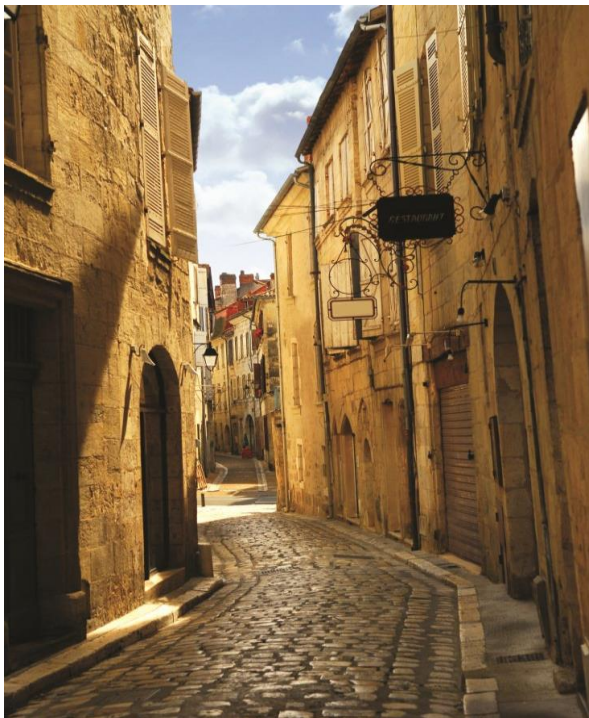


Dordogne by Rail





Travel

Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to France.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

French consulate: PO Box 57, 6A Cromwell Place, London SW7 2EW; Tel (020) 7838 2000/1. Information Service: Tel (0891) 887 733, Fax: (020) 7838 2046. Opening hours: 0900-1130 (and 1600-1630 for visa collection only) Mon-Fri (except British and French national holidays).



Tickets

You will be issued with a return train ticket. Please take care not to lose your tickets and please check that the details on your tickets are accurate. Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

Standard Premier on Eurostar tickets is indicated by two asterisks in the class type section in the top right hand corner. A light meal will be served to passengers travelling Standard Premier on Eurostar. Standard class Eurostar tickets do not include any food or drink on board, although there is a buffet car serving drinks and snacks.

TGV tickets do not include any food or drink on board, although a buffet car is available.

Train Seats

On all legs of the journey you have reserved seat and carriage numbers which are shown clearly on your ticket.



Baggage

As with most trains, passengers are responsible for carrying baggage onto and off the train. Baggage can be stored on overhead shelves or at the entrance to the carriages. Trolleys are available at St Pancras and Lille, but bags do need to be carried on to the platform. Porters are sometimes but not always available at St Pancras.

Travel Editions recommends a luggage delivery service called **thebaggageman**, where your suitcase can be picked up from your home before departure and delivered straight to your hotel; therefore removing the worry about carrying your cases onto and off the trains.

For further information:

<http://www.thebaggageman.com>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival, transfer by coach (approx. 2 hours) to Les Eyzies and Hotel des Roches. This evening there will be a welcome dinner at a local restaurant.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



Accommodation

Les Roches Hotel, Les Eyzies

The 3-star Les Roches is a family-owned, friendly hotel located in the heart of the Périgord Noir in Les Eyzies, an ideal location to explore the Dordogne. There is a lovely garden, an outdoor pool and a bar. The comfortable bedrooms are equipped with private bath/shower, TV, telephone, safe, wi-fi and hairdryer. Unfortunately rooms at the Les Roches do not include coffee/tea making facilities, so we suggest you bring a travel kettle if required.

For more information visit their website
<http://www.roches-les-eyzies.com/index1.php>



Food

The Dordogne region is famous for its duck (or goose) dishes. Try *Magret de canard* (duck breast), *confit de canard* (duck legs cooked and preserved in the bird's fat and fried in the fat for a crisp coating), and the very popular *foie gras*. *Cassoulet* (bean stew with mutton, pork or sausages and preserved goose) often features on menus in the Périgord. The *Black truffles of Périgord* are another speciality well worth trying, as are the various cheeses, such as the goat cheese *Cabécou* of the Rocamadour area.

Walnuts trees are as common in the Dordogne as *oliviers* in Provence and walnuts have played an important part in périgord culture since the Middle Ages. Try the delicious walnut oil, the traditional sweet of the region *gâteau aux noix* (walnut cake), or walnut chocolate.

Coffee is served after the meal and will be black, in small cups, unless a *café au lait* (or *crème*) is requested.

Almost all restaurants offer two types of meals: *a la carte* (extensive choice for each course, generally more expensive) and *le menu* (a set meal at a fixed price).

The bill (*l'addition*) will not be presented until it is asked for, even if clients sit and talk for half an hour after finishing their meal. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.

Generally speaking, mealtimes in France are strictly observed. Lunch is as a rule served from noon to 1330, dinner usually from 2000-2130, but the larger the city, the later the dining hour.



Drink

Wine is by far the most popular alcoholic beverage in France, and the choice will vary according to region. The *Bergerac* wine producing area is best known for its *Côtes de Bergerac AOC* (soft red wine), *Bergerac AOC* (young dry white wines, rosés and reds) and the *Montravel* (perfumed dry white wines and red wines). For a sweet white wine, try the *Monbazillac*.

In elegant restaurants the wine list will be separate from the main menu, but in less opulent establishments will be printed on the back or along the side of the *carte*. The waiter will usually be glad to advise an appropriate choice. If in doubt, try the house wine; this will usually be less expensive and will always be the owner's pride.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – at a local restaurant on the first and last nights (set menu)

Meals on the first and last nights are taken at a local restaurant with the remaining nights free for personal exploration.



Destination

Probably the most beautiful river in France, the Dordogne winds majestically through a magnificent tableau of medieval hill villages, craggy hillsides, vineyards and towns full of character. Visit the spectacular monastery Rocamadour, be taken back in time with amazing prehistoric cave paintings and dwellings, and explore the culinary delights of the magnificent region of Périgord.

Places of interest included in the tour:

Beynac, La Roque-Gageac & Domme

Spectacular and memorable, *Beynac's 14th century fortress* towers above a village that clings to a sheer cliff overlooking a beautiful stretch of the Dordogne. This lovely day exploring the Dordogne also takes us to the gorgeous riverside village of *La Roque-Gageac*. Sitting at the foot of cliffs, right on the river, the light stone houses reflect peacefully on the water. The beautiful medieval fortified town of *Domme* sits on a rocky outcrop above the river offering fascinating history and a glorious panorama of the Dordogne river.

For more information about Beynac:

<http://www.beynac-en-perigord.com/en/>

Prehistoric Man - Les Eyzies, Lascaux II & Rouffignac

The Dordogne area boasts a wealth of sites occupied thousands of years ago by our distant ancestors. In 1868 several skeletons of Cro-Magnons (the first early modern humans) were unearthed in Les Eyzies (the base for our tour). In fact, the town is at the centre of a whole series of archaeological sites allowing it to earn the name of 'capital of Prehistory'. The interesting *National Museum of Prehistory* is well worth a visit.

Lascaux II offers a superb replica of two of the cave halls of Lascaux (now closed), where the Palaeolithic cave paintings are estimated to be 17,300 years old. Other highlights include the cave system at *Rouffignac*, that contains 250 engravings and cave paintings from the Upper Paleolithic era.

For more information about Lascaux:

<http://www.lascaux-dordogne.com/en/>

Sarlat

Sarlat-la-Canéda has an unmissable old town full of medieval, Renaissance and 17th century buildings in an attractively uniform honey-coloured stone. Protected by law since 1962, this area is almost without equal in the whole of France. Highlights include the *Cathedral St. Sacerdos*, the *Chapelle des Penitents Bleus*, and the *Bishop's Palace*, but the real attraction here is to wander the immaculate streets at leisure.

For more information about Sarlat:

<http://www.sarlat-tourisme.com/en>

Rocamadour

One of the most important centres of pilgrimage after the discovery in 1166 of an ancient cave containing the undecayed body of St Amadour, the spectacular situation of *Rocamadour* on a rock above the Alzou Valley commanding wonderful views has ensured its continued popularity with tourists. Worth seeing in this iconic and impressive site is the picturesque pedestrianised town leading up to the complex of religious buildings including the *Basilica of St-Sauveur*, the *Stations of the Cross*, the *Chapel of Notre-Dame* (Miracles) and of course the *tomb of St Amadour*.

Bergerac & Monbazillac

The lively and attractive market town of *Bergerac* has a charming mix of Renaissance and medieval architecture. With quaint streets it is a delightful place to explore the excellent shops, restaurants, and a fascinating tobacco museum. Nearby is *Château Monbazillac* that produces some of the area's best wine, including a famous dessert wine of the same name. There will be a guided tour and wine-tasting during our visit.

For more information about Bergerac:

<http://www.beynac-en-perigord.com/en/>

Périgueux

The ancient city of *Périgueux* has Gallic and Roman roots – the excellent *Vesunna Gallo-Roman Museum* will tell you more – but today it is also a gastronomic city where, on market day, you can pick up all sorts of delicious regional specialities such as truffles, charcuterie and succulent pies called “pâtés de Périgord.” Other sights include the cathedral quarter of medieval streets, the *Cathedral St Front* and the *Musée de Périgord* that houses a comprehensive collection of prehistoric artefacts.

For more information about Périgueux:

<http://www.tourisme-perigueux.fr/en>

Reading suggestions

Graham Robb, *The Discovery of France*.

A general introduction to French culture, landscape and history, it also features an excellent insight into the distinctive character of France’s regions.

Norbert Aujoulat, *The Splendour of Lascaux: Rediscovering the Greatest Treasure of Prehistoric Art*

Norbert Aujoulat’s excellent descriptions of the background, history and geology of these incredible caves are accompanied by exquisite, high quality photographs of the stunning Palaeolithic paintings.

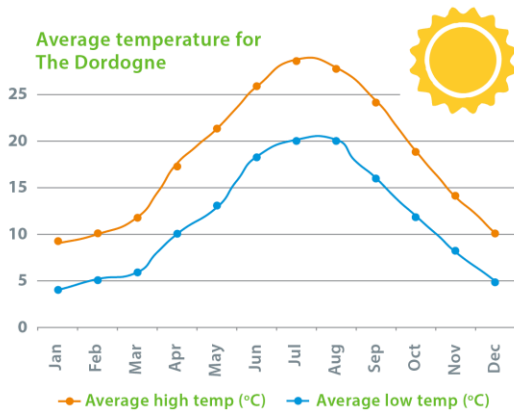
Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – The weather in Dordogne at this time of year is likely to be pleasant, but there is the chance of the odd shower. Our best advice is to come prepared.



Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – French.

Religion – Roman Catholic.

National holidays – New Year's day (01 Jan); Easter Monday; Labour day (01 May); Victory in Europe day (08 May); Ascension day; Whit Sunday; Whit Monday; National day (14 Jul); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Armistice day (11 Nov); Christmas day (25 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to

carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops and museums – Enjoy the charming markets and excellent speciality shops.

Department stores are open 0900-1830 Monday to Saturday. Most shops are closed between 1200-1430. Some food shops (particularly bakers) are open Sunday mornings, in which case they will probably close Monday. Many shops close all day or half-day Monday.

Please note that some museums close on Mondays.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Consulate Bordeaux

353 Boulevard du president Wilson

33073 Bordeaux Cedex

Tel: +33 (0)5 57 22 21 10

Fax: +33 (0)5 56 08 33 12

postmaster.bordeaux@fco.gov.uk

Open Mon-Fri 0930-1200 and 1400-1630.

Travel Editions

69-85 Tabernacle Street, London EC2A 4BD

Tel: 020 7251 0045

Email: info@traveleditions.co.uk www.traveleditions.co.uk

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