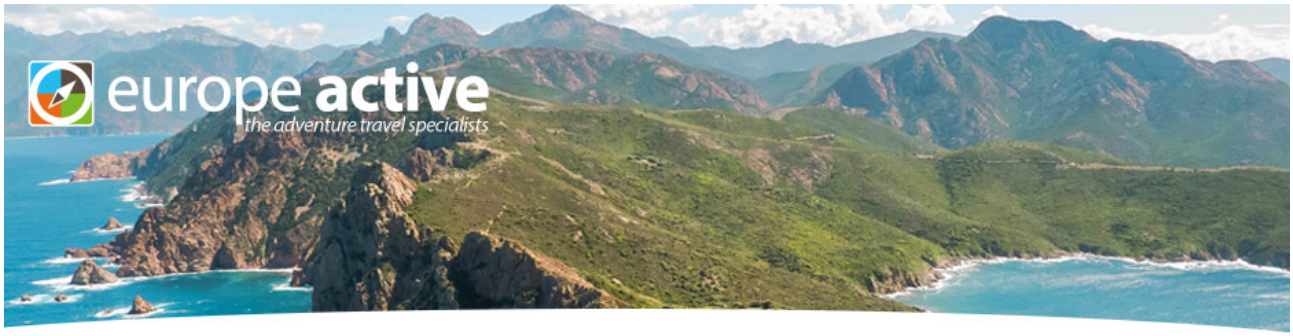

GR20 North: Guided

7 days / 6 nights

Considered as the most difficult and technical long-distance walk in 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.

Prepare your trip

YOUR PROGRAMME

Day 1 - Calenzana - Bonifatu

We welcome the group in the early morning in Calvi, and transfer to the village of Calenzana.
We start our stay first on the present-day Gr20, then take a wild, little-traveled route back to the original GR20 to reach the Bonifatu valley.

Overnight in a gîte in Bonifatu.

Approx. 12.5 km
Approx. 5h30 walking time
+1082m; -810m
No access to luggage

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Day 2 - Bonifatu - Asco

A sportive day with over 1,500 m of D+. Ascent of the Bonifatu cirque, where we first reach the Spasimata footbridge, followed by a more mineral route to the lake and then the Col de la Muvrella. From Bocca Stagnu, the view of the Cintu massif is magnificent. We then embark on a long and tedious descent to Asco.

Overnight in a gîte in Asco.

Approx. 10.8 km
Approx. 6.30 hrs walk
+1 514m; -620m
Access to luggage

Day 3 - Asco - Tighettu or Vallone

Another "tough" day in the heart of the island's mineral landscape, with the crossing of the GR20's highest pass, the Pointe des Scoulis, at an altitude of over 2,600 metres, to rub shoulders with the roof of Corsica. Difficult descent to the Tighjettu refuge or the Vallone sheepfolds.

Approx. 7.6 km

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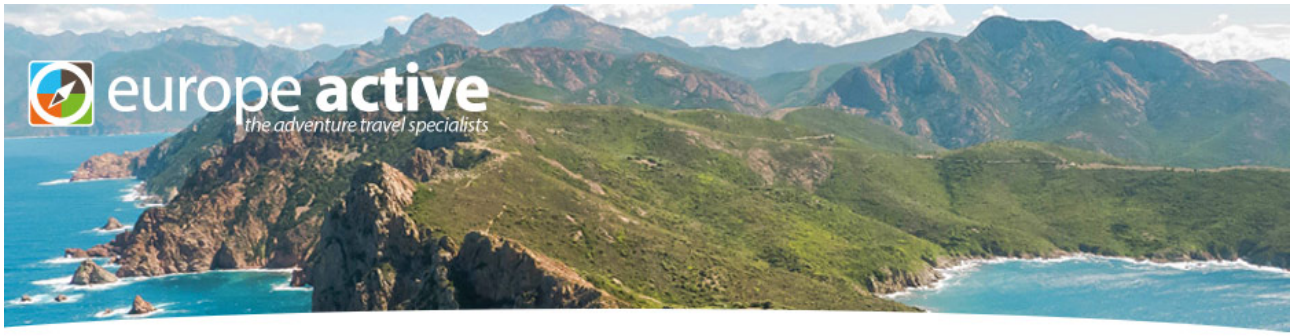

Approx. 8h30 walking time
+1 238m; -978m
No access to luggage

Day 4 - Tighettu or Vallone - Vergio

Technical ascent to the "Ciuttolu di i Mori" refuge (1990 m) via the "Foggiale" pass, then descent to the upper Golu valley via the Radule waterfalls. Arrival at Col de Vergio.

Overnight in a gîte in Vergio.

Approx. 15 km
Approx. 6h30 walking time
+810m; -1084m
Access to luggage

Day 5 - Vergio - Camputile

Easy start on a circular path through the magnificent Valduniellu forest. Climb to Lac de Ninu and cross the Campotile plateau.

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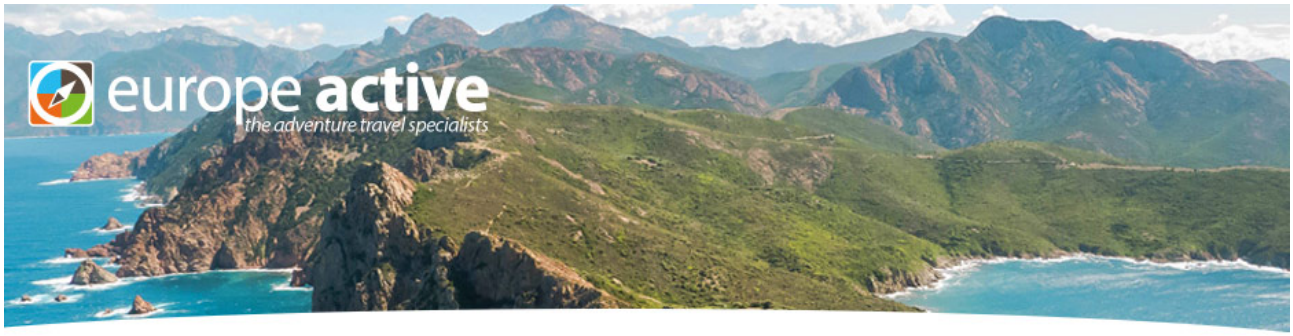

Overnight in tents.

Approx. 13.6 km
Approx. 5h30 walking time
+641m; -450m
No access to luggage

Day 6 - Camputile - Petra Piana

Via the Bocca alle Porte, we overlook the spectacular Restonica cirque, with its famous Melu and Capitellu lakes. Descend to the foot of Monte Rotondu and the Petra Piana refuge.

Overnight at Petra Piana.

Approx. 10.6km
Approx. 6h30 walking time
+949m; -691m
No access to luggage

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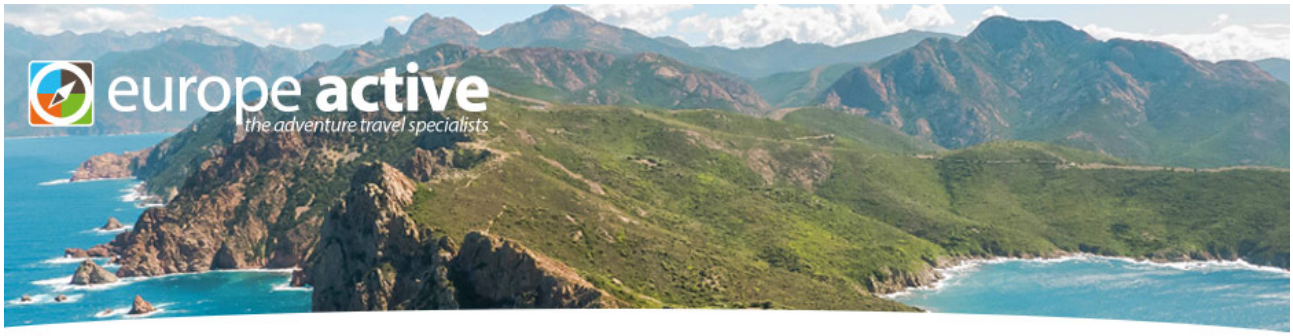

Day 7 - Petra Piana - Vizzavona

Early start to end our adventure with a mixed stage between the alpine variant of the Gr20, the Pinzi Curbini or the Manganellu valley, and a traverse of the Monte d'Oro massif to descend into the Agnone and the legendary Vizzavona forest.

End of hike.

Approx. 15.5km
Approx. 8h walking time
+1,070m; -1,764m
Access to luggage

Additional information

TARIFFS
Price from 1040 euros per person.

OPTIONS
INCLUDED
Transfers from the pick-up point (Calvi) to the end of the trip in Ajaccio.
Full board, including food for the day.
Supervision by a mountain leader
Programmed luggage assistance
Professional liability insurance
Full guarantee of deposited funds

NOT INCLUDED
Transport to the island
Personal expenses

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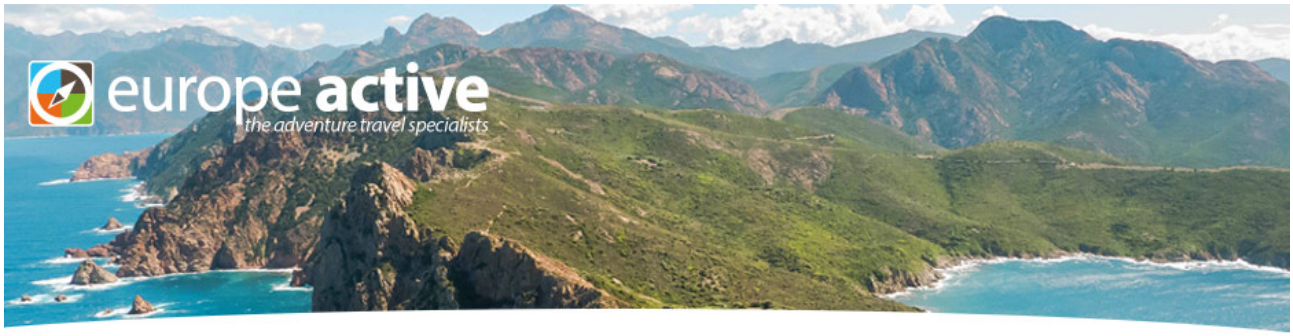

Individual insurance
Transfers inherent to a problem of level or state of fitness during the hike.
The cost of a mountain guide for 1 or 2 days at the start of the season if required (snow).

LEVEL OF DIFFICULTY

Requires excellent physical condition. 6 to 9 hours walking on rugged terrain, with an daily ascent betwenn 900m and 1500m. The GR20 North is the most difficult part of the GR20.

LUGGAGE

Carry your personal belongings for 3 days (approx. 9 kg) on days 5-6-7 (sleeping bag + change of clothes + mini toilet bag).

Carry your bag for 2 days (approx. 8 kg) on days 1-2 3-4 (sleeping bag + change of clothes + mini toilet bag).

ACCOMMODATION

Overnight stays in tents (mattresses provided) and huts (dormitories). A sleeping bag is necessary.

SIZE OF GROUP

Groups of 12 participants maximum.

DEPARTURE

Day 1 at 8:00 am in Calvi, in front of the train station. Our assistance team will take care of your luggage, and you should arrive ready to hike. Depending on the heat, the transfer may be brought forward to around 6:00 am.

DISPERSION

Day 7: late afternoon in Ajaccio around 5pm (end of tour in Vizzavona around 3:30pm).

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 20 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.

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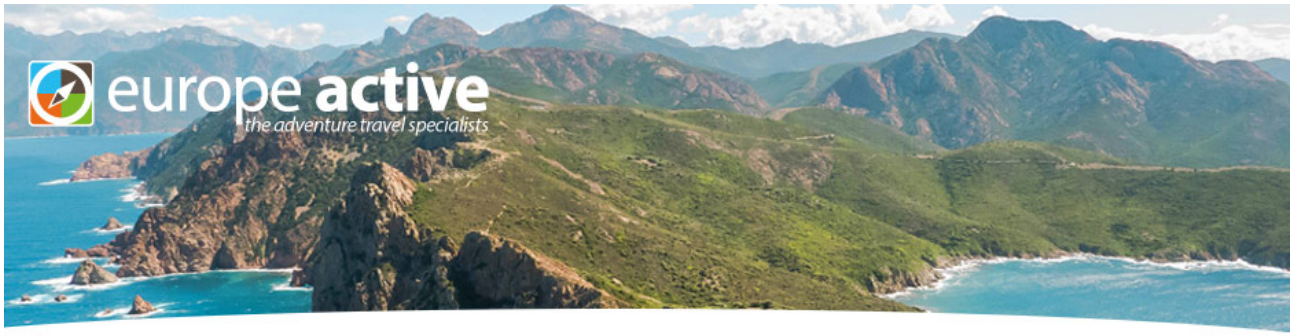

• Walking poles can be very useful to take the weight off the knees and to steady yourself on uneven terrain.
• A water bottle (at least one). It is preferable that you should be able to carry at least 2 litres of water at any one time.
• Camera and film, or batteries and memory cards for digital ones.
• 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.
• 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 mountain guides with excellent knowledge of the route. However, their level of English cannot be guaranteed. Groups are opened to french and english speaking walkers (You will not be with english speaking persons only). All our trips are led by qualified, state-certified mountain guides from Corsica, who know the island and its terrain very well. Depending on weather conditions, technical difficulties and the participants' physical condition, the guide may modify the planned programme or itinerary. The guide is solely responsible for assessing the situation and making any necessary decisions, with the safety and physical well-being of the participants as the priority. The guide is not under an obligation to complete the itinerary at all costs. They may decide to stop a participant if their technical ability, physical condition or level of fatigue does not allow them to continue safely. The stages must also be completed within a reasonable timeframe to ensure the smooth running and organisation of the trip. If a participant's level is insufficient or their progress is too slow, the guide may therefore decide to stop their participation, without compensation, in accordance with our General Terms and Conditions.

SAFETY INSTRUCTIONS

All our trips are supervised by state-qualified mountain guides from Corsica who know the region inside out. Depending on weather conditions, technical difficulties or the physical condition of participants, the guide may modify the established program and proposed itineraries. He remains the sole judge of the situation and of the decisions he makes, which he adapts to the constraints and imperatives of safety.

Please note that under no circumstances does the guide have an obligation to achieve results, whatever the cost. It is the guide who judges and decides whether or not to stop a participant, taking into account his or her technical level, physical condition and freshness.

freshness. The only thing that counts is the physical integrity of the participants, so he has an obligation of safety, not of result. Furthermore, the stages must be completed within a "conventional timing" in order to ensure the smooth running and organization of the trip. Should this not be the case, the guide will be obliged to stop the participant(s) for insufficient level,

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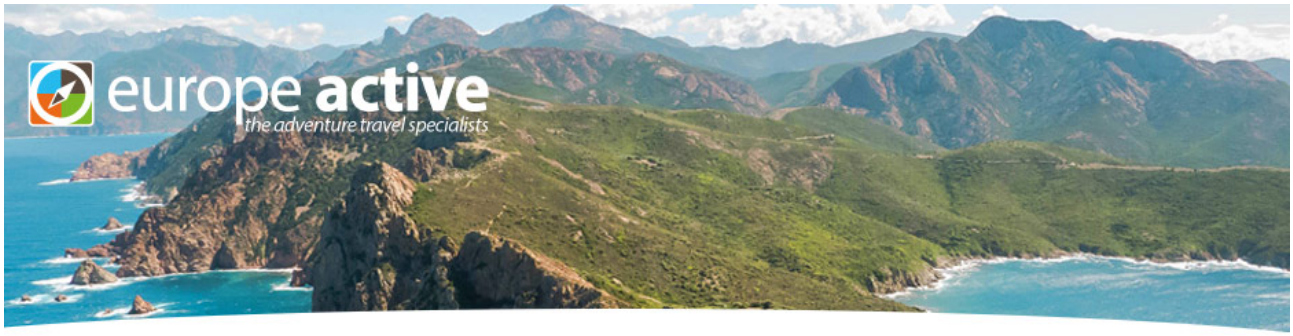

without any compensation from us, in accordance with our General Terms and Conditions of Sale.
Remember this principle: 1 guide for a group, not 1 guide for one or even 2 people.

Nature of the terrain: very varied, paths in forests and pastures, alternating with rocky and stony terrain, scree, slabs, often with a high step amplitude. Very mineral and chaotic terrain. Numerous fairly steep climbs, with a few passages on ridges and off-trail. Snow-covered passes at the start of the season, which may require us to use a mountain guide on stages 3 and 5. Should this be the case, the cost will have to be spread over all participants.

Walking times: These are given as an indication only. These are average times, taking into account only the actual walking without taking breaks into account. They are calculated on the basis of 300/350 m of ascent per hour and 450 m per hour of descent; they take into account the quality of the terrain.

Level: sporty, stages averaging between 6 and 7 hours' walking per day, with an average daily ascent of 900 meters. You'll need to be in good physical condition to get the most out of your stay. Don't forget to keep fit at least once a week by walking (15 to 18 km), if possible on a route with a gradient (350 to 450 m/h ascent), or by regularly practicing a sporting activity that develops endurance.

NB: If one of the participants has a problem on the tour, he or she can, if possible, take advantage of the luggage assistance service to join the group at the next stage.
This option is not systematic and will entail an additional cost to be borne by the customer. Any transfer due to a problem of level or fitness will have to be paid by the customer directly to the service provider. (Example transfer Calasima - Ascu Stagnu 35 €/ pers)

Meals and accommodation:

Lunches: in the form of picnics during the hike. All our lunchtime picnics are based on quality local produce (salads, cold meats, cheese, etc.). Sustenance during the hike (Corsican cakes and dried fruit).

Dinners and breakfasts: breakfasts and evening meals served in accommodation.

Showers: You'll have the chance to take a shower every evening (hot shower not guaranteed at Petra Piana on evening 6).

Water: drinking water is regularly available at springs along the trails; however, a flask of at least one and a half liters is desirable.

Accommodation: Please note that the gîtes are only equipped with dormitories with shared sanitary facilities; comfort is basic but adequate. Single rooms are not available except in Bonifato, Asco and Vergio.
Power sockets are available for overnight stays in gîtes.
Nights in refuges are subject to availability and can be spent in a 2-person tent or a large Marabou near the sheepfolds.

Refuges are accommodations owned by the Parc Naturel Régional de la Corse and run by independent managers. They are inaccessible by road and offer rustic comfort (cold showers, random sanitary facilities, no blankets). Dormitories are low-slung

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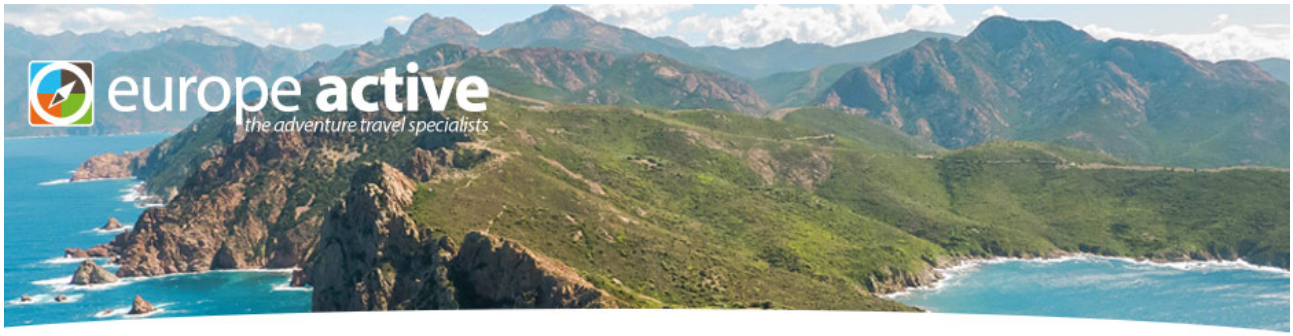

with thick mattresses. If the refuge is full, igloo tents with mattresses (floor mats) are available for bivouacs. You may have to pitch your own tent. For bivouacs near sheepfolds, basic comfort with either a shower or a river.

In all cases, you'll need a sleeping bag.

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