

# Mare a Mare South: Porto Vecchio - Propriano sportive version

7 days / 6 nights

The Mare a Mare South is one of the most famous trekking paths in Corsica, taking you from the shores of Porto-Vecchio on the east coast to the gulf of Valinco on the west coast.

This trail contains spectacular landscapes, punctuated with a great variety of natural wonders.

Discover the villages of the Alta Rocca, hidden amidst Corsica's fragrant scrubland and forests aged over a hundred years.

## YOUR PROGRAM

### Day 1 - From Porto Vecchio to Cartalavonu

Your route starts in Porto Vecchio after a short transfer to Alzu di Gallina, the beginning of the trail.

Walking through the scrubland and some pine tree forests, you then reach the forest of Ospédale and the plateau of Cartalavonu (1020 m).

Walk: about 5 hours.

Altitude gain & loss: +1110m, -150m.

### Day 2 - From Cartalavonu to Levie

Beautiful viewpoint over the Gulf of Porto-Vecchio and the lake of Ospédale. Short detour around the summit of Vacca Morta with great panoramic views over the gulf of Valinco and the western slope.

After passing through the Col de Mela, you discover the pink granite pinnacles of Bavella (or Needles of Bavella) and the charming little village of Carbini, with its famous San Giovanni Roman church.

Night in Levie.

Walk: about 5 hours.

Altitude gain & loss: +620m, -1010m.



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### **Day 3 - From Levie to Ghjallicu**

Travel back in time with this unusual itinerary!

You explore the village of Levie in search of Corsica's prehistoric past and walk to the archeological sites of Capula and Cucuruzzu. On the way, you discover granite blocks which used to serve as rock shelters for prehistoric men. From Quenza, you hike up to the Plateau du Cuscione and the hamlet of Ghjallicu.

Walk: about 5h30.

Altitude gain & loss: +640m, -580m.

### **Day 4 - From Ghjallicu to Serra di Scopamena**

You leave the hamlet of Ghjallicu and descend through the Corsican scrub towards the shepherds' huts at Lavu Donacu. You can also see an old chestnut mill along the path before your arrival in Serra di Scopamena.

Walk: around 3 hours.

Altitude gain & loss: +450m,-410m.

### **Day 5 - From Serra di Scopamena to Santa Lucia di Tallano**

The trail goes through a chestnut forest and Serra di Scopamena. The village's old chestnut mill and terraced fields are evidence of ancient agro-pastoral societies. In the shade of oak trees and thick vegetation, you can swim in the local fresh river while enjoying your surroundings.

Your walk continues with the col de Tavara and the hamlet of Altagène. A bend in the path then takes you through the scrubland to the bell tower and olive groves of Santa Lucia di Tallano.

Walk: about 5h40.

Altitude gain & loss: +740m, -1140m.



### **Day 6 - From Santa Lucia di Tallano to Burgo**

After savouring the subtle charms of Sainte Lucie and its famous olive oil, you now gently walk to other enchanting sites. You then take a stride along the bridge of Piombatu, over the Rizzanese River, and walk along the Col d'Altanaria. The village of Fozzano comes into sight against the backdrop of the gulf of Valinco. In Fozzano and Sainte Marie di Figaniella, jump back in time with the story of the Tower of Colomba, celebrated in Mérimée's novel. You then cross the Baracci River before reaching Burgo.

Walk: about 5h20.

Altitude gain & loss: +880m, -1130m.

### **Day 7 - Burgo and Propriano**

Transfer to Propriano after breakfast. Your trip ends in Propriano.

## **Additional information**

### **TARIFFS**

Price from 440 euros per person.

### **OPTIONS**

Set of IGN maps : 42 euros per person.

### **INCLUDED**

Accommodation.

6 breakfasts, 6 dinners.

Information package with printed maps and route notes.

### **NOT INCLUDED**

Transfer to the meeting point.

Transfer from the end point.

Travelling insurance.

Visits of tourist sites.

Optional transfers and activities.

Picnic lunches (easy to find) and beverages.

### **LEVEL OF DIFFICULTY**

Terrain: very well-marked paths.

Walking: from 5 to 6 hours per day.

### **CARRYING**

No transfers on this version of the trip.

### **ACCOMMODATION**

Gîtes d'étapes.

Please be aware that facilities will be on a shared basis. Do not forget your sleeping bag. Hot showers should be available at each accommodation.

Accommodation options:

- Nights in double bedrooms are available on this particular trip. Please ask a member of our team for more details (by email or by phone).
- Nights in single bedrooms are available on this particular trip.

Extra accommodation:

If you require additional nights before the start of your trip or after the end of your trip, then our team can book this for you (subject to availability). Please notify us (on your booking form or by email) at the time of your booking. Payment for extra accommodation should be made to us one month before the start of your trip.

## **SIZE OF GROUP**

Minimum two.

## **DEPARTURES**

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

## **DEPARTURE**

Porto-Vecchio.

## **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.

### **IMPORTANT INFORMATION**

Picnic lunches: on the Mare a Mare South trail, you will be able to buy picnic lunches from gîtes (around 10€/lunch) or from grocery stores. Always take your picnic lunch before starting the day's walk.

### **SAFETY INSTRUCTIONS**

Please remember that self-guided walking requires individuals to use problem-solving skills, to be adaptable and have a keen eye. Our walking specialists also recommend that you have a good knowledge of map reading and that you have good sense of direction. Sometimes, asking, finding and/or losing your way are all part of the adventure. There is also a certain level of unknown when it comes to self-guided walking. However, with a methodical approach and good preparation on your part, you will find that potential problems can soon be averted. If you're a first-time traveller, you will see that you soon get the hang of it as the majority of our first travelers do (as long as you are well-prepared). If you are a solo traveller, using maps and directions can be more difficult as two heads are often better than one when it comes to finding your way. In the event of problems or emergencies, please remember that Europe Active provides a 7/7 hotline service.

Note: these trip notes are the most current information available for this itinerary.

All holidays can be subject to unexpected changes. When necessary, you should be prepared to be flexible. Occasionally, it may not be possible to follow the itinerary as planned due to a variety of reasons (ie. climatic, political, physical or other). In these circumstances, Europe Active will try to make suitable alternative arrangements.