



éthio étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC

SIGHTSEEING STAY



1001 FACETS OF THE PERIGORD NOIR

DAY 1

Arrival. Settling in time. Dinner at the centre.

DAY 2

Morning Discover Salignac

Afternoon The Vézère valley

Guided tour of Saint Amand de Coly abbey

Guided tour of Lascaux caves

DAY 3

Morning Discover the fortified town of Domme with its scenic railway

Guided tour of Domme cave

Picnic

Afternoon Visit to the cabanes du Breuil

Visit to goose and duck farm using traditional feeding techniques for the production of foie gras.

Includes sampling the product!

Traditional Perigordian Dinner at the centre

DAY 4

Morning Visit of Eyrignac gardens

Afternoon The Dordogne valley

« Gabarre » trip on the Dordogne and discover la Roque Gageac village

Visite of a traditional distillery « la Salamandre » with a tasting

DAY 5

Morning Typical market of Sarlat

Afternoon Guided tour of « Le Moulin de la Tour », craft production of walnut, hazelnut and almond oils

Guided tour of Sarlat

DAY 6

Quercy

Morning Guided tour of the caves of Padirac

Lunch in a farmhouse inn

Afternoon Guided tour of Rocamadour

DAY 7

Packing and departure with packed lunch



FROM 450 EUROS

per person

Rate on the basis of a group of 25 adults

The price includes 6 nights of full-board accommodation in double room with en suite bathroom, administration costs, sheets, one meal in a farmhouse inn, one meal with Perigordian specialities, the booking and the tickets for the visits planned in the program.

Option : Accompaniment during the day by a person of the centre

IN THE HEART OF THE PERIGORD AND PRESTIGIOUS
SITES : SARLAT, LASCAUX, CASTELNAUD...
PRÉHISTORY AND MIDDLE AGES IN A COUNTRY
WHERE GASTRONOMY IS THE KING !



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OUR CENTRE

The CIS is in the centre of a charming and peaceful village of 1000 inhabitants, with shops and services nearby, including cafes, restaurants and during the holiday season, a farmer's market in the main square on Tuesday mornings and Friday evenings.

We welcome groups of all ages who wish to visit the Périgord for cultural reasons, or to take part in sporting activities or training courses.

Come to the centre to go walking or to amble through our beautiful region on a voyage of discovery, or simply to relax. Come and hold your own courses in yoga, art, etc. with your trainers.....or why not attend one of our language courses ?

A dynamique team will welcome you and will help you to discover our region, our culture and our gastronomy. Our team is here to help you organise your group stay, your family party, your language or recreational course or your sight-seeing trips.



OUR REGION

The region abounds with gems such as the medieval town of Sarlat, the celebrated Lascaux caves, countless prehistoric sites and 1001 castles, not forgetting its renowned cuisine, rich with refined delicacies such as foie gras and truffles. You can experience all this with us in here the Périgord Noir.



INFORMATIONS AND RESERVATIONS

Ethic Etapes - Centre International
de Séjour du Périgord Noir
Avenue de la Dordogne
24590 Salignac Eyvigues - France
TEL +33 (0)5 53 31 31 91
FAX +33 (0)5 53 31 31 99
MAIL mfv1@wanadoo.fr
WEBSITE www.cisperigord.com