



# Raid Corsica Audax Club Parisien

8 days & 7 nights

On this very sporty tour, we follow the itinerary drawn by the Audax Club Parisien. Be part of the Raid Corsica made by Corsicans! Our island offers you great rides through beautiful and varied scenery. No matter if you are looking for tough climbs or rather prefer to take it easy, you can always find the right road for you. This organisation has existed for more than 100 years and is known for the long distance race "Paris-Brest-Paris". If you make it through all of the planned checkpoints of this program, you will get a medal and a certificate. We are there to look after you and provide the best possible assistance, so you just have to concentrate on your cycling!

## Prepare your trip

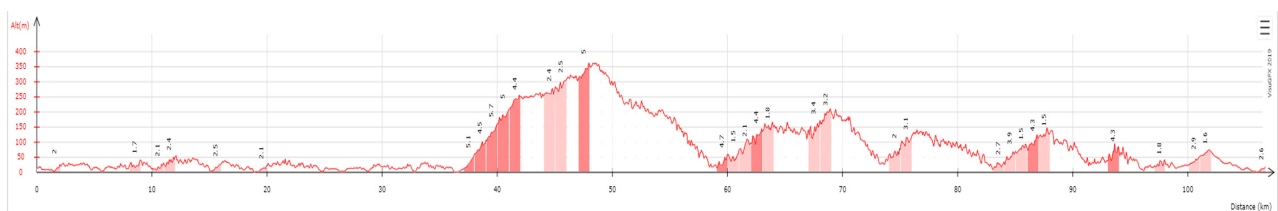
## YOUR PROGRAM

## Day 1 - The Cap Corse

From Bastia, the tour begins northwards, around "Cap Corse" (the northern extremity of the island). This is a wonderful undulating coastal road with stunning views of the Mediterranean sea and the islands of Elba and Capri. The main challenge of the day is the Col de la Serra.

Night in the picturesque port of St Florent on the south-west side of the Cap.

Distance: around 110 Km (D+: 1917m ; D-: 1909m ; Min.: 1m ; Max.: 365m)



**Bastia - Saint-Florent 107 km**

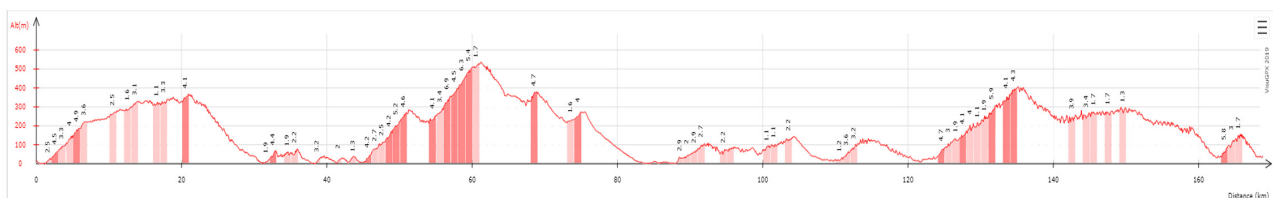


## Day 2 - Through the Corsican desert to Porto

Leaving the bay of St Florent you ride across the 'Desert des Agriates', where an easy climb sets you up for the day (col de Vezzu 311m). After a swift descent, the route takes you along the coast before heading into the Balagne with its typical Corsican villages. After cycling through Calvi, with its superb citadelle, a great coastal road awaits you and leads you to Porto, over the Col de Palmarella.

Night in Porto

Distance: 172 Km (D+: 4049m ; D-: 14034m ; Min.: 1m ; Max.: 536m)



**Saint-Florent - Porto 169 km**

## Day 3 - Piana / Over the Col de Vergio into the heart of Corsica

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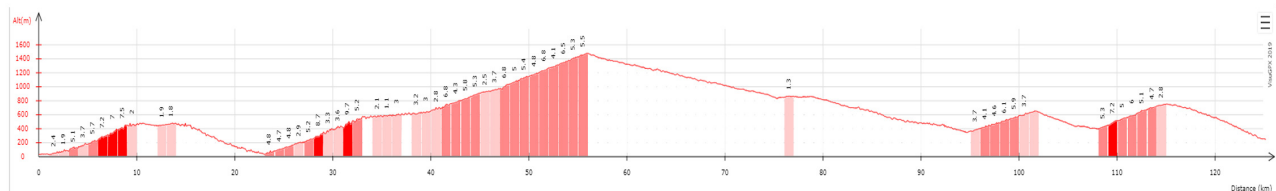
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This stage starts with the climb to Piana, through the famous "Calanches" (a UNESCO world heritage site). The route then continues through other incredible scenery including the Spelunca gorge and the Aitone forest, and then up to the highest Corsican road pass, the Col de Vergio What goes up must come down, and you will have nearly 39km of downhill (including the Scala Santa Regina which is fast and twisty). Finally, there is one little climb over the Col d'Ominanda (654m) before crossing Corte (396m) and finishing in Venaco.

Night in Venaco.

Distance: 129 Km (D+: 4358m ; D-: 4143m ; Min.: 30m ; Max.: 1479m)



**Porto - Venaco 117 km**

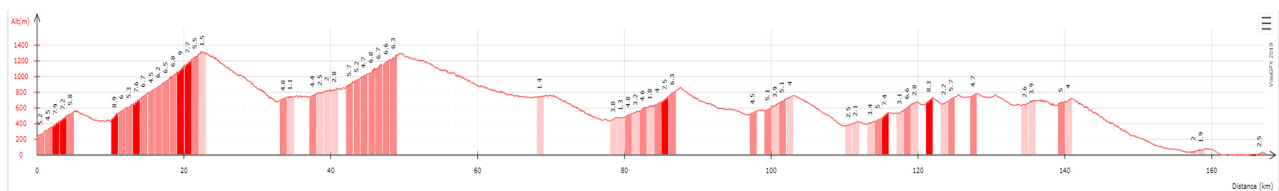
#### Day 4 - From the centre of the island to Ajaccio

Today you will be heading southwards and after a few warm-up km on the main road, two of the nicest climbs of the week await you; the Col de Sorba and the Col de Verde From there you can enjoy the downhill, through the villages of the upper Taravu-Valley, before riding over the Col St Georges (757m) and up again towards Bastelica (770m).

Night in Ajaccio

Distance: 171 Km (D+: 5065m ; D-: 5295m ; Min.: 1m ; Max.: 1323m)





**Venaco - Ajaccio 170 km**

## Day 5 - From Ajaccio to Bonifacio

From the city of Napoleon's birth, the route winds along the coast (over Coti-Chiavari, 486m) until reaching Propriano. After a little loop through the typical village of Sartene (305m), you will follow the main road to Bonifacio (famous for its houses perched precariously on the white cliffs). The last 25 Km of the stage are nearly flat.

Night in Bonifacio.

Distance: 141 Km (D+: 2378m ; D-: 2364m ; Min.: 1m ; Max.: 512m)



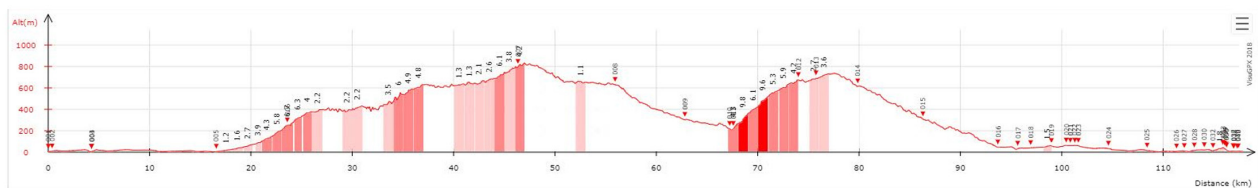




authentic area known for its chestnut forests; the Castagniccia. The main climbs are the Col San Gavino (697m), the Col d'Arcarotta (819m) and the Col Sant'Agostino. You will then ride through some typical villages before reaching the east coast again.

Night in Bastia.

Distance: 136 Km (D+: 3845m ; D-: 3842m ; Min.: 1m ; Max.: 834m)



**Aléria - Bastia 120 km**

## Day 8 - End of the tour

After the breakfast the tour ends. The harbour is just a few minutes away and you have about 20 Km to the airport (we can organize a transfer if needed).

## Additional information

### TARIFFS

Price from 1899 euros per person.

### OPTIONS

Single room : 350 euros per person.

Aluminium road bike rental : 350 euros per person.

Carbon road bike rental : 410 euros per person.

Transfert at the beginning from the airport to Bastia, or at the end from Bastia to the airport : 60 euros per person.





### **INCLUDED**

All picnics and dinners from picnic lunch on day 1 to dinner on day 7 (except dinner in Ajaccio and in Bastia), all breakfasts. The luggage transfer between hotels. Assistance (driver + vehicle) during the entire tour. 7 nights in 2\*\* and 3\*\*\* stars hotels in double/twin rooms.

### **NOT INCLUDED**

The transfer to the starting point of the tour, and the transfer after the tour. Unplanned transfers. Dinners in Ajaccio and in Bastia. Optional activities. The bike rental. Possible repair costs. Personal spending.

### **LEVEL OF DIFFICULTY**

For trained road cyclists. Daily stages from 100 Km to 160 Km, with some steep climbs (up to around 10% on some sections).

### **CARRYING**

We transfer your luggage from one hotel to the other.

### **ACCOMMODATION**

Nights in hotels 2 and 3\*\*\* with double or twin rooms.

### **SIZE OF GROUP**

From 6 participants

### **DEPARTURES**

Join a group: departure each 1st week of September.

### **DEPARTURE**

Bastia, at the "Office du tourisme" (square St Nicolas), on Sunday at 09:00 a.m.

### **DISPERSION**

Bastia. After breakfast.

### **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 Mériidionale.

Corsica ferries: [http://www.corsica-ferries.co.uk/?gclid=CLyF3O\\_TvroCFa-WtAodlScA5A](http://www.corsica-ferries.co.uk/?gclid=CLyF3O_TvroCFa-WtAodlScA5A)

Corsica Linea: <https://www.corsicalinea.com/>

La Mériidionale: <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 recommended, 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

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)
- 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.