



Corse : Cycling from Corsica to Sardinia

This is a beautiful combination of two islands in the sun, five days in Corsica and five days in Sardinia. This itinerary offer ten days easy to moderate cycling, staying in comfortable family run hotels and enjoying the local cuisine. The two islands are both fantastic cycling locations, we take quiet country roads, dirt tracks and rocky trails to enjoy some great scenery and a stunning coastline. The cycling is easy with some strenuous parts, we take the time en route to park up the bikes and swim in small coves, picnic under pine trees, explore unique archaeological remains. We can stop off for a coffee and soak up the atmosphere of the Corsican and Italian villages of outstanding beauty.

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 - Corsica and Sardinia Cycling

Arrive in Ajaccio. A quick change and freshen up before the action starts. A mini bus will drive us to the outskirts of Ajaccio, the Col St George. This is a lovely first ride, it is on the whole, downhill, with great views across the maquis and the coastline. We cycle down passing through small country villages, to the small coastal hamlet of Porto- Pollo. Night in hotel. 40km distance. 250m +altitude gain.

Day 2: Porto Pollo to Propriano.

This is an undulating journey through some stunning terrain, we cycle through the historic and fertile valley of Taravo and pass through the little compact village of Sollacaro. A beautiful descent offers views of the Golfe of Valinco as we approach the seaside town of Propriano, a bustling little port with a Mediterranean buzz. Night in hotel. 30km distance. 500m + altitude gain.

Day 3 : Propriano to Sartene.

Today, we have the opportunity to swim in the sea, as well as the mountain waters. We head off road and cycle to some inviting the rock pools with their sun baked rocks and clear wate, ideal for a refreshing plunge. We continue on to Sartene a large hilltop village with a medieval foreboding look, perched high above. Night in hotel. 28km distance. 500m + altitude gain.

Day 4 : Sartene – Bivouac

A short transfer to Ortolu. Here we start our ride along a stretch of windy forest tracks and trails that lead to some more clear mountain rock pools. We ride through the valley of Ortolu pass the col of Bacinu to arrive at our nights destination, a beautiful wild camp spot in the hills above Porto Vecchio. Wild Bivouac. 30km distance. 600m + altitude gain.

Day 5 : Bivouac Porto Vecchio to Bonifacio

A superb long down hill ride, windy tracks and a succession of small lanes lead us to the old city of salt; Porto-Vecchio. Today, Porto Vecchio is a distinguished harbour town. It has white sandy beaches and sweeping bays. The town is a good mix of traditional old shops and designer shops. It's a picturesque hub of activity. We continue on to Bonifacio, built on white chalk sea cliffs. 40km distance. Night in hotel. 350m + altitude gain.

Day 6 : Bonifacio to Santa Teresa and Palau

This morning we take the first small ferry that draws out of the small sheltered harbour of Bonifacio. The ferry takes just an hour to cross the Straights of Bonifacio to arrive in Italy. It doesn't take long on the ferry to spot the huddle of houses at Palau the small receptive port in Sardinia. Once in Sardinia, a totally different feel and scenery, we have a short drive to the Italian port of Palau, for another ferry crossing, just 20 minutes and we arrive on the beautiful Sardinian archipelago of the Maddalena. Biking is the ideal way to discover the island's history, rocky landscape and inviting magnificent beaches with very white sand and a wonderful fragrant Mediterranean vegetation. Time for a look around the town on foot before taking the ferry back to mainland Sardinia. Night in hotel. 25km distance. 350m + altitude gain.

Day 7: Palau to Canigione to Porto Cervo

We continue to discover the island. A small coastal road is a real pleasure to cycle along and we can stop off and swim as we fancy. We take a break in the small chic port at Porto Cervo. Night in hotel. 35km distance. 500m + altitude gain.

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Day 8: Canigione to Arzachena.

Continuing along the eastern coast, the route is peaceful and relaxed, it's a great way to observe rural life and take a close look at the rolling hillsides, oak woods, vineyards and olive groves. We head up hill and inland although we can still see the sea not so far off. We turn off the country lane to a isolated farm house, full of Sardinian traditional charm and our night stop for the night. We can settle into our rooms and enjoy a picnic lunch before heading off to explore a nearby archaeological site. We can look forward to a sumptuous meal with possibly the sweetest homemade olive oil, wines and sauces you've ever tasted! Night in Agriturismo. 25km distance. 400m + altitude gain.

Day 9: Arzachena to Santa Teresa.

A lovely ride today, stunning views across sweeping plains, back roads all the way to a lovely little cove. Picnic on the beach and a swim before heading back to the hotel. Night in small hotel. 40km distance. 400m + altitude gain.

Day 10: Return to Bonifacio.

Today, we take the first boat from Sardinia back to Corsica. Some free time to visit the lovely narrow back streets and ramparts of the town. End of the holiday at 14h00 in Bonifacio.

Return via Figari or Ajaccio airport.

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. On the terrain our guides are the best judges, they may be required to modify the itinerary due to weather conditions or for the security of the group.

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Details

Level of difficulty

A normal good level of fitness is required, this is easy to moderate cycling with some strenuous sections. Daily altitude ascent and descent is between 200 and 500m per day with a distance of 25 to 35 kms.

Price

- From 27/11/2009 to 26/11/2010 : Price per person 1020 €

Price includes :

Fullboard Accommodation, all internal transfers, baggage transfers between hotels, Museum entrance on day 8 and all necessary details needed for your holiday.

Price does not include :

Bike rental (+15€ per day), unforeseen additional transfers, entrance fees other than day 8, drinks, additional activities, holiday insurance and travel.

Encadrement

Experienced and qualified French tour leader. You will be in a mixed group of french and english speaking persons.

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. 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. (Consult with us for left luggage facilities)

Accommodation/food

Accommodation

8 nights in double or twin bedrooms, in ** or *** hotels and one night Bivouac.

Food

- Continental breakfast (tea, coffee, milk, butter, jam, ...)

- Hot evening meal in a local a restaurant.

- Lunch in the form of a pic-nic prepared by the leader (bring a plastic 0.8L to carry your salad in).

- Drinks not included

- Snacks adopted to the effort (dry fruit, cereal bars, ...)

Starting point/end

Starting point : At 11 am at Ajaccio's railway station or Airport.

End : After your visit of Bonifacio, in the afternoon.

Organisation

You choose your departure date and we will take care of the reservations, your transfers, we transport your bags

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between the hotels, and also provide an experienced guide to accompany you.

Dates

Number of participants

From 4 to 12 people

Access

Ajaccio ferry terminal or airport.

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 ****|uxe : 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

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

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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 Air :

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

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

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What to bring and pack

- A small day pack for your water bottle, camera, picnic and waterproof
- A bag or rucksack for your main luggage 20 liters minimum per person.

For the day time

- Comfortable shoes/trainers.
- A pair of long gloves.
- Walking socks.
- Warm fleece.
- Shorts and T shirts.
- Swimming costume or trunks.
- Towel.
- Water bottle (one litre minimum).
- Personal first aid kit.

For your picnics

- A good cutting knife and some plastic bags

Sun and rain protection

- Sunglasses and sun cream
- Sun hat
- Wind and waterproof jacket (Gore-Tex style)

Relaxing time:

- Trainers or open sandals
- Warm Fleece and casual wear

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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