

# Mare e Monti South

7 days/ 6 nights

This fantastic itinerary will take you from Porticcio to the Gulf of Propriano and offer stunning views over the coastline and Corsica's majestic mountains. The best time to travel being spring and autumn.

## YOUR PROGRAM

### Day 1 - Ajaccio

Arrival in Ajaccio and night in a 2\* hotel in city centre.

### Day 2 - From Porticcio to Bisinao

Morning transfer to the start of the walk. Starting from the little seaside town of Porticcio, today's walk will lead you to go deep into the woods and maquis shrubland, and walk along crests before reaching Bisinao. The panoramic views over the Gulf of Ajaccio are splendid!

Dinner and night in Bisinao.

Walking: 5 hours.

Height gain: +850m.

Height loss: -340m.



### Day 3 - From Bisinao to Coti Chiavari

You will continue to walk southwards along crests and then stop near large boulders. There, you will get stunning views over the coastline. Next, you will walk along the forest of Coti Chiavari and reach an old prison, hidden amidst eucalyptus trees.

Dinner and night in Coti Chiavari.

Walking: 5h30.

Height gain: +311m.

Height loss: -451m.

#### **Day 4 - From Coti Chiavari to Porto Pollo**

Right from the beginning of today's walk, you will see Capu di Muru, its Genoese towers and crystal-clear turquoise waters. After climbing uphill for a little while, you will be able to enjoy great panoramic views over the Gulf of Valinco. You will then walk to a beach, where you will be able to enjoy swimming in calm and clear waters before reaching the seaside village of Porto Pollo, which offers a great variety of optional activities.

Dinner at your own expense. Night in Porto Pollo.

Walking: 4h45.

Height gain: +177m.

Height loss: -525m.



#### **Day 5 - From Porto Pollo to Olmeto**

After walking alongside the Taravo River, the trail winds up the mountainside, shaded with olive and oak trees. Next, you will hike to the shepherds' huts of Bocca di a Copia before reaching the village of Olmeto.

Dinner and night in Olmeto.

Walking: 5 hours.

Height gain: +620m.

Height loss: -395m.



### **Day 6 - From Olmeto to Burgo**

While making your way through olive groves, you will come to a stream, which you will need to cross in order to continue hiking through maquis shrubland and walk along a path shaded by leafy oak trees. You will soon reach the hamlet of Maratu and Burgo, the last stage of the Mare e Monti South. From the balcony of your hotel, you'll enjoy the glorious scenic views of the sun setting over the Gulf.

### **Day 7 - Burgo or Propriano**

Transfer to Propriano after breakfast. Your trip ends here.



## **Additional information**

### **TARIFFS**

Price from 685 euros per person.

### **OPTIONS**

Trip in high season (july & august) : 45 euros per person.

Trip without luggage transfers : -125 euros per person.

Map of Corsica (1:25000) : 52 euros per person.

### **INCLUDED**

Accommodation, 6 breakfasts, 4 dinners, luggage transfers, maps and route notes, local assistance.

### **NOT INCLUDED**

Picnic lunches, dinner on day 3, insurance, visits of tourist sites, transfers to the meeting point and from the point of dispersal.

### **LEVEL OF DIFFICULTY**

You will need to be in good physical condition. Walking: 4-5 hours a day on well-marked paths.

### **CARRYING**

Luggage transfers by vehicle. You only need to take your day bag with you (for cameras, picnics, water etc.).

### **ACCOMMODATION**

Nights in bedrooms for two or three people.

## **SIZE OF GROUP**

From 2.

## **DEPARTURES**

Every day from April to the end of October.

## **DEPARTURE**

Ajaccio.

## **DISPERSION**

Propriano.

## **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.