



Mare e Monti South

7 days / 6 nights

This itinerary will take you from Porticcio in the Gulf of Ajaccio to Propriano in the Gulf of Valinco and offers stunning views over the coastline and glimpse of this historically rich area. The best time to travel being spring and autumn.

YOUR PROGRAM

Day 1 - Ajaccio

Arrival in Ajaccio and night in city centre.



Day 2 - Ajaccio & Les Iles Sanguinaires

Today you have the choice of two different walks: Option one takes you on a ridge path up above Ajaccio, overlooking the turquoise waters of the Mediterranean. It's a great way to discover the huge variety of plants that cover the island of Corsica. Option two takes you to the Genoese tower of Parata that dominates the coastal landscape around "Les Iles Sanguinaires". Night in a 3 star hotel in Ajaccio.

Contact us if you would like us to book a night in Ajaccio before the start of the tour.

Option 1: 2-4 hours of walking (depending upon loop chosen), distance 5km-10km, Height gain, loss: Maximum +420m,-420m.

Option 2: 3.5 hours of walking, distance 12km. Height gain, loss: +113m -108m.



Day 3 - From Bisinao to Coti Chiavari

Today a transfer takes you to Bisinao, from here you walk high above the Ajaccio Golfe with some stunning views over the coastline. The trail then leads into the forest of Coti Chiavari and reaches the village with a magnificent panorama over the Golf.

Dinner and night in Coti Chiavari.

Walking: 5h30.

Height gain: +311m.

Height loss: -451m.



Day 4 - From Coti Chiavari to Porto Pollo

Right from the beginning of today's walk, you will enjoy great panoramic views over the Gulf of Valinco. The walk then drops down to Cupabia beach, one of the best on the island, where you will be able to enjoy swimming in calm and clear waters. It is then just a short walk before reaching the seaside village of Porto Pollo, which offers a great variety of optional activities.

Dinner at your own expense. Night in Porto Pollo.



Walking: 4h45.
 Height gain: +177m.
 Height loss: -525m.



Day 5 - From Porto Pollo to Olmeto

After walking alongside the Taravo River, the trail winds up the mountainside, under the shade of olive and oak trees. The hike takes to the ridge, on a path used for centuries before dropping down through magnificent stone terrasses to the village of Olmeto.

Dinner and night in Olmeto.

Walking: 5 hours.
 Height gain: +620m.
 Height loss: -395m.



Day 6 - From Olmeto to Burgo



You make your way through olive groves, and cork oaks, hiking through the maquis. You will soon reach the hamlet of Maratu and Burgo, the last stage of the Mare e Monti South.

Transfer after the walk to Propriano.



Day 7 - Propriano

Your trip ends here after breakfast.

Additional information

TARIFFS

Price from 940 euros per person.

OPTIONS

Trip in high season (July & August) : 110 euros per person.

INCLUDED

Accommodation in double rooms

6 breakfasts

3 dinners

Luggage transfers

Transfer on the 1st day from Ajaccio to the beginning of the hike

Travel documents (digital roadbook on mobile application)

Telephone assistance during the stay

NOT INCLUDED

Meals not mentioned above

Insurance

Visits to sites



Anything not noted in "price includes

LEVEL OF DIFFICULTY

You will need to be in good physical condition. Walking: 4-5 hours a day on well-marked paths.

CARRYING

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

ACCOMMODATION

Nights in bedrooms of 2.

SIZE OF GROUP

From 2.

DEPARTURES

Departures every day from April to the end of October.

DEPARTURE

Ajaccio.

DISPERSION

Propriano.

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.

IMPORTANT INFORMATION

In July and August it can be very hot on this route, if possible avoid these months.