

Cycling by hybrid bike in the Périgord Noir

The most beautiful routes of the Périgord Noir by bike 6 days 5 nights including 5 days of cycling



This 6-day cycling trip allows you fully discover the rich heritage of the Périgord Noir.

The Périgord Noir, a jewel of French heritage, lends itself very well to mountain biking.

Passing between Sarlat, Lascaux, the Eyzies of Tayac, the Châteaux of Beynac, Cazenac and Castelnaud or Domme and the Roque Gageac, this trip is a true journey through time, stretching from the prehistoric era all the way to the medieval period !

Riding along small lanes and through charming villages, you will discover the hidden jewels of the area, whilst avoiding busy roads to really enjoy each turn of the pedals.

This circular route starts and ends in the magnificent town of Sarlat, a delightful place for lovers of both history and cycling!

A stunning loop taking in 6 days of discovery, starting and finishing in Sarlat.

KEY POINTS :

- The most beautiful sites of the Périgord Noir.
- Circular route from Sarlat.
- New discoveries every day, from castles to caves!

PROGRAMME

Day 1 : Arrival and night in Sarlat.

Discover the town. Night in Sarlat in a hotel on a B&B basis.

Day 2 : From Sarlat to Montignac-Lascaux

Level 1 : 32km AD (Altitude Difference) +400m

Setting off from Sarlat, capital of the Périgord Noir region known for its pretty medieval centre, you head north towards the Périgourdin villages of Proissans, La Chapelle Aubareil and Valojoulx. Next, head towards Montignac-Lascaux and its famous caves, via the very pleasant Vallée de la Vézère which is criss-crossed by the river of the same name.

OR Level 2 : 45km AD+715m

Level 2 of this stage takes you on a trip to discover the beautiful gardens of the Manoir d'Eyrignac, through the villages of Salignac and St Amand de Coly, before a ride along beautiful roads to reach the famous village of Montignac-Lascaux.

Night in Montignac-Lascaux in a hotel on a B&B basis.

Day 3 : From Montignac-Lascaux to Eyzies de Tayac

36km AD+500m

Head south-west through the Vallée de la Vézère and observe the pretty Château de Losse. You will then continue through Thonas before taking a short break to visit what is officially one of the 'Most Beautiful Villages of France', Saint-Léon sur Vézère, located on a bend of the Vézère. Finally, before arriving in the small village of Eyzies, you will pass by the Roque Saint-Christophe, a well-preserved troglodyte site, nestled into the limestone cliffs

Night in Eyzies de Tayac in a hotel on a B&B basis.

Day 4 : From Eyzies de Tayac to Beynac-Cazenac

30km AD+450m

After an overnight stop in the world capital of prehistory, the Eyzies de Tayac, you continue your ride into the heart of the forest, to the Redon Espic priory. Next, via a pretty forest track, you reach the Vallée de la Dordogne. Follow the river to arrive in Beynac-Cazenac and its beautiful château.

Night in Beynac-Cazenac in a hotel on a B&B basis.

Day 5 : Loop around Beynac-Cazenac

35km AD+475m - Possibility to shorten the route at Château des Milandes : 20km - 270m AD+

Today, you will set off on a beautiful loop to the south of Beynac. You will uncover the Châteaux de Fayrac and des Milandes, the latter being the former home of Josephine Baker. Next, cross the pretty village of Allas-les-Mines and marvel at the very beautiful and well-preserved château. Night in Beynac Cazenac in a hotel on a B&B basis.

Day 6 : From Beynac to Sarlat

32km AD+460m

Head north-east from Beynac towards two of the most beautiful villages in France: La Roque Gageac, which sits at the base of a cliff, on the banks of the Dordogne, and Domme, a royal bastide overlooking the valley. Before you reach Sarlat and the end of your circuit, take time to enjoy the magnificent Cingle de Montfort, shortly before arriving in Carsac-Aillac.

End of trip in Sarlat.

DURING YOUR STAY

SUPERVISION :

Self-guided cycling:

You set off alone, equipped with the orientation equipment provided by us: a detailed digital roadbook and GPS traces, to discover the circuit which has been designed by our team. You will be guided by the instructions we have carefully prepared with the highest level of precision.

LUGAGGE :

You only need to carry what is required for the day and your picnic. Luggage is transported by vehicle. Please respect the baggage limit of one bag per person, maximum weight of 15kg/bag.

ACCOMMODATION:

Nights in a double room in hotels on a bed and breakfast basis (night and breakfast included).

Except in Sarlat where you will stay in a B&B.

We have selected accommodation for their high quality, comfort and warm welcome: in order to take advantage of this, please reserve your accommodation as early as possible.

FOOD :

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialties. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialties.

Picnics are not included.

NUMBER OF PARTICIPANTS:

Free departure available from two people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

FORMALITIES

- A valid official ID.
- We recommend travel insurance with repatriation included.

DIFFICULTY LEVEL

Physical level: 2/3

Stages of 32 to 45km per day with positive altitude differences of 400 to 715m per day.

PERIOD:

From April to October. High season in July and August (extra cost applies)

DEPARTURE AND MEETING POINT:

Departure from Sarlat.

How to get there :

By car: Motorway A20 :From Paris, exit 51 ; From Toulouse, exit 56 ; from Bordeaux, exit 16

By train : Sarlat SNCF station.

By plane : Toulouse airport then train.

THE PRICE INCLUDES :

- Accommodation on a B&B basis
- Digital roadbook with GPS traces in .gpx format.
- Daily transfer of luggage: 1 bag per person, 15kg maximum
- Daily logistics and organization costs

THE PRICE DOES NOT INCLUDE:

- Dinners and picnics
- Drinks
- Personal expenses
- Picnics
- Personal cycling equipment (helmet, gloves)
- Bikes
- Entry into tourist sites
- Parking
- Insurance

OPTIONS :

- Single room (extra cost applies)
- High season in July and August (extra cost applies)

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of baggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

2 bags: 1 small saddle or handlebar bag, about 10L, containing what you need for half a day, your phone, camera, raincoat etc.

1 piece of luggage to be transported by vehicle.

VTT (mountain bike) OR VTC (hybrid bike) (ROAD BIKES ARE NOT SUITABLE)

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- > Carefully check that the chainrings and number of teeth are suitably adapted to both the route and you
- > A well set-up bike computer
- > A map holder for the bike
- > The tyres are well inflated and in good condition
- > The cables and chain are in good condition
- > Transmission elements are clean and oiled
- > The wheels are well attached
- > The brakes are in a good state (concerning wear)
- > The headset and steerer tube have been checked.

And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- > 1 spare tyre and 2 inner tubes
- > A pump
- > Tyre levers
- > A multi-tool
- > Small pliers
- > A chain tool

In addition to that, you can put together your own repair kits and we will transfer along with your larger luggage. You should include:

- > Brake cable (front and back)
- > Cable covers
- > Spare spokes
- > Derailleur cable
- > Chain oil
- > A rag
- > A lock

EQUIPMENT

- > A bike helmet (obligatory!) + a hat and headband
- > Bike gloves
- > Sunglasses
- > Bike shorts and leggings
- > Breathable t-shirt T-shirt respirant (avoid cotton)
- > A race jersey

DAILY BACKPACK

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs (see above)
- > A windbreaker (waterproof)
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Your mobile phone

PICNIC (NOT INCLUDED)

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- > Cutlery (fork, folding knife, spoon).

LUGGAGE

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

PHARMACY

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

AFTER YOUR RETURN

Tell us what you think ! And to ensure that these great travel memories are not lost, we would be extremely happy to receive your photos, videos, montages, comments...created during your trip.

AT YOUR SERVICE

The entire La Rébenne team is at your disposal to ensure your stay goes to plan, so please do not hesitate to contact us: we will do everything possible to make your trip a success.

Your can contact us by:

- Telephone : 05.61.65.20.93
- Mobile: 06.81.53.77.75
- Email : contact@larebenne.com
- Letter: 10 rue de la Comédie - 09000 FOIX

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