



Corse : Mare e Monti North - 14 days

The Mare e Monti North lets you enjoy all the contrasts and colours of the island. It is one of the five classic walks in Corsica that snakes around the foot of the massifs, which leads through some lovely forests and villages.

Setting off from the Balagne you will head inland towards the high summits, enticing views of sweeping bays, rocky creeks and glistening waters are forever present.

Numerous delights are waiting to be discovered, from the high airy mountain peaks of Bonifatu, the trail leads past the reserve of Scandola, an area protected by Unesco and classed as a site of world beauty. In the Gulf of Porto you stay in the unique little fishing village of Girolata which is accessible only by boat or foot.

This holiday would appeal to anyone that is used to walking regularly and is in good shape. With eleven days of easy to moderate walking you will discover the richness of Corsica and one of the most beautiful corners of the island.

Tour Aventure Trekking

Agence de voyages LI 02A.06 0002 - Garantie Financière de 137204€ : APS - Contrat RC : n°86 410 716 Gan Eurocourtage IARD

RCS AJACCIO 489 755 470 - Membres du SNAV - E-mail : info@tour-aventure.com - Web site : www.tour-aventure.com

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Program

D1 - Calvi

After arriving at your hotel in Calvi, the day is dedicated to discovering the town and its citadel, the nearby beaches may encourage you to do some swimming.

D2 - Calenzana to Bonifatu

Leaving Calenzana your route follows the famous GR20 along an old mule trail, you climb progressively up to the Ortiventi fountain, from where you can look back at Calenzana and the villages of the Balagne. You then drop down on to an old path known as the postman's route, which cuts through the forest of Sambuccu. You pass a small Col before going gently down hill to reach the Figarella bridge. Once across the bridge you follow the left bank, and then a slight climb up to the 'Auberge de la foret'.

Distance : 10km, duration : 5h00, altitude gain : +540m, descent : -300m.

D3 - Bonifatu to Tuarelli

At a nearby bridge you follow a forestry track that is known as the 'chemin de ronde', that gently climbs towards the south-west, passing the ruins of the house belonging to Prince Pierre. You then progress into a forest of maritime pines and green oak trees. At an altitude of 1200m you arrive at the Bocca di Bocassa. After approximately three hours of a very rewarding and relaxing section you arrive at Tuarelli rock pools, the perfect place for a laze on the sun baked rocks and a swim.

Distance : 14 km, duration : 6h30, altitude gain : +730m, descent : -1170m.

D4 - Tuarelli to Galeria

You walk along the old transhumance path linking Calvi to Niolu, a pleasant route lined with junipers and myrtle bushes, this path also follows the course of the river Fangu. Once at the Ponte Vechju, Paglia Orba is visible in the distance dominating the landscape with an altitude of 2325m. From here you cross the Fangu bridge and head on to the hamlet of Fangu. Your route then climbs into the maquis and passes several old shepherds cabins. Your day's walk finishes with a short down hill stretch in to the village of Galeria where you are rewarded with stunning views over Fangu.

Distance : 9km, duration : 4h00, altitude gain : +240m, descent : -320m.

D5 - Galeria to Girolata

Today you start by following a beautiful path shaded from the sun. Your path leads you to a natural pool, and an uphill section alongside the river bank. You will shortly come across an area of vegetation, after this you will emerge into a forest of oaks before reaching the Crête du Lucciu (697m). From here you will have remarkable views over the gulf of Girolta, the Genoese tower and the red granite cliffs. You continue west along the ridge path to reach the River Cavone and the coast. This is also a picturesque spot to swim and to cool off after your days walk.

Distance : 11km, duration : 6h00, altitude gain : +785m, descent : -785m.

D6 - From Girolata to Osani

You leave the village by crossing the beach and taking the red rocky cliff path. You have a choice of itineraries; either you take the high route up through the shrubby hill tops or the coastal path via the sea cliffs. They meet up at the beach

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"Casa di Tuara". The trail continues up to Bocca a Croce where there is a stunning view point. Osani village is huddled just below the col.

A perfect day to take advantage of swim stops but extra walking available if needed!

Distance : 7km, duration : 3h00, altitude gain : +344, descent : -344.

D7 - From Osani to Serriera

From the sleepy village of Osani, you will take a wonderful ridge walk that climbs up to Capu di Curzu at 852m. This summit is worth a short detour to the top. Ignoring the high level route, our trail heads down in a southerly direction through a terrain of maquis and pine trees. It skirts by the tiny villages of Curzo and Partinello before arriving at the village of Serriera, your destination for the night.

Distance : 12km, duration : 6h00, altitude gain : +1100m, descent : -1060m.

D8 - Serriera to Ota

Leaving Serriera you head to the bridge over the Santa Maria stream then climb up to the Lonca forestry track to emerge into the forest. You will soon arrive at a rocky belvedere with a beautiful viewpoint over Serriera. Crossing through the pine and chestnut forest you will notice a 'sechoir à châtaignes', a small stone structure used by the villagers to store their chestnuts while they dried. On the way down into the Vitrone ravine the granite rock faces have a lot of distinctive red porphyry.

Distance : 10km, duration : 6h00, altitude gain : +900m, descent : -600m.

D9 - Ota to Evisa

From Ota you walk past the Ceccaldi village restaurant, past braying donkeys, noisy hunting dogs and colourful gardens, to pick up the path. Following the direction of the river the path descends in the shade of olive trees. You cross over the narrow, high arched Genoise bridge 'Ponte Vechju' and shortly arrive at the entrance of the Spelunca Gorge, a great rest and swim spot. The first part of the gorge is fairly flat but once across the second small Genoise bridge it starts to zig zag up hill, it is well graded but there is a lot of altitude to gain. The path is shaded by vegetation but from time to time there is a break in the shrubs where you can steal views across the gorge and back towards Ota village.

Distance : 7 km , duration : 3h00, altitude gain : +650m, descent : -130m.

D10 - Evisa to Marignana

Evisa is the pearl of the mountains, a vibrant mountain village, that has wonderful sunsets over the nearby sea. It is known for its chestnut forests, a lot of recipes are still chestnut based. A trail will lead you through the chestnut trees to the Aitone pine forest. Here you will find a natural beauty spot, the emerald green rock pools and chutes of water that make up the piscines naturels. In the afternoon, a series of winding steps cut down past the bars, bakers and post office, leading through the village and onto the lowest road. Walking away from the centre you soon come to a track that heads off into the old chestnut tree woods. The path is easy under foot and was once a well trodden link to the neighbouring villages. You will find all the typical plants that make up the Corsican maquis as you make your way towards the Tavulella river. Once across the river you will shortly arrive at the mystical hamlet of Tassu, a peaceful little haven of houses, church and abandoned terracing. Now just a short 20mins walk from Marignana.

Distance : 12km, duration : 4h00 morning, 1h30 afternoon, altitude gain : +450m morning, 650 afternoon, descent : -260m.

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D11 - Marignana to Revinda

The path heads up above the Fiuminale valley giving wonderful views that can be enjoyed from under a canopy of chestnut trees. Cutting through the Vaccarecciu chestnut groves you will reach the 'Culetta a u Prunu' where you will notice the ruins of an old chestnut drier. Your route then leads you to the Casta shepherds cabins before emerging into a thick vegetation of maquis in the Rognia region. You will continue in the shade of green oaks, heather and strawberry trees until you reach a copper mine situated just before the village of Revinda.

Distance : 15km, duration : 6h30, altitude gain : +500m, descent : -780m.

D12 - Revinda to Cargese

You leave Revinda via a path that leads you directly up to the Petracqua plateau (650m). Covered in strawberry trees, this plateau dominates the Pianu Maggiore ridge path. Continuing along the ridge you will discover a fabulous panoramic view over the gulf of Sagone, from the Capo di Feno tower to Capo Rosso. You then begin to edge your way down hill, passing the Santa Lucia shepherds cabins and the village of Lozzi, situated just before your day's destination Cargese. A beautiful historical town, Cargese boasts two churches 'l'Eglise Latine' and 'l'Eglise Grecque'.

Distance : 12km , duration : 5h00, altitude gain : +380m, descent : -850m.

D13 - Return to Ajaccio

Return to Ajaccio. Once in Ajaccio there is the possibility of visiting the "îles Sanguinaires" by boat.

Les Crêtes-Mountain ridge walk

You can choose to do this walk upon arrival or before you leave Ajaccio the following day. You are given the option of two walks along the mountain ridge 'les Crêtes' that dominates the city and Gulf of Ajaccio. The aerial views of the town, over the sea and the mountains are stunning.

Distance : from 6km to 11km, duration : from 2h00 to 4h00 , altitude gain : +140m to +340m, descent : -140m to -340m.

D14 - End of holiday in Ajaccio

End of holiday in Ajaccio.

This programme is an example of the itinerary we aim to adhere to. It may be possible, if situations arise that are beyond our control, for the itinerary to be modified.

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Details

Level of difficulty

The walks are on good footpaths and trails, the terrain is varied but often rocky. You need to be used to walking all day and take regular exercise to enjoy this holiday.

Price

- From 01/04/2010 to 30/06/2010 : Price per Adult 1075 €
- From 01/07/2010 to 31/08/2010 : Price per Adult 1125 €
- From 01/09/2010 to 31/10/2010 : Price per Adult 1075 €

Price includes :

Half board accommodation, (no evening meals on days 1 and 13), internal transfers, baggage transfers between hotels, the dossier containing your maps, route notes and all necessary details needed for your holiday.

Price does not include :

The return transfer at the end, from Cargese to Ajaccio (bus ticket about 8 euros), unforeseen additional transfers, evening meals on day 1 and 13, drinks, picnics, extra activities, holiday insurance.

Encadrement

Self-guided walking.

Carrying

You will need to carry a day sack only, with your water bottle, camera, picnic and gortex jacket.

Our bag-moving service means you can travel light during your walks. Your main luggage - will be transported by vehicle between the different night stops, except for Girolata that is not accessible by car. Some personal belongings will have to be carried for night 5 in Girolata and night 11 in Revinda. If you choose the gite version, you will need to bring a sleeping bag.

We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the taxis. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday. You will need the appropriate luggage (Consult with us for left luggage facilities).

Accommodation/food

Accommodation

In dormitories in gites (9 nights) and in hotels and chambres d'hôtes (4 nights). Bring a lightweight sleeping bag.

Food

- Continental breakfast (tea, coffee, milk, butter, jam)
- Three course evening meals often based on local specialities.
- Pic-nics and drinks not included.

The evening meals for day 1 in Calvi and day 13 in Ajaccio are not included.

Starting point/end

Starting point : At your first hotel in Calvi.

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End : At your hotel in Ajaccio, after breakfast. Possibility of ending the trip in Calvi.

Organisation

We propose a self guided, independent formula. You choose your departure date and we will take care of all the rest between the initial rendez-vous time through to the dispersion point. We transport your bags between the hotels, provide the maps and good walking route notes. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday.

Dates

Departures every Sunday from the start of April to the end of September.

Number of participants

From 2 people

Access

Buses and trains to and from Calvi and Ajaccio, consult: <http://www.corsicabus.org/>

Bibliography

The Rough Guide

The Granite Island – Dorothy Carrington

Practical information

For supplementary nights in Ajaccio

Hôtel Le Dauphin (HT) : 0033 (0)4 95 51 29 96

Hôtel Le Kallisté **: 0033 (0)4 95 51 34 45

Hôtel Fesch ***: 0033 (0)4 95 51 62 62

Hôtel Les Mouettes**** : 0033 (0)4 95 50 40 40

For supplementary nights in Bastia

Hôtel Sud Hôtel ** : 0033 (0)4 95 30 20 61

Hôtel le Forum ** : 0033 (0)4 95 31 02 53

Hôtel Les Sablettes *** : 0033 (0)4 95 58 50 20

Hôtel Ostella*** : 0033 (0)4 95 30 97 70

For supplementary nights in Calvi

Hôtel du Centre (HT) : 0033 (0)4 95 65 02 01

Hôtel Christophe Colomb ** : 0033 (0)4 95 65 06 04

Hôtel le Grand Hôtel *** : 0033 (0)4 95 65 09 74

Hôtel La Villa ****luxe : 0033 (0)4 95 65 10 10

For supplementary nights in Corte

Hôtel de la Paix** : 0033 (0)4 95 46 06 72

Hôtel du Nord** : 0033 (0)4 95 46 00 68

Hôtel Les Jardins de la Glacière** : 0033 (0)4 95 45 27 00

Hôtel Dominique Colonna*** : 0033 (0)4 95 45 25 65

For supplementary nights in Porto-Vecchio

Hôtel Holzer ** : 0033 (0)4 95 70 05 93

Hôtel Le Goéland ** : 0033 (0)4 95 70 14 15

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Hôtel Shegara *** : 0033 (0)4 95 70 40 31
Hôtel Alcyon *** : 0033 (0)4 95 70 50 50
For supplementary nights in Propriano
Hôtel Bellevue (HT) : 0033 (0)4 95 76 01 86
Hôtel Beach Hôtel ** : 0033 (0)4 95 76 17 74
Hôtel Claridge *** : 0033 (0)4 95 76 05 54
Grand hôtel Miramar ****luxe : 0033 (0)4 95 76 06 13

How to get to Corsica :

By boat :

SNCM : Departures from Marseille, Nice or Toulon

Tel : 0033 (0)891 701 801

Web site : www.sncm.fr

Corsica Ferries : Departures from Nice or Toulon

Tel : 0033 (0)825 095 095

Web site : www.corsicaferries.com/Pcorsica.srv

CMN (Compagnie Méridionale de Navigation) : Departures from Marseille

Tel : 0033 (0)810 20 13 20

Web site : <http://www.cmn.fr/en/index.php>

By Plane :

Air France : tel 0870 142 4343

Web site : www.airfrance.com/uk

Public transport in Corsica :

Buses :

Bus route Calvi, Ponte-leccia, Bastia :

Bus Les beaux voyages tel : 0033 (0)4 95 65 11 35. Departures from 01/09 to 30/06 from Monday to Friday, except bank holidays, and from 01/07 to 31/08 from Monday to Saturday except bank holidays.

Duration of journey Calvi Ponte-leccia 1h45 ; Calvi Bastia 2h15.

Bus route Ajaccio, Propriano, Porto - Vecchio :

Bus Eurocorse voyages tel : 0033 (0)4.95.21.06.30. Departures from 16/09 to 30/06 from Monday to Saturday except Sundays and bank holidays and from 1/07 to 15/09 every day.

Duration of journey Ajaccio Propriano 1h50 ; Ajaccio Porto - Vecchio 3h30.

Bus route Ajaccio, Vizzavona, Corté, Ponte-leccia, Bastia :

Bus Eurocorse Voyages tel : 0033 (0)4.95.21.06.30. Departures every day except Sundays and bank holidays.

Duration of journey Ajaccio Corté 1h45 ; Ajaccio Bastia 3 heures

Train companies in Corsica :

Direction Bastia, Ponte Leccia, Corté, Vizzavona, Ajaccio

Direction Bastia, Ponte Leccia, Ile Rousse, Calvi

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Ajaccio train station : 0033 (0)495 23 11 03
Bastia train station : 0033 (0)4 95 32 80 61
Calvi train station : 0033 (0)4 95 65 00 61
Corte train station : 0033 (0)4 95 46 00 97

What to bring and pack

Bags

You will need a bag that can serve as a day pack, for your water bottle, camera, picnic, waterproof and fleece. It should be large enough, or have an expansion option for when you need to carry minimal personal gear and your sleeping bag. This is applicable for one night and 2 walking days. Your bag needs to have a capacity of app 35-45 litres. For your main baggage, a rucksack or suitcase should be limited to 10 -15kg maximum per person.

For Walking

Good walking shoes or boots with an excellent grip sole
Walking socks.
Warm fleece
Shorts and T shirts.
Swimming costume or trunks
Towel
2 walking poles (optional)
Water bottle (one litre minimum – two litres advised)
Personal first aid kit with good blister protection

For your Picnics

A good cutting knife, fork, spoon, plastic cup
Some plastic bags
Tupperware box with lid that closes

Sun and rain protection

Sunglasses and sun cream
Sun hat
Wind and waterproof jacket (Goretex style)

Camping

Sleeping bag (2 or 3 season)
Torch or head lamp
Wet wipes
Toilet paper and matches
Ear plugs
Small mirror for shaving
Thermarest is strongly recommended for extra comfort, a thin foam mat is provided.

Relaxing time

Trainers or open sandals
Warm fleece and casual wear

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Practical advice

Changing money in Corsica is not very easy, even at Ajaccio airport. Owing to this difficulty we advise that you carry your money in euros and bring the cash that you will need throughout your holiday. Most shops in Ajaccio now accept visa card but not in the refuges, or small mountain village shops.

Tour Aventure Backup

The Tour Aventure team is present and always at hand to ensure the smooth running of your holiday. We are on the ground and ready to assist in any eventuality.

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