Mare e Monti South

7 days / 6 nights

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

YOUR PROGRAMME

Day 1 - Ajaccio

Arrival into Ajaccio, and make your way to your central hotel. Visit this seaside city of Ajaccio and its beautiful Gulf. Take the opportunity to visit the Fesch Museum, the maison Bonaparte or simply stroll along the streets of the city centre.

About 5 km, 2h00, +50 m, -50 m.
Night in a 3* hotel in Ajaccio on B&B basis.

Day 2 - Les Crêtes to the Iles Sanguinaires

Today you have the choice of two different walks: Option one takes you along LEs Cretes walk, a favourite 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. Your second option takes you to the Genoese tower of Parata that dominates the coastal landscape around "Les Iles Sanguinaires".

About 10 km, 4h00, +450 m, -450 m.
Night in a 3* hotel in Ajaccio on B&B basis.

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673 avenue de Borgo
20290 Borgo - France

Phone: +33 495 444 967
Email: rando@europe-active.com
Siren : 801723065 Licence : IM02B140003

Day 3 - Bisinao to Coti Chiavari

Today a transfer takes you to the hidden hamlet of Bisinao, from here you walk high through woodland to Pietrosella then along 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 lots of historical interest and with a magnificent panorama over the Golf.

About 15 km, 5h30, +420 m, -525 m.
Night in a Hotel Restaurant in Coti Chiavari, on BB basis.

Day 4 - 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 and enjoy your picnic. It is then just a short walk before reaching the seaside village of Porto Pollo, which offers a great variety of optional activities.

About 12 km, 4h30, +260 m, -750 m
Night in a 3* hotel in Porto Pollo on B&B basis.

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Day 5 - 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.

About 16 km, 5h00, +500 m, -175 m
Night in a 2* hotel in Olmeto on HB basis.

Day 6 - Olmeto to Burgo

Leaving this moody village behind, you make your way through olive groves, and cork oaks, hiking in the thick Corsican maquis. You will soon reach the hamlet of Maratu and then onto Burgo, the last stage of the Mare e Monti South. Transfer after the walk to Propriano at the end of the day.

About 11 km, 5h00, +650 m, -700 m.
Night in a 3* hotel in Propriano, on a B&B basis.

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Day 7 - Propriano

Your trip ends here after breakfast. Buses available to Ajaccio and Porto Vecchio (Monday to Saturday only outside July & August).

Additional information

TARIFFS

Price from 990 euros per person.

OPTIONS

Trip in high season (July & August) : 140 euros per person.
Single room : 350 euros per person.

INCLUDED

Accommodation in 2*/3* hotels
1 dinner
Luggage transfers
Transfer from Ajaccio to Bisinao or Pietrosella on day 3
Transfer from Burgo to Proprian on Day 7
Route descriptions and maps on our application (a smartphone is required).

NOT INCLUDED

Transfers not included in the program
Dinners and lunches not included in the program
Site visits not included in the program
Personal or Travel Insurance

LEVEL OF DIFFICULTY

Moderate – for those who can walk between 4 and 6.5 hours on well-marked paths.

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LUGGAGE
Luggage is transferred point to point by vehicle. Day pack only.

ACCOMMODATION
Accommodation in 2*/3* hotels - double rooms

SIZE OF GROUP
From 2.

DEPARTURES
From April to the end of October.

DEPARTURE
Ajaccio.

DISPERSION
Propriano.

HOW TO GET THERE
Ajaccio is accessible by plane with departures from Nice, Marseille and Paris but also from several French and European cities depending on the time of year with Air France, Air Corsica but also Easyjet, Volotea or Ryanair.

Ajaccio is also accessible by train from Bastia and Calvi.

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.

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• 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.
• 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.

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