



Caves & Castles: Hiking France's Dordogne Valley

7 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Caves & Castles: Hiking France's Dordogne Valley

Magnificent feudal castles, charming stone villages, and wondrous dawn-of-art cave paintings make France's picturesque Dordogne Valley a must-see. The area around the confluence of the Vézère and Dordogne Rivers, the heart of the Dordogne Valley, offers a remarkably rich collection of well-known sights and serves as France's epicenter for the study of prehistoric art. Walk along this famous river's banks, while visiting ancient cave paintings. Savor France's most famous regional cuisines — foie gras and the mythic black truffle — enhanced by some of the freshest fruits and vegetables we've ever tasted!

Details

Arrive: Bordeaux, France

Depart: Bordeaux, France

Duration: 7 Days

Group Size: 4-14 Guests

Minimum Age: 18 Years Old

Activity Level:



Testimonials

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

"Exceptional trips! Go with MT Sobek!"

Mitch S.

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Why Take This Trip With Us?

REASON #01

This weeklong adventure perfectly blends active hiking with cultural immersion in the beautiful Dordogne Valley.

REASON #02

MT Sobek has been operating hiking in adventures in France for over 40 years and works with the best local guides in the business.

REASON #03

After exhilarating days exploring the Dordogne you can enjoy restful nights in the region's top four-star hotels.

What to Expect



ACTIVITIES

Moderate hiking between 5 to 8 miles, a 3-hour canoe trip on the Dordogne River, and cultural touring of prehistoric cave sites.



LODGING

Charming four-star hotels, including Trémolat's Vieux Logis, where you can experience life as a country aristocrat and enjoy its prestigious Michelin-starred restaurant.



CLIMATE

Temperatures stay around 70-80°F during the spring, summer and fall months, with high humidity. Expect quick changes in weather and possibility of rain.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Bruno Romain

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Itinerary

DAY 1

ARRIVE IN BORDEAUX & TRANSFER TO TRÉMOLAT

Meet your MT Sobek guide at the Bordeaux Merignac Airport (BOD) and transfer to the charming village of Trémolat. We'll check into our deluxe accommodations and then stretch our legs with an easy, warm-up stroll along the Dordogne River. Meet the rest of the group in the manor's lobby for a trip orientation, before enjoying our first taste of the region's bounty at a delicious welcome dinner.

Meals: D

DAY 2

WALK TO LIMEUIL & VISIT THE PREHISTORIC CAVE OF ROUFFIGNAC

After breakfast, depart the hotel for our walk to Limeuil, traversing farmers' fields and tiny villages along the banks of the sleepy Dordogne. Stop for lunch in Limeuil, and rest your legs at the confluence of the Dordogne and Vézère Rivers. After lunch, visit the prehistoric Grotte de Rouffignac, where a small train takes you into the cave to see its 12,000- to 18,000-year-old engravings and paintings. Later, transfer to our hotel in Les Eyzies, home for the next three nights, and relish an unforgettable dinner in the hotel's restaurant.

Activity: 3 hours/5 miles hiking and cave visit

Meals: B, L, D

DAY 3

WALK TO TURSAC & VISIT LA ROQUE ST. CHRISTOPHE

After breakfast, leave the hotel's doorway and walk past the ancient dig site where the first Cro-Magnon skeletons were found. Follow a small path uphill and drop into the Vézère Valley to visit the village of Tursac, the home of foie gras. Stop for a picnic lunch along the banks of the Vézère River and under the magnificent Roque St. Christophe cliffs. Return to the hotel in the early afternoon and explore the village of Les Eyzies. Dinner is on your own in any of the great restaurants in town.

Activity: 3 hours/5 miles hiking and prehistoric site visit

Meals: B, L

DAY 4

VISIT FONT DE GAUME & WALK FROM SAINT CYPRIEN TO LES EYZIES

After breakfast, walk into Les Eyzies for a day to enjoy more prehistoric art. Enjoy a guided tour of Font de Gaume and see its 14,000-year-old polychromatic art. Transfer to the village of St. Cyprien to visit the town's fortified abbey. Lunch with the group at a local restaurant before walking back to Les Eyzies, through tiny hamlets, through apple orchards, and to local artists' studios. Learn from a prehistorian for a cocktail lecture before dinner tonight at the hotel, and raise your glass to an amazing day!

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Activity: 3 hours/5 miles hiking and cave visit

Meals: B, L, D

DAY 5

VISIT CHATEAU DES MILANDES & WALK PAST VESTIGES FROM THE HUNDRED YEARS' WAR

Say au revoir to Les Eyzies and transfer to Chateau des Milandes, the former home of 1920's American jazz singer Josephine Baker. After visiting the chateau, walk upstream along the Dordogne River, with views of two well-known chateaux from the Hundred Years' War: the French Chateau of Beynac and the English Chateau of Castelnaud. Picnic along the way before reaching the fortified hilltop village of Domme. Take in magnificent views of the region before transferring to Sarlat, home for the next two nights. Enjoy dinner in the hotel's dining room.

Activity: 5 hours/8 miles hiking

Meals: B, L, D

DAY 6

VISIT SARLAT ON MARKET DAY & CANOE THE DORDOGNE RIVER

There's nothing like exploring Sarlat on market day, with the hustle and bustle of people along its cobbled streets and alleys. After breakfast, browse the market for a look at the local wares. Late morning, transfer to the river for a canoe adventure down the Dordogne River. At lunch, stop along the river banks for a delicious picnic with fresh produce from the market, a swim and some rest. Later, shuttle back to the vans, then transferring back to Sarlat. Our farewell dinner tonight will be at a restaurant.

Activity: 3 hours/3-4 miles canoeing

Meals: B, L, D

DAY 7

DEPART SARLAT & TRANSFER TO BORDEAUX AIRPORT

After breakfast at the hotel in Sarlat, join your guides for a transfer back to the Bordeaux Merignac Airport. For those wanting to continue on by train from Sarlat, we will arrange for a transfer to the train station, about five minutes away from the hotel.

Meals: B

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Dates

May 25 - 31, 2020

Jun 8 - 14, 2020

Sep 7 - 13, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2020

\$ 5,295 per person

Additional Cost

\$ 900 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 3
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving or departing outside of the group transfer
- Optional travel protection

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At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

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Awards



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