



GR20 North: standard & guided version

7 days / 6 nights

Considered as the most difficult and technical long-distance walk of Europe, the GR20 attracts walkers from all over the world looking for a challenge.

This circuit will allow you to discover the most beautiful and the wildest areas of Corsica. The North section of the GR20 is the hardest. The route in the North stays high on rocky paths, passing close by to the summits of many mountains.

YOUR PROGRAM

Day 1 - Ajaccio - valley of Manganelu

Transfer to the hamlet of Canaglia where we begin our trek along a superb mountain stream with natural pools. We climb to the heart of the valley of Manganelu until reaching the refuge (1840 m). Night in a tent or at the refuge. 5h00 of walking. + 1200m.



Day 2 - The lakes of Restonica

By the col (mountain pass) on the high route, you will discover the lakes of Restonica, under the watchful eyes of Monte Ritondu. You will climb to the breach of Capitello before descending to the refuge of Manganu. Night in a tent. 6 hours of walking. + 765m, -1005m.



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Day 3 - Lake Ninu

Set in the middle of short green turf, the famous lake Ninu is stunningly offset with a backdrop of mountains. We traverse a labyrinth of small blue ponds (or pozzines) surrounded by a bright green natural lawn.

We start our descent where we discover in the far distance, the gulf of Sagone. At the Col de Saint Antoine, we walk through the heart of a conifer forest before reaching Verghio.

5h30 of walk, + 400m, -600m. Night in a lodge.



Day 4 - The 'col de Foggiale'

We will climb to the refuge of Ciuttolu di i Mori (1990 m). At the col de Foggiale we descend on a rocky path to the sheep-folds of Vallone.

You will need to carry the belongings you need for the night as you won't have access to your main bag.

Night in a tent, evening meal at the auberge.

6 hours of walking, +760m, -720m.

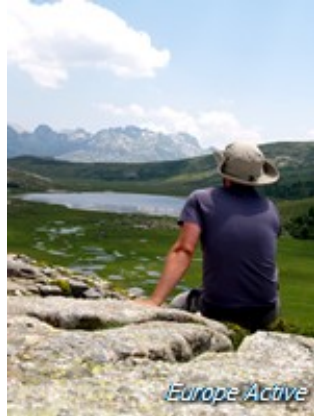
Day 5 - The variant of the 'Cirque de la solitude'

We will pass the refuge of Tighjettu before climbing to the variant of the Cirque de la Solitude (closed because of the accident in June 2015), Bocca Crucetta and then the Pointe des Eboulis (2607 m).

Night and evening meal in a lodge at Haut Asco.

Walk: 6h30

Altitude gain & loss: +900m, -650m



Day 6 - Lake of Muvrella

By the Bocca di Stagnu, at the foot of Punta A Muvrella (2148 m), we leave the valley of Ascu to arrive in the forest of Bonifatu. We will pass the lake of Muvrella and the footbridge of Spasimata.

7h00 walking, +730m, -1610m.

Day 7 - Ortu di Piobbu - End of trek

You start this last day before sunrise. Via the Mare a Mare Norht you reach the refuge of Ortu di Piobbu (1550m). The view on the sea is wonderful and will remain all along the descent to Calenzana.

A transfer by bus is provided to Calvi, end of the trip on the late afternoon.

7h30 walking, +1000m, -1250m.





Additional information

TARIFFS

Price from 720 euros per person.

OPTIONS

INCLUDED

Accommodation.
Full board option.
Local assistance of a mountain guide.
Luggage assistance.

NOT INCLUDED

Insurances.
Transport options to the meeting point.
Transport options from the ending point.
Personal expenses.

LEVEL OF DIFFICULTY

You need to be used to trekking in the mountains. Average 6-7 hours of hiking per day on sometimes difficult trails.

CARRYING

- You will need to carry your personal belongings for 3 days (about 9kg) : day 1-2 & 3.
- You will need to carry your main bag for 2 days (about 8kg) : day 4 & 5.
- You will need to carry your "daily" bag for 2 days : on day 6 & 7.

Access to your main luggage 3 times during the trip in the evening: day 3, 5 & 6.

ACCOMMODATION

Accommodation is provided in the way of tents (mattresses provided) and in refuges (dormitories).

SIZE OF GROUP

Minimum 6

DEPARTURE

Ajaccio. Meet at the bus and maritime station at 8.00am on day 1. Our team will then take care of your main luggage. Be ready and prepared for the first walk.

DISPERSION

Calvi (the walk should finish around 17h00 at Bonifatu, return to Calvi around 17h45).

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)
- A warm sleeping bag or a sheet sleeping bag according to the trek and the weather conditions
- 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.

IMPORTANT INFORMATION

We use local French speaking guides. Their level of proficiency in English cannot be guaranteed.