

Le FaQ = frequently answered questions.

My mobile phone number : WhatsApp or FaceTime

+ 33 6 03 65 08 07

Le Domaine de Cugnac

Marie-Laurence & Don

07 67 39 41 72

<mailto:resacugnac@gmail.com>

PICK UPS & DROP OFFS

Possibility of Transfers to Bergerac on start & finish days, at pre-agreed times. Shared taxi, not included in the holiday price. Bergerac > Cugnac is about 40 minutes

D33 train on the Bordeaux-Sarlat line

<https://www.sncf-connect.com>

SCHEDULE

Course Start Day

Arrive at Cugnac around 15h40

up till 16hr30 : Check in to your room. (Adam's transfers arrive around 15hr30, so there's one free hour to rest).

16hr30 tea together, bonjours, Q&As

17hr 'Art Walk #1' around the site.

18hr - Welcome aperitifs in studio

Any Questions?

Adam : Introduction to Course

Visit Atelier.

18hr30 - 'My Art Journey'

19hr - à Table, first meal at Cugnac

Course Last Day

Breakfast

Packing, clean gite

have a quiet walk in nature

Good-Byes

Leave Cugnac after Breakfast. For those staying on an extra day for the prehistoric cave day, leave after an early breakfast & come back late in the evening.

There's normally a bit of a rush on the last full day to finish things off. The aim is to leave both gite & studio tidy. Please kindly help me to pre or less tidy up studio (approximately) as well pack your personal materials & artwork from studio.

I help pack your artwork.

Some times we have a little party on the last night.

DAY TIMETABLE

Please read this : <http://www.artists-atelier.com/painting-courses/>

- 9h15 course starts. I like to start the day with a demo or a structured lesson. In group. There's not many students Cugnac, so there's lots of time for one-to-one tuition. Plus more natural demos (it takes up me to 3 hours to paint a normal painting, especially a watercolour. Oils take longer. But a demo doesn't work too well if it goes on to long as students get bored or wish t return to their own painting. Thus speeding up the painting process ... which can lead to sloppy speed. & artificial 'slick' unconsidered painting).

- 1 pm LUNCH . Adam has 60 minutes break.

- 2,30 pm : individual painting & individual tuition, tea & coffee

Day Review

- 5,30pm. teaching stops

- around 18hr Aperitifs & diner

AVERAGE TEMPERATURES

use a french app, not an international one (they often get it wrong) ...

<http://www.meteofrance.com/previsions-meteo-france/saint-avit-senieur/24440>

WHAT TO WEAR

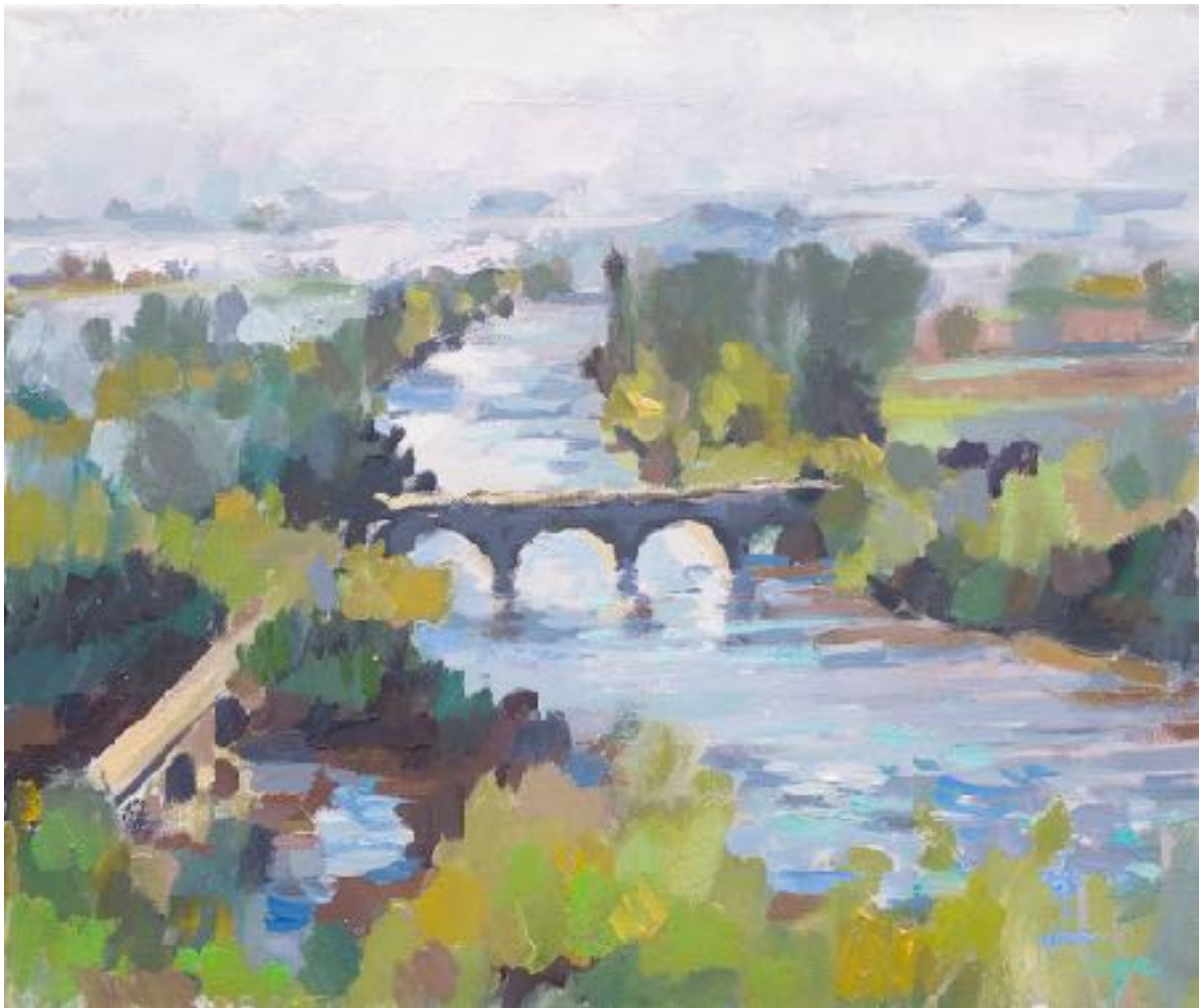
- Sunhat (essential), sun glasses, sun cream.
 - Insect repellent, insect bite cream (there aren't many bugs & mosquitoes about but painting outside all day long does mean that one might meet one or two).
 - peppermint essential oil (works immediately against deer ticks - which are rare).
 - stout shoes
 - socks (you'll be sitting down painting & might get cold feet).
 - a light rain coat
 - fleece (nights can get cold)
-

PRE COURSE RESEARCH ABOUT OUR REGION

Saint-Avit-Sénieur – Wikipédia – Fascinating history!

Promenade Nocturne – Les murmures de Saint Avit
Sénieur – Quartiers Lumieres

Here's a super documentary about the Dordogne River, which appeared recently on UK TV. I feature about half way through. (watch only; dont publish this!)



BOOKS ON THE SOUTH WEST

Three Rivers of France: Dordogne, Lot, Tarn – Freda White

South-West France: The Wines and Winemakers – Paul Strang

The Ripening Sun: One Woman and the Creation of a Vineyard – Patricia Atkinson

Martin Walker – The inspector Bruno series

The Time and the Place: Turning Dreams to Duras in Southwest France — Donna Drago

South Wind Through the Kitchen: The Best of Elizabeth David – Elizabeth David

Josephine Baker Story – Chateau des Milandes.

Josephine Baker in Art and Life: THE ICON AND THE IMAGE – Bennetta Jules-Rosette

Périgord, Quercy, Dordogne, Lot – Le Guide Vert, Michelin (fr)

Sud-Ouest – Femmes dans l'Histoire – Jacques Dubourg (fr)

Bastides: villes neuves du Moyen Age Jacques Dubourg (fr)

YOUTUBE – DORDOGNE

Rick Steve's Dordogne

top 7 must see in dordogne france

Chasing a Rainbow: The Life of Joséphine Baker

She Wolves, England's Early Queens – Matilda & Eleanor

100 Years War

Michel Bras – the best cook alive in South France today, IMO

L'Abbaye de Saint Avit Senieur is on the Camino de Saint Jacques (la voie de Vélay – Santiago, Spain)

Walk the Dordogne Valley variant , along the GR 64 along the river & Rocamador?

<https://www.gr-infos.com/gr64.htm>

<https://www.vallee-dordogne.com/la-vallee-de-la-dordogne/decouvrir/chemins-de-saint-jacques-de-compostelle>

<https://www.vallee-dordogne.com/la-vallee-de-la-dordogne/activites/balades-et-randonnees>



OTHER THINGS TO DO IN THE REGION

1. **SARLAT** is 'must see' tourist gem. Old medieval architecture & the highest density of 'Monuments Historiques' in all the world! You have already seen Sarlat in films such as 'Les Misérables'

[Office de tourisme de Sarlat](#)

Beware : Gare SNCF is about 1,5 kms from historic centre. I recommend that you stay in accommodation in the historic centre or else expect a long walk in.

<http://www.hotel-lesremparts-sarlat.com>

<https://www.sarlat-chambres-hotes.com/>

[Les Chambres du Glacier](#)

[air b&b](#)

2. Les Eyzies

THE VÈZÈRE VALLEY and THE PREHISTORIC CAPITAL OF THE WORLD! Prehistoric painted caves & cliffs & deep peaceful nature.

[Les Eyzies de Tayac : Top 10 des choses à faire - TripAdvisor](#)

3. **BERGERAC** Beautiful old town on the river Dordogne. Wine, history, markets & friendliness

[Office de Tourisme Bergerac - Sud Dordogne - Périgord](#)

4. ST.EMILLION Wine, gastromny & old architecture

www.saint-emilion-tourisme.com

[medieval st Emilion - YOUTUBE](#)

5. BORDEAUX

Museums, shopping, beautiful old town, wine & gastromny

<https://www.bordeaux-tourisme.com>

[Bordeaux town & WINE guide](#)

6. The Coast

Over 200kms of silver sand beaches between Bordeaux & Barritz

Biscarrouse is just the other side of Bordeaux & it's where the sea really stars. Dune de Pilat is europe's large sand dune. Great place!

Plage des Casernes 40510 Seignosse – Surf's up!

7. Pays Basque

Bayonne. San Jean de Luiz, Sans Sebastien, Bilbao with the Guggenheim. = WOW!

8.The Lot & Aveyron

South of the Dordogne. Cause de Quercy. Figeac.St Cirq Lapopie.

Gorges de Aveyron. Najarc.Albi – Toulouse Lautrec Museum.

SHOPPING

There is a small shop near Cugnac (5 kms) for basics & wine. There are no ATMs in St Avit.

Nearest supermarket is Beaumont Intermarche (rue de Monpazier) - 5 kms. Nearest Pharmacy & ATM is Beaumont.

MEALS lunches

RESTAURANTS

The restaurant "Table de Leo" is open for lunch and dinner for more formal dining , again highly recommended for fine fresh French cuisine.

<http://www.latabledeleo.fr/en/>

Nearest supermarket is Beaumont Intermarche (rue de Monpazier) - 5 kms.

Nearest Pharmacy & ATM is Beaumont.

OTHER RESTAURANTS NEARBY

Beaumont (5kms)

Hostellerie St Front 0553223211 (nice)

Chez Claudette 0553239523 (simple but good)

Cadouin

Auberge de l'Abbaye 0553634093 (nice)

Molières

Au Redevenez Vous (simple bistro, english run) 0553634877

BORDEAUX _ SARLAT TRAIN LINE.

gare Bordeaux St Jean > Train to Lalinde Station, from where we pick up on first day & dip off on last day.

[TER Aquitaine – Horaires de votre itinéraire train – SNCF](#)

BORDEAUX

Cheap hotels near merignac airport : google search on google maps : mercure , novotel ... whole road of hotels opposite entrance, which should include a shuttle service in the price.

Bordeaux centre : hotels near quinconces will be smarter than hotels near gare st jean, again google maps

<http://www.francethisway.com/places/bordeaux-waterfront.php>

try & see the night lights place de la bourse , parc & fontaines place quinconces, i though this hotel behind place de la bourse looked OK ?? <http://www.acanthe-hotel-bordeaux.com>

hop about using the tram way

BERGERAC

On the Bordeaux – Sarlat train line (please note that Lalinde station is closest to Cugnac) – This is great way to see the area, though does require some walking.

Tourist info : <http://www.bergerac-tourisme.com/>

Charming Chambres d'Hôte : Quaint B&B in old town by river, 20 mins walk train station. Le Colombier de Cyrano et Roxane: <http://www.bergerac-tourisme.com/Le-Colombier-de-Cyrano-et-Roxane>

<http://www.bergerac-tourisme.com/La-Bonbonniere-Simone-Clo>

Hotel Bordeaux

New hotel. In the middle of Bergerac new town, half way between railway station & old town.

Hotel near the railway station

(500 metres approx)

Europ'Hotel Bergerac

20, rue du Petit Sol - 24100 BERGERAC

SARLAT

<https://www.charme-traditions.com/fr/chambres-d-hotes/org/1274/la-maison-du-notaire-royal>

<https://www.leglacier-sarlat.fr/>

ISSIGEAC

chambres d'hôte : La Brucellière

About Our Cancellation Policy:

You can find the terms & conditions for St. Avit Senieur at the bottom of the booking form :

<https://www.artists-atelier.com/business/booking-form-deep-dordogne/termsconditions>

7. MISADVENTURE. We accept no responsibility for any loss or damage that you may suffer during the period of your course due to accident, illness, bodily injury, or loss or theft of equipment or belongings. We believe in comfort & safety. It is your responsibility to be adequately fit to paint for a few hours outside. The course requires a minimum level of mobility i.e. that you can carry your art materials across a lawn & climb a flight of stairs, bearing in mind that some terrain may not be level. If you do suffer any bodily misadventure, you will be promptly referred by taxi or ambulance to a medical specialist at either a pharmacy, doctor or hospital (english-speaking medical specialists are fairly wide-spread).

LOST MOBILE PHONES

All mobile telephones have an International Mobile Equipment Identity, or IMEI number, which can be used to block a phone if it is lost or stolen. Individuals should make a note of the IMEI number of their phone and store it separately from the phone.

To find out the IMEI number of a mobile telephone, dial *#06# on the handset. You'll receive a pop-up message with the number."

If a mobile telephone is lost or stolen the provider of the telephone should be contacted immediately and given

the IMEI number. The provider can then block the use of the telephone and may be able to trace it. Blocking a telephone means that another SIM card cannot be used in the phone.”
