogne, before heading to the pilgrimage city of Rocamadour, clinging to the steep sides of a gorge. An important stop on the Way of St James, Rocamadour has many UNESCO World Heritage-listed religious sites, including the Basilica Saint-Sauveur, the crypt reputedly of St Amadour, and the Notre Dame chapel of the Black Madonna.

Day 4: Souillac – Tamniès

cycling @ 40-50km

If you are in Souillac on a Friday, allow time to explore the market near the Place du Beffroi. The day's ride takes you through authentic Périgord. You may like to visit the manicured gardens and topiary at Eygnac; the village of Salignac, with its old Périgourdine houses built around a medieval castle; and further on, the village of Saint Génies and its magnificent church with its lauze roofs. Spend the night in pretty little Tamniès on the Beune River.

Day 5: Tamniès – Les Eyzies

cycling @ 41km

The attractive village of Montignac offers the option of visiting Lascaux, with its outstanding display of paleolithic cave paintings. Then you cycle through the heart of the Vézère valley, passing the bucolic village of Saint-Léon sur Vézère, then the limestone troglodyte cave at Roque Saint-Christophe. Finish the day in Les Eyzies, nicknamed the 'world capital of prehistory' for its numerous Cro-Magnon era sites and the National Museum of Prehistory.

Day 6: Les Eyzies – Siorac or St-Cyprien

cycling @ 46km

Continue through the green Vézère valley to Le Bugue, with its open-air museum showing life in rural France in the early 1900s. Pass through Limeuil at the confluence of the Vézère and Dordogne rivers. Head south to Cadouin and its magnificent World Heritage-listed abbey. Then continue alongside the Dordogne to Siorac or Saint Cyprien.

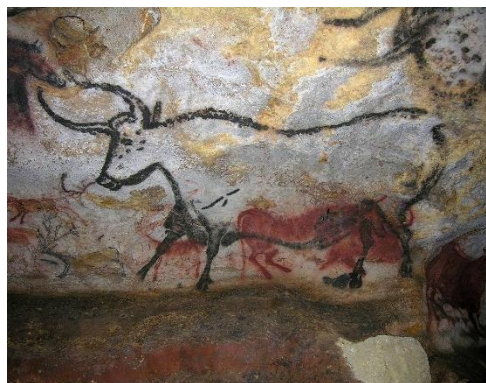
Day 7: St-Cyprien – Sarlat

cycling @ 42km

Immerse yourself in the heart of the Black Périgord and discover the most beautiful chateaux and villages of the valley. Chateau des Milandes (once home to Josephine Baker), then the fortresses of Castelnaud and Beynac, La Roque Gageac, an old river port built into the cliffs, and the hilltop bastide town of Domme, are all highlights of the day. Return to Sarlat, where you stay in the same hotel as the first night.

Day 8: Departure day

Tour arrangements end after breakfast.



Contact Outdoor Travel for more details and reservations:

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