



## From the Mountains to the Sea

8 days / 7 nights

A wonderful itinerary for those who wish to discover one of the most stunning walking itineraries on Corsica.

From the Scala Santa Regina, you will cross Calacuccia, Evisa, Ota, Porto to finally reach Piana.

Wonderful sceneries, proud inhabitants, UNESCO heritage sites, history and culture will constantly surround you during this trip.

Our knowledgeable guide will introduce you to the best of our island!

### YOUR PROGRAM

#### Day 1 - Corte, historic capital of Corsica

Arrival at Bastia airport and transfer to Corte. Corte is a lively little town in the heart of Corsica. It accommodates the University of Corsica and is also a cross-road to some of the most beautiful treks in Corsica. Take some time to breath in the local relaxing atmosphere before a good dinner taken in the centre of town.

Dinner and night in Corte.

#### Day 2 - Scala Santa Regina

After a short transfer from Corte, you will be in the heart of the Scala Santa Régina gorge. The cliffs overlooking the Golo river offer splendid views. You will take an old mule path to your next stop by the Calacuccia lake.

Approximate walking time: 5h00.

Distance : 12km.

Altitude gain & loss: +850m, -500m.

Night and dinner in 2\* hotel.



#### Day 3 - Waterfall and shepherd house of Radule

Beautiful walking day to the Verghio forest. You leave the Mare a Mare North to reach the Radule waterfall and shepherd house. Then using the world famous GR20 path, you walk to your hotel for the night. Numerous bathing possibilities in natural pools.



Approximate walking time: 5h55 (7h00 for slow walkers).

Distance: 18km.

Altitude gain & loss: +900m, -554m.

Night and dinner in a simple hotel.



#### **Day 4 - Aitone natural pools**

Passing the Col de Verghio you will walk under the shade of endemic Lariccio pine trees towards the chestnut capital of Corsica, Evisa. You will overlook the Aitone stream and its beautiful natural pools.

Approximate walking time: 3h40.

Distance: 11km.

Altitude gain & loss: +400m, -850m.

Night and dinner in 2\* hotel with a swimming pool.



#### **Day 5 - From Evisa to Porto through Ota**

You will discover the heart of the Spelunca gorge and its famous Genoese bridges. The scenery here cannot fail to blow your mind away with its outstanding natural beauty. Later, the Ota village will welcome you for a rest before walking down to the superb marina of Porto. An excellent day's walk.

Approximate walking time: 5h35.

Distance: 14.8km.

Altitude gain & loss: +650m, -1450m.

Night in a 2\* hotel with swimming pool.



### **Day 6 - Scandola reserve and Calanche de Piana**

During this rest day in Porto you might choose between various activities. For example, you can enjoy the beach, take a boat around the coast or hire a bike.

All means are good to explore the sumptuous Calanche de Piana (bright red rocks that plunge dramatically into the sea) and the Scandola natural reserve (we've often seen dolphins there). This is one of our favourite places to stay on the whole island. Night in a 2\* hotel with swimming pool.



### **Day 7 - From Porto to Piana**

During this last walking day, you will walk along the sea before climbing up inland toward the Capu d'Ortu summit. Enjoy the shade of the Palani with fantastic views over the Calanches of Piana.

You will then carry on walking to the centre of the delightful sleepy village of Piana.

Approximate walking time: 3h50.

Distance: 11km.

Altitude gain & loss: +869m, -689m.

Night in a charming 2\* hotel.



### Day 8 - Piana

A transfer back is organized to Bastia airport. Contact us if you need a transfer to Ajaccio, Corte or Calvi instead.



## Additional information

### TARIFFS

Price from 1299 euros per person.

### OPTIONS

IGN maps of the hike : 30 euros per person.

Single room : 299 euros per person.

Supplement small group from 6 to 8 persons : 200 euros per person.

### INCLUDED

All nights in rooms of two, 7 breakfasts, 4 picnics, 5 dinners, luggage transfers, walking guide, local assistance.

### NOT INCLUDED

Transfers to Bastia airport and from Bastia airport at the end, insurance, site visits, optional transfers and activities.

### LEVEL OF DIFFICULTY



This Classical Corsican trail uses very well marked paths. From 4 to 6 walking hours per day.

### **CARRYING**

Your main bag will be transferred by vehicle every day, you just have to carry your personal belongings and your picnic for the day.

### **ACCOMMODATION**

In rooms of two with ensuite facilities. We are using comfortable accommodation wherever it is possible on the tour.

### **SIZE OF GROUP**

Minimum of 6 participants.

### **DEPARTURE**

Bastia airport

### **DISPERSION**

Bastia airport

### **EQUIPMENT TO TAKE**

- A good pair of walking boots (ones that you have used before), with ankle support and non-slip soles.
- Good quality walking socks
- A comfortable rucksack (either for all of your kit or as a day sack) with plenty of plastic bags to keep your kit dry.
- If you are having your luggage transferred, please make sure that you have only one bag for the transfers, with a maximum weight of 15 kilos. It should be an easily transportable soft bag or with wheels.
- T-shirt and shorts (depending upon the likely weather)
- Light trekking trousers (not jeans)
- It is good to be able to 'layer' your clothes – with several light tops (for protection against cold, wind or sun)
- A warm sweater, polar or fleece. Beanie, gloves.
- Waterproofs – such as an anorak (Gore-tex or micro pore for example) or poncho.
- A bathing suit and towel
- Sandals or flip flops for beaches, river wading, or for wearing in the evening (it's important to be able to rest your feet from your walking boots)
- Sun cream plus sunglasses and a hat or cap
- A change of clothes
- For the picnics, you will need a small Tupperware box (for stews or salads), a plastic mug, a knife and fork. A Swiss Army knife or a pen knife is optional but can be very useful.
- Walking poles can be very useful to take the weight off the knees and to steady yourself on uneven terrain.
- A water bottle (at least one). It is preferable that you should be able to carry at least 2 litres of water at any one time.
- Camera and film, or batteries and memory cards for digital ones.
- A light torch (with spare battery)
- A small first aid kit possibly including: Rehydration salts to combat dehydration or fatigue, something for cuts, sprains, blisters, breaks, burns, stings, and pain relief. Please remember any personal medication that you may need.
- Wash bag, including: toothbrush, toothpaste, towel, toilet paper. Preferably a biodegradable soap for washing fruit, washing yourself and for washing clothes (it is possible to buy a multi-purpose biodegradable soap). Earplugs can also be useful if you



are sleeping in dormitories.

- Money – make sure you have enough cash on you for your trek (in Euros), as it is unlikely that you will be able to use a card or withdraw money if you are in the mountains.
- Maps – IGN maps of a scale and quality that allow you to see the route clearly. If you are on a self-guided tour, you will more than likely be given copies of sections of maps. These should be clear enough to guide you along the route alongside the route notes, but we strongly recommend that you have the correct maps for the area of your walk. Please contact us if you need advice.
- A compass – but make sure you are able to read it before starting on your trek
- Mobile phone and charger (it may not always be possible to get a signal or to charge it, but it can be very helpful in many circumstances).
- Snacks (such as energy bars, dried fruit).
- If you are a vegetarian, we suggest you bring a good supply of nuts or other foods containing protein. It is not always possible to get a good balanced meal, particularly in the more remote places in the mountains.
- A waterproof plastic pouch in which to put your trip documents, identity papers and insurance documents.