

Tour of Périgord Noir by mountain bike

Self-guided circuit in a loop
In double hotel bedroom; 5 days 4 nights including 4 days of mountain biking

Option: Self-guided or with mountain biking guide



VAE compatible

Physical Difficulty Level : 2/3

Technical Difficulty Level : 2/3



Starting from Sarlat la Canéda, from the Dordogne to Vézère, this mountain bike trip passes through bucolic nature and along beautiful paths, allowing you to visit the Périgord Noir. You pedal between valleys and hills offering beautiful country landscapes. You will also encounter pretty chateaux such as Commarque and, of course, Castelnaud and Beynac. This biking trip will also take you back in time, passing by the Lascaux caves and the famous village of Eyzie de Tayac, world capital of prehistory ! Passing through the medieval villages of Sarlat and Domme, you can enjoy a trip rich in nature and the history of Périgord. And don't forget the quality of the South-Western gastronomy! Pleasant and beautiful mountain biking!

KEY POINTS:

- A circuit adapted to mountain biking
- A circuit full of medieval and prehistoric history, surrounded by bucolic nature
- Quality accommodation and gastronomy

PROGRAMME

Day 1 : Arrival in Sarlat.

Visit this magnificent medieval village where the cultural riches of Périgord will be unveiled. Night in a B&B in Sarlat.

Day 2 : From Sarlat to Montignac

Level 2 : 48 km Altitude difference: +1120m -1180m

Level 3 : 57 km Altitude Difference: +1360m -1434m

Set off on your mountain bike from Sarlat towards the River Vézère which you will reach before arriving in Montignac, where you can visit the world famous Grotte (cave) de Lascaux. On the way you will pass through beautiful villages of Marquay and Tamniès. Night in a hotel on a half-board basis.

Day 3 : From Montignac to St Cyprien

Level 2 : 48 km Altitude Difference: +1130m -1110m

Level 3 : 59 km Altitude Difference: +1480m -1480m

The day starts by following the River Vézère to reach the beautiful village of St Léon-sur-Vézère at the foot of the Château de Clérans. Via the Périgord Noir hills, you arrive in the famous village of Eyzies, on the banks of the river. Next, we set off again to attack the valleys, passing by the Château de Commarque and the village of Meyrals to reach the Dordogne Valley at St Cyprien.

Night in a hotel on a half-board basis.

Day 4 : From St Cyprien to Domme.

Level 1 : 30 km Altitude Difference: +650m -550m

Level 2 : 40 km Altitude Difference: +933m -810m

Level 3 : 47 km Altitude Difference: +1200m -1090m

This morning, there are 3 options: Level 1 takes you on a quiet ride along the Dordogne leading you to the magnificent Château de Castelnaud. On Level 2 you will cross over the hills and through bucolic landscapes to reach the Redon Espic Priory before heading on to the fabulous chateaux of Beynac and Castelnaud. Finally, Level 3 offers you all of the most beautiful tracks. All 3 options lead you to the very beautiful medieval village of Domme.

Night in a hotel on a half-board basis in Domme or Cénac or Vitrac, depending on availability.

Day 5 : From Domme to Sarlat

Level 1 : 26 km Altitude Difference: +470m -500m

Level 2 : 45 km Altitude Difference: +900m -920m

Starting up on the heights of the Dordogne, you join a track offering you magnificent view over the Cingle de Montfort, a majestic meander on the River Dordogne. Then through beautiful villages you reach the 'voie verte' (green cycle track) which will lead you on to Sarlat.

End of trip..

For organised groups, we offer the option of a programme guide and we can adapt the level, duration, price and programme on demand. Don't hesitate to contact us !

DURING YOUR STAY

KEY INFORMATION :

Self-guided mountain biking with luggage transfer by taxi. (For 2+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. The use of GPS is indispensable and allows you to orientate yourself with ease. It is possible to rent a GPS from LaRébenne, subject to availability.

Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people):

Accompanied by a professional who has obtained a state-sponsored mountain biking qualification, you ride without any worries about having to follow a map. Our qualified specialist, who has an in-depth knowledge of the region, will guide you throughout the trip and, if you wish, provide you with advice to help you become an outstanding mountain biker. Thanks to their detailed knowledge of the route, they will adapt the itinerary to your group and manage the schedule and effort required throughout the day. Free from having to manage the group, your only worry will be to enjoy your mountain biking !

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 except for the first night in B&B in Sarlat:

Hotel double bedroom option: selected specifically for their warm welcome and friendly atmosphere. You will sleep in a comfortable bedroom for 2 people in a ** or *** hotel of in a B&B. 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 option, picnic not included.

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 or 3/3

You are in good physical condition and regularly practice mountain biking for a good part of the year. Different levels are on offer, see the programme.

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 is compatible with electric mountain bikes 

PERIOD :

From April to the end of October.

DEPARTURE AND MEETING POINT:

Depart from Sarlat La Canéda.

How to get there:

By car: A20 or RN20, exit at Souillac, then follow the D704.

By train : Souillac SNCF train station then bus.

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

THE PRICE INCLUDES :

- Accommodation on a half-board basis, from breakfast on Day 2 to breakfast on Day 5
- B&B in Sarlat.
- Luggage transfer
- Digital TopoGuide
- GPS tracks in .gpx format.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Dinner in Sarlat
- Insurance
- Mountain bikes
- Personal expenses
- Picnics
- Visits to monuments

OPTIONS :

- Single bedroom at an additional cost.
- Picnics
- Accommodation at the end of the trip
- Rental of GPS with saved tracks.
- 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

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix

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RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –

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

- > Suncream (and lip protection)
- > 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.

CONTACT

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