



From the sea to the Monte Cinto

6 days/ 5 nights

Don't miss this exclusive offer from us at Europe Active! This 6 day tour will enable you to walk from the delightful seaside town of Calvi to the top of Monte Cinto, the highest mountain in Corsica. All without the need for transfers. You will walk on some of the most beautiful footpaths in Corsica including the GR20 and the Mare e Monti.

You have the option of staying in a mixture of bedrooms and dormitories, or in bedrooms only (please see the 'Options' section).

YOUR PROGRAM

Day 1 - Calvi

Once you arrive in Calvi, you will have a chance to settle into your hotel and explore your surroundings.

You will spend the night in your hotel.

Day 2 - Highest summit near Calvi

On this first walking day, you will stay in Calvi for a warming up trek to the highest peak overlooking the beautiful town. The views from Capu a Veta are stunning towards the mountains as well as the coast and the citadel. You can then enjoy one of the beautiful hidden creeks near Calvi and the lively centre with its beautiful port.

Walking: 5 hours 10.

Height gain: +665m.

Height loss: -675m.

Day 3 - From the sea to the mountains

In the morning, you will leave the seaside resort of Calvi and walk along the beach before heading inland. Today's walk will take you to the start of the famous GR20. You will get to follow the GR20 before continuing on the Mare e Monti. Along the way, you will have several opportunities to swim in beautiful natural pools, before entering an area of forest where you will find your accommodation for the night.

Walking: 7 hours.

Height gain: +1010m.

Height loss: -490m.

Day 4 - From the Mare e Monti to the GR20

In the morning, you will leave your accommodation and hit the trail. You will walk along paths, which cross the hills of the Balagne region, in order to join the GR20. The Carozzu refuge and the famous Spasimata footbridge will quickly come into



sight. The path will then bring you to the lake of Muvrella, before reaching the foot of the highest mountain in Corsica.

Walking: 8h15.

Height gain: +1300m.

Height loss: -598m.

Day 5 - Monte Cinto, the highest mountain in Corsica

Success! Although not many people have actually "walked the walk", you will be one of the happy few to have successfully climbed the mountain from the sea to the summit. On the way down, you will follow a beautiful path amidst spectacular rocky landscapes, with stunning panoramic views of the island.

You will then return to your accommodation at the foot of the mountain and celebrate today's achievement.

Walking: 7 hours.

Height gain: +1400m.

Height loss: -1400m.

Day 6 - End of tour

Your holiday ends after breakfast.

Possible transfer to the train station in Ponte Leccia. Trains go to Calvi, Ajaccio and Bastia.

Additional information

TARIFFS

Price from 479 euros per person.

OPTIONS

Supplement for nights in double (or twin) bedrooms : 124 euros per person.

Trip without luggages transfers : -150 euros per person.

INCLUDED

5 breakfasts, 3 lunches and 3 dinners, nights in gîtes d'étape and hotels, luggage transfers, maps.

NOT INCLUDED

Personal travel insurance, transfers to the meeting point and from the point of dispersal, personal expenses.



LEVEL OF DIFFICULTY

You need to be in great physical condition and should be used to hiking in the mountains. Walks: 6-9 hours a day on rough terrain.

CARRYING

Plan 15kgs luggage allowance for your main bag transported by vehicle and 5kgs for your everyday bag (including water).

ACCOMMODATION

Three nights in gîtes d'étape (shared bedrooms) and two nights in hotels (shared bedrooms). Please see below for double rooms supplements.

SIZE OF GROUP

From two.

DEPARTURES

Everyday from mid june to mid september

DEPARTURE

Calvi. Meet at your hotel in the evening.

DISPERSION

Haut Asco. Possible transfer to the train station in Ponte Leccia. Trains go to Calvi, Ajaccio and Bastia.

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.