



GR20 NORTH MINITREK

Technical sheet - Self Guided Walking - 5 days, 4 nights - Point to Point - 3 days walking

SELF GUIDED WALKING 5 days / 4 nights

Level 1 2 3 4

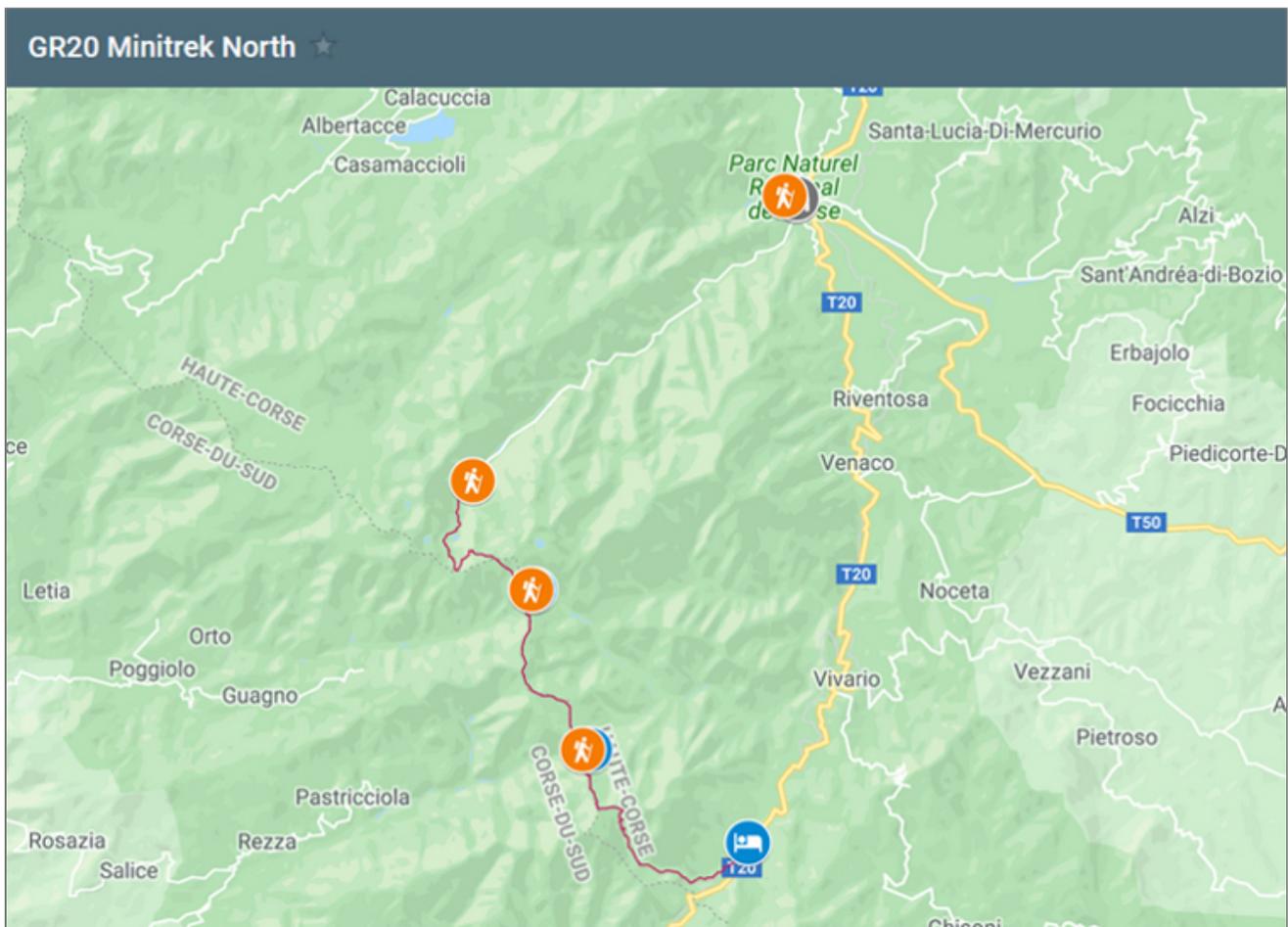
Point to Point - 3 days walking

Comfortable hotels & Simple mountain refuges

- Superb, challenging GR20 mountain trek
- Glacier lakes, high airy ridges and dramatic vistas
- Rugged alpine terrain, rock pools, tumbling waterfalls
- Corte, Restonica valley, Petra Piana, Vizzavona



This short break offers one of the best sections of the GR20 -the long distance, high level hiking trail that traverses the island diagonally through the barrier of rugged granite mountains. The trek starts in Corte, the island's historical capital and negotiates some high airy terrain, to finish in the beautiful pine tree forest of Vizzavona. There are considerable daily ascents and descents as you pass glacier lakes, rocky exposed cols, craggy ridges, pine scented valleys, rock pools and sun baked rocks. Despite the walking being in the heart of the mountains you can sometimes catch a glimpse of the indented, jagged western coastline and the outline of the island in the sea.



Day 1 - Corte

Make your way to Corte, the island's historical capital and settle into your hotel. Depending on the time, you may wish to wander around the old town and soak up the ambiance in one of the many street cafés. You may choose to visit the anthropology museum in the citadel, or stretch your legs in the nearby Tavignano Gorge, this is an ideal opportunity for a first walk and a swim in the mountain torrent with its numerous rock pools.

Day 2 - Corte to Petra Piana

From Corte, a short transfer will whisk you up the beautiful Restonica valley. You start walking from the small refreshment cabin called Grotelle, the rocky path leads up through dramatic alpine scenery to the wonderful glacier lake of Mello. From here, it is a path off the beaten track that pulls up to the GR20 trail. The terrain is steep and at the Col de Muzzarella it becomes almost lunar with great blocks of granite. A final steep descent is the last section before you arrive at Petra Piana refuge for the night.

9km, 5h00 +900m, -400m

Day 3 - Petra Piana to L'Onda

From Petra Piana to L'Onda the ridge is technical and exposed. It's hard to advance quickly as the trail is so rocky and challenging. As you progress along the ridge you will traverse a series of summits, this section is called the Pinzi Corbini. On the West coast, way beneath you, you can glimpse the Gulf of Ajaccio and the Mediterranean sea. The refuge of L'Onda is colourful, lots of goats, sheep, mules and horses. In bad weather the GR20 offers a low level valley route.

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

Day 4 -L'Onda to Vizzavona

From L'Onda you will quickly arrive at the col de Muratella that topples in the valley l'Agnone. The massif of the Monte d'Oro dominates here, it's one of the island's highest summits. You drop down through the valley and arrive alongside a mountain torrent that was particularly favoured by the English at the turn of the century, called the Cascade des Anglais. Your hotel is dotted in the huge forest of Vizzavona with its small hamlet and quaint train station.

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

Day 5 - Vizzavona

End of holiday in Vizzavona after breakfast. Extra nights and transfers to Ajaccio and Corte available, please ask for details.

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 Corte.
Ends	At Vizzavona, after breakfast.
Access	Ajaccio or Bastia Airport or Port. If you arrive into Calvi or Figari 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 Park Refuges and shepherds cabins, 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 AND YOUR CHILDREN NEED TO BE SURE FOOTED AND HAVE APPROPRIATE 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 A4 copies of the IGN maps and a walking guide created by our team. During your hike our 24-hour assistance service will also be able to answer all your questions and, if necessary, assist you with 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. There are fresh water springs en route so you do not have to be weighed down with litres of water.

✓ DATES AND PRICES INFORMATION

Prices	Starting from 360 € , consult our rates on our website : http://www.corsica-aventure.com/gb/Sejours/GR20-North-Minitrek
Price includes	Accommodation on full board (1, 2, 3), half board (4), transfer Corte to Grotelle, travel dossier with A4 copies of IGN maps and walking notes.
Price does not include	Reservation fee of €5pp, travel insurance, drinks, picnics, site visits and transfers to your hotel in Corte and from Vizzavona, 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.

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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.