



éthio étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC

EDUCATIONAL VISIT

4

ON THE TRAIL OF CRO-MAGNON

DAY 1

Arrival. Settling in. Dinner at the centre.

DAY 2

Morning Discover Sarlat

Afternoon The Vézère valley

Guided tour of Rouffignac caves

Evening Tales

DAY 3

Morning The Vézère valley

Guided tour of Proumeyssac caves

Picnic

Afternoon From the Prehistory to our days

Visit of the Roc de Cazelle (Workshop: flint knapping, polychrome painting on stone and engraving, fire lighting, spear throwing)

DAY 4

Morning The Dordogne valley

Guided tour of Castelnaud castle and its museum of the war during the Middle Ages

Afternoon The Prehistory

Guided tour of Lascaux caves

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

DAY 5

Packing and departure with packed lunch



FROM 179 EUROS

per person

Rate on the basis of a group of 25 children

The price includes 4 nights of full-board accommodation in triple room with en suite bathroom, administration costs, sheets, 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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CENTRE INTERNATIONAL
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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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