

# Mountain Biking in Dordogne and Quercy

**Self-guided circuit**

**In a double hotel bedroom ; 4 days 3 nights including 4 days of mountain biking**

**Self-guided**

**VAE compatible** 

**Physical Difficulty Level : 2/3**

**Technical Difficulty Level : 2/3**



Between the Dordogne and Quercy, this mountain bike trip will take you along beautiful tracks, through bucolic nature, to visit the most beautiful villages in France: Carennac, Autoire and its 'cirque' with its beautiful waterfall. Pedal across the limestone plateau of Gramat to discover the spectacular Padirac Canyon. You will also come across beautiful châteaux, such as those of Treyne and Belcastel, and pass through the medieval villages of Mayrinhac-le-Francal and Martel. You finish in style at the world famous Rocamadour, which you will reach via the Gorges de l'Alzou. And not forgetting the series of beautiful single tracks and paths bordered by centuries old walls. Beautiful and really great mountain biking !

## **KEY POINTS:**

- Circuit adapted to mountain biking,
- Magnificent châteaux set in bucolic nature
- Quality accommodation and gastronomy.

## PROGRAMME

**Day 1 : From Souillac to St Sozy** 41 km Altitude Difference : +690m -690m (possibility to shorten)  
Set off on your mountain bike from Souillac towards the Dordogne, which you will cross in order to reach the magnificent Château de Treyne. A good part of the route follows the River Dordogne, the Grottes (caves) de Lacave, the Château de Belcastel, as well as the beautiful villages of Mayrinhac le Francal and Meyronne.  
Night in a hotel on a half-board basis.

**Day 2 : From St Sozy to Carennac** 34km Altitude Difference : +950m -920m (possibility to shorten)  
The day begins by the village of Mayrac and its castle, then a climb (optional) to the Mercol viewpoint, from where you can take a look over a good part of your biking route.  
At the halfway point, you arrive in the magnificent medieval city of Martel and the village of Gluges.  
Pass by the Dordogne, the Cirque de Montvalent, Floirac and arrive in Carennac, the most beautiful village in France.  
Night in a hotel on a half-board basis.

**Day 3 : From Carennac to Rocamadour** 45 km Altitude Difference: +960m -900m (possibility to shorten)  
In the morning, along paths bordered by white stone walls, you reach the Padirac Canyon, one of the most significant geological sites in France. Then, via a beautiful track, you arrive in the village of Loubressac, one of the official most beautiful villages in France.  
Next, it's a lovely descent directly into the village of Autoire, yet another beautiful village in France. A short climb back onto the limestone plateau of Gramat, before your arrival at the famous site of Rocamadour, either via the Gorges de l'Alzou or along quiet paths over the plateau.  
Night in a hotel on a half-board basis.

**Day 4 : From Rocamadour to Souillac** 51 km Altitude Difference: +1020m -1060m  
(Possibility of a shortcut by taking 19km from the first stage, in the opposite direction: 28 km +420m 470m)  
Leaving through the Gorges de l'Alzou, you reach the pretty villages of Loupiac and Lamothe Fenelon. Through a succession of countryside landscapes, and via tracks and small roads, you finish the loop along the Dordogne in Souillac. End of trip.

**For organised groups, we offer the option to be accompanied by a guide and we can adapt the level, duration, price and programme on demand. Contact us !**

## DURING YOUR STAY

### **KEY INFORMATION :**

#### **Self-guided mountain biking with luggage transfer by taxi:**

You set off alone, equipped with the orientation equipment provided by us: maps with marked tracks and a roadmap to discover the circuit which has been designed by our team. The use of a GPS is indispensable for fluid and pleasant orientation. There is the option to rent a GPS from LaRébenne, according to availability.

### **LUGGAGE :**

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, **maximum weight of 15kg/bag**.

### **ACCOMMODATION:**

#### **On a half-board basis :**

**In hotel, in a double bedroom:** Selected specifically for their warm welcome and friendly atmosphere. You will sleep in a comfortable \*\* or \*\*\*hotel and/or B&B in a bedroom for 2 people. Sheets and towels are provided.

### **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.

Half-board basis, picnics are not provided.

### **NUMBER OF PARTICIPANTS:**

From 2 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  
Tél +33(0)5 61 65 20 93  
Ou +33(0)6 81 53 77 75

### 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 Difficulty Level : 2/3

You are in good physical condition and regularly practice mountain biking for a good part of the year. Stages vary from 33 to 51km per day with positive altitude gains of 1060m maximum.

#### Technical Difficulty Level : 2/3

You have control over downhill braking and the trajectory of the bike. You will ride along tracks and paths that can be both fast and technical (steep, with small obstacles).

**Circuit compatible with electric mountain bikes** 

### PERIOD :

From April to end of October.

## **DEPARTURE AND MEETING POINT:**

Depart from Souillac.

### ⇒ **How to get there:**

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

By train : Souillac SNCF train station

By plane: Toulouse Airport then bus to Souillac SNCF train station.

## **THE PRICE INCLUDES :**

- Half-board and picnics starting from dinner on Day 1 to breakfast on Day 4.
- Luggage transfers
- IGN maps with marked routes, map holder
- Electronic GPS tracks in .gpx format
- Roadmap

## **THE PRICE DOES NOT INCLUDE:**

- Drinks
- Insurance
- Mountain bikes
- Personal expenses
- Picnics
- Accommodation in Souillac
- Visits to monuments

## **OPTIONS :**

- Single bedroom at an additional cost.
  - Picnics
  - Extra accommodation for the night before and/or after the trip
  - Rental of GPS with saved tracks: + €30
  - High-end accommodation
- 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 luggage, 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 (non-exhaustive list):**

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.

### **BIKE**

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:

- >A well set-up mountain bike computer
  - >The tyres are well inflated and in good condition
  - >The cables and chain are in good condition
  - >Transmission elements are clean and oiled
  - >There aren't any leaks around the suspension
  - >The wheels are well attached
  - >The brakes are in a good state (concerning wear and any leaks)
  - >The headset and steering 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:

- >3 spare inner tubes (anti-puncture tubes are strongly advised, or anti-puncture strips)
- > A pump
- > Tyre levers
- >A tube repair kit consisting of patches and glue
- > A multi-tool
- > Small pliers
- >A piece of tyre
- > A chain tool

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

- >Brake cables (front and back)
- >Derailleur cable
- >A tyre
- >A derailleur hanger
- >Chain oil
- >A rag

### **EQUIPMENT**

As we say in France, "l'habit ne fait pas le moine" (the tunic doesn't make the monk), and wearing tight shorts won't turn you into a biking champion. However, a minimum of specialist mountain biking equipment is necessary to ensure you stay comfortable on the pedals:

- >A mountain bike helmet (obligatory!)
- >Mountain bike gloves
- >Glasses/sunglasses
- >Shoes adapted to mountain biking (without insoles that slip)
- >Cycle shorts or leggings
- >Breathable t-shirt (avoid cotton)

### **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 to your mountain bike(see above)
- > A windbreaker (waterproof)
- > Picnic
- > A head torch
- > A knife
- > Suncream (and lip protection)

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

- > Toilet paper and a lighter
- > A first aid kit
- > Your mobile phone
- > A compass for self-guided trips, an altimeter (optional)

### **PICNIC**

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, and a large elastic band.
- > 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
- >Personal medications
- >Water purification tablets
- >A survival blanket

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

## **AFTER YOUR STAY**

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

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### **CONTACT**

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