

Walking tour in the Périgord Noir

Self-guided tour in hotels or guest houses
7 days 6 nights including 6 walking days

Level : 2.5/5



Between the Dordogne and the Vézère, this journey through a bucolic nature allows you to visit the heart of the Périgord Noir. The unavoidable visits of the castles of Beynac and Castelnaud, guardians of the banks of the Dordogne, followed by the discovery of the cities of Sarlat, Domme, Les Eyzies and Montignac Lascaux will enchant you. Without forgetting a beautiful itinerary along the river Vézère to go and find the sites of Castel Merle and Saint Léon sur Vézère. And you finish as you started, with the world-famous site of Sarlat La Canéda, capital of Périgord.

KEY POINTS :

- The most beautiful sites of the Périgord Noir.
- Quality accommodations

PROGRAMME

Day 1: Arrival and night in Sarlat.

Check-in at the hotel and free visit of the magnificent medieval city of Sarlat: the old Sainte Marie church revisited by Jean Nouvel, the Sainte Claire convent and the house of La Boétie...

Night in Sarlat in a hotel on a B&B basis.

Day 2: Sarlat – Domme

17 km/ 5h / AD (Altitude Difference) +400m -350m

Departure on foot from Sarlat towards the South and the Dordogne following a cycle track before discovering the cingle of Montfort and its beautiful castle. Before crossing the Dordogne, you will pass through the pretty village of Vitrac and arrive at the magnificent bastide of Domme. Night in a hotel on a half board basis.

Day 3: Domme – Beynac

17km/ 4h30 / AD +340m -440m

A large part of the journey takes place along the Dordogne river with the castle of Castelnaud overlooking the river, the beautiful villages of La Roque Gageac as well as Beynac-et-Cazenac dominated by the famous castle of the same name, night in a hotel on a half board basis.

Day 4: Beynac – les Eyzies

19 km/ 5h / AD +360m -470m

[Transfer to Espic 15mn](#). The priory of Redon Espic, the belvedere summit of the church of St Martin from where the view is over a good part of the stage, the village of Meyrals and the pretty village of Les Eyzies on the banks of the river Vézère.

Night in a hotel on a half board basis.

Day 5: Les Eyzies – Castel Merle Sergeac

20 km/ 5h30 / AD +470m -480m

Departure by a pretty path in the forest to arrive at the village of Tursac. Passage on the Vézère river and along the cliff of La Roque St Christophe where you can visit the troglodytic site of Castel Merle.

Night in an auberge on a half-board basis.

Day 6: From Castel Merle Sergeac to Montignac-Lascaux

18 km/ 5h00 / AD +380m -400m or 12 km/ 3h00 / AD +200m -220m

In the morning, by the paths bordering the Vézère, you will arrive at the very beautiful village of St Léon sur Vézère (most beautiful village in France) to admire its church and its remarkable castle. Then by a beautiful path, you join the village of Thonac to then pass by the Cro-Magnon space and the animal park of Thot. And of course, possibility to visit the world-famous Lascaux II cave.

Night in a hotel on a half-board basis.

Day 7: Montignac-Lascaux Sireuil - Sarlat

20 km /5h30 / AD +450m -510m

[Transfer in the morning to Sireuil \(30mn\)](#) and from this pretty village it's a bucolic hike on the heights of the Périgord to reach Sarlat. Passage to the cabins of Breuil, a magnificent hamlet of stone barns and lauze roofs.

End of the stay in Sarlat.

DURING YOUR STAY

GUIDANCE:

Free trip:

You have experience in hiking, and you know how to orient yourself with a map.

From one stage to the next, you can follow our roadbook app on your phone, where you will find your entire file with maps, tracks, accommodation, and transporters as well as all the useful information for your stay.

To go on a free trip is to hike lightly, at your own pace, and to take full advantage of the pleasures of nature without worrying about the logistics of your stay. It is also to be free to interpret and imagine what the region you are going through has to say.

BAGGAGE:

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 half-board basis (dinner, night and breakfast included).

Except in Sarlat where you will stay in a Bed&Breakfast basis (dinner not included).

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 specialities. 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 specialities.

Picnics and drinks are not included.

NUMBER OF PARTICIPANTS:

Free departure available from two people.

BEFORE YOUR DEPARTURE

PRICES:

See prices on our website

REGISTER:

At La Rébenne, we place great importance on having contact with our travelers. 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.

LEVEL: 2/5

Easy hiking on trails, tracks and sometimes roads. Stages between 4h30 and 5h30 hours on average with a maximum difference in altitude of 300 to 500 meters. You have a good physical condition, and you are prepared to hike for several days.

PERIOD:

From the end of March to November.

DEPARTURE AND MEETING POINT:

Meeting at the hotel in Sarlat at the end of the afternoon.

How to get there:

By car: Motorway A20 or RN20, exit at Souillac, then D703.

By train: Souillac train station then shuttle to Sarlat.

By plane: Toulouse airport then shuttle to Sarlat.

THE PRICE INCLUDES:

- Accommodation on a half-board basis except in Sarlat on B&B basis.
- Digital roadbook with GPS traces in .gpx format.
- Daily transfer of luggage: 1 bag per person, 15kg maximum
- Group transfers mentioned on the program

THE PRICE DOES NOT INCLUDES:

- Day 1 dinner
- Drinks
- Personal expenses
- Picnics
- Entry into tourist sites
- Parking
- Insurance

OPTIONS:

- Single room supplement
- High season supplement
- Additional night in Sarlat

PLEASE CONTACT US

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).

Your luggage

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

Your backpack

1 medium-sized backpack to carry the essentials for the day (55 litres).

To include in your backpack

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

Shoes

Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

Clothes

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

Sleeping (for nights in a 'gite' or dormitory):

- A sleeping bag or bedsheets
- Earplugs (you never know!)

Picnic

- 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).
- 'Race food' (energy bars, dried fruit etc.)

Extras

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a 'shepherd's stick'.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- A small toilet bag with a towel and toilet paper.
- A torch or head torch with spare batteries.

And your mobile phone should be fully charged before each day of hiking.

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:

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

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