



**In the Footsteps of the Ancestors  
Dordogne, France  
October 14 – 24, 2017**

**MAY UPDATE – ITINERARY PREVIEW**

*Man is a creature who walks in two worlds and traces upon the walls of his cave the wonders and nightmare experiences of his spiritual pilgrimage – MORRIS WEST*

Dear Friends:

We are just a few months away from our ancestral adventure. We have already entered the spiritual pilgrimage and are walking in the two worlds. I look forward to guiding you on this initiatory journey.

Here's a preview of some of the plans for our pilgrimage, as well as a recap of travel logistics. Throughout our time in Dordogne, we will experience the transformative power of painted caves and ancient shelters created by the ancestors over 35,000 years ago. We'll visit sacred sites and connect to the mystery and magic of the land. I will be teaching each day. Marie Girard will be our guide on the land each day. There will be talking circles, ceremonies, stories, songs and journeywork to help us gather knowledge, healing and integration. Our experience together will include conversation, lecture, learning and joy!

We will be in touch when train schedules become available so you can complete your travel plans. While our landing in France is still in the distance, our initiatory adventure has already begun. Please begin to track the messages in day and night dreams; visitations by allies and ancestors; foresights and insights that preview your time on the land. Thank you for joining me on this exciting journey!

**Saturday October 13**

**Arrive in Paris**

You will need to book a hotel for one night. [See Paris Hotels near Gare Austerlitz on page 7.](#)

**Sunday October 14**

**Travel to the Hotel des Roches in Les Eyzies**

You will need to book your train ticket from Paris –Gare Austerlitz to Souillac–when tickets are available for purchase. [See page 8.](#) You will be picked up by van in Souillac and driven to Hotel des Roches.

**We'll celebrate our arrival during an evening Welcome Dinner in Les Eyzies.**

**Monday October 15**

We begin in our teaching room to make connections and set intentions. We'll visit the **Big Shelter** where people have been gathering for 40,000 years. Five skeletons of our ancestor, the Cro-Magnon, were discovered in this shelter.

The skeletons were surrounded by jewels and shells. It was here that the link was discovered between us and our prehistoric ancestors the Neanderthal. We will have a Fire Ceremony and a Talking Circle at this sacred site.



## Tuesday October 16



We'll tour the **Lascaux 4 Cave**, one of the most famous stone-age cave art sites in world. Lascaux 4 has just recently opened and recreates, for the first time, the whole of Lascaux's visual grandeur. You will see a recreation of the Great Hall of the Bulls and over 2,000 painted and incised images. The original Lascaux is now closed due to uncontrolled tourism, which nearly destroyed the site. Lascaux 4 is the newest reproduction of the original cave and is accurate to within a few millimeters of the original.

Even though this is a re-creation using state of the art digital technology, there is still a spirit present.

## Wednesday October 17

We'll visit **Castel-Merle**, home to some of the oldest shelters and forms of cave art in Europe. There are 10 ancient shelters located in the heart of the Vézère Valley, between Montignac-Lascaux and Les Eyzies-de-Tayac, that were occupied by Neanderthal and Cro-Magnon people.

These habitats reflect an exceptional continuity of human occupation. Archeological excavations carried out for over a century have uncovered outstanding cave art, friezes, sculpture, ivory ornaments, bone and flint tools and jewelry.

Pieces from Castel-Merle are featured in museum collections around the world.



## Thursday October 18

Visit to **La Madeleine**, a cliff shelter in the **Vezere Valley** that offers layers of history, from evidence of human occupation in prehistoric times to a medieval temple dedicated to Mary Magdalene. Local legend suggests that Mary Magdalene lived in La Madeleine for several years after her exodus from the Middle East.

This is an archaeological center, a pilgrimage site, and a nature preserve with a dramatic cliff overlook and sacred spring. The cliff shelter became home for the first humans who colonized the area 17,000 years ago. In 1926 archeologists discovered the 10,000 year-old skeleton of a 3-year child wearing shell jewelry. The quality of the bead work indicated that he was the son of an important member of the tribe. We will have the chance to meditate and to purify ourselves at the sacred spring.



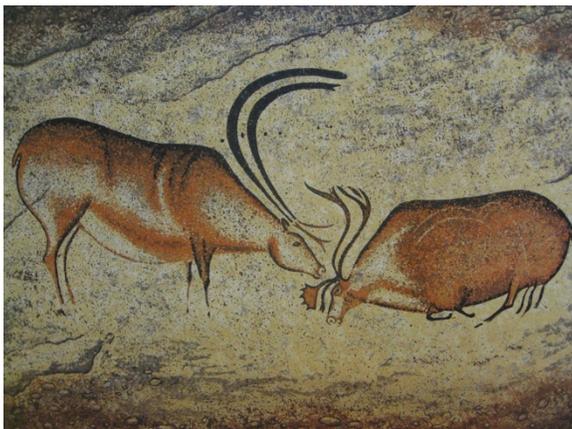
## Friday October 19



**Font-de-Gaume**, a prehistoric cave, is one of the most incredible Palaeolithic sites in the world still open to the public. It reveals more than two hundred painted or engraved representations of bison, horses, mammoths and reindeer.

Prehistoric people living in the Dordogne Valley first settled in the mouth of Font-de-Gaume around 25,000 BC. The cave paintings and engravings date from around 17,000 BC.

Both the engravings and paintings first had the outline carved into the rock before being 'colored-in'. The main colors used are black, red and a mix of the two giving a brown color.



The natural contours of the rock were used to emphasize the shape of the animals indicating a sophistication previously unexpected for pre-historic people.

The daily number of visitors to Font-de-Gaume is very limited, for conservation reasons.

## Saturday October 20

**Sarlat** is a beautifully restored old town that dates from both medieval and renaissance times. Rich in history, Sarlat's traceable past began in the 9th century with the founding of a Benedictine abbey. Today it is known for its architecture, breathtaking views and famous open-air market. And Saturday is Market day! Here you can shop for regional foods—cheeses, olives, herbs, breads, wine, and of course foie gras and truffles.



Sarlat is a gastronomic centre, so there are numerous restaurants and cafes to choose from for lunch.

## Sunday October 21

You have a chance to explore **Les Eyzies** at your leisure. The village and surrounding area is known as the world capital of prehistory and is rich in preserved sites where our ancestors tread and left their footprints. For instance, The Musée National de Préhistoire houses a superb collection of prehistoric art, tools and information about our prehistoric ancestors. The Abri Pataud shelter is a prehistoric site located in the heart of the village, where one of the archeological finds includes “The Venus of Pataud”. A short walk from the town brings you to picturesque Tayac, one of the oldest villages in the Dordogne region.

And of course, there are a number of shops and restaurants to experience.



## Monday October 22



**Bernifal Cave (Grotte de Bernifal)** Bernifal is as near to 'pristine' as most people are ever going to experience when it comes to exploring Palaeolithic cave art in France. There is no electric lighting or walkways installed as at most caves open to the public. The cave is privately owned and lighting is supplied by the guide in the form of torches.

There are over 100 paintings and engravings of horses, bison, mammoths and ibex as well as the enigmatic 'tectiform' (roof shaped) drawings found at only a few other sites in the Vézère Valley. It has changed very little in over 12,000 years and is an experience anyone with a strong passion for cave art should not miss.

## Tuesday October 23

There are a number of options for the day's activities. When we arrive at Hotel des Roches, we'd like to discuss the various opportunities and determine the itinerary for the day in alignment with group needs..

In the evening, we'll rejoice and commemorate our experience together with an **Honorable Closure Dinner**.

## Wednesday October 24

### **Departure for those returning to Paris via Train.**

You will need to have booked a return train ticket from Souillac to Paris Gare Austerlitz. See Train Travel for ticket purchase information. A van will take you from the hotel to the train station in Souillac.

If your return flight is not until Thursday October 25, you will need to book hotel accommodation in Paris.

For those not going to Paris, you will need to check out by 10 am and make your own travel arrangements from the hotel.

## In the Footsteps of the Ancestors Itinerary At A Glance

<b>Sun. Oct. 14</b>	Train departs Paris Austerlitz –Time TBD Train arrives in Souillac –Time TBD Van transport to Hotel des Roches <b>Welcome Dinner in Les Eyzies</b>	<b>Sat. Oct. 20</b>	Visit Sarlat and Sarlat Market Lunch on your own, at your leisure Dinner on your own, at your leisure
<b>Mon. Oct. 15</b>	Teaching Circle Lunch on your own, at your leisure <b>Visit The Big Shelter</b> Dinner on your own, at your leisure	<b>Sun. Oct. 21</b>	Teaching Circle Group Lunch <b>Free time in Les Eyzies</b> Dinner on your own, at your leisure
<b>Tues. Oct 16</b>	Teaching Circle Group Picnic Lunch (weather permit) <b>Visit Lascaux 4 Cave</b> Dinner on your own, at your leisure	<b>Mon. Oct. 22</b>	Teaching Circle Lunch on your own, at your leisure <b>Visit Bernifal Cave</b> Dinner on your own, at your leisure
<b>Wed. Oct. 17</b>	Teaching Circle Lunch on your own, at your leisure <b>Visit Castel Merle</b> Dinner on your own, at your leisure	<b>Tues. Oct. 23</b>	We will determine the itinerary for the day in alignment with group needs <b>Honorable Closure Group Dinner</b>
<b>Thurs. Oct. 18</b>	Teaching Circle Lunch on your own, at your leisure <b>Visit La Madelaine</b> Group Dinner	<b>Wed. Oct 24</b>	Check out of hotel Vans to Souillac Train Station leave Hotel des Roches – Time TBD Train from Souillac to Paris – Time TBD
<b>Fri. Oct. 19</b>	Teaching Circle Lunch on your own, at your leisure <b>Visit Font de Gaume Cave</b> Dinner on your own, at your leisure		

\*Please Note: Train times are not yet available. See *Train Travel Information on page 8.*

## Travel Logistics Information

### Paris Hotels near Gare Austerlitz

Some modest hotels close to the Gare Austerlitz that you may want to consider.

Hotel	Website	Approx. Rate Double Occupancy (US Dollars) Not including local taxes
<b>Hotel Devillas</b> (across street from Gare Austerlitz)	<a href="http://www.hoteldevillas.com">www.hoteldevillas.com</a>	\$146 - \$175
<b>Libertel Austerlitz Jardin Des Plantes</b> (across street from Gare Austerlitz)	<a href="http://www.hotels-libertel.com/fr/austerlitz-jardin-des-plant/">www.hotels-libertel.com/fr/austerlitz-jardin-des-plant/</a>	\$160 - \$184
<b>Hotel Royal Cardinal</b> (short taxi ride with luggage)	<a href="http://www.hotelroyalcardinal.com/">www.hotelroyalcardinal.com/</a>	\$146 - \$191
<b>Timhotel Paris Gare de Lyon</b> (short taxi ride with luggage)	<a href="http://www.timhotel.com/en/timhotel-paris-gare-de-lyon-3_29">www.timhotel.com/en/timhotel-paris-gare-de-lyon-3_29</a>	\$157 - \$188
<b>Best Western Aurore</b> (short taxi ride with luggage)	<a href="http://www.bestwestern.com/en_US/book/hotels-in-paris/best-western-aurore/propertyCode.93546.html">www.bestwestern.com/en_US/book/hotels-in-paris/best-western-aurore/propertyCode.93546.html</a>	\$180 - \$240
<b>Novotel Paris Gare de Lyon</b> (short taxi ride with luggage)	<a href="https://www.accorhotels.com/gb/hotel-1735-novotel-paris-gare-de-lyon/index.shtml">https://www.accorhotels.com/gb/hotel-1735-novotel-paris-gare-de-lyon/index.shtml</a>	\$200 - \$250

## Train Travel Information – PARIS GARE AUSTERLITZ to SOUILLAC and return to Paris

**It is important that everyone be on the same train**, if you expect to be picked up in Souillac and driven to the hotel.

We've been advised that the October train schedule has not yet been posted so we cannot provide departure / arrival times and you cannot purchase tickets yet. Schedules are confirmed and ticket purchase is usually available 90 days prior to travel. **You should plan on purchasing your train tickets around the end of July 2018.**

**We will be in touch as soon as the October train schedule is available to advise you on the specific trains that you should purchase tickets for.** It is approximately 5 hours by train from Paris to Souillac. Here are the dates of your train travel:

### **Sunday October 14, 2018**

Departs Paris-Gare Austerlitz	Time to be announced
Arrives Souillac:	Time to be announced

### **Wednesday October 24, 2018**

Departs Souillac:	Time to be announced
Arrives Paris-Gare Austerlitz	Time to be announced

### Return Train Fare:

1 <sup>st</sup> Class Fare:	\$ 174 US (approx)
2 <sup>nd</sup> Class Fare:	\$ 142 US (approx)

## Train Ticket Purchase Information

- **Please purchase your tickets as soon as they are available – around the end of July, 2018. We will advise.**
- France requires ticket purchasers to provide their birthdate upon purchase. Please ensure you provide this information, as we've been advised that tickets purchased without this information may not be honored at the train station.
- We've also been advised to print out your tickets at home if possible, or bring a paper version, as the ticket printing kiosks at the train station are sometimes unreliable and could result in you having to purchase another ticket.
- Depending on which class fare you book, it may be advisable to bring a bottle of water and a lunch or snacks on board with you. Food can be purchased at/near the train stations before you depart.
- **Suggestion: If you wish to purchase your train tickets online, [www.raileurope.com](http://www.raileurope.com) (for US) and [www.raileurope.ca](http://www.raileurope.ca) (for Canada) has a customer care centre with an 800 number where their travel consultants can assist with your booking, if needed.**

Note: Transportation from the train station in Souillac to the hotel has been arranged.

## Hotel des Roches Information

Hôtel des Roches                      <http://www.roches-les-eyzies.com>  
15, avenue de la Forge  
24620 Les Eyzies de Tayac en Périgord - FRANCE  
Tél. : 05 53 06 96 59 - Fax : 05 53 06 95 54  
Email: [hotel@roches-les-eyzies.com](mailto:hotel@roches-les-eyzies.com)

Please visit the hotel's website for a look at the incredible property, gardens and nature surrounding the hotel. Hotel des Roches is located just on the edge of Les Eyzies, a small town with shops, restaurants and a museum -- all within walking distance.

The hotel serves a buffet style breakfast each morning (included in your trip fee) that typically includes fruit, cheese, croissants, yogurt, cereal, juice and coffee.

The hotel also has a full bar in the lobby where you can purchase sparkling water, soda, juices and coffee most times of the day. There is no food menu or restaurant in the hotel. There are no refrigerators in the room. Laundry facilities are available in town, just a short walk away.

There is a pool. Free Wifi is available in the rooms (the password is given upon request). There is a computer with Internet available in the lobby, for a fee.

## Attire & Packing

The temperature in October typically ranges from highs of 72° to lows of 48°. Casual clothing and comfortable shoes are appropriate for walking around town and most places we will be going. You should also be prepared for occasional drizzle or light rain.

When packing for the trip, keep in mind that the weather can be fairly warm outside while the temperature in the caves can drop to 52°. Pants, shirts/sweaters, jackets and comfortable shoes should be worn, especially when we will be in the caves for a prolonged period of time.

When leaving the hotel for the day, it is good to bring a bag that can hold a sweater or jacket, small umbrella or appropriate rain gear, a bottle of water and a small snack.

When you pack for the trip, consider that you will be taking the train to and from Les Eyzies/Souillac. Travelling and moving large bags can be difficult. It is recommended to use luggage that is easy to lift up and down stairs and can fit/move between narrow spaces on the train. A suitcase with wheels and a backpack works well for this type of travel.

## Travel Insurance

This program is non refundable. We strongly recommend that you purchase comprehensive trip cancellation and travel insurance to protect your investment from unforeseen personal, health or world events.