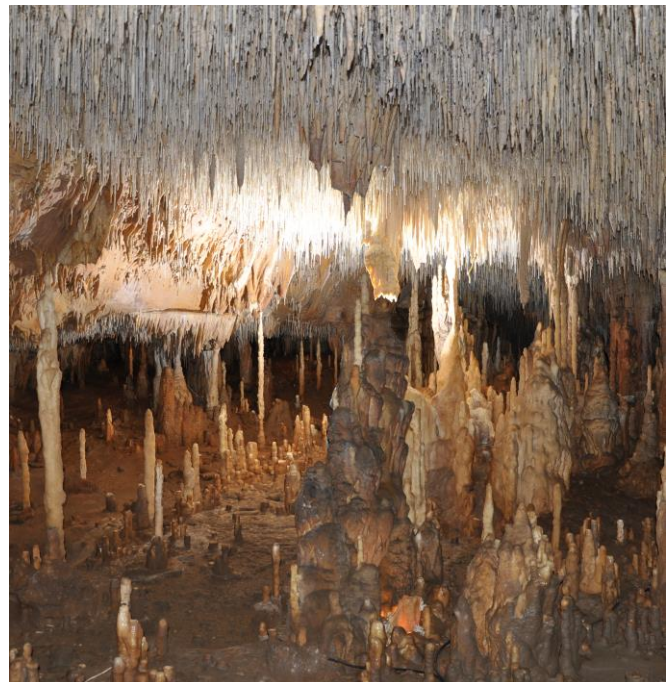
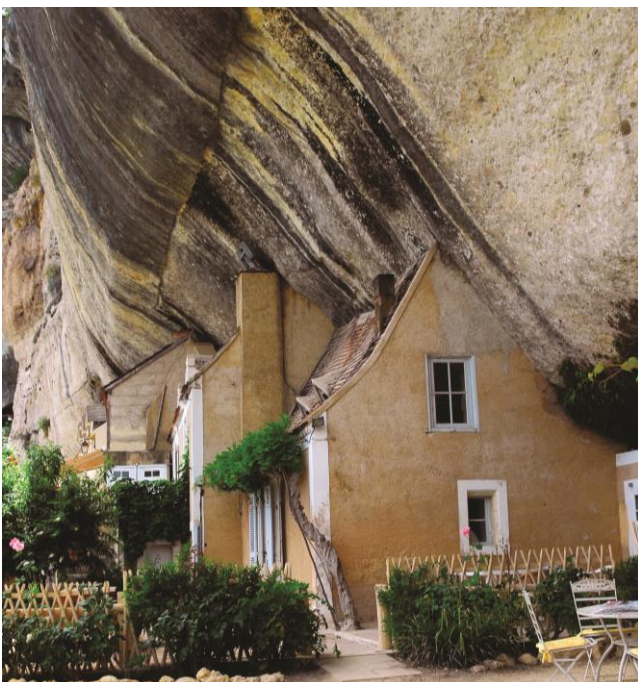
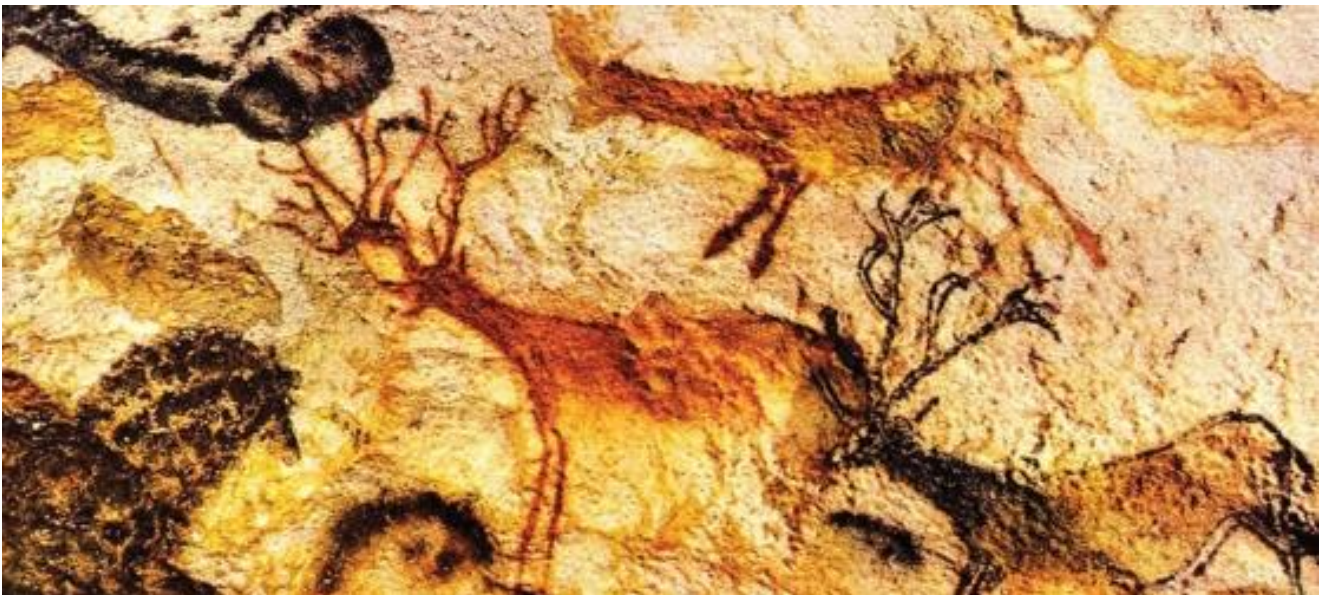




Tour Information



Pre-Historic Rock Art in the Dordogne





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Please ensure your 10-year British Passport is not out of date and is valid for a full three months beyond the duration of your visit.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. Walnut 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 three nights (set menu)



Destination

This tour marks a change in artistic and historic direction for our Art & History tours as we head back some 10-25,000 years to our ancient ancestors and the amazing rock art heritage in South West France. Rock art specialist David Saunders will highlight this fascinating and sometimes moving journey back in time, that shows how little the human race has changed in essence over millennia.

Places of interest included in the tour:

Grottes de Cougnac

There are two caves at Cougnac, one with spectacular stalactite and stalagmite formations, the other for its cave paintings. The decorated cave has some of the finest examples of cave paintings in France, and this was the first site at which radiocarbon dates were obtained for European Palaeolithic cave paintings. A sample was removed from a black dot made using charcoal and produced a date of 14,290 years ago. Samples taken from animal figures produced a range of dates between 23 and 25,000 years ago. Cougnac has a number of intriguing and enigmatic depictions, there are some fine examples of mammoth and ibex. Of particular interest are the large paintings of megaloceros – an extinct deer. A very rare image is the so-called the ‘wounded man’ motif: a human figure has a number of lines drawn leading out from the body. These have been traditionally interpreted as spears sticking into the body. There are only three known examples of this image in European cave art, and there are two in Cougnac. In a number of places the artists have made use of natural features on the rock face in their depictions.

For more information about the Grottes de Cougnac, please visit: <https://www.grottesdecougnac.com/>

Pech Merle

La Grotte du Pech Merle is one of the most striking cave art sites still open to the public – and some of its painted panels really are quite breathtaking. It is a large cave, with over two kilometres of underground tunnels and caverns; the geology of which is every bit as interesting as the prehistoric paintings. Since the discovery of this cave in 1922 archaeological research on the paintings here, including how they were painted, what Palaeolithic people used to make the pigments and how some of the more complex panels developed over time, have been at the forefront of research on and

debates about Palaeolithic cave art in western Europe. This is a decorated cave not to miss. Pech Merle was discovered by two young boys in 1922. They were encouraged to explore the caves in the area by the local priest. It was not until 1926, however, that the cave was opened to the public. The prehistoric paintings in this cave are spectacular. The most well-known panel depicts two black horses painted back to back, with a series of black dots that cover and surround the animals’ bodies. The body of one of the horses is painted on the rock surface in such a way that the prehistoric artist used a natural feature on the rock face to suggest the horse’s head.

For more information about Pech Merle, please visit: <http://www.pechmerle.com/>

Grotte de Rouffignac

Rouffignac is one of the largest caves in the area, certainly the largest open to the public. There are over 8 kilometres of underground caverns and tunnels. Visitors are taken to the prehistoric art on an electric train, a journey deep into the cave that lasts about an hour. Besides the prehistoric art, there are also remnants of ancient bear pits. People have known about this cave for a long time – as is clear from the age of the graffiti in the cave. Because the art is located so deep in the cave, it was not until 1956 that the prehistoric imagery was discovered. It is at this cave that prehistoric artists went the farthest underground to make their art. The most striking aspect of the art in this cave is the sheer number of mammoths. In Europe, there are about 350 caves with prehistoric art in them – about a third of all depictions of mammoths are in the cave of Rouffignac. Besides the magnificent paintings there are also remains of bear pits, where these animals would have hibernated during their winters.

For more information about Grotte de Rouffignac, please visit: <http://www.grottederouffignac.fr/index.php/en/>

Lascaux IV

Lascaux IV is a replica of the cave of Lascaux – the most well-known Stone Age cave art site in Europe, if not the world. The cave was discovered in September of 1940 by four teenagers, Marcel Ravidat, Jacques Marsal, Georges Agnel, and Simon Coencas, looking for Marcel’s dog Robot. Leading archaeologists of the time very quickly realised the site’s significance, and the cave was then opened to

the public in 1948. By 1955 some 1,200 visitors were visiting the site each day. The volume of traffic began to take its toll on the prehistoric art, because of the damage caused to the prehistoric art by thousands of visitors each week, Lascaux was closed to the public in 1963. The Ministry of Culture embarked on an intensive and expensive project to create a replica. Lascaux II opened to the public in 1983 and in 2016 Lascaux IV was opened consisting of not only a replica cave but a whole series of interactive galleries detailing the various aspects of Lascaux and cave art as a whole.

For more information about Lascaux IV, please visit: <https://www.lascaux.fr/en>

Les Eyzies

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.

For more information about Les Eyzies, please visit: <https://leseyzies-tourist.info/>

Abri du Cap Blanc

Abri du Cap Blanc is a small shelter with a number of *bas-relief* sculptures of animals, mostly horses. These carved animals at Cap Blanc are the finest examples of sculptured Palaeolithic art still *in situ*, and open to the public in France. The highlight of the frieze is a carved horse, the body of which measures over two metres in length. The cave was discovered by workmen in 1909 digging in the cave. Because nothing like this had been seen in the area before, and the authenticity of Palaeolithic cave art had only just been accepted, much damage was done to both the carved panel and the archaeological deposit in front of the panel. Archaeological excavations revealed a number of stone tools, some of which at least had been used to make the carvings. As the tools are thought to be of the Middle Magdalenian, i.e. about 15,000 years ago, this is a good indication of the age of the carvings. Excavations also revealed the body of a young female – the original has been replaced by a cast.

For more information about Abri du Cap Blanc, please visit: <https://www.northofthedordogne.com/abri-du-cap-blanc.php>

Font de Gaume

The quality and brilliance of the paintings in this cave, which was discovered on 12 September in 1901, lead experts to call this cave "one of the six giants" of Palaeolithic art. It is in fact the last of the caves with polychrome paintings that is still open to the public. In a narrow gallery of 120 metres there are over 200 animal depictions, both engraved and painted. The visual highlight must be a frieze of 5 bison, in which the artist(s) used the natural shape of the rock face to suggest the shape of the bison's bodies. One of the finest depictions of European Palaeolithic art can be seen in Font de Gaume. This is the painting of a male reindeer bending forward, licking the forehead of a smaller, female reindeer. The tongue is engraved, and can only be seen with oblique light. Font de Gaume was nominated a UNESCO world heritage site in 1979.

For more information about Font de Gaume, please visit: <http://www.sites-les-eyzies.fr/>

Your lecturer / guide

Studying for his PhD in Archaeology, David Saunders has an interest in all areas prehistoric. He undertakes archaeological excavations at Stonehenge and Marden Henge and has lectured throughout the UK. Currently publishing a book on animal movement across the Stonehenge landscape.

He will deliver two talks at the hotel:

"The Landscape of the Prehistoric Cave Artists"

"A Century of Trying to Understand Prehistoric Cave Artists"

Practical Information

Although none of the cave walks are particularly difficult, some of the underground paths may be uneven and slippery and that there may be a lot of steps to negotiate, so it is essential to have comfortable, well-fitting and protective footwear. It is advisable that boots are ankle high to provide good ankle support. Vibram soles tend to have better grip. It is always advisable to break in your boots before your holiday. Try two pairs of socks, one thin pair close to the skin, and a thicker outer sock.

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*

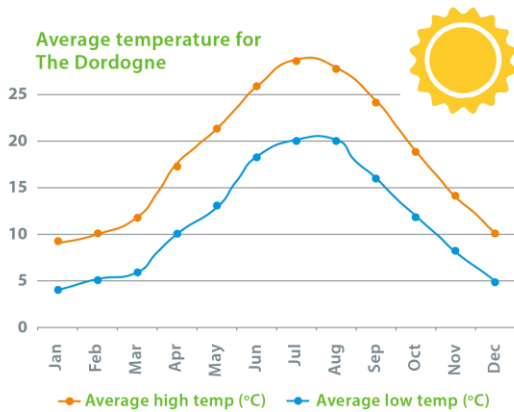
Norbert Aujoulat's excellent descriptions of the background, history and geology of these incredible caves are accompanied by exquisite, high quality photographs of the stunning Palaeolithic paintings.

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.

It is essential that you bring good grip/flat walking shoes with you as there is a lot of walking underground on uneven surfaces.

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 (Mon-Fri 0900-1700)

Outside office hours, please telephone our emergency staff on:

00 44 07841 023807

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

3 Youngs Buildings, London EC1V 9DB

Tel: 020 7251 0045

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

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