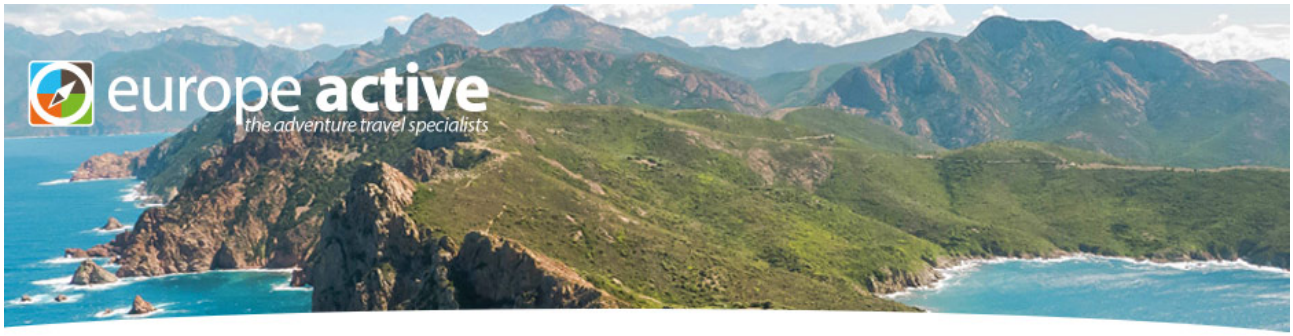


3 day self-guided leisure cycling tour around the Cape of Corsica and the Gulf of St Florent

3 days/ 2 nights

During three days, this tour will enable you to discover some of the most beautiful sites in Corsica. Hop on your bike and cycle around the wild and windswept Cape, hinterland villages, the enchanting town of Bastia and St Florent's glorious beaches.

Prepare your trip

YOUR PROGRAM

Day 1 - The Cape of Corsica

After meeting a member of our team in Bastia, which is located on the east side of the island, hop on your bike and cycle northwards along a coastline road, with beautiful rugged landscapes of cliffs and jagged shores. You will then cross the island to reach the West Coast. As you descend the Cape, maquis-shrouded hills, dotted with crenelated old Genoese towers, will quickly unravel before your very eyes. The west side of the Cape also holds a magnificent cluster of tiny fishing ports, set against sublime turquoise waters.

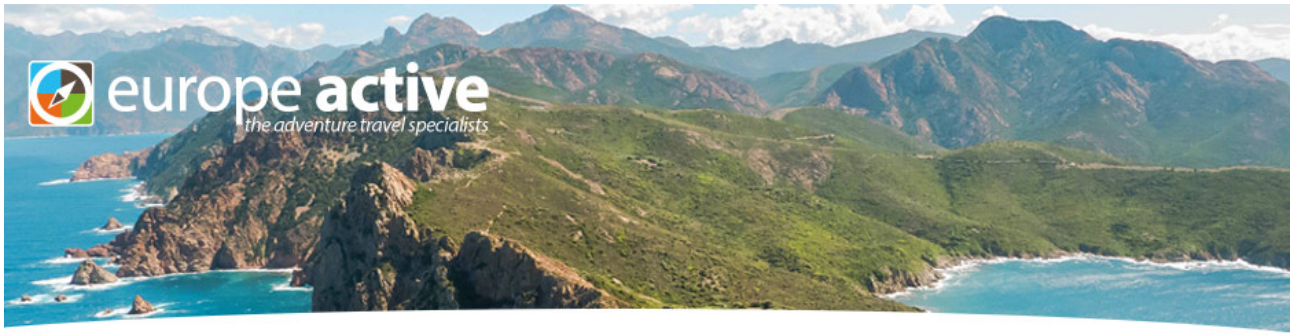
Night in a 2-star hotel in Canari.
Distance:
approximately 59km (D+ : 1071m ; D- : 794m ; Min. : 1m ; Max. : 381m)
or 79km (D+ : 1357m ; D- : 1081m ; Min. : 1m ; Max. : 358m)



Day 2 - From the Gulf of St Florent to Bastia

After leaving the Cape, you will head south in the direction of St Florent. Depending on which itinerary you choose, you will have the opportunity to ride through Patrimonio, the Corsican capital of wine-making, via the Col de Teghime or a superb

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little-known back road. Both roads offer stunning views over the Gulf. Once you reach St Florent, you will be able to enjoy strolling down the port and the town's enchanting little streets. A visit of the citadel is also recommended.

Wine tasting classes in the cellars of Patrimonio can also be arranged.

Night in a 3 star hotel in Bastia.

Distance:
approximately 45 (D+ : 798m ; D- : 1091m ; Min. : 7m ; Max. : 550m)
or 58km (D+ : 882m ; D- : 1175m ; Min. : 1m ; Max. : 549m)



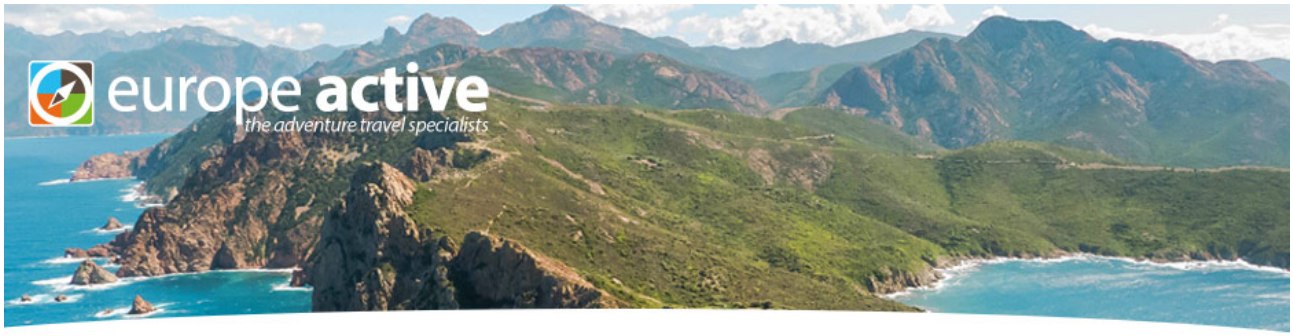
Day 3 - Your trip ends here

Your trip ends after breakfast. Possible transfer to the port or airport. Contact us for more details.



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Additional information

TARIFFS
Price from 420 euros per person.

OPTIONS
Supplement for single bedrooms : 142 euros per person.
June and September departures : 25 euros per person.
July and August departures : 49 euros per person.
Hybrid bike rental : 125 euros per person.
Electric bike rental : 140 euros per person.
Aluminium road bike rental : 160 euros per person.
Carbon road bike rental : 180 euros per person.

INCLUDED
Luggage transfers by vehicle
2 nights in hotels (double rooms)
2 breakfasts per person
Information package with maps and road-books on our app (a smartphone is required)
Local assistance by phone

NOT INCLUDED
Transport options to the meeting point and from the point of dispersal, Meals (except breakfasts) and beverages
Personal travel insurance
Bike rentals
Everything not mentioned on the "included" part

LEVEL OF DIFFICULTY
You will need to be in good health and have a good fitness level. Height gains may be significant.

CARRYING
Luggage transfers by vehicle. You only need to take your day bag with you (for picnics, cameras etc.).

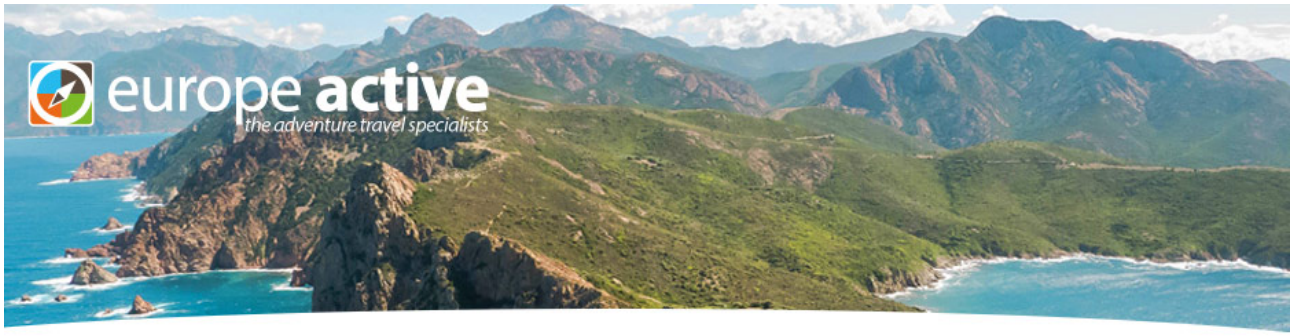
ACCOMMODATION
Nights in 2/3* comfortable hotels (double bedrooms).

SIZE OF GROUP
From two.

DEPARTURES
Every day from the beginning of April to the end of October.

DEPARTURE

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Meet in Bastia on day 1 at 9.00am. Contact us for assistance with your travel arrangements.

DISPERSION
Your hotel in Bastia, after breakfast on day 3. Possible transfer to the airport.

HOW TO GET THERE
Bastia is reachable by plane from several European cities depending on the time of year with Air France, Air Corsica but also Easyjet, Volotea or Ryanair.

By sea, Bastia is reachable with the compagnies : Corsica Ferries, Corsica Linea or La Méridionale.
Corsica ferries: http://www.corsica-ferries.co.uk/?gclid=CLyF3O_TvroCFa-WtAodlScA5A
Corsica Linea: https://www.corsicalinea.com/
La Méridionale: http://www.lameridionale.fr

From this city all access is possible by bus and train.

EQUIPMENT TO TAKE
ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive cheklist) :

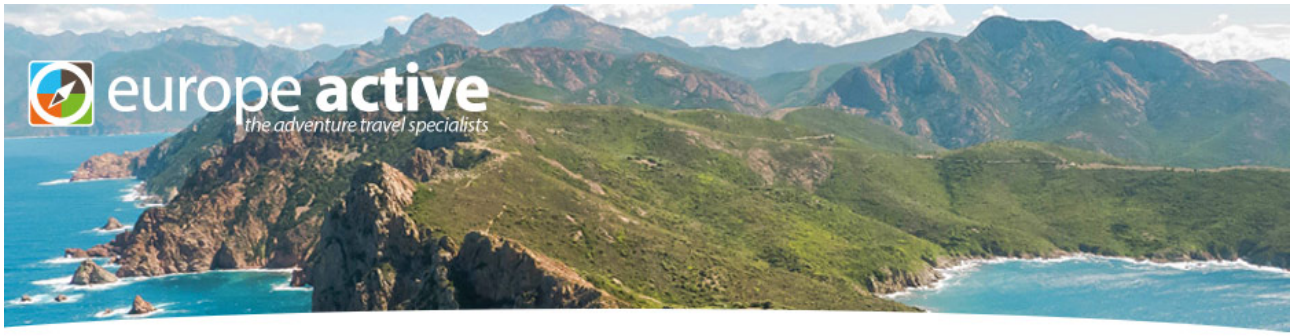
As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES
In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :
- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike…

REPAIR MATERIAL
To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:
- 2 inner tubes (puncture sealant is strongly recomended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

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Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :
- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

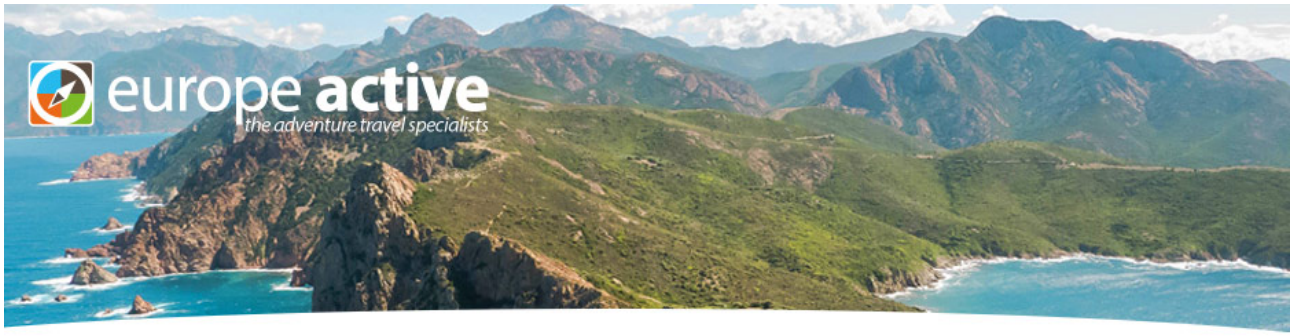
EQUIPMENT
As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :
- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

DAY BACKPACK
Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:
- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC
In order to avoid unnecessary waste at picnic time, remember to take with you :
- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

TRAVEL BAG
Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :
- a sleeping bag liner (stays in gîtes)

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- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.
However, it is essential to bring your own first aid kit.
Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

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