

## Self guided Cycle Mini-break

*Difficulty:- moderate, some cycling fitness required*

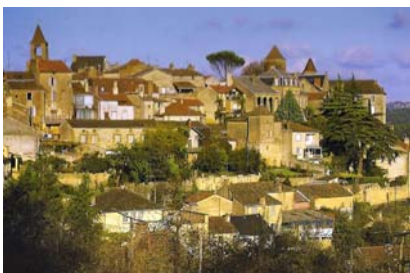
Cycling is a big part of French culture and French car drivers are bike friendly.

The area boasts a huge wealth and variety of natural attractions which are ideal for exploration on two wheels, and as we are located in the golden triangle of the Périgord Noir, between **Bergerac** and **Sarlat** this is an ideal base for your cycling break.

We provide 24-speed Cannondale and 21 speed Trek hybrid/touring bikes. These lightweight, high-performance bikes are ideal for the country roads in this area.



A detailed map of the area is included in the package for you to plan your own routes according to your fitness level. The more energetic can easily extend routes as required.



From La Salvetat, explore the astonishingly preserved fortified *bastide* town of **Monpazier**, **Belves**, a former English stronghold on a hill top site with magnificent views, **Montferrand du Périgord**, a pretty little village with a nearby tiny Roman church, **Molieres**, a beautiful 13th century English *bastide* or



**Urval** with its medieval *four banal* (village oven) and 12th century church. Have lunch in a local restaurant en route before completing the return leg. (Round trip distances start from approximately 16 km).

We organise on your behalf the hire of a road or 21/24 speed touring bike including itineraries, helmet, handlebar bag, lock and water bottle for 2 days.

**BIKE HIRE NOT INCLUDED – PLEASE CONTACT US FOR PRICES**

**INCLUDED (for 2 people sharing)**

- ❖ 3 nights in a double Garden room on the ground floor with cosy terrace
- ❖ Enjoy 3 evenings of gourmet dinners (3-course menu)
- ❖ Breakfast, served in the restaurant or on the terrace, weather permitting
- ❖ Appropriate maps and guides with several itineraries
- ❖ A gift of regional produce for you to enjoy