

**ATELIER DE LA ROSE**  
**www.french-rose.com**

**Walking holidays :**  
**programme & tariff for 2010**

**7 days (6 nights)**

Difficulty – average (overall). Day 5 – Albas - is difficult.

Day 1:

Arrival from 14.00 onwards. Tour of the village of Montcabrier, followed by short walk (4.5 kms; 2.8 miles) in the woodland surrounding the village (if time allows). Dinner at Atelier de la Rose.

Day 2:

Transfer by car to Puy l'Evêque. Tour on foot of the old quarters. Lunch at a restaurant in Puy l'Evêque. Walk to Martignac (4kms; 2.5 miles). Short visit of church. Return itinerary is on mainly different paths (10 kms; 6.2 miles). Possibility of shortening this section. Dinner at Atelier de la Rose.

Day 3:

Walk from Montcabrier to Bonaguil castle (8kms; 5 miles). Picnic followed by guided tour of the castle. Return to Montcabrier by different paths (10 kms; 6.2 miles). Possibility of shortening both walks. Dinner at a restaurant in a nearby village.

Day 4:

Transfer by car to Frayssinet for a walk that takes in three villages in a loop (13 kms; 8 miles). Lunch at the restaurant of one of the villages on the way. Return to Montcabrier. Dinner at Atelier de la Rose.

Day 5:

Visit to farmers' market. Transfer by car to Albas for a 10 kms (6.2 miles) walk. Picnic. Possibility of a visit to a vineyard. Return to Montcabrier. Dinner at a restaurant in a nearby village.

Day 6:

A full day of touring by car, visiting the paleolithic cave at Pech Merle and the village of St. Cirq Lapopie. Lunch at a restaurant in St. Cirq Lapopie. Return to Montcabrier for dinner.

Day 7:

Leave after breakfast.

*The programme may be modified to suit weather conditions and to take advantage of the best farmers' market of the week.*

**Cost**

€ 400 per person (couple in one double-bedded room)

€ 470 per person (2 people in two double-bedded rooms)

€ 650 for a single individual.

What is included

B & B accommodation at Atelier de la Rose for 7 days (6 nights)

6 continental breakfasts

guided walks

transfers by car for certain walks

entry charges to sites

What is not included

All meals (except breakfasts): at restaurants, at Atelier de la Rose or picnic.

Transfer from/to Bergerac airport or French railway stations (see "Access" page).

Drinks.