



ACTIVE ALTA ROCCA

Technical sheet - Family - 8 days, 7 nights - Single centre - Multi-activity (age 8+)

FAMILY 8 days / 7 nights

Level 1 2 3 4

Single centre - Multi-activity (age 8+)

3* Hotel with pool

- Around the Alta Rocca
- Accrobranche, Canyoning, Donkey trekking
- Historical site of Cucuruzzu
- Zonza, Bavella, Ospedale Forest, Bonifacio



In the heart of the Alta Rocca, below the magnificent Bavella needles, is the location for this new family Corsica Adventure, the mountain village of Zonza. From your base in a 3* hotel with swimming pool, offering an exceptional view on the needles of Bavella, we offer a range of fun activities for young and old. You can dive, jump, and slide down one of the most beautiful canyons of Corsica. As a family, you will attack the tree top walks, dominating the lake of Ospédale and the coastal plain of Porto Vecchio. The younger members of the clan will discover the trails of the Alta Rocca in the company of a donkey, trekking with great views and finally we offer a number of walks you can do in the region.

Day 1 – Arrive Zonza

Settle into the hotel, depending on your mood, discover the village, take a short hike at Bavella or simply just chill poolside « en famille ».

Day 2 – Accrobranche and a walk in the hills

In the morning, we propose an exciting Accrobranche, in the heart of the Alta Rocca: zip wires, Tarzan creepers, monkey bridges, and many other obstacles await you. After lunch, you can hike to the Piscia di Gallu, the tallest waterfall in Corsica! A fall of 70 meters down a pink granite wall. This 2 hour walk is interspersed by descriptive and educational panels that will allow you to discover parts of Corsican culture. The route winds through the forest along small streams and offers exceptional views of the coastal plain.

3km, 2h00, +180m, -180m.

Day 3 – Discover Cucuruzzu & Capula

Meandering through a granitic chaos in an atmospheric enchanted forest you discover the site of Cucuruzzu and Capula, inhabited as early as 5000BC. Discover the fort, the pathways that wind beneath tafoni, mystically shaped by the wind. At the end of this guided tour, pass a warrior standing stone before climbing to a panoramic view over the Alta Rocca and the needles of Bavella.

11km, 4h00, +300m, -300m.

Day 4 - Canyoning in the Polischello

With a spectacular panorama on the Bavella needles, you will descend the Polischello ravine with a fun succession of slides, jumps, walking and swimming in natural plunge pools.

Day 5 – Donkey trek or Mountain biking

For the younger members of the family, what better than a donkey trek from the village of Serra di Scopamena, this village is typical of the area and has much heritage to discover. For the teenagers around 80km of tracks serpent through the forests of the Bavella mountain. Equipped with a mountain bike, helmet and protective gear, try the tracks of your level. In the afternoon, hike to the trou de la bombe, a very impressive rock face, pierced with a huge hole 8 m in diameter. It is a pleasant stroll under the Lariccio pines in this mountain forest, with magnificent views from the Bavella massif towards the Gulf of Porto-Vecchio.

4 km, 2h30, +200m, -200m.

Day 6 - Iles Lavezzi

Time to pack up in the mountains and head to the coast. After a short drive to your hotel in Bonifacio, you can spend the morning walking and discovering the Campu Rumanilu, a clifftop walk with views back to town. Take an afternoon boat trip to the Lavezzi islands (included). Time to relax and enjoy this natural site, explore on foot, take your snorkel gear to explore the flora and fauna.

Day 7 - Bonifacio

Bonifacio has a choice of walking, along the clifftops and the coast of this southernmost tip of Corsica. For a longer walk, along a coastal path to Paraguan beach, before heading onto the cliffs near the Iles Fazzio and along towards la Madonette lighthouse. With views over the old town and harbour, for a shorter walk, or try the walk on the Campu Rumanilu both are wonderful coastal walks and a great finale to your walking holiday. Stay in Bonifacio 3* hotel, on B&B.

15km, 5h30, +255m, -255m.

Day 8 - Bonifacio

End of holiday after Breakfast in Bonifacio.

This itinerary is an example of the itinerary we aim to adhere to, correct at time of publication. Should situations arise that are beyond our control, such as severe weather conditions, or other factors that could put your safety at risk, it may be possible for the itinerary to be modified.

✓ TECHNICAL INFO

Starts	At your hotel in Zonza.
Ends	After breakfast, at your hotel in Bonifacio.
Access	Figari, Bastia or Ajaccio Airports or Porto Vecchio, Propriano, Bastia or Ajaccio port. If you arrive into Calvi or L'Île Rousse, please ask for details of transport connections.
Accommodation	<ul style="list-style-type: none">• Hotel 3* with pool in a twin/double rooms, please request at time of reservation.• Continental breakfast (tea, coffee, milk, bread, butter, jam). <p>Should you have any food allergies, special requests or dietary requirements, please advise at time of booking.</p>
Number of participants	Reservations for minimum of 2 participants. NB. For safety reasons we do not accept solo reservations on Self-Guided multi activity holidays?
Level	Gentle for all the family. 3-4 hours of effective walking with ascents. Accessible to occasional walkers and to anyone in good health, you don't have to be a seasoned hiker to enjoy the walks. You should know how to swim 25m and be able to put your head under water for the canyoning. Children from 8 years old.
Guiding	A qualified canyoning monitor. Accrobranche, hiking and mountain bike outings are Self-Guided , we provide you with a Travel Dossier complete with IGN map and Topoguide created by our team. During your hike our 24-hour assistance service will also be able to answer all your questions and, if necessary, bring you useful tips for the smooth running of your stay.
Luggage transfers	During this holiday you will carry only a small day sack with a water bottle, camera, picnic, trailfood, sun and wet weather gear.

✓ DATES AND PRICES INFORMATION

Prices	Starting from 880 € consult our rates on our website : http://www.corsica-aventure.com/gb/Sejours/Multi-Activity-Holiday-Zonza-Bonifacio
Price includes	Accommodation on B&B basis, activities as stated in the program, canyoning with qualified instructors, travel dossier with IGN maps and topo guide.
Price does not include	Reservation fee of €5pp, travel insurance, drinks, picnics, transfer to and from Zonza and transfers between activities (car hire available), travel to Corsica.

✓ SPECIFICITIES OF THE STAY

Preparing for your trip

It is really important to get prepared physically for your trip. The more time you put in before you leave, the more you will get out of the activities. You should do regular aerobic exercise in preparation for your holiday. Taking aerobic exercise regularly is the best way to make sure you are fit enough and enjoy the trip to the fullest.

Climate

Set in the Mediterranean, 170km from France and 85km from mainland Italy, Corsica has a pleasant Mediterranean climate with hot summers and moderate, dry, clear winters. Climate in the mountains is alpine rather than Mediterranean, with the mountains clearly separating the weather in two, with Northern Corsica being hotter than the South, while the East is generally wetter than the West. Corsica is known for its micro climates, each valley can be different, with the mountains often generating some stormy, unpredictable weather.

Frost rarely occurs on the coast but the mountains see significant snow in the winter, generally lasting into May on the highest slopes. The sea temperature rises from a very pleasant 19 °C in June and October to 23 °C in August and like most Mediterranean island the climate is also subject to the winds. Corsica also has one of the highest sunshine records in France, with around 7.5 hours a day throughout the year, making it the ideal destination for an active outdoor adventures.

Sun hours (Average)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Corsica	4	5	6	8	10	11	12	11	9	7	5	4
London	2	1	1	2	4	5	6	7	6	6	5	3

MaxTemperatures (°C)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Corsica	13	14	16	18	21	25	27	28	26	22	18	15
London	10	7	6	7	10	13	17	20	22	21	19	14

Language

Most people in this area of France speak French and know little English. In the villages you can still hear Corsican being spoken. It is good to learn some simple French phrases and greetings as this is always appreciated.

Currency

You will need to bring sufficient cash to cover your personal expenses, including picnics, snacks and drinks. It is impossible to change your currency into Euros here and credit cards are not widely accepted in more remote villages. There are cash machines to withdraw money in larger towns so we recommend you use these before embarking on your walking trek or that you bring sufficient Euros with you in cash.

Travel to Corsica

Flights

The price of our trips covers the land package only and does not include travel to the island. You will need to book flights which enable you to arrive on Corsica in plenty of time for your holiday, please ask regarding travel options or take a look at our **travel page** and make sure your trip is confirmed prior to purchasing flight tickets.

- **Air Corsica** (flights from Paris Orly & Roissy CDG, Toulouse, Marseille, Nice, Lyon etc) www.aircorsica.com
- **Easyjet** (flights from Paris Roissy CDG, Lyon, Geneva, London,...) www.easyjet.com

Overland

There are a number of Overland options including self drive and taking the train. **Eurostar** now offers a direct service from London St Pancras to Marseille, from where it is just a short taxi ride from the station to the port.

Ferries

There are ports around Corsica including Ajaccio, Bastia, L'Île Rousse, Propriano and Porto Vecchio with regular ferry services from mainland France.

- **Corsica Linea** operates from Marseille. www.corsicalinea.com
- **La Meridionale** operates from Marseille. www.lameridionale.fr
- **Corsica Ferries** operates from Toulon, Nice, Savone, Livorno & Piombino & certain Sardinian. www.corsica-ferries.fr

Getting about Corsica

There are limited public buses and a good train service for getting travelling around the island. The train runs from Ajaccio via Corte to Bastia, with a branch line separating at Ponte Leccia for Calvi and the Balagne. Bus services are restricted and even in the summer months don't necessarily offer daily departures. A very comprehensive independent website in French and English Corsica Bus www.corsicabus.org show you the options available. It is updated as soon as the timetables become public, please ask for information on public transport, taxi and car hire options with **AVIS**.



What to bring and pack

Bags

- Small day pack for a water bottle, camera, picnic and waterproof
- Rucksack or suitcase for main luggage (15kg max pp)

For Walking

- Good walking shoes or boots with an excellent grip sole
- Walking socks
- Warm fleece
- Shorts and T shirts
- Swim wear
- Towel
- 2 Walking poles
- Platapus or camel bag (2 litres capacity)
- Personal first aid kit with good blister protection
- For your picnics - a good cutting knife & some plastic bags
- Sun and rain protection including sunglasses, Sun hat and sun cream
- Waterproof jacket (hat and gloves optional)

Relaxing time

- Trainers or open sandals
- Warm Fleece and casual wear

✓ TAILOR YOUR HOLIDAY TO YOUR NEEDS

Our holidays are created to offer the best quality, at the fairest price. They can be tailored to your personal requirements.

We can

- modify the itinerary or difficulty level of the holiday
- increase or shorten the duration of the holiday
- organize extra visits and activities
- benefit from additional transfers
- upgrade accommodation

✓ OUR SERVICES

We offer several services to facilitate the organization of your holiday in Corsica.

- Reservation of hotel nights before or after your walking holiday
- Car rentals & bike hire
- Equipement Rental - sleeping bags, poles and backpacks
- Organization of taxi and train transfers
- Left luggage service

Verified by
VISA
MasterCard.
SecureCode.



✓ INSURANCE

To EU Nationals, we offer a multi-risk insurance with **APRIL** (cancellation, assistance and repatriation) particularly adapted to the practice of hiking. This insurance is optional and must be taken out at the time of reservation, costing 4.00% of the price of the holiday. The insurance covers your package booked through us and will not cover additional parts of your holiday such as flights, etc, not booked separately.

✓ RESERVATIONS

Our site offers secure online bookings, on reservation a deposit of 30% of the total cost of your holiday will be requested. The balance is be paid at the latest 1 month before departure.

Payment can be made by Mastercard or Visa and can also be made by International Bank Transfer.

✓ CORSICA AVENTURE

The team at Corsica Aventure are amongst the most experienced in Corsica, with the proven ability to set up and operate a wide programme of different walking and activity holidays. The company is based in Ajaccio, we have a whole team of guides, drivers and logistics staff on the ground as well as a team of people at the office in Ajaccio ready to help in any eventuality. When you contact us, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

Corsica Aventure is a fully licensed Travel Agency registered with the French Government Tourist Board **ATOUT FRANCE**. You can book your holiday with us in complete confidence that all monies you pay for a trip are fully protected.