

Atlantic Coast & Western France

THE ATLANTIC COAST IS WHERE FRANCE GETS BACK TO NATURE. Much more laid-back than the Med, this is the place to slow the pace right down.

Driving through this region is all about quiet country roads winding through vine-striped hills, glimpsed views of dead-at-noon villages and the occasional foray into energetic cities such as Bordeaux.

The region's wine is famous worldwide, and to wash it down you'll find fresh-from-the-ocean seafood wherever you go and plenty of regional delicacies including snails in the north, foie gras further south and, in the unique Basque regions, chilli-tinted dishes filled with hints of Spain.

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33 Basque Country 7 Days
Uncover the unique world of the Basques on this compact trip. (p357)

34 Heritage Wine Routes 5 Days
You like wine? You like good food? You'll love this trip. (p365)

35 Gourmet Dordogne 3 Days
The Dordogne region is renowned for its gourmet goodies – discover why on this trip. (p375)

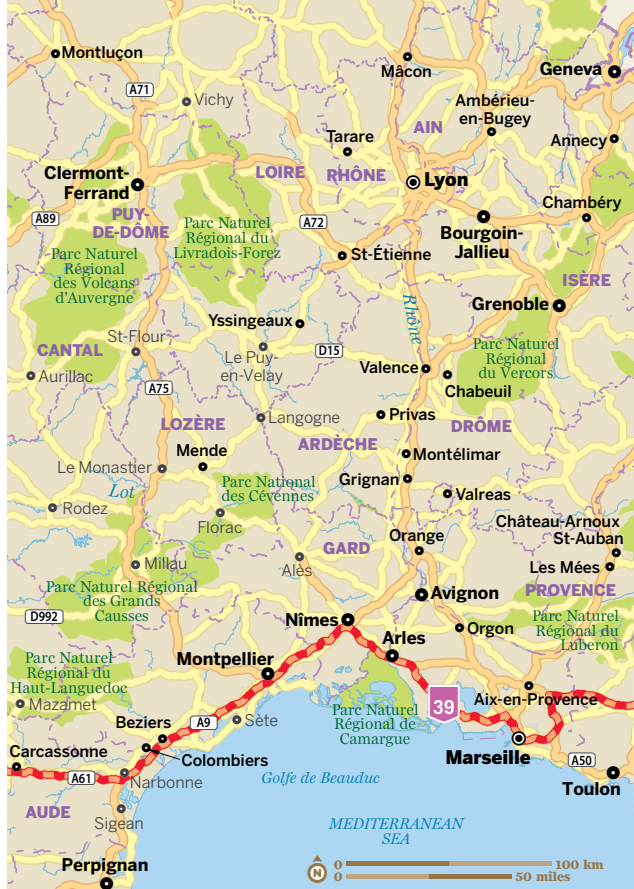
36 Cave Art of the Vézère Valley 3 Days
Uncover some of France's oldest artworks: the cave paintings of Cro-Magnon humans. (p383)

37 Dordogne's Fortified Villages 5 Days
Discover the fortified villages and castles of the rural Dordogne. (p391)

38 The Lot Valley 3 Days
Tour the twisting rivers, limestone gorges and vintage vineyards of the Lot. (p399)

Classic Trip

39 Atlantic to Med 10 Days
Running between two very different seas, this is the ultimate south-of-France trip. (p407)



DON'T MISS

St-Cyprien

An expert resident in the village offers truffle hunts. Accompany the hounds on Trip **35**

Musée National de la Préhistoire

A brilliant place to do your homework on the Vézère Valley's cave art. Bone up on Trip **36**

Domme

Explore this spectacular hilltop village, with its views over the Dordogne valley. Take it all in on Trip **37**

Najac

This fairytale castle offers some of the most breathtaking views in southwest France. Explore it on Trip **37**

Tapas

Tuck into these tasty bites and wonder whether you're in France, Spain or somewhere else altogether. Indulge yourself on Trip **33**



La Roque Gageac A barge passes the village on the Dordogne River (Trip 35)