



LE SPÉCIALISTE DE LA RANDONNÉE EN LIBERTÉ

THE LOT AND THE DORDOGNE

Quercy - Périgord



When you leave Figeac, the town where the Egyptologist Champollion was born, and walk to Les Eyzies, a world capital of prehistory, you will cross that part of the Lot department which contains Rocamadour, and then go on into Périgord. You will pass through lush valleys and you will be able to take time out to visit a number of famous caves which contain evidence of the deepest origins of our civilisation.



8 days, 7 nights and 6 hiking days.

DAY 1 : FIGEAC (alt : 194m)

Arrive at the hotel at the end of the afternoon, have dinner and pass the night.

DAY 2 : FIGEAC - LACAPELLE-MARIVAL (alt : 385m)

23 Km 5h- 6H approx + 520m / - 350m

You leave the town which was Champollion's birthplace and which is also sited on the pilgrims' routes leading to Santiago de Compostela. You set off in the direction of Cardaillac. The track passes first to the church of St Thomas, then along the road which leads to the Carmes camp site and through the hamlet of La Curie. Once at Cardaillac, which is 10km from Figeac, you go on to St Bressou which you pass through in order to reach Lacapelle Marival.

DAY 3 : LACAPELLE-MARIVAL – GRAMAT (alt : 310m)

23 Km 5h- 6H approx + 210m / - 280m

There is a 13th century chateau which is worth seeing after you have left the village by the N 140. You continue through Rudelle (13th century church); then you go through Rueyres and Themines. Next you head for the Hôpital de Beaulieu, and after this you arrive at Gramat.

DAY 4 : GRAMAT – ROCAMADOUR (alt : 279m)

14 Km 4H approx + 110m / - 270m

This is a fairly short day's walk which leaves you time to explore Rocamadour. First you have to pass by the Moulin du Saut. In very wet weather the section of the walk between Pont du Moulin de Saut and Rocamadour may be impassable. At such times it is better to take the road, following the alternative route through Blanat le Souci.

DAY 5 : ROCAMADOUR - SOUILLAC (alt : 104m)

25 Km 6h- 7H approx + 420m / - 460m

Rocamadour is the second tourist site in France, with many interesting features. When leaving Rocamadour you follow a road which climbs the hill that separates the valleys of the Alzou and the Ouyse. You go towards the Moulin de Caoulet, then



the Pont de la Peyre, before arriving next at Bertoux. After this you pass through Pinsac and finish up at Souillac.

DAY 6 : SOUILLAC - SARLAT (alt : 189m)

28 Km 7H30 approx + 670m / - 640m

Leave the town and go to Carlux, which is 13 Km from Souillac. Then you go to Le Communal, which is a group of farms, and finally Sarlat.

DAY 7 : SARLAT - LES EYZIES DE TAYAC (alt : 69m)

25 Km 6H approx + 420m / - 360m

Before arriving at Les Eyzies you first pass through La Bouyerie, then Bardenat, and then you go through the village of Sireuil.

This stage can be shortened if you take the little road to the left just before Les Fargues. This road takes you directly to Sireuil and the day's walk is thus reduced to 25 km (while if you follow the original GR the walk is 31 km ...).

If you prefer not to do this you can book a taxi from Sarlat the day before (telephone ALLO TAXI SARLAT at 05 53 59 02 43. This will shorten the stage by several kilometres. **However, this booking is your own responsibility and you will be expected to pay for it yourself at the time.**

DAY 8 : LES EYZIES DE TAYAC (alt : 69m)

The holiday ends after breakfast.

> DATES

From April 1 to October 31, at your convenience and subject to hotel availability.

Please indicate on the booking form any other dates that would suit you (e.g.: possibility of postponing the tour by one or more days before or after...); this is in case one or more accommodations are fully booked on the chosen dates, as well as your dietary requirements.

We also ask you to **book as early as possible**. We don't have any reserved places in the accommodations, and some of them may be fully booked several months in advance.



› THE PRICE COVERS

- Half board
- Luggage transfer (depending on the option chosen)
- Tourist tax
- Provision of road notes and maps (1 topo-guide for 1 to 2 people)
- Tourist tax


› THE PRICE DOES NOT COVER

- Lunch picnic
- Insurance
- Drinks and personal expenses
- Transfers from your home to the meeting point and dispersal
- Shuttles or taxis to pick up your car and to shorten certain stages, parking fees
- Registration fees (+15€/pers.)
- Shipping costs abroad (+20€/file)
- Priority processing fees for any registration 15 days in advance (+45€/file)

› ARRIVAL / DEPARTURE

Reception takes place at the first hotel the evening before your first day's walking. If you have come by car, there is parking at 200 metres from the hotel. The holiday ends the morning following your last day's walking, after breakfast.

› LEVEL

 **Level 2** On average, 5 hours of walking per day on paths, tracks or hilly trails not exceeding 600m of cumulative positive elevation gain.

› ACCOMMODATION

2** and 3*** hotels. The shower and toilet may be on the landing or upstairs in some accommodations. **Rooms are available from 4pm.**

When accommodation is full, we are forced to have you spend 2 nights in the same accommodation and organize a transfer (which does not change the content of your



hike); these details will be indicated on your registration confirmation if this occurs. A supplement may be requested.

> MEAL

Breakfasts are traditional (sometimes buffet style) and are served around 8am. If you would like to have breakfast earlier, **check with each hotelier the day before to see if this is possible.**

Dinners are generally served from 7:30pm; they are mostly made up of the daily menu (no choice of menu in most accommodations).

For restaurants outside the hotel (e.g. Figeac), please specify that you are “La Pèlerine” customers.

> LUNCH

Lunch are not included in our prices.

You can order them directly the day before from the hotelier (to be paid on site, from €8 to €12 per person depending on the establishment).

> LUGGAGE TRANSFER

Your luggage will be transported by our luggage carrier between each stage in the late morning or later in the afternoon. Delivery by 6 pm

WARNING :

We ask you to leave your luggage in the lobby of each accommodation in the morning at 8 am and to **provide IMPERATIVELY ONLY 1 LUGGAGE PER PERSON NOT EXCEEDING 13KG;** beyond this number (1 bag) and this weight (13 kg), the carrier may charge you, at the end of the hike, a supplement or categorically refuse to carry your luggage if it is too bulky.

Hard case not allowed-we decline any responsibility for damage to this type of luggage.

We invite you to bring a small backpack to carry your personal belongings of the day.



If you are part of a group, we ask you to indicate on your luggage tags the NAME of the person responsible for this group (person who booked the hike).

> ACCESS

OUT:



Figeac SNCF train station



Figeac is located in the Lot.

RETURN:



Les Eyzies SNCF train station

> TRAVEL FILE

To make this hike, we will send you, on payment of the balance, a travel file including the list of accommodations and the topo guide (1 topo-guide per room booked). If you want an additional travel file, you will be charged + € 20/ file.

> TAKEOUT LIST

- a small backpack for the picnic - lunch and business of the day
- a small individual pharmacy (plaster, double skin, eosin, alcohol....)
- a pair of "Mid Mountain" walking shoes (watch for new shoes)
- sunglasses, cream and sun hat
- rainwear
- light shoes for the evening
- a gourd: it is important to drink 1.5 to 2L of water per day
- a knife
- flashlight (not required)
- a pair of binoculars (optional)
- Handkerchiefs
- a needle, a little thread and one or two safety pins.



If we did not answer all of your questions,
- call us at +33 (0)4 71 74 47 40 -

MORE DETAILS AT THE SUBSCRIPTION

