

## GR20: standard & guided version

14 days / 13 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 two week guided trek, shows you the best that the Corsican mountains has to offer. Open to individuals travelling alone or anyone wanting to join a guided group.

### YOUR PROGRAM

#### Day 1 - Ajaccio to the needles of Bavella

We will meet in the morning in Ajaccio before transferring to the col de Bavella. We will take the alpine route to cross the famous needles of Bavella (an impressive area of mountains where the tops of the mountains have a serrated edge, known as the needles). Night in the refuge d'Asinao.

Roughly 5 hours of walking. +700m; -380m.

#### Day 2 - The Plateau du Cuscione

In the morning we will climb mount Incudine (2134m). We will then cross the plateau du Cuscione where in the distance you will be able to see the Gulf of Ajaccio. The relief becomes easier and on the plateau we will find the shepherd's huts of Croce. Night at the Bergerie (shepherd's huts). Roughly 5h30 of walking. +850m, -650m.



#### Day 3 - On the edge...

Today we walk on along the edge of a ridge, between blocks of granite which have been shaped by the wind. In the background we have a stunning view of the Tyrrhenian sea. Night in a refuge. About 4h30 of walking. +540m, -140m.



#### **Day 4 - Col de Verde**

We continue with our progression towards the north via a high route in amongst the mountain peaks and along the ridge which separates the oriental plain from the valley of Taravu. Night in a gite at the Col de Verde.

Roughly 7 hours of walking. +790m, -1210m.



#### **Day 5 - Les Pozzi**

After crossing through the beech forest of Marmano, we will reach the 'Plateau des Pozzi', where we can visit a local shepherd's place which is still active. You can also meet with the local shepherd. Night in a gite at Capanelle.

Roughly 6 hours of walking. +1000m, -700m.



#### **Day 6 - Monte Renoso**

Today we have the opportunity to climb Monte Renoso, the highest summit in the south of Corsica at 2352m. Return to the gite via the lake of Bastani. Night in the gite at Capanelle.

5 hours of walking. +/- 760m.

### **Day 7 - Col de Palmente**

We follow an ancient mule track, which brings us to the Col de Palmente (1640m). The oriental (east) coast offers us a vast panorama including over the 'les étangs de Diana et d'Urbino' (two lagoons). We will descend through the beech forest of Vizzavona. Night in a gîte in the Col. Roughly 5 hours of walking. +220m, -890m.



### **Day 8 - Valley of Manganello**

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 Manganello until reaching the refuge (1840 m). Night in a tent or at the refuge. 5h00 of walking. + 1200m.



### **Day 9 - 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.

### **Day 10 - 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 11 - 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 12 - Refuge of Tighettu - Haut Asco**

We will pass the refuge of Tighettu 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 13 - Bonifatu**

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.

We will stop at the refuge of Carrozzu, before crossing a splendid forest of pines and of birches to the forest house of Bonifatu.

7 hours of walking +730m, - 1610m.

### **Day 14 - Calvi - End of trek**

A last epic day on the GR20, you will end your day with wonderful views of Calvi's bay.

A transfer by bus is provided to Calvi.

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

## **Additional information**

### **TARIFFS**

Price from 1440 euros per person.

### **OPTIONS**

#### **INCLUDED**

From the point at which the tour meets, the transfers, full board, the assistance of a mountain guide, luggage assistance as described.

#### **NOT INCLUDED**

Transfers not mentioned in this program, including transfers before the meeting point and after the point of dispersal, also transfers for example, in cases of bad weather or physical ailments, entrance fees to sites, optional activities, drinks and holiday insurance.

### **LEVEL OF DIFFICULTY**

You need to be used to trekking in the mountains. Average 6-7 hours of hiking per day (averaging +/-500m) on sometimes difficult trails.

### **CARRYING**

You will have access to your main bag on the following evenings: 2,4,5,6, 10,12 and 13. You will need to carry a day sack with enough items for a few days at a time on days 1-2, 3-4, 8-10, 11-12. On days 5, 6, 7, 13 and 14 you only need to carry a day sack.

### **ACCOMMODATION**

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

### **SIZE OF GROUP**

6-12

### **DEPARTURES**

See the dates for departure.

### **DEPARTURE**

Ajaccio. Meet at the bus and maritime station reception hall at 8h00 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 Calenzana, 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)
- 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 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). Do contact us for more details.