

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

5 days/ 4 nights

This tour is an adapted version of the Mare e Monti North, one of Corsica's most famous walking routes.

Our team has chosen beautiful coastal paths 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 for an unforgettable holiday!

All nights are in gîtes. However, you also have the option to spend nights in double or twin bedrooms (see the 'options' section in the right column).

### YOUR PROGRAM

#### Day 1 - Galeria

Your trip will begin in Galeria, a village accessible by bus or taxi from Calvi. Please contact us for fares and timetables.

#### Day 2 - 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.

The enchanting little fishing village of Girolata is only accessible on foot or by boat, and is also a heavenly place for hikers. Once 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 3 - 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 4 - 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 5 - The Gulf of Porto**

Your trip ends here in Porto. Possibility to stay additional nights in Porto, near the Calanches de Piana or Ota.

Buses go to Calvi and Ajaccio (pay on board – cost: about 10€) or Corte. Trains and buses from Corte go to Bastia, Calvi or Ajaccio.

## Additional information

### TARIFFS

Price from 290 euros per person.

### OPTIONS

2 nights in double bedrooms : 90 euros per person.

Map of Corsica (1:25000) : 16 euros per person.

### INCLUDED

Evening meals (except in Porto), breakfasts, nights in gîtes (shared bedrooms), route notes, maps, local assistance.

### NOT INCLUDED

Transport option to the meeting point and from the point of dispersal, luggage transfers, transfers which are not included in the tour, personal travel insurance, luggage transfers in Girolata, beverages, visits of tourist sites, optional activities which are not included in the tour, personal expenses.

### LEVEL OF DIFFICULTY

You will need to be in good physical condition and used to walking. Walks: from 3h30 to 6h00 a day.

### CARRYING

No luggage transfer on this trip

### ACCOMMODATION

In gîtes. You can also choose to spend 2 nights in double or twin bedrooms.

### SIZE OF GROUP

From 2.

### DEPARTURES

Everyday from the beginning of April to the end of September.

### DEPARTURE

Galeria.

### DISPERSION

Porto.

### HOW TO GET THERE

Galeria is accessible by taxi or by bus. Please contact us for more details about timetables and fares.

### 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**

Warning! Temperatures can be quite high on this particular route during summer.

Even if you take the double or twin bedroom options, remember to take sleeping bags with you for your night in a shared bedroom in Curzu.