GR20: standard & guided version

14 days / 13 nights

This is the Authentic in the original sense of the most famous of treks.
The more alpine, more mineral, more difficult northern part will be absorbed by fresh bodies from the very first days.

All the climbs on the program are NORTH-facing, so in the shade, which is an undeniable advantage!

What's more, you'll be physiologically and mentally relieved before tackling the second part. All in all, an optimized success rate.

YOUR PROGRAMME

Day 1 - Calenzana - Bonifatu

We welcome the group in the early morning in Calvi, transfer to the village of Calenzana where we begin our stay on this first original stage to the Bonifatu valley.

Overnight in a gîte in Bonifatu

Approx. 12.5 km
Approx. 5h30 walking time
+1082m; -810m
No access to follower bag

Day 2 - Bonifatu - Ascu

An athletic day, with over 1500 m of D+, ascent of the Bonifatu cirque, where we first reach the Spasimata footbridge, then a more mineral route to the lake and the Col de la Muvrella. From Bocca Stagnu, the view of the Cintu massif is magnificent. We then embark on a long and tedious descent to Asco.

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Overnight in a gîte in Asco.

Approx. 10.8 km
Approx. 6h30 walking time
+ 1514m; - 620m

Access to tracking bag

Day 3 - Ascu - Tighjettu

Another "tough" day in the heart of the island's mineral landscape, with the crossing of the GR20's highest pass, the Pointe des éboulis, at over 2600 metres altitude, to rub shoulders with the roof of Corsica. Difficult descent to the Tighjettu refuge or the Vallone sheepfolds.

Approx. 7.6 km
Approx. 8h30
+ 1238m; - 978m
No access to following bag

Day 4 - Tighjettu - Vergio

Technical ascent to the "Ciuttolu di i Mori" refuge (1990 m) via the "Foggiale" pass, then descent to the upper Golu valley via the Radule waterfalls. Arrival at Col de Vergio.

Overnight in a gîte.

Approx. 15 km
Approx. 6h30 walking time
+ 810m; - 1084m
Access to tracking bag

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Day 5 - Ascent to Lake Ninu - Camputile

Easy start on a circular path through the magnificent Valduniellu forest. Climb to Lac de Ninu and cross the Campotile plateau.

Overnight in tent.

Approx. 13.6 km
Approx. 5h30 walking time
+641m; - 450m
No access to follower bag

Day 6 - Camputile - Petra Piana

Via the Bocca alle Porte, we overlook the spectacular Restonica cirque, with its famous Melu and Capitellu lakes. Descend to the foot of Monte Rotondu at the Petra Piana refuge.

Approx. 10.6 km

Approx. 6h30 walking time

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+ 949m; - 691m
No access to follower bag

Day 7 - Petra Piana - Vizzavona

Early start to end our adventure with a mixed stage between the alpine variant of the Gr20, the Pinzi Curbini or the Manganellu valley, and a traverse of the Monte d'Oro massif to descend into the Agnone and the legendary Vizzavona forest.

Approx. 15.5 km
Approx. 8 hrs walk
+1070m; -1764m
Access to bag

Day 8 - Vizzavona - Capanelle

We follow an old mule track to the Col de Palmente (1640 m). The eastern coastline emerges at our feet, offering a vast panorama of the Diana and Urbinu ponds. Descent into the Marmano forest.
Overnight in a gîte in Capanelle.

Approx. 13.9 km
Approx. 5h30 walking time
+ 883m; -430m
Access to tracking bag

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Day 9 - Capanelle - Col de Verde

We head for the Col de Verde via the crests! As a prelude, we enjoy a superb sunrise over the eastern plain, then reach the Lac de Bastani, before climbing to the highest peak in southern Corsica, Monte Renosu. An aerial descent to the magnificent Pozzi plateau and the Col de Verde.

Approx. 12.8 km
Approx. 5h30 walking time
+ 812m; -1121m
Access to bag

Day 10 - Col de Verde - Usciolu

We continue southwards. Ascent to the Prati refuge. An aerial route over the watershed
the watershed between the Taravu valley and the eastern plain, we make our way between wind-torn granite blocks backdrop of the Tyrrhenian Sea.

Overnight at the Usciolu refuge.

Approx. 14 km
Approx. 7 hrs walk
+ 1240m; - 780m
No access to follower bag

Day 11 - Usciolu - Croci

Still on a magnificent ridge route between heaven and earth, along the edge of the ridge we reach Bocca l'Aghone.
the GR20 eases off to the Croci sheepfolds.

Approx. 13.3 km
Approx. 5h30 walking time
+ 388m; -597m
Access to bag

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Day 12 - Croci - Bavella

Morning ascent of Incudine 2134 m. Crossing the Asinau valley, we take the alpine variant to cross the famous Aiguilles de Bavella.

Overnight in a gîte.

Approx. 15 km
Approx. 8 hrs.
+ 1225m; - 1550m
Tracking bag access

Day 13 - Conca - End of stay

Early morning departure by headlamp for a descent through the maquis towards the Gulf of Porto-Vecchio. Final passages through granite chaos.

Arrival at Conca, end of hike around 3:30pm, then late afternoon transfer to Porto Vecchio and dispersal around 5pm.

Approx. 18.4 km
Approx. 6h45 walking time
+ 892m; - 1867 m
Collecting your bag

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Additional information

TARIFFS
Price from 1990 euros per person.

OPTIONS
INCLUDED
Transfers from pick-up point (Calvi) to dispersal point
(Porto-Vecchio).
Full board, including food for the day.
Supervision by a mountain leader
Luggage assistance
Professional liability insurance
Full guarantee of deposited funds

NOT INCLUDED
Transportation Corsica/Continent
Personal expenses
Individual insurance
Transfers inherent to a problem of level or state of fitness during the hike.
The cost of a mountain guide for 1 or 2 days at the start of the season if required (snow).

LEVEL OF DIFFICULTY
Very sporty, with stages averaging between 6 and 9hrs walking per day and a daily vertical drop of between 600 and 1500 meters. You'll need to be in very good physical condition to enjoy your stay to the full.

LUGGAGE
The assistance team will transport your luggage to the accommodation accessible by road.
Food and any bivouac equipment are transported by our assistance team.

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Luggage packaging:

- one piece of assistance luggage, called "follower luggage", with a maximum of 10 kg per person, easily transportable and allowing you to replace your equipment (a backpack or sports bag, or even a travel bag in good condition). This bag must be labelled with the luggage label that will be sent to you when you register or given to you on the day of departure.

- a 50-liter "day" backpack, essential for your day hikes, with a compulsory "back pack". You'll need a waterproof protective cover. Please note that this is a real hiking backpack, with padded shoulder straps, chest strap and waist belt.

Luggage assistance: Access to your luggage 8 times during the trip: Evenings 2, 4, 7, 8, 9, 11 and 12.

Please keep your equipment (especially your assistance luggage) to a minimum.
You can leave a bag in Calvi with any items you don't need for the tour, which you'll find again at the end of your stay.

ACCOMMODATION
In gîtes, refuges (dormitories and shared sanitary facilities) and two-man tents. A sleeping bag is necessary.

SIZE OF GROUP
Groups of 12 participants maximum.

DEPARTURE
Day 1 at 8:00 am in Calvi, in front of the railway station. Our assistance team will take care of your luggage, and you should arrive ready to hike. Depending on the heat, the transfer may be brought forward to around 6:00 am.

DISPERSION
Day 13: late afternoon in Porto-Vecchio around 5pm (end of tour in Conca around 3:30pm).

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)

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• 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.
• 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).

All our trips are led by qualified, state-certified mountain guides from Corsica, who know the island and its terrain very well.

Depending on weather conditions, technical difficulties and the participants' physical condition, the guide may modify the planned programme or itinerary. The guide is solely responsible for assessing the situation and making any necessary decisions, with the safety and physical well-being of the participants as the priority.

The guide is not under an obligation to complete the itinerary at all costs. They may decide to stop a participant if their technical ability, physical condition or level of fatigue does not allow them to continue safely. The stages must also be completed within a reasonable timeframe to ensure the smooth running and organisation of the trip. If a participant's level is insufficient or their progress is too slow, the guide may therefore decide to stop their participation, without compensation, in accordance with our General Terms and Conditions.

SAFETY INSTRUCTIONS

All our trips are supervised by state-qualified mountain guides from Corsica who know the region inside out. Depending on weather conditions, technical difficulties or the physical condition of participants, the guide may modify the program and itineraries proposed. He remains the sole judge of the situation and of the decisions he makes, which he adapts to the

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constraints and imperatives of safety.
Please note that under no circumstances does the guide have an obligation to achieve results, whatever the cost. It is the guide who judges and decides whether or not to stop a participant, taking into account his or her technical level, physical condition and freshness. The only thing that counts is the physical integrity of the participants, so he has an obligation of safety, not of result. Furthermore, the stages must be completed within a "conventional timing" in order to ensure the smooth running and organization of the trip. Should this not be the case, the guide will be obliged to stop the participant(s) for insufficient level, without any compensation on our part, in accordance with our General Terms and Conditions of Sale.

Nature of the terrain: very varied, paths in forests and pastures, alternating with rocky and stony terrain, scree, slabs, often with a high step amplitude. Very mineral and chaotic terrain.
Numerous fairly steep climbs, with a few passages on ridges and off-trail. Snow-covered passes at the start of the season, which may require us to use a mountain guide on stages 3 and 5. Should this be the case, the cost will have to be spread over all participants.

Walking times: These are given for information only. They are average times and take into account only the actual walking time, not breaks. They are calculated on the basis of 300 m of ascent per hour and 450 m per hour of descent; they take into account the quality of the terrain.

Level: sporty, stages averaging between 6 and 7 hours' walking per day, with an average daily ascent of 850 meters. You'll need to be in good physical condition to get the most out of your stay.
Don't forget to keep fit at least once a week by walking (15 to 18 km), if possible on an uphill route (350 to 400 m/h ascent), or by practicing a sport that develops endurance.

NB: If one of the participants has a problem on the circuit, he or she can, if possible, take advantage of the assistance-baggage link to join the group at the next stage. This option is not systematic and will entail an additional cost to be borne by the customer. Any transfer due to a problem of level or fitness will have to be paid by the customer directly to the service provider. (Example transfer Ascu Stagnu-Calasima 35 €/ pers)

Meals and accommodation:

Lunches: in the form of picnics during the hike. All our lunchtime picnics are based on quality local produce (salads, cold meats, cheese, etc.). Snacks during the hike (Corsican cakes and dried fruit).

Dinners and breakfasts: breakfasts and evening meals served in accommodation.

Showers: You'll be able to take a shower every evening (hot showers not guaranteed in refuges on evenings 6 at Petra Piana and 10 at Usciolu).

Water: drinking water is regularly available at springs along the trails; however, a flask of at least one and a half liters is desirable.

Accommodation: Please note that gîtes are only equipped with dormitories with shared sanitary facilities, providing basic but

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decent comfort. Single rooms are not available. Power outlets are available for overnight stays in gîtes.
Depending on availability, nights in refuge can be spent in a 2-person tent or a large Marabou near the sheepfolds.

Refuges are accommodations owned by the Parc Naturel Régional de Corse and managed by independent
independent managers. They are inaccessible by road and offer rustic comfort (cold showers, random sanitary facilities, no blankets),
no blankets). Dormitories are low-slung with thick mattresses. If the refuge is full, igloo tents with mattresses (floor mats) are available for bivouacs. You may have to pitch your own tent. For bivouacs near sheepfolds, basic comfort with either a shower or a river.

In all cases, you'll need a sleeping bag.

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