

INTRODUCTION

The Dordogne Region and River
The Périgord Noir (walks 1–16)
The Périgord Pourpre (walks 17–31)
A Short History of the Dordogne
Using the Guide
Travelling to the Dordogne
When to go
Accommodation
Clothing and Equipment
Regional Specialities
Vegetation, Flowers and Wildlife



THE SARLAT AND SOUILLAC REGIONS (PERIGORD NOIR)

- 1 Walk around Montignac and les Caves de Lascaux
- 2 Le Chemin des Combes: a walk around St Geniès
- 3 St Crépin and Carluet: a stroll in the Périgord Noir countryside
- 4 Round the Gardens of Eyrignac
- 5 Les Eyzies on the Vézère River
- 6 Les Gorges de la Vézère
- 7 Around the Château of Les Milandes
- 8 Le Chemin de Cazenac: walk around Beynac
- 9 Walk around the village of Roque Gageac
- 10 La Bastide de Domme
- 11 Les Hauts de Veyrignac
- 12 Roc de Monges near St-Sozy
- 13 Circle round Mont Mercou near Martel
- 14 Walk around the Gouffre de Padirac
- 15 Walk around the Mills of the Alzou Gorge: Rocamadour
- 16 Circuit de Notre-Dame-des-Neiges



THE BERGERAC REGION (PERIGORD POUPRE)

- 17 Around the Trémolat Horseshoe (Cingle)
- 18 Around the Cliffs of Mauzac
- 19 A Walk around Lalinde
- 20 Couze to the Château de Lanquais
- 21 Around Monpazier to the Château de Biron
- 22 Around the Fortified Village of Beaumont
- 23 Around the Medieval Village of Issigeac
- 24 Conne-de-Labarde
- 25 Le Circuit de St-Aubin
- 26 Through the Vineyards of Montbazillac
- 27 Around the Villages of Flaugeac and Singleyrac
- 28 Round the Lac de L'Escourou
- 29 Around Monestier
- 30 St-Georges-de-Monclard
- 31 St-Felix-de-Villadeix

Appendix A: Maps

Appendix B: Tourist Offices and Syndicats d'Initiative

Appendix C: Market Days

Appendix D: Glossary of Local and Useful Words