



## BIKING IN DORDOGNE: 5 NIGHTS "Family Adventure"



# EXPLORE FRANCE AT YOUR OWN PACE

## Day 1: Arrival in Sarlat

Welcome to the Dordogne! Upon your arrival at Souillac or Sarlat train station we meet and transfer you to your first hotel. After freshening up, a bike fitting and a short orientation with your maps, routes notes, etc... After settling in to your home for the next four nights, you'll have time to explore the medieval town of Sarlat. This incredible UNESCO heritage site, the largest Medieval ensemble in Europe, is best explored in the evening, when the beautiful "lauze" stone roofs and tiny cobblestoned streets are lit up beautifully by the municipality.

## Day 2: Biking and Canoeing the Dordogne 28 Km / 17 Miles

The loop ride for the day is one of the most picturesque, passing through some of the "prettiest villages of France" (this is an official national rating) and castles lining the river that warred across from each other... You will discover typical village such as Beynac, with its imposing castle built by the Barons of Beynac - directly across the river from its enemies at Castelnaud. Pass also through La Roque Gageac, with its narrow houses flat against the cliff side overlooking the Dordogne, built around original troglodyte dwellings. At the end of your bike ride, you dismount from the bikes and take to canoes, for a lovely descent of the Dordogne paddling with your arms instead of pedaling with your legs! We transfer you back to Sarlat at the end of the canoe ride.



## Day 3: The Banks of the Dordogne River 32 Km / 20 Miles

After a relaxed breakfast, we transfer you the short distance up to the top of the hills above the Dordogne River, to the impressive Chateau of Fenelon. As with so many of the region's castles, the site was attacked, damaged, and rebuilt a multitude of times over the centuries, but is quite tranquilly picturesque today. The medieval fortress is particularly stunning, and the private owners are happy to give you a tour. Afterwards, you'll appreciate starting high, with a wonderful downhill through the small village of the chateau, back to the banks of the river. After crossing the bridge, follow the fantastic bike path, many parts of it shaded, along the bends and curves of the Dordogne, and passing through villages, all the way back to Sarlat.







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#### Day 4: Guided Day: Discovery of Prehistory

Your guide will meet you at the hotel after breakfast, to take you on a day of discovering the region's rich prehistory heritage. The Dordogne is renowned worldwide for its prehistoric dwellings, shelters, paintings, and sculptures. Your guide will share the passion of the researchers and regular people who have contributed to this fascinating culture. You'll visit the Roque St Christophe troglodyte village, and of course also tour the incredible complex and reproduction at the Lascaux IV site. The original site, nearby, is closed to the public to preserve the fragile paintings; it was discovered by accident in 1940 by a local, and his dog, Robo, and has over 2000 paintings, most of them of animals, with the largest (in the Hall of Bulls) being over 5 meters long! Return to Sarlat at the end of the afternoon.



#### Day 5: The Squirrel Forest Ropes Course 28 Km / 17 Miles

You ride out of Sarlat a final time today, headed through beautiful scenery, in the middle of the Dordogne's rich countryside, where truffles and cep mushrooms, walnut orchards, and grapes grow. The destination is right in the heart of some of the region's lush forest, to the "Squirrel Forest" Ropes Course. At this great site, the whole family can enjoy a day of obstacle course, zip line, and safe adrenaline, at the tops of ancient trees. The different levels of difficulty amongst the over 170 different obstacles (and 50 ziplines), allow for everyone to have a great time! At the end of the day there, it is a short ride back to Sarlat for your final evening.

#### Departure – Bon Voyage!

After a final breakfast, say goodbye to Dordogne until next time.

#### What's included in your Family Dordogne Bike Tour

- 5 nights' accommodation of the comfort level of your choice: CLASSIC, CLASSIC+ or DELUXE
- Hotel taxes, all breakfasts
- Fully equipped hybrid bike for the adults and appropriate bike or equipment for the kids
- Orientation with our Trip Manager
- Step-by-step route instructions and maps
- Uploadable GPS files to use on a free APP
- The canoe ride
- The day at the Squirrel Forest ropes course
- A Private fun, English-speaking guide for the guided prehistory day; Entries to La Roque St Christophe and Lascaux IV
- Regional information and advice
- Transfer to and from Sarlat train station
- Phone call support 7 days a week

