

# 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**

**Level: 3/5**



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.

## Strengths

- The most beautiful sites of the Périgord Noir.
- Circular route from Sarlat.

- New discoveries every day, from castles to caves!

# SCHEDULE

## Day 1: Arrival and night in Sarlat.:

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

Hotel (B&B)

## Day 2: From Sarlat to Montignac-Lascaux: 32 km - Elevation: + 400 m

- 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 Périgourdins villages of Proissans, La Chapelle Aubareil and Valojoux. 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.

Hotel

## Day 3: From Montignac-Lascaux to Eyzies de Tayac : 36 km - Elevation: + 500 m

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.

B&B

## Day 4: From Eyzies de Tayac to Beynac-Cazenac : 30 km - Elevation: + 450 m

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.

Hotel

## Day 5: Loop around Beynac-Cazenac : 35 km - Elevation: + 475 m

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.

Hotel

## Day 6: From Beynac to Sarlat : 32 km

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.

# TRAVEL CONDITIONS

## Formalities :

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

## Luggage :

Travel light – we'll take care of the rest!

Drop off your luggage before setting off in the morning; it will be waiting for you at your next stop. You'll only need to carry what you need for the day and your picnic. Luggage is transported by vehicle. Please allow one bag per person, weighing no more than 15 kg. One important detail: each bag must be labelled.

## Accompanying :

Self-guided tour : Set off on the date that suits you and make the most of your cycling holiday with complete peace of mind. We take care of everything: booking your accommodation, transporting your luggage and planning your itinerary.

All you have to do is cycle! With your roadbook and our navigation app, you can follow a route we've designed for you, at your own pace and entirely independently.

An ideal package for combining freedom, comfort and peace of mind whilst discovering the most beautiful cycling routes.

## Accommodation :

Nights in double room in hotels. In B&B formula (night and breakfast included)

We have selected our accommodations for their quality of welcome and comfort: to enjoy, thank you to book as soon 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. 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.

## Difficulty level :

Physical level: 2/3

Stages from 32 to 45km per day with positive gradients from 400 to 715m per day.

## Departure and meeting point :

Meeting the first day in Sarlat.

How to get there:

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

By train: Sarlat train station.

By plane: Toulouse airport then train.

**Options:**

- Single room supplement,
- High season supplement

## RATES

| Self-guided package - hotel |      |
|-----------------------------|------|
| Registration for 2 people   | 880€ |
| Registration for 4 people   | 780€ |
| Registration for 6 people   | 750€ |

### The price includes :

- B&B accommodation,
- The digital guidebook with electronic GPS tracks in. gpx format,
- Transport of 1 piece of luggage per person, up to 13 kg/piece of luggage,

### The price does not include :

- Dinners,
- Beverages,
- Personal expenses,
- Picnics,
- Personal bicycle equipment (helmets, gloves),
- Bicycles,
- the cost of parking,
- Insurance.

## 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](mailto:contact@larebenne.com)

+33 561 652 093

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### 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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