LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RY34

Mountain Biking in Dordogne and Quercy Self-guided circuit

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

Level: 2/5



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 !

Strengths

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

SCHEDULE

Day 1 : From Souillac to St Sozy : 41 km - Elevation: + 690 m - 690 m

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.
Hotel

Day 2 : From St Sozy to Carennac : 34 km - Elevation: + 950 m - 920 m

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.
Hotel

Day 3 : From Carennac to Rocamadour : 45 km - Elevation: + 960 m - 900 m

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.
Hotel

Day 4 : From Rocamadour to Souillac : 51 km - Elevation: + 1020 m - 1060 m

(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.

TRAVEL CONDITIONS

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.

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.

Attendees :

From two people.

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Departure and meeting point :

Departure to Souillac at the hotel in late afternoon.
How to get there:
By car: Highway A20 or RN20, exit at Souillac.
By train: Souillac train station.
By plane: Toulouse airport then shuttle to the train station of Souillac.

Accommodation :

Half-board
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 *** and/or guest rooms. Sheets and towels are provided.

Accompanying :

Equipped with the orientation material we give you: maps with highlighted route and roadmap.

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.

Difficulty level :

Physical level: 2/3
You have a good physical condition and regularly practice mountain biking at least part of the year.
From 33 to 51 km per day with maximum positive gradients of 1060 m.
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

Options :

- Single room supplement,
- Picnics,
- Accommodation the day before departure and (or) at the end of the stay,
- Stay in upscale accommodation.

CONTACT US

RATES

Self-guided package - hotel	
Registration for 2 people	590€
Registration for 3 people	580€
Registration for 4 people	570€
Registration for 6 people	560€

The price includes :

- Half board accommodation, from dinner on day 1 to breakfast on day 4
- The transport of luggage,
- IGN maps with highlighted plot, map holder
- GPS tracks in GPX format
- The roadmap

The price does not include :

- Drinks,
- Insurance,
- Mountain bikes,
- Personal expenses,
- Picnics,
- The accommodation in Souillac,
- Visits to the 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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