TIMELESS TRAILS TO ROCAMADOUR - SELF GUIDED WALKING

Walk the pilgrimage route to Rocamadour, perched on the Alzou Gorge, through the heart of the Dordogne and Lot. A unique experience through the best of rural France.

Your walk will meander along delightful riverside paths and forest trails, deep into the heart of the countryside known as the Quercy. Here you will discover the unspoilt, medieval villages, ancient caves and the picture perfect rural landscapes of the region, while a night in Loubressac, one of the ‘most beautiful villages of France’ is the icing on the cake.

Your Timeless Trails to Rocamadour walking holiday begins in Souillac, a beautifully preserved ancient hamlet, before following the Dordogne River east to St Sozy and then Rocamadour. Dramatically hanging onto the cliffs of the Alzou Gorge, Rocamadour is home to the Sanctuary of the Blessed Virgin Mary which has attracted pilgrims for centuries.

Leaving Rocamadour you continue north to the huge caves of Padirac before crossing a plateau littered with prehistoric megaliths and dolmen, to the village of Loubressac (Les Plus Beaux Villages de France). Finally you descend past the waterfall and elegant manor houses or “gentilhommières” of Autoire to the pretty market town of St. Céré.

You will be walking through an area of the Dordogne known as Quercy, truly a walkers delight. Imposing chateau, tranquil woodlands, gorgeous villages and ancient sites will delight you at every turn of the trail. Gastronomically this is a land of plenty and the Dordogne valley is famous for its luxurious foie gras, many duck dishes and truffles, which are still sought in the traditional manner with specially trained pigs or dogs. Local lamb is also a delicacy, as is the tiny white goats’ cheese known as cabecous.

Your self guided walking holiday in the Dordogne and Lot includes 7 nights accommodation in delightful family run 2 and 3 star hotels, breakfast each morning and 5 dinners, daily baggage transfer, a comprehensive information pack, route notes and maps as well as emergency support from our area manager.

HIGHLIGHTS

- Exploring dramatic Rocamadour
- Tucking into the gastronomic bounty of the Dordogne
- Following in the footsteps of pilgrims to Rocamadour
- Walking through gorgeous rural landscapes between impossibly beautiful villages.

WHY CHOOSE US FOR YOUR WALKING HOLIDAY IN DORDOGNE?

Our holidays are built around you and we are dedicated to ensuring that every last detail is taken care of so that you can just relax and get the most from your time in the Dordogne and Lot. Macs Adventure specialises in self guided walking and cycling holidays. We understand what makes for the perfect holiday; hand picked accommodation of character, interesting routes, great food and wine and seamless organisation, which is exactly what you can expect. No two holidays we arrange are the same and from your first contact with Macs Adventure you will deal with a destination and specialist who knows the region intimately and can tailor your trip to exactly fit your needs.
**Detailed Itinerary**

**Code:** WSTTR  
**Days:** 8 (6 Walking Days)  
**Nights:** 7  
**Grade:** Easy to Moderate

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<tr>
<th>Day</th>
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<td>1</td>
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<td>2</td>
<td>Walk to St Sozy</td>
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<td>Walk to Loubressac</td>
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<td>8</td>
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**DAY 1**  
**Arrive in Souillac**

Arrive in Souillac, strategically placed since pre-Roman times astride the River Dordogne. Take the time to explore the narrow streets of the town’s old quarter and its 11th century Romanesque abbey.

**Dinner & overnight:** Grand Hotel***, Souillac

The Grand Hotel is perfectly situated in the centre of town in the old city. You will experience a warm welcome during your stay in this delightful and contemporary hotel.

**DAY 2**  
**Walk to St Sozy**

Today’s walk takes you high above the Dordogne River valley offering a great vantage point over the green landscape of the Dordogne and magnificent views of the châteaux of La Treyne and Belcastel. Leaving the high plateau you descend to meander along a delightful riverside path, passing a number of prehistoric cave-dwellings before reaching the timeless old village of St Sozy.

**Walk:** 17.5 km / 11m  
**Dinner & overnight:** Hotel Grangier**, St Sozy

Hotel Grangier has 12 individually decorated rooms set around a beautiful courtyard garden and swimming pool. The gourmet restaurant is a real treat.

**DAY 3**  
**Walk to Rocamadour**

The trail wanders through tranquil woodlands and immaculate farms to Rocamadour, perched on the cliff above the River Alzou.

Rocamadour is home to the sanctuary of the Blessed Virgin Mary and has been an important site of pilgrimage since the 12th century.

**Walk:** 14.5 km / 9m  
**Dinner & overnight:** Hotel Lion d’or**, Rocamadour

The Hotel Du Lion D’or is perfectly located in the heart of the medieval city of Rocamadour. This hotel is a great base to explore from.

**DAY 4**  
**Explore Rocamadour**

Today is a free day to explore Rocamadour or take an optional circular walk. Rocamadour is packed with sites of religious and historical interest, including the chapel of the black Madonna. Why not end the day at an alfresco table within the ramparts, a glass of local wine and some delicious AOC Rocamadour goats cheese?

**Overnight:** Hotel Lion d’or**, Rocamadour

**DAY 5**  
**Walk to Loubressac**

Your walk continues in the valley of the Combe Molière to the little village of Gaule before arriving in Padirac. A visit to the subterranean cave system of the Gouffre (or Chasm) of Padirac is recommended. From here, pleasant, sandy paths lead to the dramatically-sited bastide (fortified town) of Loubressac high above the valleys of the Dordogne, Cere and Bave.

Loubressac is noted as one of the most beautiful villages of France (Les Plus Beaux Villages de France) and it’s not difficult to understand why. The town started out as a fortified Gallo-Roman settlement, becoming a stronghold of the Lords Castelnau in the 100 years war. A real gem, the medieval castle, church and village houses topped with red-brown tiles perch atop a rocky outcrop.

**Walk:** 20 km / 12.5m  
**Dinner & overnight:** Hotel Lou Cantou**, Loubressac

The family run Hotel Lou Cantou has twelve rooms and like most Logis Hotels the restaurant offers delicious local cuisine which can be enjoyed on the terrace while the sun sets over the Dordogne in the valley below.

**DAY 6**  
**Walk to St Céré**

Today starts with a climb passing the charming village of Autoire and the imposing Château de Presque. Be sure to visit the superb caves nearby. Next you will follow the edge of a limestone plateau before visiting the elegant Château de Montal with its poignant history, before reaching your destination, the old market town of St. Céré.

**Walk:** 16 km / 10m  
**Dinner & overnight:** Hotel de France**, St Céré

Hotel de France is ideally located, close to the medieval centre of St. Céré. The hotel staff take great pleasure in offering a warm welcome and making sure you have enjoyable stay.
DAY 7
Rest day or walk in the surrounding hills of St Céré

You have two options today, the first would be to take a rest day and explore the delightful old market town of St Céré. You could spend the day sampling the local food and wine in the many fine restaurants, or if you prefer take a lovely walk in the surrounding hills. Tonight we do not include your evening meal giving you the flexibility of dining in St Céré, where we can book a Michelin starred restaurant if you wish.

Walk:

Overnight: Hotel de France**, St Céré

DAY 8
Onward Travel
Depart after breakfast.

HOLIDAY INFORMATION

Accommodation
Your trip includes 1 night in a 3 star hotel and 6 nights in 2 star hotels. We carefully select family run 2 to 3 star hotels which offer a warm welcome, delicious food and great value.

Occasionally if the hotels detailed in the itinerary are not available we may have to book you into an alternative hotel of the same or better standard. If this is the case we will of course let you know when confirming your booking.

Additional Nights and Extensions
You can add additional nights before, during or after your walk.

Single Rooms
If you require single rooms within your party we would be happy to accommodate you although there is a single room supplement payable.

Meals
A delicious breakfast is included each morning and dinner is included on 5 nights. Every village that you stay at has their own patisserie so you can buy lunch before you set off, or at one on route. Your route notes have details for each day including rest stops and places of interest.

Grade & Fitness
This walking holiday is graded easy to moderate with daily distances of between 14 and 20 km with two optional rest days. The walks follow a mixture of country trails, footpaths, forest, and riverside trails.

Navigation
The routes are generally not waymarked but we supply you with detailed maps and turn by turn route notes so you should have no problem following the route to your next destination.

Baggage Transfer
Your bags will be transferred between your accommodation as per your itinerary. We ask you to limit your luggage to one bag of up to 20kg per person.

Equipment
Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, warm and waterproof clothes and a day pack.

TRAVEL INFORMATION

Getting to Souillac

By Air: Brive Dordogne Valley Airport (BVE) is the closest airport, which has direct flights from London City, Paris and Amsterdam.

Toulouse Blagnac (TLS) and Limoges (LIG) are also good options.

By Train: Souillac is on the main Paris to Toulouse train line so is easily reached from

Getting from St Céré

The nearest train station to St Céré is Biars-Bretenoux (10km away), which connects with Brive and other destinations. Just ask your hotel to book you a taxi the night before departure.

From Biars-Bretenoux take a train via Brive back to the airport or other destinations in France. Visit www.raileurope.co.uk for timetables and tickets.

Travel Insurance
It is a condition of booking with us that you have suitable travel insurance that covers you for cancellation, curtailment, illness or injury. It is always advisable to book insurance as soon as you confirm your holiday.

PRICE & AVAILABILITY

Price
Please refer to our website for up to date prices.

Availability
You can start your trip on any day between the beginning of April and end of October. July and August can get very hot so unless you are used to the heat are best avoided.

Included
- 1 Night in a 3 star hotel
- 6 Nights in hand picked 2 star hotels.
- 7 Breakfasts
- 5 Dinners
- Luggage transfer between hotels
- Detailed walking route notes, maps and information pack.
- 24-hour assistance by phone from our local area manager.

PARIS (4h30), Toulouse (2h10). Visit www.raileurope.co.uk for timetables and tickets.

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Excluded
- Travel to Souillac from St Céré
- 2 Evening meals
- Lunches, snacks or drinks
- Travel Insurance
- Personal expenses such as drinks, phone calls, extra transfers, tips, etc.
- Any items not specifically mentioned in the program

Optional Extras
- Single room supplement(s) if applicable
- Airport transfers
- Additional nights.

HOW TO BOOK
When you are ready to go ahead with your booking you can book securely online at www.macsadventure.com or by telephone on +44 (0) 141 530 8886

BOOK WITH CONFIDENCE

Financial Security
In accordance with “The Package Travel, Package Holidays and Package Tours Regulations1992” all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. - This insurance is only valid for passengers who book and pay directly with/to Macs Adventure Ltd. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

ABTA Member Statement

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA. Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct. www.abta.com

RESPONSIBLE TOURISM

We operate holidays in some of the most beautiful areas of the world and try to operate in an environmentally aware and sustainable manner. We do this by following our M.A.C.S. Responsible travel policy. The full policy is available online and the cornerstones of this policy are:
- Minimise Impact & Maximise Benefit
- Action & Advocacy
- Carbon & Communities
- Sensitive & Sustainable