

Tour of Périgord Noir by mountain bike

Self-guided circuit in a loop

5 days 4 nights including 4 days of mountain biking, In double hotel bedroom

Level: 2/5



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!

Strengths

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

SCHEDULE

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.

Hotel (B&B)

undefined : De Sarlat à Montignac : 48 km – Elevation: + 1120 m – 1180 m

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.

Hotel

Day 2: From Montignac to St Cyprien : 48 km – Elevation: + 1130 m – 1110 m

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.

Hotel

Day 4: De St Cyprien à Domme : 40 km – Elevation: + 933 m – 810 m

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.

Hotel

Day 5: From Domme to Sarlat : 45 km – Elevation: + 900 m – 920 m

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..

TRAVEL CONDITIONS

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. You will eat in the hotel.

Picnics (for lunch) are not included.

Luggage :

You only carry the items of the day and the picnic. Luggage is carried by vehicle.

1 piece/person and limited to 15kg/piece.

Formalities :

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

Attendees :

From 2 people.

Accompanying :

Free ATV with luggage carrying by taxi:

Equipped with orientation material that we give you: Digital topo-guide and GPS tracks.

You go alone to discover circuits designed by our team. The use of GPS is essential for a fluid and pleasant orientation. Possibility to rent it in LaRébenne depending on availability.

Mountain bike with certified instructor with luggage carrying taxi: From 6 people.

Accompanied by a professional mountain bike certificate, you ride without worrying about the route to follow.

Our instructor, specialist of the region, guides you and gives you, if you wish, the right advice to make you outstanding mountain bikers. Thanks to his knowledge of the route, he adapts to your group to manage schedules and effort throughout the day. Freed from group management, your only concern is to please you on your mountain bike.

Accommodation :

Half board except the first evening in B&B in Sarlat.

In hotels, in double rooms: selected in particular for the quality of their welcome, you will find in the accommodation chosen a friendly atmosphere. You sleep in comfortable rooms for 2 people in hotels ** and *** or bed and breakfast. Sheets and towels are provided.

Difficulty level :

Physical level: 2 or 3/3

You have a good physical condition and regularly practice mountain biking at least part of the year.

Different levels are offered, see the program.

Technical level: 2 /3

You control the braking in descent and the trajectory of the bike. You will ride on paths or paths sometimes rolling, sometimes technical (steeper, with small obstacles).

Electric ATV compatible circuit

DEPARTURE AND MEETING POINT :

Departure from Sarlat La Canéda.

How to get there:

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

By train: Souillac SNCF station then line bus.

By plane: Toulouse airport then shuttle to the train station of Souillac then line bus to Sarlat.

Options:

- Single room supplement,
- Picnics,
- Accommodation at the end of the stay,
- High-end accommodation.

RATES

Freedom package with luggage carrying by taxi - hotel double room

Registration for 2 people	680€
Registration for 3 people	640€
Registration for 4 people	630€
Registration for 6 people	590€

Formula with qualified instructor and luggage carrying by taxi

Registration for 6 people	790€
Registration for 8 people	690€

The price includes :

- Half board accommodation from day 2 breakfast to day 5 breakfast
- In B&B in Sarlat.
- The carriage of luggage,
- Digital topo
- GPS tracks in GPX format

The price does not include :

- Beverages,
- Dinner in Sarlat,
- Insurance,
- mountain bikes,
- Personal expenses,
- Picnics,
- Visits to monuments.

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

contact@larebenne.com

+33 561 652 093

+33 681 537 775

Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

* Either go directly to your tour's page on our website and click on registration.

* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment

You can pay by credit card (faster) or bank transfer.



Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

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