

Dordogne

Regional Activity Guide

This guide provides details about the various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on, all the information at your fingertips. The golf information provides details about some of the areas' finest courses.

Canvas Active ... something for everyone



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Cycling Routes

Our thanks go to Clare and Peter Bense (routes one to six) and David Wilson and Maria Oxborrow (routes seven to ten), and to David and Shirley Evans who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the routes described here.

Cycling in France Guidelines

What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. Cycle hire is available at many tourist offices, and from around 30 French railway stations.

Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
 - A spare inner tube.
 - A pump to re-inflate the tyre with a connection that fits the tube valve.
 - Quick release fastenings on wheels or spanner to release the wheel nuts.
 - A set of tyre levers to take off the tyre.
7. Try the brakes & make sure they work. Check the tyres are inflated hard.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels (either 2 or 3) there should be at least 5 and up to 8 sprockets.

9. Remember the hirer just wants to hire bikes as quickly as possible so it's up to you to check these points yourself.

French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths wherever available.

- Major routes are marked in red. These are best avoided as they have much more traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the Ordnance Survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty of water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Route Barreé	Road/Pass closed
Priorité à Droite	Give way to right
Sens Unique	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

Hiring Bikes in the area

Our researchers have recommended these shops in the local area for hiring bikes.

Evasion Sport Dordogne, Centre Commercial, près de Cordy, Sarlat. Cycles Sarladias, 36 Avenue Thiers, Sarlat (Only a limited range available)

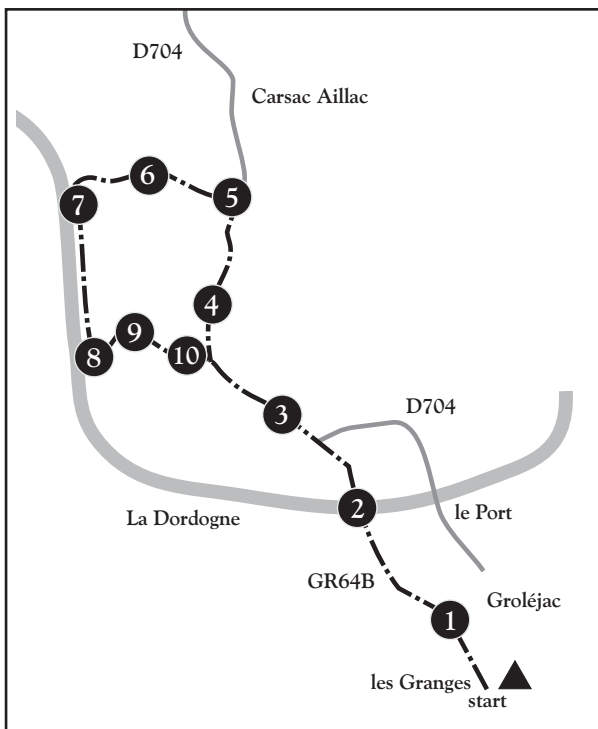
Christian Chapoulie, 4 Ave de Selves, Sarlat. (Good range, but you must book in advance for children's bikes.)

Route One 5mils/8km (45 mins excl. stops)

A circular family route over the Dordogne River to Carsac

This route leaves from Camping Les Granges. Follow the well-surfaced track over the Dordogne River and cycle into Carsac. There is an option to visit the Jardins d'Eau or explore Carsac.

"This is an easy route which uses the local cycle track to cross the Dordogne River. The route goes to Carsac and passes a château, before going downhill. It then follows a track beside the river." Clare Bense, Peterborough.



Route Description

- 1 Turn right from Camping Les Granges, go under the bridge and turn left to follow the sign to the cycle track.
- 2 Join the cycle track, crossing an old railway line, then cross the Dordogne River.
- 3 When you reach the junction follow the track, SP to Carsac.

The wide tarmac cycle track is virtually flat and is a great surface to pedal along. It is shaded by trees initially and then passes through a small cutting hung with ferns, before opening out past a junction as you come into Carsac.

4 Take care at the minor road crossing before the old railway station. Carsac château is on the right.

5 Turn left at the end of the car park area where there is another minor road crossing, then turn right down the hill until you come to a junction by an old ivy covered house.

6 Continue down the hill and alongside a stream immediately to your right. Further to your right you will see a Romanesque church and some houses which have been built into the cliff face. Go straight over the crossroads.

7 Follow the track down to the Dordogne River. To continue, turn left along the river and follow a shady farm track along the river. Close by is a campsite, which may close barriers to cars, but it is a designated cycle way so pass around the barriers.

8 Turn left at the T-junction, remain on the tarmac road.

9 There is another junction near a bungalow, go straight up the little hill under the old walnut trees which brings you back to the cycle track, just past a farm.

10 Turn right and continue for 50m to a gap ahead in the flowerbed, and a pedestrian crossing point onto the cycle track. Follow the cycle track, SP Groléjac, through the cutting, over the Dordogne River and back to Camping Les Granges.

One-mile extension to Jardins d'Eau

From the cycle track (point 10), continue to your right on the new road instead of rejoining the track at the pedestrian crossing. There is a marked cycle way on this road. The Jardins d'Eau are signed about 600m away. Retrace your route to the cycle track (point 10) after your visit.

Cycle Notes

Distance 5mils/8km.

Grade Easy/moderate

Terrain Tarmac roads and cycle tracks.

Suitable All the family, but children will need supervision.

Time Approx. 45mins excluding stops.

Start/end Camping Les Granges.

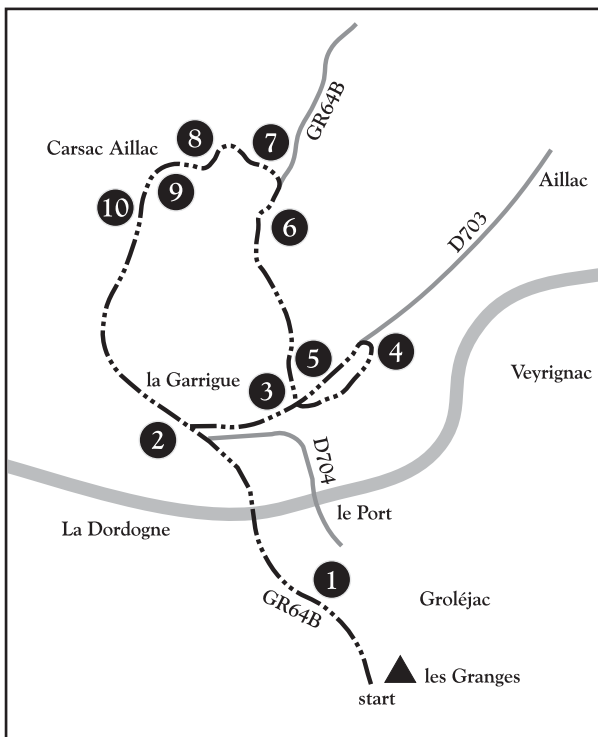
Map IGN 2036 ET 1:25 000 Sarlat. Souillac.

Route Two 6m/10km (45 mins excl. stops)

An interesting ride, past walnut orchards and goose farms, with a detour to the Jardin d'Eau

This route leaves from Camping Les Granges. This is a simple ride over the River Dordogne passing several walnut orchards resplendent with noisy geese.

"This ride goes over the Dordogne River, and along one branch of the cycle track, before turning off along quiet roads past walnut orchards and goose farms. It circles past an artisan baker in a lovely old Périgordian farmhouse. The road meets the other branch of the cycle track at Carsac for an easy route back over the river." Clare Bense, Peterborough.



Route Description

1 Turn right from the campsite, cycle under the bridge and go left, signposted to the cycle way (piste cyclable).

2 Bear left onto the cycle track at the top of a short rise, following the yellow waymarker signs gently down to the cycle path.

3 Take the right hand branch, SP to Aillac, follow the shady track through a cutting. You will pass a walnut orchard full of noisy geese to your left, with views of old Groléjac to the right.

4 When you reach a minor road cutting across the cycle way turn right onto it and continue for a short distance down to the bridge on your right.

5 Go under the bridge, which forms part of the cycle way, and continue up the road to a small vineyard on the left.

6 Take care when you cross over the junction with the D703 as it is often a busy road. Go straight over and continue up the hill on the minor road to a set of crossroads.

7 Take the left fork at the crossroads and follow the wooded road downhill. At these crossroads the GR 64B is signed straight on, but the road to take is to the left.

8 Pass a farm with guinea fowl and chickens roaming in the yard. There are several Périgordian farmhouses, one of which is a boulangerie. The road winds down past more log stacks and walnut orchards to the edge of the village.

9 Follow the road, which descends quite steeply into Carsac. You will see the cycle track to the right, just ahead of you.

10 Turn left onto the cycle track and head back to the campsite. Just as you rejoin the cycle track there is a view across to Montfort Château.

To visit the Jardins d'Eau on your return journey, you should look for the château and old railway station on your left (see point 4, route one). Cycle past the back of a few houses where the track is flanked by a bed of shrubs on the right.

At the end of the flowerbed (point 10, route one) it is possible to do the detour to Jardins d'Eau, as in the route one extension.

Cycle Notes

Distance 6m/10km.

Grade Easy with only a 90m gradient moderate climb.

Terrain All on tarmac.

Suitable Easy cycling suitable for all.

Time Approx. 45 mins excluding stops.

Start/end Camping Les Granges.

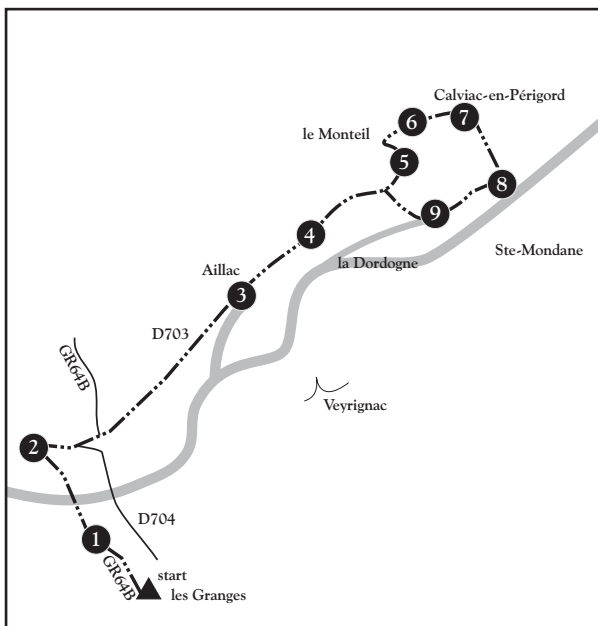
Map IGN 2036 ET 1:25 000 Sarlat. Souillac.

Route Three 11mils/18km (1.5hrs excl. stops) Cycle along the Dordogne River to Calviac-en-Périgord

This route leaves from Camping Les Granges and explores an extremely beautiful part of France. Visit the charming rural village of Calviac-en-Périgord with an opportunity to take a dip in the Dordogne River. A great route for children.

"This gentle ride takes you along the north side of the Dordogne River using the cycle track to Aillac, then a good farm road to Calviac. Cycle down to the river with the opportunity to picnic and swim close to a 19th century tollhouse."

Clare Bense, Peterborough.



Route Description

- 1** Turn right from Camping Les Granges, cycle under the bridge and turn left to the cycle track.
- 2** Cross over the Dordogne River to the cycle track junction and branch right, SP to Aillac. Follow the track past flocks of geese and admire the view to Groléjac on the right.
- 3** Aillac is a small village with a few houses and a church. It is best looked at from the vantage point on the cycle track,

which also looks down on a backwater of the main river. There is an old ruined tower in the trees just at the edge of the bridge.

4 At the end of the cycle track turn left onto a rough path. This quickly turns into a sandy farm path for a short distance. Keep straight ahead as you join a tarmac farm road leading through almond groves.

5 Keep the farm buildings on your left as you carry straight on towards a T junction and the main D703 road. Cross the road heading left along it for 100m before turning right into the village.

6 Go up a short hill to a wayside cross at a junction, keep right alongside a garden with a wonderful avenue of trees. Keep right at the factory and go straight past an orchard into Calviac-en-Périgord.

7 Follow this road past the back of "Jean Jardel Foie Gras" that has exotic birds around the garden pond area. The centre of the village has a 12th century church in the square.

8 Carry on through the village, passing a large school on the left as you ride downhill to the main road. At the main road, go slightly right then immediately left by the shed makers. You are now on a track leading straight down to the river Dordogne. On the left is a small building which was originally the ferry tollhouse, built in 1870. There are several picnic tables outside (and a place to buy ice creams), as well as a lovely picnic spot on the riverbank. The river shelves gently and it is an ideal place to have a swim.

9 Take the farm track opposite the toll house and keep on this chalky path as it bends left alongside the river. After a short distance it turns away from the riverside and follows a delightful route through open countryside before joining up with the farm track you rode down earlier.

Cycle Notes

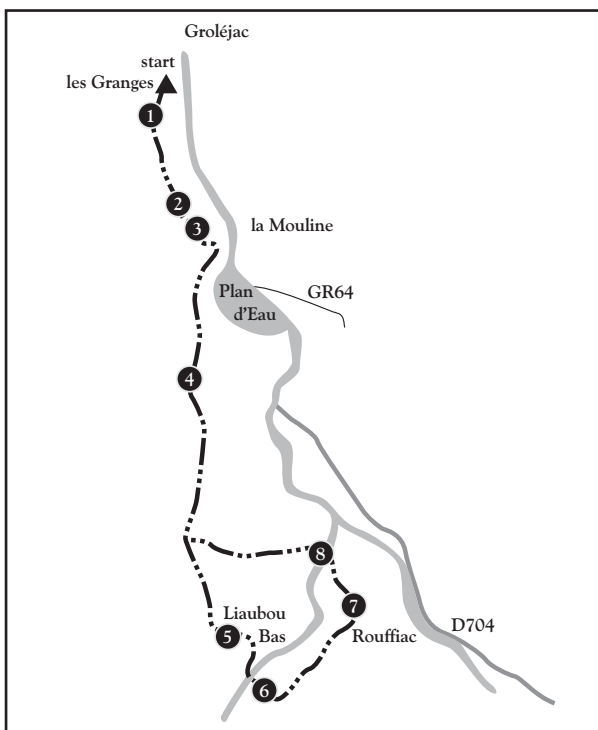
- Distance 11mils/18km.
 Grade Easy with only a 80m gradient moderate climb.
 Terrain Rough for 200m then farm tracks & cycle tracks.
 Suitable All, as it is easy cycling and only crosses one road.
 Time Approx. 1.5 hours excluding stops.
 Start/end Camping Les Granges.
 Map IGN 2036 ET 1:25 000 Sarlat. Souillac.

Route Four 7mils/11km (1hr excl. stops)

A pleasant ride through the Lizabel valley and past the Plan d'Eau

This route leaves from Camping Les Granges. It is a pleasant ride, with some uphill sections, through distinctive Périgord countryside and the deep cut Lizabel valley. Take your time and admire the wonderful views over the valley.

"This is a pleasant little ride on country roads which passes through three hamlets dotted with old buildings and farms. The route passes the lake Plan d'Eau and you can visit an old walnut mill!" Clare Bense, Peterborough.



Route Description

- 1 Leave Camping Les Granges and turn left along the farm road past a farm.
- 2 Continue past a wood on the right and choose either route where the lane splits. The right hand branch is steeper

and grassier and passes some pleasant houses. The left hand branch is longer with more bends but not as steep.

- 3 Turn left onto the D50, go 50m under the railway arch, then right by Groléjac PTT (post office), SP Nabirat.

- 4 Follow this road past a converted railway station, past the lake then out into fairly open countryside with artichoke fields and small woods. Pass a farm on your left, which uses old caves in the farmyard as stores. Continue along this wide gently hilly road, SP Liaubou-Bas. At the crossroads at the bottom of a shallow hill, take the left turn, SP Liaubou-Bas.

- 5 The hamlet of Liaubou-Bas has pretty old buildings and a wayside cross. Go past the cross and straight down the hill.

- 6 Cycle up the side of the valley to the big wooden barn and turn left at the crossroads.

- 7 Continue along the road taking you through the hamlet of Rouffiac, with fine views down the valley. Follow the road around to the left and down into the valley.

- 8 At the bottom of the hill take care not to miss the sharp left which takes you immediately over a stream and up a short hill on the other side. The road back to Groléjac is clearly signposted as you enter more open countryside. Turnright, then right again at the crossroads back past Plan d'Eau.

At the Groléjac PTT in the hamlet of La Mouline, a worthwhile detour takes you to the 'Moulin à Huile de Noix', a 17th century walnut mill. The restaurant 'Le Marais' is set by the lakeside. From the PTT go under the arch along the D50, and follow the Camping Les Granges sign to the right. Go up the hill and back along the farm lane to the campsite.

Cycle Notes

- Distance 7mils/11km.
 Grade 130m moderate climb.
 Terrain Mainly on quiet roads.
 Best Bike Mountain/touring bikes with good tyres & brakes.
 Suitable All the family although supervise young children.
 Time Approx. one hour excluding stops.
 Start/end Camping Les Granges.
 Map IGN 2037 E 1:25 000 Gourdon.

Route Five 16mls/26km (2hrs excl. stops)

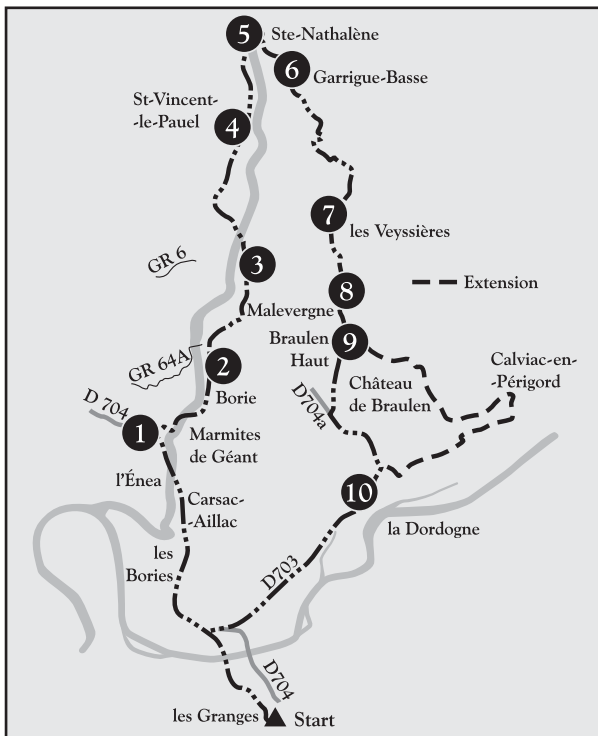
L'Enea Valley to Ste Nathalene

Leaving from Camping les Granges, this route is a ride up the cycle track past Carsac, then following a lovely valley past water mills and tiny hamlets to the village of Ste. Nathalene. You return past goose farms and two further châteaux on the other side of the valley, to the cycle track at Aillac

"In Le Sirey, Peter put his head down, pedalled hard and made it up the short, sharp hill. I got off and walked which meant I saw the baby chickens, roses round the verandas of the old houses and the pepper pot tower of the château.

There was a friendly old dog that came out to see us, said woof and went away again. This is our favourite ride"

Clare Bense, Peterborough



Route Description

1 Leave the campsite, turn right under the bridge and left onto the cycle track. Cross the Dordogne River and follow the track through Carsac, past the railway station and château. Continue until you reach a copse and the Marmites de Géant, limestone rock formations perched by the side of the road.

2 Take the track opposite the Marmites down to the car park and go down to the bottom of the hill onto the main road D704 for 200m. Turn left SP "Aquaviva Campsite" by the gravel works. Follow this pretty road up the stream of the L'Enea valley. You will pedal past cliffs that come right down to the roadside, willow plantations and a borie. When you reach the crossroads by a campsite, turn right, go up the hill and into more open countryside with views of the surrounding woods and farmland.

3 At the junction with the main road D704a, go straight over. Pass the bar on the corner and cycle into the tiny hamlet of Malevergne. The route is easy to follow, with signs to St Vincent le Paluel and Ste Nathalene posted on the side of an old mill. The road has flowers at the side, including wild delphiniums, poppies and spikes of yellow bedstraw along the field edge. There are more bories up to the left and, as the valley opens out you will pass a lake, "Etang de la Brame", where you will find a café (open in high season) and a good picnic spot.

4 As you arrive in St. Vincent le Paluel you will see the remains of the 15th century château, which now forms part of the manor house. There is a plaque on the adjacent barn wall which gives you the history. The 13th century church here was closed for renovation at the time of this research, but have a look at some of the nearby old houses which have some quaint architectural details. There is a telephone in the shady square in front of the church and a stream runs through the centre of the hamlet.

5 Follow the gentle hilly road along the side of the valley to Ste Nathalene. This small peaceful hamlet has a church, a school and a hotel. Treat yourself to some refreshments here before you climb the hill.

6 Continue past the church and up the hill to the rather inappropriately named Garrigue -Basse, which actually means low hill. Fortunately, this hill is in the shade.

Turn right to Le Sirey and follow the road to this tiny hamlet. As you ascend into Le Sirey you will see the château ahead of you.

7 Continue through the hamlet and out to the T-junction, where you turn right to Les Veyssières. The route takes you past a poultry farm and a noisy goose farm. The views from up here extend for miles over the surrounding wooded countryside. From here it is a straight, downhill ride all the way home. Just outside Les Veyssières is a farm that produces and sells foie gras. Pass through the woods at the bottom of the hill and into more open countryside.

8 At the junction by the cottage and the farm, follow the road as it wiggles round to the right (you may see kites at this point) and continue downhill passing an old pigeon holding.

9 Go straight over at the crossroads towards Braulen. You will find the valley is fairly flat here, with walnut trees giving the roads some shade. The Château of Braulen can be seen through trees on the left. Turn left at the main road and go down the D704a for roughly 500m. Take the right turn to Aillac for another 500m along the shady road under the cliffs. You will pass a roadside cross, and notice that the nearby village lavois is fed by a spring under the cliff using the overhang for shelter, rather than the usual wooden or tiled roof.

10 Follow the signs to the cycle track under the arch and then rejoin the track. It is now a flat run back to the campsite.

Cycle notes

Distance 16mils/26km

Grade Moderate with a 220m climb. A short section is moderately strenuous.

Terrain Good tarmac surfaces and some rough track

Suitable Families with children used to roads.

Time 2 hours.

Map IGN 2036 E 1:25 000 Sarlat Souillac

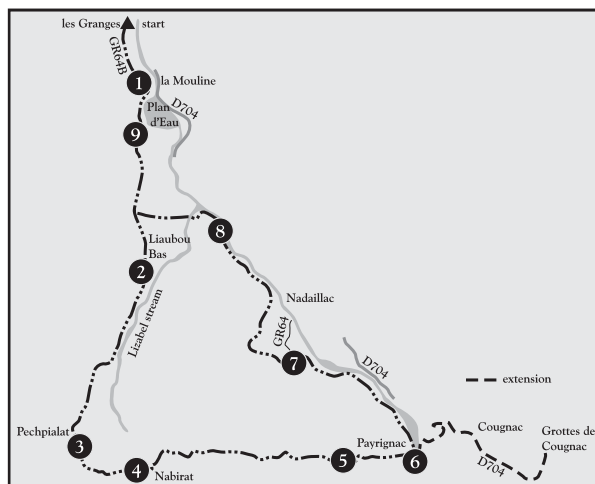
Facilities Basic refreshments in St Vincent le Paluel, Ste. Nathalie and Le Sirey. Etang de la Brame is a quiet fishing lake with a café in high season and picnic tables beside the lake. It is advisable to stock up on food and drink before you leave.

Info There is a helpful tourist office in Rue Tourny, Sarlat

Route Six 17mils/27km (2-3hrs excl. stops) Through the Lizabel and Marcillande Valleys to Nabirat and Payrignac

Leaving from Camping les Granges, this is a pleasant ride through predominately open countryside. The second half of the route takes you along the shady valley of the River Marcillande which flows into Plan d'Eau.

"This is a pleasant ride starting off through predominantly open countryside with many strawberry farms and passing hamlets and villages. You will find some superb places to picnic along this route." Clare Bense, Peterborough.



Route Description

1 From the campsite, turn left along the farm track, going straight past the farm and then left down the hill. Turn left at the road and then right by the PTT, SP Nabirat.

2 Go straight along this road past Plan d'Eau lake towards Liaubou Bas. At the village, carry straight on up the hill rather than turning into the village. You will find an interesting little iron wayside cross by the houses at the top of the hill with a well and steps going down into it. Follow the Lizabel valley to the junction where you should turn right up the hill to Pechpialat.

3 In the centre of Pechpialat go left up the hill past some lovely old Perigord houses and a cherry orchard. Turn left at the T-junction and follow the road past the strawberry

fields straight to Nabirat. You will come across a wonderful old house round the back of the bar.

4 Take the road SP Payrignac, keeping the church on your right, and go up past Le Quayroux and down through the chestnut woods. At the bottom of the hill, about 20mins from Nabirat, there is a peaceful picnic spot along the stream. Follow the track 200m to the right and picnic under the willow trees.

5 Continue to Payrignac where there is a pretty stream round the back of the church.

6 The return route back goes straight down the left side of the Marcillande valley following the SP Grande Randonnée GR64. The GR path has been diverted to the right because of the new lake and is not suitable for cycling. As a result, leave the GR route just past the lake, following the lane round a bend, up hill then down the other side. You then join the GR route by the Marcillande close to the Moulin des Vergnes.

7 Continue along the lane and when you reach a junction over one of the little bridges, keep straight on through the trees and turn right over the Lizabel stream, going up the hill into the open fields.

8 From here, the junctions are SP Groléjac taking you past Plan d'Eau to La Moulin.

9 Go back under the railway arch by the PTT and take the right turn for Les Granges, OR go back down the main road to Le Grillardin.

Variation of route

This extension to Grottes Du Cougnac will add 4 miles/6km to the route. From Payrignac (point 5) it is possible to go along the right side of the lake and out onto the busy D704. Turn right after one and a half miles and follow signs to the caves. They are very impressive, and include 25 000 year old cave paintings. Return to Payrignac the same way, and continue along the route.

Cycle Notes

Distance 17mils/27km

Grade Moderate, with a 280m climb

Terrain All on tarmac, suitable for touring bikes

Suitable Families used to cycling.

Time 2-3 hours, excluding stops

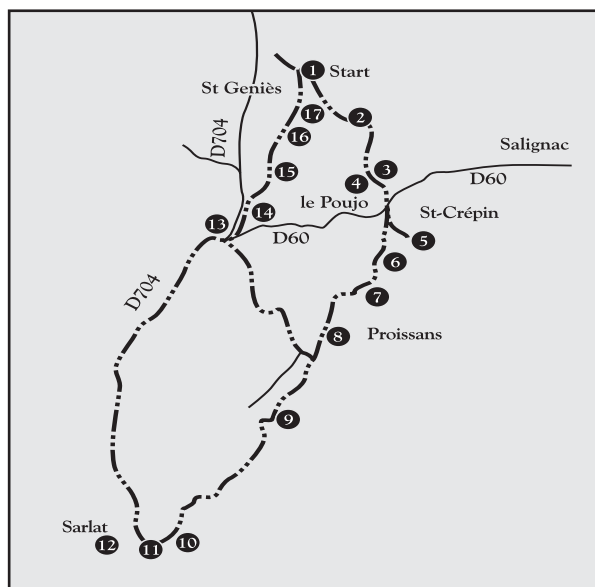
Map IGN 2037 E 1:25 000 Sarlat Souillac

Route Seven 23mils/37km (2hr excl. stops)

A beautiful circular route along quiet roads to Sarlat

This route leaves from St Geniès. This is a wonderful ride to Sarlat, along the edge of a deep valley and through open landscape, with two interesting return routes to St Geniès.

"This route takes you to Sarlat along quiet country roads through fields and woods into the centre of Sarlat. You pass through St-Crépin and Proissans and make a final descent into Sarlat." David Wilson, Cumbria.



Route Description

1 Cycle down the main street in St Geniès to the bottom of the village.

2 Go straight over at the crossroads, SP Salignac. Turn right at the fork following minor signs for Canteloube and La Bastide. Follow this winding road which climbs gently through trees.

3 Go straight ahead and ignore the turning for La Bastide or Plamont. Continue along the road as it descends through trees, past étangs (ponds fed by springs) and climbs again through more woodland.

4 Go straight across at the D60 in Le Poujo and follow the road, SP St-Crépin, D56.

5 Take a left turn, SP Vieux St-Crépin, descend to the village. The church is open and there is a small exhibition in Le Château de Lacypierre giving details of its history and restoration. The château is technically a ruin, though inhabited. Retrace your route back out of the village.

6 Turn left at the T-junction. Follow the road through an area of scattered dwellings, descending through an open area with good views.

7 Come to an étang on the right, which has good access from the road and is an ideal place to cool tired feet. The road beyond this point is fairly level.

8 Turn right at the crossroads into Proissans. This pleasant village has no shops, although there is a drinking water tap (l'eau potable) outside the cemetery.

9 Return to the crossroads and turn right, SP to Sarlat. Pass through open countryside and through trees for about one mile. The road follows the edge of a deep valley to the left.

10 Turn right at a T-junction, SP Sarlat. This long fast descent takes you into Sarlat and along a narrow street at the end.

11 The road widens into Place de la Bouquerie. When you see two 'no entry' signs facing you, take the road to the right of these and descend into Sarlat centre.

12 There is a small park on the left where you can lock your bikes. To explore the centre of Sarlat, go down the Rue de la République and look for signs directing you to the tourist information office in the Place de la Liberté, roughly 180m down on the left.

To return to St-Geniès, two alternatives are suggested: Route A is recommended for strong cyclists.

A. Take rue Fénelon from the east corner of the Place de la Liberté up to the Place de la Bouquerie, then retrace your route up rue Jean Jaures, SP St Nathalene, Proissans. Continue along the road and turn left at the crossroads outside Proissans to enter the village. Continue out of the village to a set of crossroads and take the road ahead which is not signposted. The road on the left is SP "Borie de Siaud" and the one on the right "Stade".

B. Take the D704 north from the park (see point 12) along the Ave Gambetta, SP Limoges, Brive, Montignac and

Salignac. Follow the D704 north up the main road, which maintains a steady gradient for roughly 4-miles/6 km. It then levels out for a further 1 mile/3 km. Join the route just off the D60 where it goes right from the D704.

Pick up the route from point 13.

13 At the T-junction with the D60 turn right, SP Brive and Salignac.

14 Turn left, SP St-Geniès and Terrason.

15 The road is mostly flat all the way to St-Geniès and you pass a small étang at the roadside before entering the woods.

Cycle Notes

Distance 23mils/37km.

Grade Easy/moderate. Level or moderate ups & downs.

Terrain Well surfaced.

Suitable The average cyclist although Route A is recommended for strong cyclists.

Time Two hours plus, excluding stops.

Start/end St Geniès.

Map IGN No 48. Top 100 1:100 000. Périgueux Tulle.

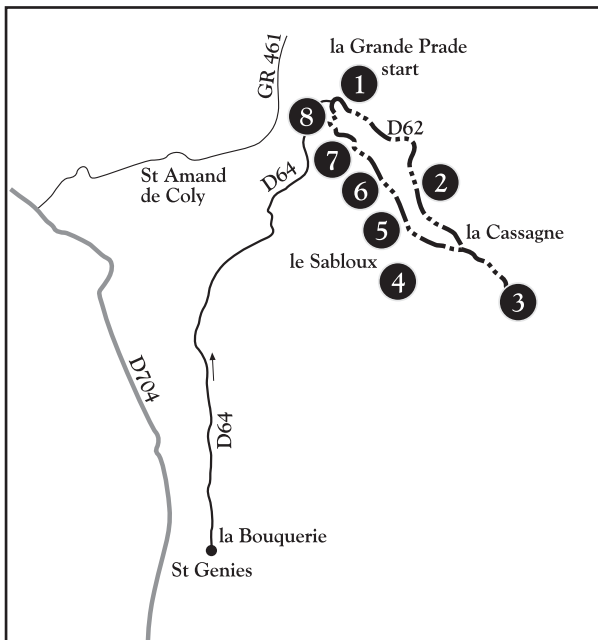
Route Eight 6mils/10km (45 mins excl. stops)

A great family ride from Restaurant de la Grande Prade to la Cassagne

This little ride, which entails only modest ups and downs, begins from Restaurant de la Grande Prade, 6mils/9 km north of St-Geniès. Cycle through lush and unspoiled landscape to the tiny village of la Cassagne.

"This ride takes the D62 to la Cassagne, where refreshments can be obtained, and the lanes back are quiet. The whole ride passes through very attractive countryside."

David Wilson, Cumbria.



Drive to La Grande Prade

Restaurant de la Grande Prade lies just off the D64 at the junction with the D62, approximately 6mils/9km north of St-Geniès. Car parking is across the road from the restaurant.

Route Description

1 Cycle along the D62 through the valley bottom in the direction of La Cassagne and Montignac. There is good access to the river from this road if you are looking for an early stop and a cool down.

2 Pass through Moulin de la Dauge where you will notice the valley becomes slightly narrower and more wooded.

3 You arrive at signs for La Cassagne. The village lies to the right hand side of the D62 and there is a bar approximately 180m from the entrance.

4 Turn right just before these signs and then right again in 45m, SP Le Château and La Roche. Continue for approximately 280m and turn right again, SP Le Sabloux, Vigne. Follow the road which climbs gently at first, then continues through woods. The countryside becomes more open a little further on.

5 Go straight over the crossroads and after 46m take the right fork, SP Les Marchaix, Vigne.

6 As you descend you see the lakes near La Grande Prade and the holiday complex on your left hand side. Enjoy the cool breeze as you whizz down through some hairpin bends.

7 Cycle back to the D62 and turn left to La Grande Prade.

8 Arrive back at La Grande Prade.

Cycle Notes

Distance 6mils/10km.

Grade Easy. The uphill is gradual & the downhill is not steep.

Terrain Well surfaced.

Suitable The whole family including young children.

Time 45 mins excluding stops.

Start/end Restaurant de la Grande Prade.

Map IGN No 48. Top 100 1:100 000. Périgueux Tulle.

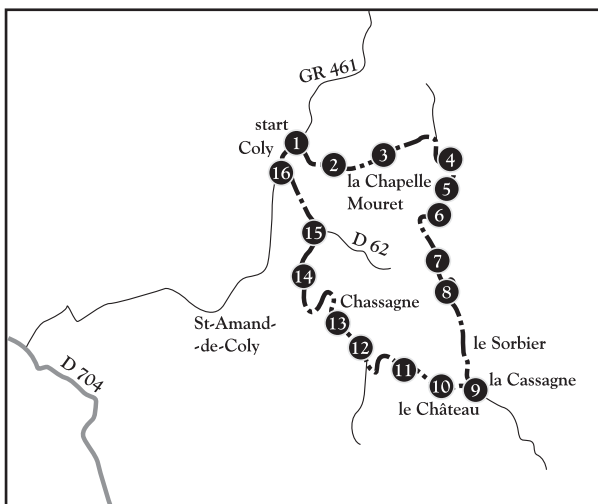
Facilities There are some refreshment stops in La Cassagne. Tourist Office In the main square in Salignac and in the Place de la Liberté, Sarlat.

Route Nine 6.3m/10km (2hrs excl. stops)

A circular route from Coly, through La Chapelle Mouret and La Cassagne

This route leaves from a car park in Coly. Experience the exhilaration of this ride of challenging climbs and descents from Coly, and through La Chapelle Mouret and La Cassagne.

"This is quite a challenging ride, with steeper climbs and descents than other rides in this area. The ride follows very quiet country lanes apart from the last two miles, which are along quiet D roads. You'll feel a good sense of achievement on completing this ride." David Wilson, Cumbria.



This route begins from Coly

Park on the left hand side as you enter the village of Coly, or further on beside the war memorial.

Route Description

- 1 Take the road almost opposite the war memorial, SP La Chapelle Mauret. Follow the road for 270m, just after you've passed a stream and turn right at the T-junction to continue slightly uphill.
- 2 Turn left at a fork SP La Chapelle Mauret, which takes you on a moderate climb through woods.
- 3 Turn right into the small village of La Chapelle Mauret, which has only a few houses and a disused church. Have a look at the primitive carving around the church door. In the village square you'll see a strange roofed structure of

wooden poles which was used by the blacksmith for shoeing horses. Go back out of the village and turn right.

- 4 Turn right at the T-junction SP La Cassagne, and follow the winding descent through trees.

- 5 Take the road straight ahead, SP La Cassagne, Coly, and follow a descent then a steep climb through more trees.

- 6 Pass straight through an unnamed hamlet and after 180m go straight ahead at crossroads.

- 7 Keep left at the T-junction and continue uphill through open fields on the right and back into woods.

- 8 Pass the end of a lane SP Le Sorbier, and continue climbing.

- 9 When you reach the D62 at La Cassagne, continue straight over then take a right turn 45m further on, SP Le Château, La Roche. Most of La Cassagne lies to your left and there is a bar about 180m up the D62 towards Salignac.

- 10 After 280m, you go straight on SP Vigne where the road continues through open country. Go straight over at an intersection with a minor road. After 45m you'll come to a fork where you take the road to the left. The right fork is SP Les Marchaix, Vigne. Follow the road downhill through a series of bends and into more trees, continuing downhill.

- 11 Ignore the minor roads which branch off to the left and right, and keep to the main road past a small étang (natural pond fed by a spring) before you begin a climb. From here there are some pleasant views off to the right hand side into the valley.

- 12 You have reached the top of the climb and can begin the descent.

- 13 Pass through the hamlet of Cassagne and continue descending through trees.

- 14 Turn right at a T-junction, then over a small bridge. You reach the D64, 45m further on where you turn right. Follow the flat road along the valley and pass the lakes on the right hand side at La Grande Prade.

- 15 Join up with the D62 and bear slightly left SP Coly, Le Lardin. Continue for 180m in the direction of Souillac where you'll arrive back at the restaurant of La Grande Prade.

16 Cycle back along the valley floor to arrive back in Coly.

Cycle Notes

Distance 6.3miles/10km

Grade Moderate to difficult. Challenging with steep climbs and descents.

Terrain Well surfaced.

Suitable The average to fit cyclist.

Time Two hours excluding time for stops.

Start/end Car park in Coly

Map IGN No 48. Top 100 1:100 000. Périgueux Tulle.

Facilities There's a general store in Coly.

Walking Routes

Our thanks go to Chris and Dudley Clarke-Jervoise who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend you obtain a large scale map of the area to accompany the routes detailed here.

Walking trails in France

France has an extensive network of trails throughout the country and more than 36,041 miles/58,000 km of long distance footpaths and 74,568 miles/120,000 km of local footpaths have been created. The organisation that established, and which maintains, the trail system is called the Fédération Française de la Randonnée Pédestre (FFRP) or French Long Distance Walking Association. The FFRP also publishes over 200 walking guidebooks called Topo guides.

National long distance paths

Sentier de Grande Randonnée (GR: national long distance path). These are numbered—GR 3, GR 76 etc. There are 38,000-miles/61,153 km of GR trails in France, which are laid out to connect one point with another. They are fully signposted and way marked with white over red blazes.

Regional paths

Sentier GR de Pays (GRP: regional long distance path). There are 25,000 miles/40,225 km of GRP trails in France and each covers one region thoroughly, often in a circular layout. Individual GRP trails can be well over 100 miles/160 km long. They are marked with yellow over red blazes.

Local paths Sentier de Petite Randonnée (PR: local path). These trails radiate out from many towns and villages in France, offering

the visitor the opportunity for an hour to a day's walk to a local beauty spot or to a place of historical interest. These paths are marked with a single yellow blaze or, if there are many paths that intersect as is usually the case, a single blaze of any colour.

A useful website is www.franceonfoot.com which has an index, updates and current information about walking in France.

Maps

The best maps to use if you plan to walk or cycle are the French IGN maps. The green IGN maps (1:100 000) provide the smallest scale available (which have the contours marked), and is essential for the cyclist who may cycle off the 1:25 000 map in a few hours. Walkers will use the more detailed blue (1:25 000) map where an entire map covers roughly 16-20 km (less than 12 miles). These maps show land contours, trails, cattle tracks, rail lines and more. IGN maps are available from most major supermarkets, and the local tourist office will usually have copies of those relevant to the local area. Alternatively, visit www.ign.fr, for details on all of the maps and ordering.

Don't Forget

- o Wear good strong shoes or walking boots.
- o Take plenty of food and drink with you.
- o Do not wander off the paths.
- o Do not trample on, or pick any of the plants.
- o Lighting fires is prohibited.
- o Throw your rubbish in the dustbins provided along the way.
- o Beware of sunstroke and take plenty of suncream and a sunhat.
- o Always close barriers behind you.
- o When going on a walk, always tell someone where you are going.

Useful Walkers Phrases

Sauf Riverains – Access only for residents, cyclists and walkers

Sauf Pieton – Pedestrians only

Défense d'Entrer – No Entry

Propriété Privé – Private Property

Sentier– Footpath

Sentier Côtier – Coastal footpath

Itinéraire de Délastage – Alternative Route

Quartier – Part/district

Coteau – Hill/hillside

Centre Ville – Town Centre

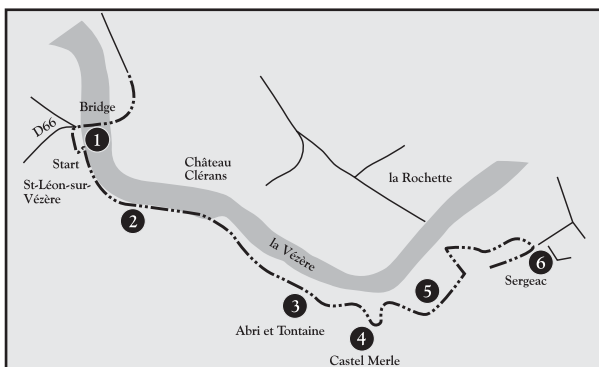
For more useful phrases, please see your Canvas Holiday Guide

Route One 5mls/8km (1hr each way)

An interesting tour of Sergeac and nearby St Léon-sur-Vézère

This route leaves from the car park at St Léon-sur-Vézère. It is a super walk in the middle of the Périgord Noir, which takes you on an interesting tour of the village of Sergeac and of nearby St Léon-sur-Vézère.

"When you return to the village you can spend a delightful hour or so walking around viewing the outside of the two châteaux and other charming buildings, and visiting the recently restored church. Legend has it that gold was found down by the river." Dudley Clarke-Jervoise, Achieres, France.



Directions by car

Take the D47 in the direction of Les Eyzies. When you reach the one-way system on the outskirts of Les Eyzies, turn right at a T-junction and onto the D706 towards Tursac and continue along this winding road. This route takes you through Tursac, along the gorge and across the river just before the village of Le Moustier. Turn right in the village and follow the SP for St Léon-sur-Vézère for 3mls/5 km. When you reach the village sign for St Léon-sur-Vézère, take the C201 and turn right. You will find a free car park situated just before the village on the left hand side.

Route Description

1 You can walk to Sergeac first and explore the village of St Léon-sur-Vézère upon your return. Walk out of the car park and turn left towards the village, passing the Mairie (town hall) on your left. Turn right at the small T-junction and cross the narrow blue bridge, Le Pont Gustave Eiffel (named after the

builder of the Eiffel Tower). Turn immediately left at the end onto a shady footpath which runs alongside the river Vézère.

2 As you walk along this path you will spot the church and 15th century Château de Clérans across the river. Continue along the path which snakes down to the edge of the river, and follow the waymarked orange arrows while keeping the river to your left.

3 After about 20 minutes you will pass a disused 19th century lock. St Léon-sur-Vézère was once part of a thriving salt trade and barges were the principal method of transporting salt round the region. The present village school was formerly the storehouse. Shortly after passing the lock you will cross a small spring, you may find that a short stretch of the footpath is muddy at certain times of the year. The path then starts to climb and you approach long stretches of overhanging rock known as an 'abri'. If you look high up into the second 'abri', you can see a large door in the vault of a very large cave.

4 Follow the path past a waterhole and the main exit from some of these fascinating prehistoric caves. Continue down the path as it descends, until you reach a pond with a sign that forbids fishing and swimming. If you don't plan to visit the prehistoric site at Castel Merle, cross to the left of the pond to join a road and turn left again. Otherwise continue up the track until you reach a wooden entrance kiosk. You buy tickets here to enter the Castel Merle site, which is an interesting series of caves and overhangs.

5 Leave the kiosk and follow the track, which curves around onto a road and takes you to the small village of Sergeac. Follow the orange arrows into the village.

6 Sergeac is a small but pleasant place to wander around and is the perfect spot for a riverside picnic. Retrace your original route back to St Léon-sur-Vézère.

Trail Notes

Distance 5-miles/8 km.

Grade Easy.

Terrain Riverside country paths and village streets.

Suitable All ages of family.

Time One hour each way between the villages.

Start/end Carpark at St Léon-sur-Vézère.

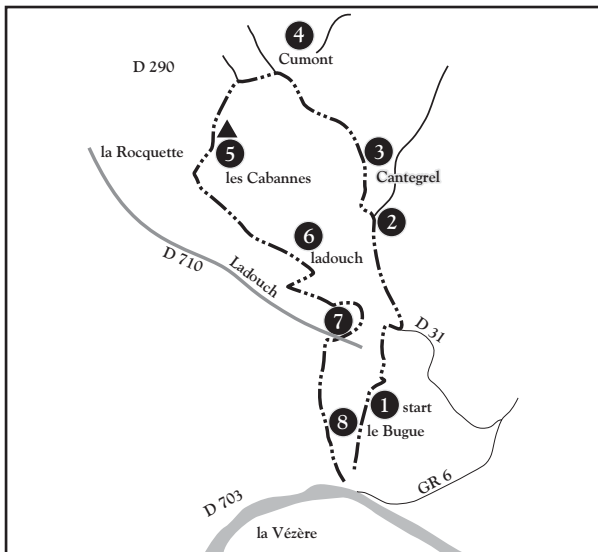
Map Taken from walk No. 12 from the booklet 'Les Balades d'Archibald. Périgord Noir.' IGN 1936 ET 1:25 000 Les Eyzies.

Route Two 6mils/9km (3hrs incl Stops) A good picnic walk from Le Bugue to Cumont and Ladouch

This route leaves from the car park in Le Bugue. Follow the track through dark oak woods and pine forests to the small village of Cumont. Enjoy a picnic here in a tranquil spot. As you approach Le Bugue keep an eye out for the church of St Martin and the nearby pretty lake and fountain.

"The small village of Cumont has an interesting water tower and a good grassy area for picnics"

Dudley Clarke-Jervoise, Achieres, France



Directions to Le Bugue by car

Follow the D47 to Les Eyzies. When you reach the one-way system on the outskirts of Les Eyzies, turn left at the T-junction onto the D706 towards Les Eyzies town centre. Continue for a few hundred metres and turn left again by the Renault garage. Follow the D706, SP Le Bugue, which follows the left bank of the river Vézère. Turn right at the T-junction after Campagne, still signed for Le Bugue. The road crosses the river and a level crossing. When you reach the square in Le Bugue town centre, turn left onto the D31 and cross the bridge. There is a car park situated immediately on the left hand side, although be prepared for a busy market day on Saturday mornings.

Route Description

1 Walk back to the crossroads in the town centre and turn left along the rue de Paris that you will see just before the church of St Martin. Turn right onto the D31, SP Manaurie/Rouffignac. Walk for less than 200m and turn left at the crossroads, still on the D31, which leads you out of Le Bugue. Follow the road uphill for 15-20 minutes and take the track off to the left waymarked with yellow arrows. Follow the track downhill through a wooded area, bearing left at the fork and eventually passing close by a large house.

2 Continue downhill to meet the road and turn right. Continue for a short distance and turn left at the sign for Cantegrel and Cumont, by a roadside cross.

3 Pass the old lavoir (washhouse) and turn right towards Cantegrel. Take the right hand fork, which is marked by a yellow stripe on a telegraph pole. The road now becomes more of a narrow path alongside an old stone building, then a steep stony path which climbs sharply up through oak and pine trees. This path is in fact an old Roman way.

4 After about 20mins walk you will arrive in the small village of Cumont where there is a nice grassy spot to picnic and a round water tower on the left.

5 Turn left past the water tower and continue along the road. The walk can be lengthened by taking the first road to the left which is marked by a yellow "2". To take the shorter route, continue for another 85m past a small vineyard on the left and turn right by a tree with a yellow and orange marker. Pass a communications tower into a wooded area and turn right at the blue 'Passage Privé' sign.

6 The track weaves downhill through a delightful arrangement of American oak, chestnut and cherry trees and becomes more open countryside. When you reach the houses of Ladouch (which should take you roughly 2 hrs from the start) follow the road which curves round to the left at the second house. Take the track, which leads off to the right, marked by an orange arrow, down to a road.

7 Follow the concrete road with yellow signs to a road junction. Do not join this road but follow the country road to the right for another 180m, cross a little stream and come to the junction with the busy D710.

8 Turn right here, past the Avia petrol station, and take the first road on the left for Les Babots. Follow this road which leads back towards Le Bugue through open countryside and dwellings. You emerge by the cemetery and into the Place de Pré St Louis. Cut through by the church of St Martin which has some beautiful stained glass windows and keep a lookout for the pretty lake and fountain. Retrace your steps to the town square and visit the small but good tourist office, signposted from the central square.

Trail Notes

Distance 6m/9km walk.

Grade Easy.

Terrain Country paths and some roads.

Suitable All ages of family.

Time Approximately three hours.

Start/end Carpark in Le Bugue.

Map IGN 1936 ET 1:25 000 Les Eyzies.

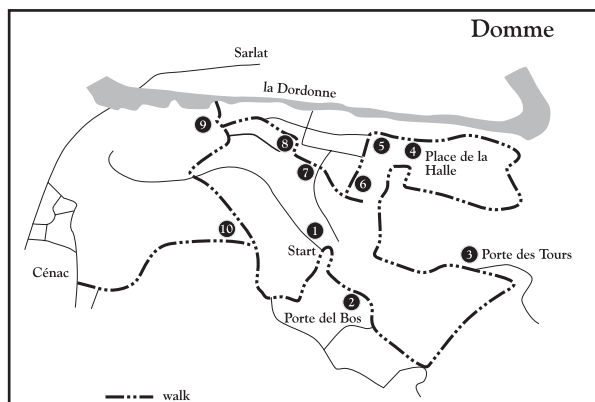
Facilities There are cafés and bars in Le Bugue and Cumont. There is a tourist office in Le Bugue and a good grassy picnic spot in Cumont.

Route Three 3m/4km (1hr 40mins)

A good day's tour of the Bastide de Domme

This route leaves from the main entrance to Domme at Porte des Bos. Set high above the Dordogne River, Domme is one of the few bastides to have retained most of its 13th century ramparts. This pleasant town stroll includes a visit to grottes (caves), an old market and some beautiful gardens.

"Three impressive gateways penetrate the massive town walls and our walk commences at the gateway called the Porte del Bos." Chris and Dudley Clarke-Jervoise, Achières, France.



Directions by car

Follow signs for Domme. During high season there is a park and ride facility 4 miles/6 km outside Domme. There is a modest amount of pay parking within Domme itself and some free parking on the other side of Domme. Alternatively you can park in Cénac and walk to the Bastide.

Route Description

1 Domme has retained most of its 13th century ramparts including three fortified gates. Enter the town through the Porte del Bos and turn immediately right along the Promenade des Ramparts, giving fantastic views over the Périgord countryside.

2 Follow the promenade around the ramparts and walk through the second arched gateway, the Porte de la Combe. Walk out through this arched gateway and take the grassy track to the left for roughly 150m down to a large cross on the road. From here turn left up the road keeping the old wall on your left.

3 This brings you back into the town, through the third gateway - the Porte des Tours - which was used as a prison for the Knights Templar who were falsely accused of heresy and perversion. Turn left into the Rue des Porte des Tours and pass a newly restored lavoir (washhouse) into the Place de la Rode. Explore the square, which has a central war memorial, or browse through the gift shops and art galleries. Enjoy refreshments at one of the many cafés.

4 Cross the square into the Rue de la Monnaie, carry on up the Rue Marguerite Mazet past the Musée d'Art and into the Place de la Halle. The tourist office is situated here.

5 The entrance to the grottes (caves) of Domme, the largest in the Périgord Noir region, is opposite the tourist office. A visit here is recommended although it can get very busy. After a visit you will exit the fantastic chalkstone vaults, filled with 450m of stalactites at the bottom of the cliff face, and return to Domme in a lift which gives you beautiful views.

6 There are marvellous views of the Dordogne River looping through fields far below and two châteaux are visible over the river. With a pair of binoculars you may be able to see the attractive village of La Roque-Gageac built into the distant cliffs.

7 Get onto the Rue Pont Carral by the Restaurant Esplanade and take the first turn on the right by religious icon mounted on a wall. Turn left onto a stony road while keeping the views of the river Dordogne on your right. You will find another good viewpoint at the Esplanade Jubilee (the public gardens to the right).

8 The gardens have an area with picnic tables and benches, a small childrens' play area and toilets. On the wall you will find a topographical map, which depicts the various châteaux and dwellings, which are visible from here.

9 Leave the garden by the gate near to the toilets, turn right and walk for a short distance to the old windmill and converted water tower.

10 Retrace your steps back up the road, past the gardens on the left, and straight along the Rue de Vieux Moulin. Turn right into the Rue de la Chapelle, opposite the Gendarmerie (police station), and go straight over two small crossroads. Take the first turning left into the Rue de la Chapellenie and turn right at the T-junction into the Rue de la Monnaie. This leads you back to the Place de la Rode.

Trail Notes

Distance 3mls/4km walk around Domme.

Grade Easy.

Terrain Town roads.

Suitable All ages of family.

Time One hour and forty minutes.

Start/end The main entrance to Domme at Porte des Bos.

Map Taken from walk No 2 from the booklet 'Les Balades d'Archibald. Périgord Noir.' IGN 1936 ET 1:25 000 Les Eyzies & IGN 2036 ET 1:25 000 Sarlat. Souillac are the recommended maps of the area.

Facilities Domme has a good selection of bars, restaurants, shops, public toilets and a tourist office.

Note There are escorted tours into the Grottes every 45mins between 10-12 and 2-6. Cost for an adult is €5.60. For more details, call 05 53 31 71 00.

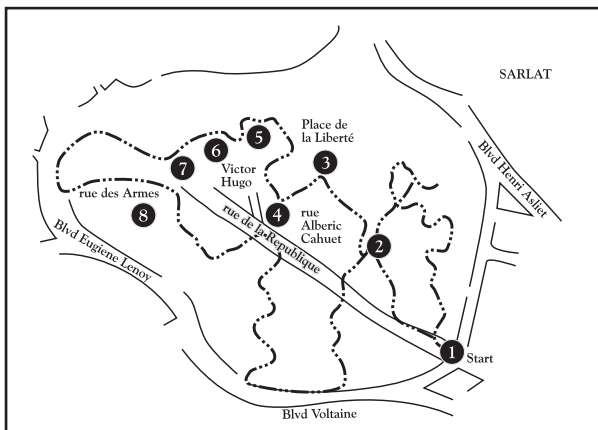
Route Four

3m/4km (2hrs)

Explore the wonderful medieval city of Sarlat

An interesting walk, leaving from the car park in Sarlat at Place du 19 Mars, 1962. The beautiful and well restored medieval and renaissance town of Sarlat is wonderful to wander around.

"Sarlat is a gem of a town. Go back in time as you walk through narrow alleyways, courtyards and open squares with towers, turrets and gables." Dudley Clarke-Jervoise, Achières, France.



Directions by car

Drive to Sarlat and follow signs to 'Centre Ville'. Drive past the roundabout with a fountain and park in the free car park on the right, in the Place du 19 Mars 1962.

Route Description

1 Turn right from the car park, cross the main road at the crossing by the vétérinaire (vet), turn into the narrow alleyway of the Rue de Calprende. You will see a sign for 'Office du Tourisme pour piétons' (directions to the tourist office for pedestrians). A short walk takes you down to the square and jardins du 8 Mai 1945. Just before you reach the square you will see the restaurant Pizza Napoli on your right.

2 From the market square, turn right into Rue de la République, then left into the cobble stoned Rue des Consuls.

3 Continue along the street and when you reach the three Golden Geese in the Place du Marche aux Oies (the site of the old goose market) walk up the steps into the Place de la Liberté.

4 Descend a small flight of stairs from the Place de la Liberté and turn immediately right into the Rue Victor Hugo. Turn left into Rue Alberic Cahuet and after a few steps turn left again through an archway, opposite Le Commerce restaurant.

5 Turn right into the Rue de la Liberté. When you reach the Cathédrale Saint-Sacerdos, turn up the left hand side & follow the old wall.

6 Walk back to the front of the cathedral and go up the narrow alleyway, Rue de la Boétie. Cross the road by the Petit Casino shop and go straight ahead into the second half of the Rue de la Boétie. Turn left into Rue de Cordil then right into Place Beauvau. Walk along the Rue des 3 Conils and pass under a stone archway where you join the main road outside the old town.

7 Turn right and walk up the hill of a main road for a short distance. Turn right down some steps into Rue de Turenne and into an oasis of calm at the town's hidden medieval heart. Turn left at Rue du Siège then first right at the turreted house. Continue downhill and turn left into Rue de Fage. Turn right at the end, back to Rue de la République.

8 Turn left along the Main Street and first left into the Côte de Toulouse. Walk up past the restaurant Le Quatre Saisons then turn right past the Hotel de Recollets on the left and back to the Rue de la République. Turn left, and left again into the Rue des Armes which leads in a U shape through a narrow, low archway up a steep slope towards part of the ruins of the old town wall. Turn right at the main road, which is close to your starting point at the restaurant Pizza Napoli. Turn left up the Rue de la Calprenade and back to the car park.

Trail Notes

Distance 3m/4km walk around Sarlat.

Grade Easy.

Terrain Town streets.

Suitable All ages.

Time Approximately two hours.

Start/end Car park in Sarlat at Place du 19 Mars, 1962.

Map From walk 1 from booklet 'Les Balades d'Archibald. Périgord Noir.' IGN 1936 ET 1:25 000 Les Eyzies.

Route Five

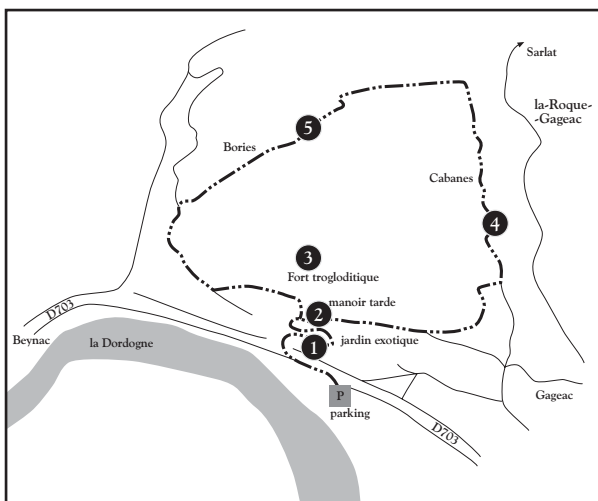
3mils/4km (2hrs)

A visit to La Roque-Gageac and a country stroll

This route leaves from the outskirts of La Roque-Gageac. A wonderful day can be spent exploring the little hamlet of La Roque-Gageac, perched on ledges in the cliffs overlooking the Dordogne River.

"You have the opportunity to go into Fort Troglodytique and then ramble through beautiful countryside"

Dudley Clarke-Jervoise, Achieres, France.



Drive to start of route

Drive to La Roque-Gageac where you can park in the large pay parking area on the left just before the cliff face.

Route Description

1 Turn left out of the car park and walk down the main road. Enter the town by crossing the road at the signpost to 'l'Église, Jardin Exotique and Fort Troglodytique'. Climb the steps and follow signs to the tropical Jardin Exotique. Next to it is the 16th century church where there is a great view over the Dordogne River and to the Bastide of Domme on the hilltop to the left.

2 Retrace your steps and take the higher road at a junction, towards the Manoir de Tarde. This elegant mansion with round towers was the home of the renowned historian and astronomer Jean Tarde and his family.

3 The nearby troglodyte fort is a fascinating place to visit and has marvellous views over the winding Dordogne River. The 12th century fortress was built into the cliff face to prevent the enemy from scaling the cliffs and evaded capture during the Hundred Years War. The hundreds of caves carved into the rock and built over have five levels provided homes from the beginning of human civilisation.

4 Look out for the thin bands of yellow indicating waymarker signs and continue through the town until you see them leading up a pathway to the right.

5 Follow the waymarked path up a hill and into the woods. At the top of the rise, take the track bearing right.

6 At a T-junction, bear right as waymarked, passing a no entry barrier. At the bottom of a short descent turn right, signposted La Roque-Gageac and take the well paved path back into town. As you pass through the woods, look out for the ruins of 'petites cabanes rondes'.

Trail Notes

Distance 3mils/4km walk.

Grade Moderate.

Terrain Town roads & a moderate climb up country paths.

Suitable All ages of family.

Time Two hours plus.

Start/end Parking area just before you reach La Roque-Gageac.

Map From walk 3 from booklet 'Les Balades d'Archibald. Périgord Noir'. IGN 2036 ET 1:25 000 Sarlat. Souillac.

Up to date information.

The information contained in this guide has been compiled from reports written by Canvas customers. This information was last updated in 2006. We have not verified the information herein and cannot attest to its accuracy.

Have we got it right?

We are constantly looking for ways to improve our service and would be grateful for your comments about our activities booklets. If you have any suggestions, or if any of the information in this booklet is inaccurate, we would like to hear from you.

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