

## GR20 South: standard & guided version

7 days / 6 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.

The south side of the GR20, being considered as easier, is still a great holiday for experienced hikers. Even though the relief is less abrupt than in the north, the landscapes remain magnificent and varied everyday. From the Forest of Vizzavona to the Needles of Bavella, here is a carefully prepared itinerary which will give you a superb trekking holiday.

This circuit will allow you to discover the most beautiful and the wildest areas of Corsica all with the aid of a guide.

### 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. This day we will do a wonderful loop around Bavella, with amazing views on the sea.

Roughly 5h30 of walking. +600m; -600m.



#### Day 2 - The Plateau du Cuscione

We will start very early on the morning, before the sunset! A long but wonderful stage today. Through the needles of Bavella you will reach Asinao and the plateau du Cuscione.

Night at the Bergerie (shepherd's huts). Roughly 7h30 of walking. +1394m, -1077m.



### **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. +637m, -424m.



### **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 – end of the trip**

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'Urbinu' (two lagoons). We will descend through the beech forest of Vizzavona before returning to Ajaccio. Roughly 5 hours of walking. +220m, -890m.



## **Additional information**

### **TARIFFS**

Price from 720 euros per person.

### **OPTIONS**

#### **INCLUDED**

Accommodation.

Full board.

Transfers described in the itinerary.

Local assistance.

Services of a local mountain guide (AEM certificate from the French state).

Luggage transfers (see the description for more details).

### **NOT INCLUDED**

Holiday insurance.

Transfers to the meeting point.

Transfers from the ending point.

Personal expenses.

### **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 and 6.

You will need to carry a day sack with enough items for two days at a time on days 1-2, 3-4.

On days 5, 6 and 7, you only need to carry a day sack.

### **ACCOMMODATION**

Mountain refuges and gîtes. (shared dormitories with shared toilets and shower).

### **SIZE OF GROUP**

Minimum 6

### **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**

The trip finishes on day 7 in Ajaccio at the end of the day (the walk will finish at Vizzavona at around 03.00pm, then there will be a transfer to Ajaccio).

### **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 French speaking guides. Their proficiency in English cannot be guaranteed.