

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

7 days / 6 nights

Our team has chosen beautiful coastal walks and comfortable accommodation to give you the best possible holiday. While you hike through forests and maquis shrublands, you will have several opportunities to swim in the crystal-clear waters of the island's natural pools. With this Mare e Monti trip, you will have all the right ingredients to guarantee an unforgettable holiday!

### 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 Corsican Balagne region.

Walking: 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 walk back down into the 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.

Walking: 7 h 30.

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 Porto**

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.

Dinner at your own expense. Night in a hotel.

Walking: 4h40.

Height gain: +565m.

Height loss: -878m.

## Day 7 - From Serriera to Porto

End of trip after breakfast.



## Additional information

### TARIFFS

Price from 460 euros per person.

### OPTIONS

IGN maps : 30 euros per person.

4 nights in double room : 140 euros per person.

### INCLUDED

All nights in gîtes, 5 evening meals, 6 breakfasts, detailed route notes and maps.

### NOT INCLUDED

Transfers to the meeting point and from the ending point, insurances, luggages transfers, visits of tourist sites, transfers which are not included in the tour, optional activities which are not included in the tour, picnic lunches (easy to find).

### LEVEL OF DIFFICULTY

You will need to be in good physical condition and used to walking. This Corsican trail uses very well marked paths. Walking: 4 to 6 hours a day.

### CARRYING

Trip without luggages transfers

### ACCOMMODATION

In gîtes (shared bedrooms). Last night in a hotel in Porto. Do not forget your sleeping bag. Possibility of choosing 3 nights in double or twin bedrooms (see our other trip MARE E MONTI NORTH - 7 DAYS COMFORTABLE VERSION).

### SIZE OF GROUP

From 2.

### DEPARTURES

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

## **DEPARTURE**

Calvi.

## **DISPERSION**

Porto.

## **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**

Picnic lunches are available in gîtes (cost: approximately 10€) or in local shops. Always take something to eat with you during walks.