

## Mare e Monti North: Calvi - Cargese sportive version

11 days/ 10 nights

Walk the one of the most famous trails in Corsica, the full Mare e Monti, from Calvi to Cargèse. Spend 11 days on Corsican paths and in the middle of splendid landscapes.

Starting from the coastline, you will walk inland and discover the heart of the Isle of Beauty.

For a 7-day version of the Mare e Monti North (nights in gîtes), [click here](#).

For a 7-day version of the Mare e Monti North (nights in double bedrooms), [click here](#).

For an 11-day version of the Mare e Monti North with luggage transfers included, [click here](#).

### YOUR PROGRAM

#### Day 1 - From Calvi to Bonifatu

Meet in Calvi in the morning. Transport options to get to Calvi: the airport, the port and the train.

Transfer to Calenzana, otherwise known as the land of olive trees. You will start your walking tour from Bonifatu.

During this first stage, you will cross beautiful rivers and get magnificent views over the traditional Balagne region.

Duration: approximately 4h05.

Height gain: 800m.

Height loss: 540m.

#### Day 2 - From Bonifatu to Montestremo

After breakfast, you will leave Bonifatu and hike through mystical oak and pine tree forests. You will climb uphill to a mountain pass and then descend to a forest and cross other little streams. Once you arrive in Tuarelli, you will be able to enjoy swimming in the peaceful waters of the area's natural pools.

Duration: 7h30 hours.

Height gain: 1100m.

Height loss: 1400m.

#### Day 3 - From Montestremo to Galeria

Today's hike will take you to the Gulf of Galeria and its sublime coastline. You will walk through farmlands and agricultural areas, delimited by stone walls, and plunge into the fragrant and famous Corsican scrubland. You will also come across

juniper and strawberry trees, and walk alongside a river before reaching old shepherds' huts and then Galéria. Once there, you will be able to have a relaxing swim at the beach, in the evening.

Walking: 5h45.

Height gain: 500m.

Height loss: 600m.



#### **Day 4 - From Galeria to Girolata**

Today's stage will take you to the heart of the Scandola Natural Reserve, a site which has been inscribed on the UNESCO World Heritage List. The beautiful coves, turquoise waters and the differently shaped rock formations will offer you truly unique landscapes.

As for Girolata, it is an enchanting little fishing village only accessible on foot or by boat, and a heavenly place for hikers.

There, you will be able to go for a swim in majestic coves and enjoy eating freshly caught fish for dinner, in a restaurant next to the beach.

Walking: 5 hours.

Height gain: 900m.

Height loss: 900m.



#### **Day 5 - From Girolata to Curzu**

As you walk along a coastline path called the 'sentier des douaniers', you will come across several crests, which will offer you

great panoramic views over the rest of the island. You will finally arrive in Curzu, where you will spend the night.

Walking: 6h30.  
Height gain: 1300m.  
Height loss: 1200m.

An alternative and easier walk is also available for this particular stage. Duration: approximately 5 hours.



#### **Day 6 - From Curzu to Serriera**

Your journey will take you to the turquoise waters of the Gulf of Porto. You will cross a river and discover the now desolate village of Pinetu. You will also be able to discover the beach of Bussaglia, which has often been described as the most beautiful beach in the Gulf of Porto. Finally, you will end today's walk by stopping in Porto's famous port for the night.

Walking: 4h40.  
Height gain: 565m.  
Height loss: 878m.



#### **Day 7 - From Serriera to Ota**

Walk to inland territories and leave Serriera by crossing a footbridge that will lead you to walk in the direction of a chestnut tree forest.

You will soon reach Ota, your destination point for today's stage.

Duration: 6h45.  
Height gain: 990m.  
Height loss: 650m.



#### **Day 8 - From Ota to Marignana**

Start today's journey by crossing a superb Genovese bridge that will lead you to walk into the heart of the Spelunca Gorge. Continue your walk by crossing another Genovese bridge and by enjoying a swim in the gorge's crystal-clear waters. After walking through the enchanting little village of Evisa, you will get to discover the forgotten hamlet of Tassu before reaching Marignana.

Duration: 5 hours.  
Height gain: 650m.  
Height loss: 260m.



#### **Day 9 - From Marignana to E Case**

After leaving Marignana, walk through the undergrowth and enter a forest of majestic chestnut trees. You will then come close to the ruins of an ancient smokehouse, before crossing a little stream and reaching the shepherds' huts of Casta. While you make your way through maquis-shrouded hills, the village of E Case will quickly come into sight.

Duration: 6h30.

Height gain: 610m.  
Height loss: 720m.

WARNING: you will not be able to have access to your luggage during this particular stage.



#### **Day 10 - From E Case to Cargèse**

Walk amidst wild strawberry trees, laden with yellow and bright red fruits. Numerous panoramic views are to be admired from the Gulf of Chiuni, during today's stage. After walking past the shepherds' huts of Santa Lucia and a little stream, you will arrive in Lozzi and then Cargese, your destination point.

Duration: 5 hours.  
Height gain: 380m.  
Height loss: 910m.

#### **Day 11 - Cargèse**

After breakfast, enjoy swimming at the beach in Cargese.  
Buses from Cargèse go to Ajaccio and Porto.

### **Additional information**

#### **TARIFFS**

Price from 760 euros per person.

#### **OPTIONS**

7 nights in double bedrooms : 170 euros per person.  
IGN map 1:25000 : 42 euros per person.

#### **INCLUDED**

Evening meals, breakfasts, accommodation (shared bedrooms), information package with maps and route notes, 24-hour local assistance.

#### **NOT INCLUDED**

Transport options to the meeting point and from the point of dispersal, luggage transfers, transfers which are not included in the tour, personal travel insurance, beverages, visits of tourist sites, optional activities which are not included in the tour, personal expenses.

#### **LEVEL OF DIFFICULTY**

You will need to be in good physical condition and used to walking regularly. Duration: from 3h30 to 6h30 a day.

#### **CARRYING**

Luggage transfers are not included in this tour.

#### **ACCOMMODATION**

Nights in gîtes.

#### **SIZE OF GROUP**

From 2.

#### **DEPARTURES**

Every day from the end of April to the end of September.

#### **DEPARTURE**

Calvi. Private transfer from Calvi to Calenzana in the morning.

#### **DISPERSION**

Cargèse on day 8, after breakfast.

#### **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**

WARNING: Temperatures can get quite high during summer.