

south west france with mary moody may 2011



trip highlights

- Exploring the lesser known areas of South West France in the company of Mary Moody who has an incredible passion for this region
- Discovering historic towns and villages on foot
- Enjoying the wonderful regional food and wine
- Soaking up the hospitality of delightful family run hotels
- Discovering the ancient town of Sarlat
- Mary's house, Frayssinet le Gelat
- Sunday market in Medieval Issigeac, lunch chez Dany & Trish
- Exploring St. Cirq Lapopie



Trip Duration	15 days
Grade	Adventure touring level
Activities	Adventure touring, day walks
Accommodation	15 day trip

welcome to World Expeditions

Thank you for your interest in our South West France with Mary Moody May 2011 trip. At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

why travel with World Expeditions?

Mary Moody has been leading walking tours in this region of France for many years. Mary has chosen World Expeditions as her travel partner to organise this trip with the assistance of Dany Chouet and Trish Hobbs (formerly of the famous Cleopatra Guesthouse in the Blue Mountains), who now live fulltime in South West France and have recently published a best-selling food memoir 'So French: a Lifetime in the Provincial Kitchen'.

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trip dates

**LAND COST (joining
Gourdon) - \$7390.00AUD**

Single Supplement - \$950.00AUD

Above cost is based on a
minimum of 10 people in twin
share accommodation

For Competitive airfares to Paris/
Toulouse, travel to Gourdon
and stopover ideas please
contact our expert staff today
to receive a detailed quote.

the trip

This unique tour of South West France includes some gentle walking in the mornings followed by delightful picnics and restaurant lunches in which the local food and wines can be enjoyed. While walking and talking, we delve into regional history, architecture, cultural traditions and agriculture. Along the way we visit historic towns, villages, cloisters and chateaux as well as gardens, a vineyard and some rustic farms. The evenings are for a variety of dining experiences; from family run cafes to haute cuisine.

about your leader

The tour is led by Mary Moody, a former presenter on the ABC's Gardening Australia and the author of four best selling travel memoirs - Au Revoir, Last Tango in Toulouse, The Long Hot Summer and Sweet Surrender. Mary has owned a small village house in Frayssinet-le-Gelat for ten years and has explored the tiny villages and towns that make up France's "best kept secret". She adores this region and will be ably assisted on the tour by Trish Hobbs and Dany Chouet formerly of the famous Cleopatra Guest House in the Blue Mountains who live full time in South West France and have recently published a best-selling book, 'So French: a lifetime in the Provincial Kitchen'.

at a glance

DAY 1	ARRIVE GOURDON
DAY 2	ST. LEON SUR VEZERE, CHATEAU DE LOSSE
DAY 3	VISIT FAMOUS GROTTES AT LACAVE
DAY 4	VISIT CHÂTEAU DE HAUTEFORT
DAY 5	VISIT THE ROMANTIC GARDENS OF CADIOT AND AFTERNOON TO THE ANCIEN TOWN OF SARLAT
DAY 6	MARY'S HOUSE, FRAYSSINET LE GELAT
DAY 7	VISIT LOVELY TOWN OF BELVÈS
DAY 8	SUNDAY MARKET IN MEDIEVAL ISSIGEAC, LUNCH CHEZ DANY & TRISH
DAY 9	AN 'AROUND THE BASTIDES' DAY
DAY 10	AT LEISURE IN MONPAZIER, GOURMET DINNER IN HOTEL
DAY 11	EXPLORING URVAL
DAY 12	EXPLORING ST. CIRQ LAPOPIE
DAY 13	EXPLORING THE LOWER LOT VALLEY
DAY 14	SATURDAY MARKET AT CAHORS
DAY 15	TRIP CONCLUDES CAHORS

what's included

- 14 nights accommodation in 3-4 star hotels on a twin share basis
- 14 breakfasts, 8 lunches, 3 picnics, 4 dinners and one welcome aperitif. These meals will include wine and have been planned to include a tremendous variety of traditional local ingredients
- All transfers and coach touring as listed in the itinerary
- Entrance fees to gardens, caves, chateaux as outlined in the itinerary
- Trip escorted by Mary Moody who will meet you in Gourdon

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.



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fast facts

Countries Visited:

France

Visas:

**Please check visa requirements
with your reservations consultant***

Vaccinations:

**Please consult a travel vaccination
specialist for up to date information**

Private Groups:

**Private group options are
not available for this trip**

Singles:

**Single travellers who are unable
to be matched with another single
traveller of the same gender, must
pay a single supplement on this trip.**

Leader:

Expert English speaking guide

responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

www.worldexpeditions.com

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

detailed itinerary

DAY 1 Arrive Gourdon

The train will arrive at the Gourdon station at around 1530pm, where Mary Trish and Dany will be waiting to welcome everyone and the bus will take us (and luggage) to the traditional local family hotel, the Hotel Bouriane. After settling into the rooms, there will be a get-together over aperitifs with hors d'oeuvres, a chance to get to know each other, and Mary will outline the plans for the trip. Introductions will be followed by a welcome dinner in the hotel dining room. The hotel delights in serving local specialities and wine with dinner is included.

Meals: D

DAY 2 St. Leon sur Vézère, Chateau de Losse

After breakfast, the bus will take us to the wonderful Renaissance Château de Losse, and the famous gardens. There are extensive gardens to walk around and the chateau is furnished. Then the bus will head off to the gorgeous village of St. Leon sur Vézère, unspoiled Périgourdin village by the river with a quirky little riverside place with tables under the trees for déjeuner sur l'herbe. After lunch and a glass or two of rosé and a wander around the village, we go in the bus to the nearby Château de Chabans overlooking the Vézère valley, the buildings date from the middle ages to the Renaissance. We can wander in the park, truffle plantations and gardens and visit the chateau with beautiful furniture and tapestries. There is a charming tea-room for those who would like afternoon tea. The bus will return to Gourdon where the evening is free.

Meals: B, L

DAY 3 Visit famous grottes at Lacave

After breakfast the bus will head for Lacave on the upper Dordogne river about 30 minutes drive away. Here we will visit the famous grottes, with fairy-like rooms and underground lakes, there is a little electric train that takes us deep into the caves. Afterwards, the bus winds through pretty villages and we get to adorable Creysse where Dany and Trish will be waiting with a picnic under the trees by the river, with the village behind us. We can explore the village which will be bursting with climbing roses in May, and after lunch the bus will head to Martel where we will have a guided walking tour of this beautiful medieval town. Cafes in the square for a cool drink afterwards and then the bus takes us back to Gourdon through pretty villages. Evening free.

Meals: B, L

DAY 4 Visit Château de Hautefort

After breakfast the bus takes us to the breathtaking Château de Hautefort. In the village there is the picturesque weekly market to explore first, then visit the château and the wonderful formal French gardens, amongst the very best in France and in full spring splendour. We will have an English speaking guide for the château interiors. Lunch will be in a cute little bistro, traditional fare and wine included. Then 'for something completely different' the bus takes us to the Jardins de l'Imaginaire de Terrason with resolutely modern water features and fountains; Architects come from all over the world to marvel at the glasshouse, and in May more than 360 climbing roses adorn their supports. Not too far back to Gourdon and the evening is free.

Meals: B, L

DAY 5 Visit the romantic gardens of Cadiot and afternoon to the ancient town of Sarlat

After breakfast the bus takes us to visit the romantic gardens of Cadiot in a private house, a series of garden 'rooms' each with a different theme, and collections of peonies, irises and old roses. Then we will go to lunch in a little riverside restaurant by the Dordogne, interesting menu and

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wine included. And (hopefully) an early start for the town of Sarlat where we will spend the whole afternoon walking and exploring, and a little exceptional 'retail therapy' for those who need it- great shopping in Sarlat. Bus back to the hotel, evening is free.

Meals: B, L

DAY 6 Mary's house, Frayssinet le Gelat

After Breakfast the bus will take us to Frayssinet le Gelat and chez Mary. Mary will show us around the village, and her house, offer morning coffee and then escort the group on a lovely walk through the fields to a colourful local ferme auberge La poule au pot for a traditional farmhouse lunch, with local produce and wine. Depending on the weather we will either walk back to Mary's village, or take the bus.

Meals: B, L

DAY 7 Visit lovely town of Belvès

After breakfast the bus takes us to the lovely area around the beautiful little town of Belvès. There is a 1 ½ to 3 hour walk through woods and open country with spectacular views, Mary leading the way. Then we board the bus for lunch Chez Ilse, a 17th century farm with pigs, sheep, ducks, geese and chickens where everything on the table comes from the farm. A Perigord feast with wine included. On the way back to the hotel in the bus we will stop at the charming English-style cottage garden at La Daille. Evening free.

Meals: B, L

DAY 8 Sunday market in Medieval Issigeac, lunch chez Dany & Trish

After breakfast the bus goes to the buzzy and busy Sunday market in medieval Issigeac. Lots of photo opportunities here, and then on the bus to Sunday lunch chez Dany & Trish a long leisurely lunch under the tree, Dany cooking some Spring delicacies using the wonderful local produce, and wine of course, and a chance to visit a lovely 13th century house. Weather permitting there is a swimming pool for an afternoon swim. Late in the afternoon the bus will return us to the gorgeous Hotel Edouard 1er in the bastide town of Monpazier. Evening free.

Meals: B, L

DAY 9 An 'Around the Bastides' Day

After breakfast the bus will set off for an 'Around the Bastides' day, exploring the beautiful villages of the area, each one different but all in their full Spring glory: Monferrand du Perigord, Paunat, St. Avit Seigneur, we will make sure to be in Cadouin for lunch in the old auberge, interesting menu with wine included, then visit the famous cloisters and more villages like Molières, and the bus will finally return us to Monpazier, evening free to explore the town, plenty of cafes etc to sit and pass the time.

Meals: B, L

DAY 10 At Leisure in Monpazier, gourmet dinner in hotel

After breakfast you are free to amuse yourselves in Monpazier, or walk in the environs. Past groups have asked for this 'free day' to just have a breathing space. In the evening, we will all meet in the bar of the hotel for aperitif and then dinner in the hotel. The hotel is renowned for their food and wine list (wine is included).

Meals: B, D

DAY 11 Exploring Urval

After breakfast the bus will take us to the stunning little village of Urval where Mary will guide the walk through the village and in the hills behind, past the château, and at the end of the walk the bus will take everyone to the spot Dany and Trish have found for another gourmet picnic where they will

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be waiting with iced rosé. After lunch we will visit the other Urval château, the Château de Bourlie – the gardens are superb, with a lovely kitchen 'potager' and huge David Austin roses clinging to the walls. The bus will return to the hotel and the evening in Monpazier is free.

Meals: B, L

DAY 12 Exploring St. Cirq Lapopie

After breakfast check out of the hotel (there is a market in Monpazier for early risers to go and see) and the bus will take us to St. Cirq Lapopie where we will explore the little village with Mary, then set off on the spectacular walk down to the Lot river below. We will have lunch at the charming little riverside restaurant, wine included, and then board the boat for a boat trip and view of St. Cirq from the river. This takes a little over an hour, then the bus will take us to our third hotel, in Cahors where we will check in. After settling in the evening is free to explore the delights of Cahors.

Meals: B, L

DAY 13 Exploring the Lower Lot Valley

After breakfast the bus will head off for a day exploring the Lower Lot valley first stop the fabulous Friday market in Prayssac, then we will visit the Lot valley towns and villages of Castelfranc, Albas etc and have lunch in a local auberge. More villages and walking in the afternoon then last stop on the way back, a wine tasting at the beautiful Château La Grezette, one of the most famous Cahors wine producers. Back to Cahors hotel, and dinner in a casual Cahors bistro, fun and buzzy, with more Cahors wine to taste.

Meals: B, L, D

DAY 14 Saturday market at Cahors

After breakfast at the hotel, there is the famous Saturday morning market in Cahors to explore, full of life and colour. Join the locals in one of the wine bars for a sandwich at lunchtime. Then the afternoon is free for last minute shopping or just soaking up the atmosphere, and we will all meet in the bar of the hotel for aperitif and rather grand farewell dinner including wine in the hotel which is known for, and very proud of, their restaurant.

Meals: B, D

DAY 15 Trip concludes Cahors

After breakfast, farewells and check out of the hotel. The Cahors railway station is very close. Trip concludes.

Meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

a typical day

We have tried to create an itinerary with a balance of walking, sightseeing, shopping, eating and soaking up the glorious atmosphere. We want you to get a real feeling for this place without rushing, without changing hotels constantly and without being 'on the move.'

what you carry

During the day you will need to carry a small daypack with personal extras you require for that day - water bottle, camera, jacket etc

equipment required

No specialist gear is required for this trip. We recommend a comfortable pair of walking shoes and comfortable clothing for village and countryside rambles

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what's not included

- International flights from Australia to Paris/Toulouse - Please talk to our staff about competitive airfares to France
- Items of a personal nature
- Entrance fees not specified
- Train/transfers to start/finish of trip (our staff will assist you with this)

subscribe to our newsletter

Subscribe to our newsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly newsletter! You can do this online through our website, www.worldexpeditions.com or contact our office.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your trip of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares to Europe. Call your nearest World Expeditions office for assistance with your travel arrangements including flights, travel insurance and additional accommodation.