



éthic étapes

CENTRE INTERNATIONAL  
DE SÉJOUR  
SALIGNAC

# SIGHTSEEING VISIT



## GARDENS OF THE PERIGORD

### DAY 1

Arrival. Settling in. Dinner at the centre.

### DAY 2

**Morning** Visit of Eyrignac gardens « à la française »

**Afternoon** Visit of Cadiot gardens

Visit of Carsac water gardens

### DAY 3

**Morning** Visit of Marqueyssac hanging gardens

*Picnic on the Dordogne riverside*

**Afternoon** Visit of Limeuil panoramic gardens

*Traditional Périgordian Dinner at the centre*

### DAY 4

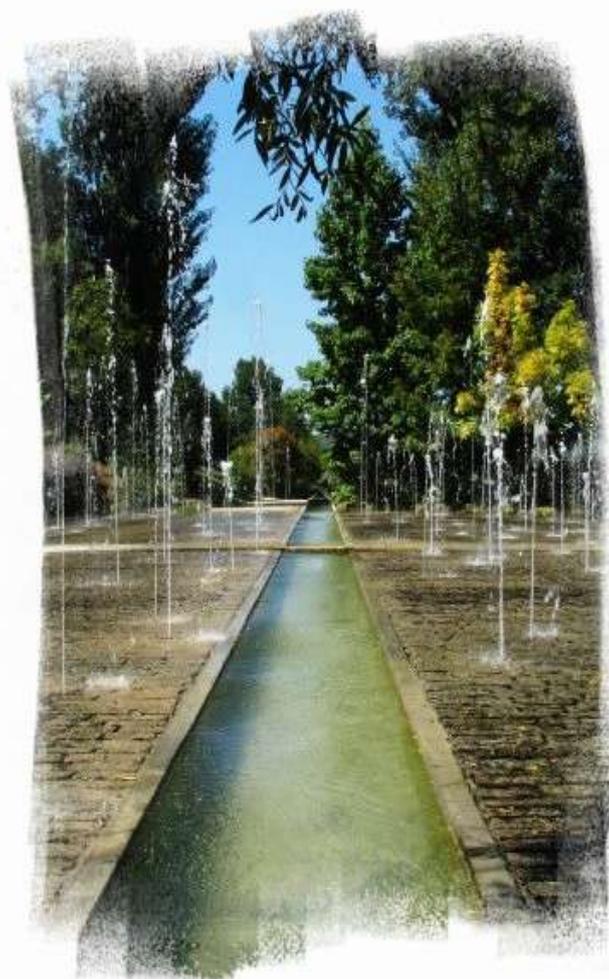
**Morning** Visit of Imaginaire gardens in Terrassin

**Afternoon** Visit of « la Ferme Fleurie » gardens  
in Roque Gageac

End of the afternoon, free in Sarlat

### DAY 5

Packing and departure with packed lunch



**FROM 283 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 : 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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