



GR20 INTEGRAL (LIGHTENED BACKPACK)

Technical sheet - Self Guided Walking - 14 days, 13 nights - Point to Point - 13 days walking

SELF GUIDED WALKING 14 days / 13 nights

Level 1 2 3 4

Point to Point - 13 days walking

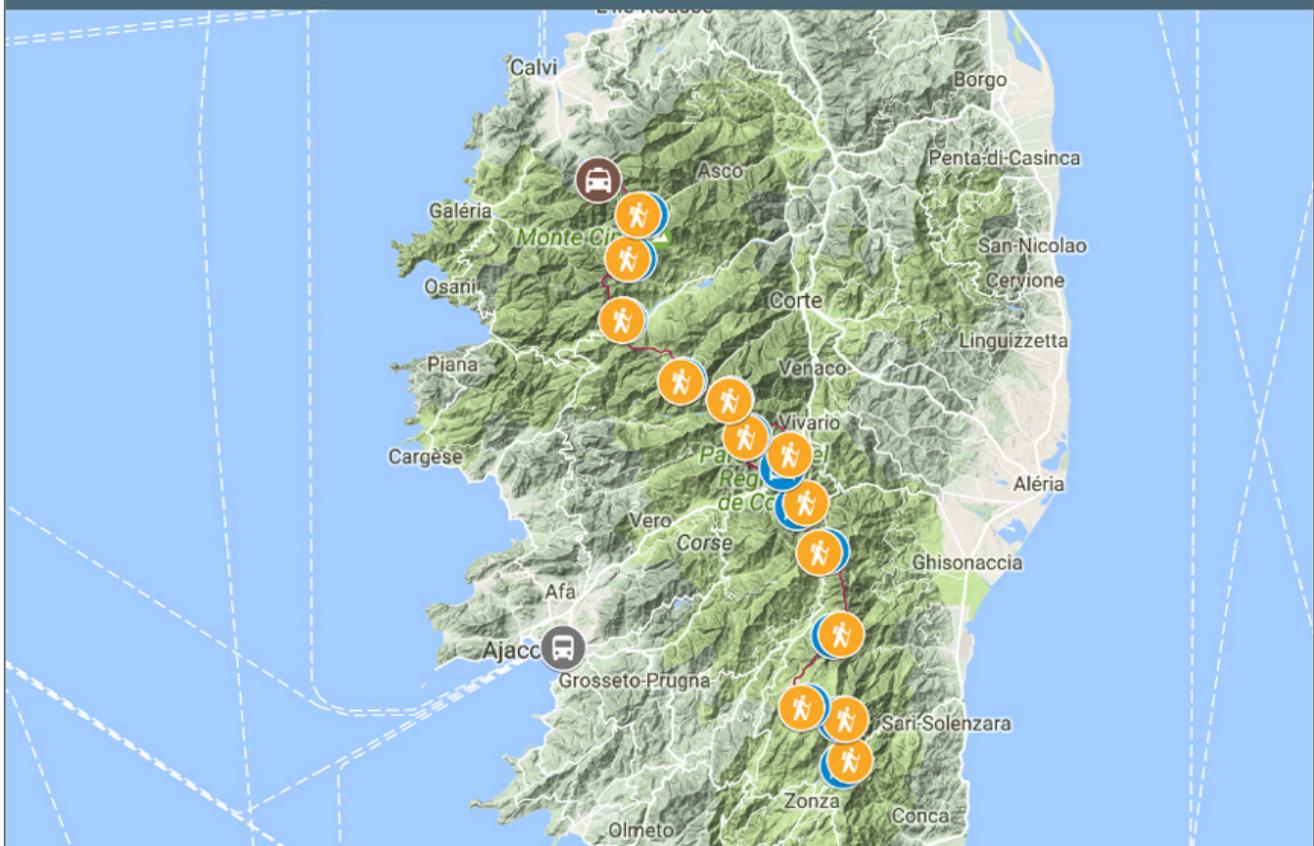
Camping, Simple Refuges & Shepherds' Cabins

- The ultimate GR in Europe
- Iconic peaks with breathtaking views
- Luggage transfers, Hotel upgrades available
- GR20 - Bavella, Vizzavona, Bonifatu



This version of the GR20 traverses the island diagonally following the high granite barrier of mountains offering some fantastic scenery. From Bavella to Asco, we reserve your accommodation, in a variety of camps, refuges, gites or shepherd's cabins, situated in places of exceptional beauty. All meals are prepared for you by your hosts and we are able to get your main luggage bag to you at selected points during the trek, so you do not have to carry a heavy load. It is a real bonus to take advantage of this and certainly adds to the enjoyment of the walking.

GR20 Integral (Lightened Backpack) ★



Day 1 - Ajaccio to Bavella

This holiday starts on a Sunday in Ajaccio, the first transfer will take you directly up to Bavella, where you check into your first accommodation. The region is known as the Alta Rocca and Bavella is one of the most famous peaks of the island, known for its high mountain pass and mystical summits. The journey takes approximately 2h30. Time to settle into the gite before the evening meal.

Day 2 - Bavella to Asinau

From the high mountain pass, the Col de Bavella you take the trail that is called the Alpine variant. It leads steeply uphill before passing at the base of several granite pinnacles, such as the Acellu, the Ariettu or the Vacca. It really is a superb ridge walk. The trail is rough under foot and equipped over a few metres with a chain that helps stability across the granite rocks. You plunge down into the valley before following an easy trail through the woods. After a river crossing you pull up hill, up to Asinau, bergerie, or refuge.

7km, 5h00, +750m, -550m.

Day 3 - Asinau to Coscione plateau

You head up to the magnificent ridge line of Monte Alcludina, who's summit reaches a proud 2134m altitude. There are fantastic views and on a clear day you can pick out your route and see where you are heading. You leave the high ground and head down towards the famous Cuscione plateau. This is the largest plateau on the island and spreads some 50 square kilometers. This large wild space is a mix of forests and open spongy green land full of runnels of water, a great grazing land in the summer months. Your night stop is a shepherd's cabin situated on the edge of the plateau.

8km, 3h30, +560m, -560m.

Day 4 - Coscione plateau to Usciolu

Today you pick up the trail on the plateau and cross the wide open green pasture with it's streams and little water holes. You make your way uphill through an age old forest of dwarf oak trees up to the Col de l'Agnone. From here, you start possibly one of the best ridge walks, it is very exposed, the trail is ambitious and it is hard to imagine that there is a way through. The granite has been wonderfully sculpted by the elements and the decor is awesome. The trail topples back and forth over the ridge, to one side then the other. Usciolu refuge occupies a sheltered position a little lower down, it is a hive of mountain activity.

13km, 5h00, +820m, -600m.

Day 5 - Usciolu to Col de Verde

This walk has some really special scenery with great views. From the refuge you continue along the ridge that separates the valley of Taravo and the Fiumorbu. The trail plunges down towards the Col de Laparo. You will pass the GR refuge, Prati (1820m) it is worth stopping to enjoy the airy rooftop views of the island and enjoy the lush, spongy fresh ground. It is sometimes possible to see the islands of Elba and Monte Cristo. The descent winds rapidly down in and out of the forest to your destination at the Col de Verde. (1289m)

15km, 7h30, +850m, -1250m.

Day 6 - Col de Verde to Capanelle

The trail undulates gently today and mainly contours through a forest of pine trees. These majestic tall straight lariccio pines with a silvery smooth bark are very much a symbol of the island. Today's walk is essentially traversing the flanks of the dominating mountain, the Monte Renosu. A steeper section leads us to the small shepherds' hamlet of Traghjette. There is just one shepherd that lives here now following the age-old lifestyle of the transhumance and producing cheese. A last short walk before you arrive at a ridge where you can see your night stop and the cabins of Capanelle which is a low key ski station in the winter.

12km, 4h00, +580m, -350m.

Day 7 - Capanelle to Vizzavona

This is the last stage of the GR20 southern section, the walk makes for a leisurely day. You leave Capanelle (1568m) taking a path that is more or less on the same level and along easy terrain. You pass through some idyllic spots, past remote traditional stone cabins and a luxuriant vegetation. You continue to Bocca Palmente 1640m, from where on a clear day the views are exceptional, the looming massifs of the Monte d'Oro and the Rotondu tower above. You drop down into a thick forest of pine and beech trees for a relaxing descent, the trail loops back and forth lacing down to Vizzavona (920m) the midway point of the GR20.

16km, 5h00, +190m, -860m.

Day 8 - Vizzavona to L'Onda

Today is the first stage of the northern section of the GR20. The start of the walk will depend on where your first night's accommodation has been booked. You embark on a slow steady ascent to the Brèche de Muratellu (2100m). The path leads alongside the Cascade des Anglais up to Muratellu, affording stunning views of the Monte Rotundu, before descending to l'Onda refuge.

10km, 6h00, +1220m, -710m.

Day 9 - L'Onda to Petra Piana

The high level route follows the ridge, via the summit of Pinzi Corbini (2021m), to Petra Piana refuge (1840m). This is a short but challenging ridge walk, steep and exposed. In bad weather there is an alternative lower valley option. Tonight you camp in the vicinity of Petra Piana refuge. (1840m / 6037ft).

7km, 4h30, +680m, -260m.

Day 10 - Petra Piana to Camputile plateau

From Petra Piana a short uphill section takes you to the high ridge above the refuge. The trail is rocky, almost lunar in ambiance. You pass a mountain col and continue on the high route. The views are spectacular, with Corte, the island's historic capital in the distance and a series of wonderful glacier lakes to discover. From the small Brèche above Lake Capitello, we plunge downhill to Manganu refuge situated on the edge of the Camputile plateau. The shepherd's cabin Vaccaghja, is 20 mins further on across the plateau.

10.5km, 7h00, +700m, -940m.

Day 11 - Camputile plateau to Col de Vergio

The GR20 is well-marked, leading gently uphill, a relaxing walk through beech woods, and across the green spongy turf to the Lac de Nino. A morning stop to have a snack and relax on the banks of the lake. At 1743m this glacier lake is in a lovely, sheltered bucolic spot, surrounded by spongy peat, with runnels of water and wells, ideal grazing ground for ponies and other animals in the summer. The air is fresh, tinged with the scent of alder and the fragrance of the high mountains. From the lake a classic walk leads along a high ridge with magnificent views and the occasional blue glint of the beckoning sea. You drop down at the Col St Pierre, to join a flat horse shoe shaped trail to Castel di Vergio, the island's small ski station.

14.5 km, 6h00, +570m, -750m.

Day 12 - Col de Vergio to Melarie Valley

Following the GR20 you walk to Radule, a huddle of stone cabins well camouflaged against the mountain rock. The GR20 trail follows the Golu torrent up the valley towards its source. Mid way up the valley, your route crosses the torrent, a good place to take a break on the smooth sun-baked rocks, a paddle and a swim for the brave. The trail shortly leaves the floor of the valley and heads up to the ridge line. From here there are clear views of the villages dotted on the west coast and the indented outline of the island in the sea. The refuge Ciuttolu di I Mori (2000m), the highest refuge in Corsica, is situated between two daunting mountains the Tafanatu and Paglia Orba. You can enjoy a high, alpine environment; these massifs are home to the wild mountain mouflon (a wild sheep). From the refuge you head for the Col de Foggiale. From the pass the GR20 falls away steeply downhill, a stunning descent through a chaos of harsh granite rock and giant, grand, old pine trees. Once down to an altitude of 1400m, you cross the Viru torrent, and the approach to Vallone cabin begins.

13km, 5h30, +950m, -970m.

Day 13 - Melarie Valley to Haut Asco

Today is a tough, high altitude mountain walk. You make your way uphill progressively to the foothills of the Monte Cinto, the highest summit on the island. The climb is steep, rocky and slow. After a couple of hours, you arrive at Bocca Crucetta, a ridge leads to the daunting 'Pointe des Eboulis' at 2607m this is the highest point on the GR20, the view is absolutely spectacular. From here, the path literally plunges down to the small lake the other side. The trail continues downhill, the scree, the rocks and austere décor gives way to a river and woods as you approach the old ski station of Haut-Asco.

7km, 8h00, +1200m, -1200m.

Day 14 - Haut Asco to Calvi

From Haut Ascu, a superb ascent takes you to Bocca Di Stagnu (2010m) at the foot of the Muvrella (2150m). From Lake Muvrella the view over Calvi bay is incredible. After Carozza refuge, you continue the descent to Bonifatu.

12km, 7h00, +650 m, -1530 m.

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

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| Starts | Ajaccio port opposite the CCI building at 14h. |
| Ends | Around 5.30 pm in Calvi, after your last transfer from Bonifatu. |
| Access | Ajaccio, Airport or Port. If you arrive into Bastia or Calvi please ask for details of transport connections. Air tickets and boat reservations available, please ask for a quotation. |
| Accommodation | <ul style="list-style-type: none">• Simple Gites & Park Refuges, in dormitories or camping at refuges (showers and WC facilities are limited).• Simple Continental breakfast (tea, coffee, milk, longlife bread, butter, jam).• Evening meals (based on local specialties - a starter, soup or smoked meats, main course or pasta or rice with a sauce, cheese, a fruit or a sweet pudding.).• Picnics (please bring a tupperware for rice, pasta, lentils, couscous salad) <p>Should you have any food allergies, special requests or dietary requirements, please advise at time of booking. Food is limited for vegetarians, and special diets cannot be accommodated due to the remoteness of the trek.</p> |
| Number of participants | Reservations for minimum of 2 participants. NB. For safety reasons we do not accept solo hiker reservations on Self-Guided treks. |
| Level | <p>Tough The walks are long between 6-9 hours a day, maybe more. You can expect steep uphill and downhill sections with maybe up to 1000m altitude gain some days. The temperatures will range and weather conditions can be severe. You are fit and have good trekking experience. See our level ratings.</p> <p>PLEASE NOTE THIS WALK IS VERY TESTING, YOU NEED TO BE SURE FOOTED AND HAVE APPROPRIATE SCRAMBLING EXPERIENCE. YOU NEED TO KNOW HOW TO PLACE YOUR FEET ON ROCKY GROUND.</p> |
| Guiding | Self-Guided Walking. 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 trek you will carry a 35-45 litre rucksack with a water bottle, sun and wet weather gear, camera, tupperware with picnic, trailfood, all your overnight gear including knife, fork, etc, washbag, clean items of clothing, and sleeping bag. On the luggage transfer option, your follow on bag is transported by vehicle to Bavella, Coscione, Col de Verde, Capanelle & Vizzavona in the South & Col de Vergio, Haut Asco & Calvi in the North. There are fresh water springs en route so you do not have to be weighed down with litres of water. |

✓ DATES AND PRICES INFORMATION

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|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Prices | Starting from 1275 € consult our rates on our website : http://www.corsica-aventure.com/gb/Sejours/gr20-south-north-self-guided |
| Price includes | Accommodation on full board (nights 1 to 13), picnic day 14, travel dossier with IGN maps and topo guide, transfer from Ajaccio on Public bus to Bavella. |
| Price does not include | Reservation fee of €5pp, travel insurance, drinks, picnic day 1, travel to Corsica. |



✓ SPECIFICITIES OF THE STAY

Preparing for your walk

We recommend at least 3 sessions a week of aerobic exercise and regular hill walking. It is good to get in some hill walks on rough, uneven terrain, to build up ankle strength. Train to walk downhill, get used to knowing where to put your feet. Aim to progress walking downhill at a reasonable pace, two walking poles will reduce the shock on your legs.

The GR20 is becoming more and more popular, but it remains **the most difficult trek in Europe**. To overlook this could put inexperienced walkers in danger. Do not overestimate your skills, and prepare your trip properly. The GR20 is for hikers in very good physical shape who already have the experience of high mountain trekking over several days, are able to manage to self guide their walking with all that involves (determination, effort, map skills and orientation, weather, abstraction of the usual comfort, adapted material ...). You should not underestimate the nature of this hike, committing to the GR20, and abandoning after a few days. If in doubt about your skills, we advise you to choose one of our formulas with guide.

Relevant walks

- Ascending **Snowdon** by **Crib Goch**
- Descending from **Blencathra** in the Lakes by **Sharp Edge**
- Scrambling along the **Aonach Eagach** ridge **Glenn Coe**

Climate

Set in the Mediterranean, 170km from France and 85km from mainland Italy, Corsica has a pleasant Mediterranean climate with hot dry summers and moderate dry, clear winters. Climate in the mountains is alpine rather than Mediterranean. Corsica is known for its micro climates, each valley can be different, with the proximity of the mountains and the sea often generating some stormy, unpredictable weather. 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 active outdoor adventures. It should be noted that mountains see significant snow in the winter, generally lasting into May on the highest slopes.

Forest fires

During the summer months, in the event of high winds and in hot and dry conditions, forested areas can be closed to prevent fires. Areas at risk are closed for walkers in order to reduce the high risk to life. Access to these areas is prohibited during a stated time scale which could affect the walking itinerary. On certain routes including the GR20 & Mare e Monti, this could close consecutive stages, and prevent walking. Alternative itineraries may not be available.

Rivers & Lakes

Rivers and lakes may be a tempting spot for a dip on your walking holiday but you do so at your own risk. It is important to be aware of weather in the mountains around you that could suddenly and significantly change the water level and flow of a mountain stream. It is also important to remember that sudden immersion in cold water can produce a shock which can very quickly lead to drowning.

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 London Stansted, Paris, Toulouse, Marseille, Nice, Lyon, Nantes, etc) www.aircorsica.com
- **Easyjet** (flights from Paris Roissy CDG, Lyon, Geneva, London, Manchester...) www.easyjet.com
- **British Airways** (flights from London Heathrow) www.ba.com

Overland & Sea

There are a number of Overland options including self drive and taking the train, then the ferry. There are ports around Corsica including Ajaccio, Bastia, L'Île Rousse, Propriano and Porto Vecchio with regular ferry services from mainland France & Italy.

- Corsica Linea & La Meridionale operate from Marseille. www.corsicalinea.com & www.lameridionale.fr
- Corsica Ferries operates from Toulon, Nice, Savone, Livorno & Sardinia. www.corsica-ferries.co.uk

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 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. Please ask for information on public transport, taxi and car hire options.

GR20 Equipment

There is no opportunity on this trip to buy new equipment. Ensuring you have the right gear is essential for everyone's safety. It can be equally dangerous to carry too much gear that is not useful. If you are weighed down this adds to fatigue and you will be unable to accelerate your rhythm in bad weather.

What to bring and pack

Walking

- Hiking boots or fell shoes, with soles in excellent condition, Socks
- Shorts and T shirts, Swimwear
- Good quality waterproof Gortex jacket & Waterproof trousers (optional)
- Thermal hat and Thermal gloves, & Warm fleece
- Sun protection (sunhat, sun cream, lip protection, sunglasses)
- 2 litre platypus/camel-bag (A platypus system helps you to drink enough and saves time. Mix in energy drinks or electrolyte if this is something you do normally)
- Tupperware lunch box with leak proof lid (0.8l) fork or spoon & Penknife (knives are often not provided)
- Basic first aid kit with blister repair (moleskin or compeed)
- Two walking poles & Headlamp

Casual Wear

- Leggings or thermal tights
- Teva style sandals

General

- Plastic bags and zip-lock style bags
- Small quick dry travel towel, Small wash bag with toiletries & antibacterial hand wash, Earplugs, Toilet paper / pocket tissues
- Sleeping bag -5° comfort
- Energy bars

Bags

- Rucksack 35-45 litres (You will need a heavy duty bin liner inside it to keep your bag waterproof, a thin nylon cover is not sufficient in heavy rain)
- Main luggage for your belongings 12kg, transported for you to the end of the trek.

First Aid

A first aid kit is required. We would suggest adding to its usual contents, immodium for diarrhoea, re-hydration salts (Dioralite), Anti-histamine tablets or cream and plenty of blister protection.

Accommodation

We try to describe our accommodation on the GR20 as accurately as possible. During this trip you have a mix of different accommodations. When you are reserved at a park refuge, the guardian will normally allocate you a tent. Sleeping mats are provided. Nights can be noisy due to snoring and rustling. On the GR20 we use a mixture of park refuges, private gites and shepherd's cabins. Refuges in Corsica are small, simple and rustic, with a limited level of comfort and a lack of facilities (cold showers, few sanitary arrangements, no blankets).

Water supplies

You can drink water from springs en-route. Spring water is generally safe to drink on the GR20 but care should be taken in drought periods and you should never drink from rivers or streams. **We advise you to take purification tablets in case of emergencies.**

Wildlife and Insects.

Mosquitoes, wasps, ants, and other insects are common in Corsica, and in the heart of the countryside, rodents, cows, goats, foxes and wild pigs are abundant and care should be taken around them, especially with food. There are no dangerous snakes in Corsica.

Bed bugs are becoming an increasing problem throughout the world on hiking trails and the GR20 is no exception. About 4mm (1/4 in) long, 2.5mm wide and a brown colour, they are notorious travellers, and walkers are the ideal way to spread infestation. Whilst bed bugs do not carry any known diseases, bites can be very uncomfortable and cause painful rashes in some people. Guardians and hoteliers are well aware of these pests and are extra vigilant in the prevention of an infestation. If you do get bitten, you should assume that your belongings are carrying bugs and/or eggs. Once infested, bed bugs are very difficult to get rid of and on returning from the trek, you should always be aware that your luggage could harbour them. The presence of animals or insects in or near any accommodation is out of our control.

Currency

You will need to bring sufficient cash to cover your personal expenses, including picnics, snacks and drinks. Credit cards are sometimes not accepted in more remote villages. Cash machines can be found in only the larger towns.

✓ 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

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✓ 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.