

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

**Walking holidays**

*Atelier de la Rose is unique in providing personally guided walking holidays on demand for individuals. Your stay can be extended to allow yourself more time for touring, either independently or with the guide.*

**Programme 3 days (3 nights)**

**Difficulty - easy, with two short but steep climbs.**

**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 Caillac for a 8.5 km (5.3 miles) walk that takes in some of the castles and vineyards of the Lot Valley. Lunch in the Caillac restaurant. Possibility of a second walk in the afternoon or a visit to a vineyard. Dinner at Atelier de la Rose.

**Day 3:**

Transfer to by car to St. Martin-le-Redon. Walk to Bonaguil Castle with a short detour to look at a mysterious medieval tower (5 kms; 3 miles). Picnic at Bonaguil followed by a guided tour of the castle. Return to Montcabrier by a different route (10 kms; 6.2 miles). Possibility of shortening both walks. Dinner at a restaurant in a neighbouring village.

**Day 4:**

Leave after breakfast.

*The programme may be modified to suit weather conditions.*

*This is a sample programme only and so it does not reflect all the possibilities available.*

**Tariff 2019**

€ 336 per person (couple in one double-bedded room)

€ 410 per person (2 people in two double-bedded rooms)

€ 550 for a single individual (please consult us for the cost if you are a single person making up a group of 3).

**What is included**

B & B accommodation at Atelier de la Rose for 3 nights.

3 continental breakfasts.

All meals during your stay: at restaurants, at Atelier de la Rose or picnic.

Transfer from/to Bergerac airport or from/to train station (Gourdon, Cahors, Agen, Monsempron-Libos).

Guided walks.

Transfers by car for certain walks.

Entry charges to sites.

**What is not included**

Journey to S.W. France.

Transfers from airports or train stations other than those listed above.

Drinks.