

# EXPLORE!



## Self-Guided Dordogne Walks and Gastronomy

7 days

France - Trip code WSDG

## Self-Guided Dordogne Walks and Gastronomy

A self-guided gastronomical walking holiday that takes you along the banks of the meandering Dordogne River and into the higher wooded Perigord plateau. Follow hidden footpaths through the picturesque countryside. Explore the honey-coloured village of Montferrand, the Cistercian Abbey of Cadouin and the imposing Biron Castle. End your trip in Monpazier, a jewel of a 'bastide' (fortified settlement) included on a well-known list of 'the most beautiful villages of France'. Along the way, enjoy characterful accommodation and delicious dining.

## Trip highlights

- ★ **Dordogne and Perigord plateau** - Easy walks through landscapes of river and forest
- ★ **Local cuisine** - Enjoy gourmand's dinners of fine regional dishes
- ★ **Historic villages** - Explore Montferrand, Monpazier, Cadouin and Molières
- ★ **Atmospheric accommodation** - Family-run and all totally different but equally charming
- ★ **Historic sites** - Explore the Cistercian Abbey of Cadouin and Biron Castle at your own pace

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### WALKING GRADE:

##### Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Trip starts in Badefols-sur-Dordogne

Your base for the first two nights of your holiday is a charming hotel on the banks of the Dordogne. Following check-in, you may choose to take a refreshing dip in the hotel's swimming pool, or play a game of tennis. This evening, you can look forward to enjoying a gastronomic four-course dinner.

Please note that the reception at the hotel in Badefols is only manned between 16:00 to 20:00. If you plan on arriving outside of these hours, please inform Explore well in advance so that arrangements can be made for someone to meet you.

This holiday includes a taxi transfer from Belves railway station to your first hotel in Badefols 20 km away. Once your holiday is confirmed, Explore will ask for your flight details and approximate arrival time in Belves so that a taxi can be provisionally booked for the Belves/Badefols transfer. You will need to reconfirm pick-up time once you are on board the train.



**Accommodation: Hotel Cote Rivage** (or similar)



Premium Hotel



Single room available



Meals Provided: Dinner

### DAY 2 - Circular walk around Badefols-sur-Dordogne

Today's circular walk starts at the hotel's front door. Trekking along the high and wooded south bank of the river, you head towards the village of Calès. You then follow the varied terrain of the so-called 'Boucle de Calès', along the high and low banks of the Dordogne. Along your route, you will enjoy lovely vistas over the river and may choose to enjoy a picnic lunch on the riverbank.

This evening, you can look forward to another spectacular dinner, perhaps enjoying a glass of crisp, local Monbazillac wine as an aperitif in the hotel garden beforehand.

You can expect today's 16 kilometre walk to take approximately four hours.




**Accommodation: Hotel Cote Rivage** (or similar)




Premium Hotel

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 Single room available

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 Meals Provided: Breakfast and Dinner

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## DAY 3 - Walk from Badefols-sur-Dordogne to Cadouin

On today's walking route to the Medieval village of Cadouin, you begin by strolling through truly beautiful deciduous forests of oaks, chestnuts, and beech trees. In springtime, wild flowers abound, including several species of orchids. In the autumn, you'll be treated to a display of yellow, red and golden colours. Halfway through the route, you come to the 'bastide' of Molières, where we recommend stopping for lunch. Your walk continues through the vast 'Foret de Bessadois', which is full of game animals, before you reach Cadouin. Here, your accommodation for the next two nights is a cosy bed and breakfast (or chambres d'hotes as they are known in France). Run by Jan and Diana, l'Ancienne Gendarmerie occupies a restored former rectory and police station. The simply furnished bedrooms all have private bathrooms and guests can relax in the communal living room and library. There are several options for dining in the village tonight.

You can expect today's 13 kilometre walk to take approximately four hours.




**Accommodation: Ancienne Gendarmerie** (or similar)

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 Simple Guesthouse

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 Single room available

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 Meals Provided: Breakfast

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## DAY 4 - Circular walk from Cadouin

Today has been left free to do as much or as little as you like. You may choose to spend your time relaxing in Cadouin, where you can also visit the imposing 12th century Cistercian Abbey. Alternatively, you can enjoy a 13 kilometre walk through the nearby woodland.

You can expect today's 13 kilometre walk to take approximately four hours.




**Accommodation: Ancienne Gendarmerie** (or similar)

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 Simple Guesthouse

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 Single room available

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 Meals Provided: Breakfast

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## DAY 5 - Trek from Montferrand-du-Perigord to Monpazier

Today you start with an included transfer to the picturesque honey-coloured village of Montferrand-du-Périgord. After taking a look around, you set off along narrow trails through undulating wheat fields, woodlands full of roe deer and wild boar and past

monumental farmhouses. Your destination is the small 13th century 'bastide' of Monpazier. Built by Edward I, it was also home to Richard II for a time and is regarded as one of the most beautiful villages in France.

Your accommodation for the next two nights is in a spectacular 19th century chateau on this edge of this village. The dinners served at this hotel are unlikely to disappoint!

You can expect today's 15 kilometre walk to take approximately four-and-a-half hours.



**Accommodation: Hotel Edward** (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast and Dinner

## DAY 6 - Circular walk around Monpazier; visit Château Biron

Today's walk takes you to the imposing Château Biron - a Medieval castle with an eventful history that you can learn about during your visit. Along your route here, you'll enjoy a perfect landscape of small pastures alternating with dense groves of trees.

This afternoon, be sure to leave time to explore the enchanting lanes, interesting shops and quaint art galleries of Monpazier.

This evening, and weather permitting, an 'Au revior, Perigord' farewell dinner will be served in your hotel's garden.

You can expect today's 18 kilometre walk to take approximately five hours.



**Accommodation: Hotel Edward** (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast and Dinner

## DAY 7 - Trip ends in Monpazier

After breakfast, the organised part of your holiday comes to an end.

A taxi transfer from your final night stop at Monpazier to Belves railway station is included in this holiday.



Meals Provided: Breakfast

# Walking and Trekking information

## DAILY DISTANCES



Optional Walks

### Walking grade

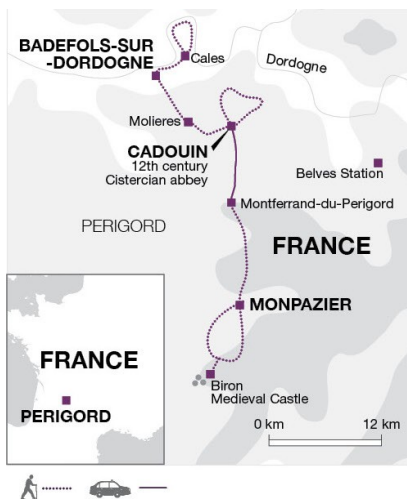
Easy to moderate

### Trek details

On this journey you walk 75 km over 5 days (an average of 15 km per day). Your route follows wide unsurfaced tracks and footpaths, with the occasional section on surfaced tracks or roads. Terrain is undulating with an average ascent and descent of 275 m per day

### Max walking altitude (m)

223



## What's included?



### Included meals

Breakfast: 6  
Dinner: 4



### Accommodation

2 nights simple guesthouse  
4 nights premium hotel

# Trip information

## Country information

### France

#### Climate

Across France, from April - August, weather conditions are generally warm and pleasant with moderate rainfall; Autumn temperatures are a bit lower and the winter months (though colder) remain mild. The summer months on the Mediterranean Coast in the south tend to be warmer than the rest of France and have less rainfall, and also more mild winters; freezing conditions are nearly unheard of. The mountainous areas of the Alps, Juros and Pyrenees can be quite different. During summer the morning and evening temperatures are considerably cooler and it becomes much colder in winter with heavy snowfall. Western France, along the English Channel, there can be very strong winds and frequent rain during the winter months Nov - Apr. Wine harvesting takes place in late August/early September.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Catholic

#### Language

French

## Budgeting and packing

### Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Take a swimming costume as the hotels have pools. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

### Footwear

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

### Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation normally by a local taxi driver or by the accommodation owners themselves. Please clearly mark all your belongings with your name and put a small note indicating the name of the next accommodation (check your accommodation list). The night before you leave, ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss. Bags should be ready and at the reception or storage room by 09.00 on the morning of your departure.

### Luggage transfer

Included between each accommodation

### Equipment

Insect repellent, sunglasses, walking poles, sunscreen and a water bottle are all recommended.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the

following:-

#### General Map

IGN Institut Geographique N° 153 Périgueux - Bergerac 1:100.000, ISBN: 9782758523598

#### Topographic Maps

IGN Institut Geographique N° 1937-O Beaumont-du-Périgord 1:25.000,

ISBN: 9782758521655 IGN Institut Geographique N° 1937-E Belvès 1:25.000, ISBN: 9782758521648

IGN Institut Geographique N° 1936-O Lalinde 1:25.000, ISBN: 9782758504566

### Country Information

## France

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Lunch price

£11

#### Dinner price

£16.00 - 18.00

#### Beer price

£4

#### Water price

£1.3

### Foreign Exchange

#### Local currency

Euro

#### Recommended Currency For Exchange

Pounds Sterling and US Dollars can only be changed in larger airports with a Bureau de Change. Please change currency into Euros prior to arriving in France.

#### Where To Exchange

Bureau de Change can only be found in major cities and large airports. Many French banks no longer exchange Foreign currency.

#### ATM Availability

In cities and most major towns

#### Credit Card Acceptance

In major restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

#### Travellers Cheques

Travellers Cheques are no longer commonly accepted and can only be changed in larger airports with a Bureau de Change.

## Transport, Accommodation & Meals

### Recommended airport

Bergerac

### Flying to your destination

We recommend flights into and back from Bergerac airport which is served by the budget airlines Ryanair and FlyBe, from multiple airports in the UK. You can also use Toulouse airport which is served by both budget (including Easyjet) and non-budget airlines (including British Airways) from multiple airports in the UK.

## Accommodation notes

### Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

This trip includes six overnight stays in three welcoming and charming family-run properties. One offers excellent views over the Dordogne, another is a renovated building situated in the Medieval village of Cadouin which formerly served as a rectory and police station and the third is an impressive manor house situated in the town centre of Monpazier. Two of the accommodations have swimming pools. All bedrooms have private bathrooms.

The reception at the hotel in Badefols (first 2 nights of the holiday) is only manned between 16:00 - 20:00. If you plan on arriving outside of these hours you must let Explore know well in advance so that arrangements can be made for you to be met.

Breakfast is included each morning and you enjoy it French-style (croissants, bread, jam, fruit, yogurt and fruit juice). Lunch is not included in the program. During high season, you will sometimes have the option of stopping for lunch at a local 'auberge'. You can also opt to buy provisions along the way or order a packed lunch at your accommodation. The latter option is recommended when travelling outside of high season, as many bars / shops you encounter may be closed. Dinner is included on four of the nights. In Cadouin there are several restaurants in the village for you to choose from. In Monpazier, dinner is served daily in high season (July/August). The kitchen is closed on Wednesdays and in low-season when you will have dinner at Bistro 2, a sister restaurant of the hotel just 5 minutes' walk away.

## Arrival and departure information

The best airport for this trip is Bergerac but you can also fly into and back from Toulouse.

From either airport you can take a train to Belves station from where there is a transfer included to your first hotel in Badefols 20 km away. Once your holiday is confirmed, Explore will ask for your flight details and approximate arrival time in Belves so that a taxi can be provisionally booked for the Belves/Badefols transfer. You will need to reconfirm pick-up time once you are on board the train. Details of the taxi company will be provided in the Destination Manual. A transfer from your final night stop at Monpazier to Belves train station at the end of the holiday is also included.

By public transport from Bergerac airport:-

Take a taxi from Bergerac airport to the train station in Bergerac (6 km, approximately €15-20) then a train from Bergerac to Belves with change in Le Buisson. Monday to Friday, 3 trains a day at 0733, 1133 and 1732. Travel time is one hour 25 minutes to one hour 50 minutes, depending on the train you take.

See <http://www.ter.sncf.com/aquitaine> for the most up-to-date timetable information.

By public transport from Toulouse airport:-

Take the Navette Aeroport (shuttle) to the Toulouse main train station, a service run by Tisseo, with departures every 20 minutes from 0530 to 0015 hours. Journey time is 20-45 minutes depending on the traffic. For more information see <http://www.toulouse.aeroport.fr/en/passengers/go/access-airport/public-transport>. From Toulouse station take a train to Belves with change in Agen. Monday to Friday, 4 trains a day, the first departure is at 0605, the last train goes at 1544 hours. Travel time is two and a half to three and a half hours, depending on the train you take. See <http://www.ter.sncf.com/midi-pyrenees> for the most up-to-date timetable information.

The best combination in terms of flights timings are an early flight on arrival and afternoon flight on departure.

## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).



For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

France: Visas are not required by UK, Australian, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom. Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

**Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

**Maximum altitude (m)**

223

**France****Vaccinations**

Nothing compulsory. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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