



aiming for a better future

Travel Information

Location and Geography

LCO France is located almost half-way between Clermont-Ferrand and St.Etienne in the Puy de Dome Department of Auvergne. It occupies a central position in the small village of St Alyre d'Arlanc at an altitude of 3,000ft (860m). The nearest towns are La Chaise Dieu, a mediaeval Abbey town, and Arlanc, both 11 Kms distant. The nearest cities are Le Puy en Velay, Clermont Ferrand, Thiers, Vichy and St Etienne. The village lies almost at the heart of a quarter million acres of forested natural parkland, known as the Livradois-Forez Nature Park, in the extinct volcanic range that forms the eastern half of the Massif Central.

Local Customs

The people of Auvergne are steeped in tradition. The main religion is catholic and the countryside is dotted with churches and chapels dating from the 12th Century and the region is a pilgrim trail for Christians en route from northern Europe to Compostella in the footsteps of St Thomas. Auvergnats are friendly but curious towards other cultures with which they are mostly unfamiliar.

The French jealously guard their language and local customs and tend to expect everyone to communicate in French, but a few appreciate the necessity to be more globally aware. Food-wise, the French are world famous, their day consisting of a very light breakfast, a massive lunch and lighter late evening meal. LCO France tends to maintain a more general European meal plan. Many of the vegetables used at LCO France come from the centre's own organic garden.

General

The village of St Alyre d'Arlanc is small, and peaceful. Many of the population are retired. While out and about, please respect the calm of the countryside. At night, please also respect that many villagers are farming community who go to sleep early and wake at 5am.

Weather

The weather can get quite hot (40C+) in the summer, however temperatures fall at night, so sleeping during this period is comfortable. Spring and autumn are normally relatively settled, with temperatures ranging between 16C and 30C.during the day. Winter is cold, temperatures can drop below -20C overnight, and may not rise above freezing during the day. There can be snow on the ground any time from December to April. Suitable well insulated clothing is required during this period.

Currency & Shopping

Prices are often shown in both french francs and euros but only euros are accepted. Most larger stores accept VISA/MASTERCARD credit cards, as do Cashpoints.

TRAVELLING TO THE AUVERGNE



Travelling to LCO France

Travel is not included in LCO-France course prices. Participants should arrange their own transportation to/from LCO-France.

The nearest international airports are Lyon, Marseilles or Paris. Land transport from any of these airports is detailed below.

Lyon: There is a bus service from Lyon airport to St Etienne city centre, from where another bus is available to the town of Craponne-sur-Arzon. Alternatively, you can travel by train from Lyon, through St Etienne to Le Puy en Velay.

Marseilles: There is a daily train at 12.12 hrs from Marseilles (St Charles), in the direction of Clermont-Ferrand to Issoire. (Issoire is about 40 kms south of Clermont-Ferrand.)

Paris: Several trains depart from Paris, (Gare de Lyon) to Clermont-Ferrand and Issoire.

A minibus/taxi transfer to the LCO Centre can be arranged for groups from any of these local towns by prior arrangement with LCO. Details are in the Booking Form.

Car Hire is available from all airports and can normally be arranged before your flight.

Health Insurance

If coming from the UK, we recommend that you obtain a free EHIC (European Health Insurance Card). These are available via the web at <http://www.ehic.org.uk/> and provide health cover for UK citizens travelling in the EU.

Other European citizens should check with their health cover providers.

For those coming from outside the EU, we recommend you obtain private health cover for the duration of your stay in France.

Visas

Please check that your passport/travel documents are in order. Nationals from outside of the EU must also ensure that any visa requirements are in order. LCO-France can assist with any needed documentation such as "Letters of Acceptance" or "Attestations d'Accueil" if these are requested.

Contact Us.

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