



éthico étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC

10

SIGHTSEEING VISIT

GASTRONOMY OF THE PERIGORD

DAY 1

Arrival. Settling in. Dinner at the centre.

DAY 2

Morning Visit of a truffle farm

Afternoon Visit to goose and duck farm using traditional feeding techniques for the production of foie gras. Includes sampling the product!

Evening Guided tour of the medieval town of Sarlat

DAY 3

Morning Cookery workshop of specialities for the dinner

Afternoon Visit of a traditional distillery « la Salamandre » with tasting

Visit of a cheese making farm

Traditional Périgordian Dinner at the centre

DAY 4

Morning Sarlat typical market

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

Visit of Domme wine cellar

DAY 5

Packing and departure with packed lunch



FROM 276 EUROS

per person

Rate on the basis of a group of 25 adults

The price includes 4 nights of full-board accommodation in double room with en suite bathroom, administration costs, sheets, , one meal with Périgordian specialities, the booking and the tickets for the visits planned in the program.

Option : A meal in a farmhouse inn, 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

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