



éthio étapes

CENTRE INTERNATIONAL
DE SÉJOUR
SALIGNAC

SPORTING HOLIDAY

6

100% SPORT IN THE PÉRIGORD NOIR

DAY 1

Arrival. Settling in. Dinner at the centre.

DAY 2

Morning Potholing

Picnic on the Dordogne riverside

Afternoon Climbing near the Dordogne river

DAY 3

Down-river in a canoe on the Dordogne

Evening free in Sarlat

DAY 4

Morning Hiking circuit « Le sentier des fontaines » (5 km)

Afternoon Tree climbing

DAY 5

Packing and departure with packed lunch



FROM 232 EUROS
per person

Rate on the basis of a group of 25 teenagers

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, petanque, volleyball tournament.

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