

## Mountain treasures of Corsica

6 days/ 5 nights

Enjoy spending time in the most beautiful mountain refuge in Corsica, which is set against spectacular landscapes. The refuge will offer you excellent meals and easy access to natural swimming pools. You will also be able to enjoy catching wild trout in the beautiful rivers nearby and eating succulent fresh fish for dinner.

### YOUR PROGRAM

#### Day 1 - From Corte to the refuge via the Arch of Corte

Starting from Corte, you will walk up to the hilltops of the former capital of Corsica and reach the famous Arch of Corte. Then, hiking from one shepherd's hut to another, you will continue walking under pine trees to get to your mountain refuge. Located near the Tavignano River and at the heart of the 'Isle of Beauty', your accommodation will offer you views over wonderful and peaceful landscapes.

Dinner and night in the refuge.

Walking: about 7 hours,

Height gain: +1500m.

Height loss: -800m.

Possibility to walk in the Tavignano Gorge if you are looking for an easier walk.



#### Day 2 - Alzu Plateau

A very nice hike starting with a climb under Lariccio pine trees to the Alzu plateau. Exceptional panoramic views over Corsican mountain ranges. If you are lucky, our local expert, Jean-Marc, will show you how to make the local Corsican cheese and he might sell you some of his best products.

Walking: about 4 hours walking.

Height gain: +673m.

Height loss: -673m.



### **Day 3 - Sheepfolds and granite crests**

You will set off for the Valley of Binodello and its beautiful meadows and abandoned sheepfolds. Once there, you will get to discover old cheese caves that were used by shepherds and goatsherd in previous centuries. Your trip will then lead you to climb uphill and reach rugged granite crests. After walking back down, you will have the opportunity to go for a relaxing swim in a crystal-clear stream.

Walking: about 5 hours.

Height gain: +666m.

Height loss: -684m.



### **Day 4 - Swimming in a lake and exploring a deserted valley**

Today, you will walk on to discover a very beautiful lake at 1740m above sea level. Enjoy swimming in waterfalls and natural pools. Next, you will hike through a deserted valley, on paths which don't even appear on maps of Corsica.

Walking: About 6h30.

Height gain: +720m.

Height loss: -166m.

Possibility to walk to the Lake of Nino.



### **Day 5 - Wild forests and natural springs**

During today's stage, you will walk to the heart of a wild and little-known forest. You will also discover the ruins of a very ancient chapel and have a picnic lunch at the Argeto Fountain, where you will be able to fill up your water bottle. The surrounding granite summits will offer you splendid views over the lush green landscape.

Walking: about 5h20.

Height gain: +837m.

Height loss: -837m.



### **Day 6 - Walking back to Corte and passing by the Tavignano River**

Today, you will walk to Corte and follow the Tavignano River, which will enable you to admire the beautiful landscapes of the valley. You will have also the opportunity to swim in the river, before hiking down to Corte, which used to be the capital of Corsica during the period of Pasquale Paoli.

Walking: about 4 hours.

Height gain: +700m.

Height loss: -1400m.



## Additional information

### **TARIFFS**

Price from 599 euros per person.

### **OPTIONS**

IGN Maps 1:25000 : 30 euros per person.

### **INCLUDED**

All meals from day 1 in the evening to day 6 after lunch (including picnics for lunches). Route notes and maps.

### **NOT INCLUDED**

Transfers to and from Corte (on day 1 and day 6), transfers which are not included in the tour, entrance fees to tourist sites, optional activities which are not included in the tour, beverages and holiday insurances.

### **LEVEL OF DIFFICULTY**

Walking: 5 to 7 hours a day.

### **CARRYING**

You will only have to carry your main bag on day 1 and day 6.

### **ACCOMMODATION**

5 nights in a private log cabin. Sheets, covers and pillows provided with a private sink. Hot water showers and toilets available in the main refuge. When the cabins are full we will book a private tent with mattresses, sheets and covers.

### **SIZE OF GROUP**

From 2.

### **DEPARTURES**

Every day from the end of April to the beginning of October.

### **DEPARTURE**

In Corte, on day 1.

## **DISPERSION**

In Corte, on day 6.

## **HOW TO GET THERE**

Feel free to contact us to get information on how to reach Corte or Corsica.

## **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.