



éthico étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC



SPORTING HOLIDAY

HIKING IN THE PERIGORD

DAY 1

Arrival. Settling in. Dinner at the centre
Presentation of your stay and discovery of Salignac in the evening.

DAY 2

Morning Hiking circuit « Le sentier des Fontaines » - 2h00

Lunch at the centre

Afternoon Visit of Proumeyssac caves

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

DAY 3

Morning Hiking circuit « Entre Dordogne et Céou » - 3h10

Picnic

Afternoon The Dordogne valley

River cruise trip on the Dordogne

Discover the village of Roque-Gageac

Evening « Pétanque » or giant Scrabble

DAY 4

Morning Hiking circuit « Vallée de la Grande Beune » - 2h35

Picnic

Afternoon Guided tour of Lascaux caves

Visit of **la Roque Saint Christophe**

DAY 5

Hiking all day-circuit - « Les Terrasses d'Eyrignac » with
Picnic - 5h05

DAY 6

Morning Visit of Eyrignac gardens

Lunch at the centre

Afternoon Hiking circuit « La vallée de l'Enéa » - 3h00

Traditional Perigordian dinner at the centre

DAY 7

Packing and departure with packed lunch



FROM 377 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 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.

This stay is for beginners, we can also organize a stay for experienced hikers.

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



éthico étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC



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 Perigord 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