



Corse : Cross country from Ajaccio to Propriano

The island of beauty is a paradise for all sports including Cross Country Mountain Biking.

This is a fun energetic week, with an itinerary that heads down the west coast, alternating between the mountains and fishing villages, the maquis and rivers.

We cycle along small sinuous roads and take winding trails through the fragrant shrubs. We discover some lost villages and enjoy wonderful sea views, all in all, it's an opportunity to cycle in a wonderful terrain of adventure and to be immersed in Corsican culture. Our local guide will offer his enthusiasm and insight into local life. There is a vehicle for transportation of luggage and assistance.

Tour Aventure Trekking

Agence de voyages LI 02A.06 0002 - Garantie Financière de 137204€ : APS - Contrat RC : n°86 410 716 Gan Eurocourtage IARD

RCS AJACCIO 489 755 470 - Membres du SNAV - E-mail : info@tour-aventure.com - Web site : www.tour-aventure.com

Corse - Sardaigne : Route du Vazzino, face au stade François Coty 20 090 Ajaccio Siret : 489 755 470 00015 - Tél : +33 (0)4 95 50 72 75 - Fax : + 33 (0)4 95 21 42 95

Autres destinations : 2, rue du Barri - 09400 TARASCON SUR ARIEGE Siret : 489 755 470 00023 - Tél : +33 (0)5 61 05 16 31 - Fax : +33 (0)5 61 05 16 80



Program

D1 - Cross country from Ajaccio to Propriano Start

Day 1 : AJACCIO-PORTICCIO

Welcome to Ajaccio. Our first cycle is an opportunity to discover the gulf, as well as the historic streets of Ajaccio, Napoleon's quarter and various monuments. We cycle up to the hills above the town, airy views across the gulf of Ajaccio. When we have finished, we put our bikes onto the taxi boat and enjoy a short journey across the bay to Porticcio, a small seaside village, time to swim and settle into our hotel. 10km, +100m.

Day 2 : AJACCIO-PORTIGLIOLO

The first escape into the maquis, we cycle our way to Portigliolo, sweeping views, delightful sandy sheltered coves, time for a swim. 33km, +450m.

Day 3 : AJACCIO-COTI-CHIAVARI

Cycle up through the eucalyptus trees to the village of Coti-Chiavari. Lovely views of Ajaccio Gulf. We push on and continue to Porto Pollo. Time for a swim before dinner. 26km, +600m.

Day 4 : CUIPIABA

A day off ! in Porto Pollo, a fine beach perfect for sheltered swimming and snorkelling, diving or wind surfing.

Day 5 : INTO THE MAQUIS

Depart for a real adventure, bivouac in the maquis! We cycle along tiny narrow twisty roads and rough tracks, a labyrinth through the heavy scrubland of broom, mimosa, gorse and wild thyme. An exhilarating ride! Bivouac. Tents for those who want to sleep in. 38km, +650m.

Day 6 : OLMETO-PROPRIANO

A short uphill section before a great downhill stretch into the mountain village of Olmeto. We continue to Propriano, a bustling little coastal town with a busy harbour. Swimming. 37km, +350m.

Day 7 : ALONG THE VALINCO GULF

A superb ride will take us to a wonderful bay... au bout de monde. The tiny fishing hamlet of Campomoro. This gently curving beach of warm sand and clear sea is overlooked by an immense Genoese watchtower. It takes about 20 minutes to reach the tower by foot. A stunning view point. 40km, +450m.

Day 8 : AJACCIO

Transfer back to Ajaccio.

This programme is an example of the itinerary we aim to adhere to. It may be possible, if situations arise that are beyond our control, for the itinerary to be modified. On the terrain our guides are the best judges, they may be required to modify the itinerary due to weather conditions or for the security of the group.

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Details

Level of difficulty

You need to be fit and already have mountain bike experience. The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, squash and swimming are also good for developing aerobic fitness and stamina.

Price

- From 01/01/2010 to 31/12/2010 : Prix / personne 615 €

Price includes :

Fullboard Accommodation, all internal transfers, baggage transfers between hotels and all necessary details needed for your holiday.

Price does not include :

Bike rental (+€15 per day), unscheduled transfers, entrance fees, drinks, additional activities, holiday insurance and travel.

Encadrement

The trip will be led by an experienced local mountain bike guide. In addition the group will be accompanied by a driver and support vehicle. You will be in a mixed group of French and English speaking persons.

Carrying

You will need to carry a day sack only, with your water bottle, camera, picnic and gortex jacket.

Our bag-moving service means you can travel light during your rides.

Your main luggage will be transported by vehicle between the different night stops. We ask you to please limit your main luggage to of 20 l. max capacity, to facilitate the transportation and carrying. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday.

Accommodation/food

All meals are included in the trip cost from lunch on Day 1 to breakfast on Day 8. Lunch will be a freshly prepared picnic using fresh local produce and would typically include: salad, bread, cheese, tuna, cold meats and fruit. We suggest that you also carry some trail food/energy bars with you.

Starting point/end

Starting point : Ajaccio's airport at 11 am on Sunday.

End : Ajaccio's airport around noon.

Organisation

You choose your departure date and we will take care of the reservations, your transfers, we transport your bags between the hotels, and also provide an experienced guide to accompany you.

Dates

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11 April 2010
02 May 2010
06 June 2010
19 September 2010
03 October 2010
17 October 2010

Number of participants

From 5 to 12 people

Access

Ajaccio ferry terminal or airport.

Bibliography

The Rough Guide
The Granite Island – Dorothy Carrington

Practical information

For supplementary nights in Ajaccio

Hôtel Le Dauphin (HT) : 0033 (0)4 95 51 29 96
Hôtel Le Kallisté **: 0033 (0)4 95 51 34 45
Hôtel Fesch ***: 0033 (0)4 95 51 62 62
Hôtel Les Mouettes**** : 0033 (0)4 95 50 40 40

For supplementary nights in Bastia

Hôtel Sud Hôtel ** : 0033 (0)4 95 30 20 61
Hôtel le Forum ** : 0033 (0)4 95 31 02 53
Hôtel Les Sablettes *** : 0033 (0)4 95 58 50 20
Hôtel Ostella*** : 0033 (0)4 95 30 97 70

For supplementary nights in Calvi

Hôtel du Centre (HT) : 0033 (0)4 95 65 02 01
Hôtel Christophe Colomb ** : 0033 (0)4 95 65 06 04
Hôtel le Grand Hôtel *** : 0033 (0)4 95 65 09 74
Hôtel La Villa ****luxe : 0033 (0)4 95 65 10 10

For supplementary nights in Corte

Hôtel de la Paix** : 0033 (0)4 95 46 06 72
Hôtel du Nord** : 0033 (0)4 95 46 00 68
Hôtel Les Jardins de la Glacière** : 0033 (0)4 95 45 27 00
Hôtel Dominique Colonna*** : 0033 (0)4 95 45 25 65

For supplementary nights in Porto-Vecchio

Hôtel Holzer ** : 0033 (0)4 95 70 05 93
Hôtel Le Goéland ** : 0033 (0)4 95 70 14 15
Hôtel Shegara *** : 0033 (0)4 95 70 40 31
Hôtel Alcyon *** : 0033 (0)4 95 70 50 50

For supplementary nights in Propriano

Hôtel Bellevue (HT) : 0033 (0)4 95 76 01 86

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Hôtel Beach Hôtel ** : 0033 (0)4 95 76 17 74
Hôtel Claridge *** : 0033 (0)4 95 76 05 54
Grand hôtel Miramar ****Luxe : 0033 (0)4 95 76 06 13

How to get to Corsica :

By boat :

SNCM : Departures from Marseille, Nice or Toulon

Tel : 0033 (0)891 701 801

Web site : www.sncm.fr

Corsica Ferries : Departures from Nice or Toulon

Tel : 0033 (0)825 095 095

Web site : www.corsicaferries.com/Pcorsica.srv

CMN (Compagnie Méridionale de Navigation) : Departures from Marseille

Tel : 0033 (0)810 20 13 20

Web site : <http://www.cmn.fr/en/index.php>

By Air :

Air France : tel 0870 142 4343

Web site : www.airfrance.com/uk

Public transport in Corsica :

Buses :

Bus route Calvi, Ponte-leccia, Bastia :

Bus Les beaux voyages tel : 0033 (0)4 95 65 11 35. Departures from 01/09 to 30/06 from Monday to Friday, except Bank Holidays, and from 01/07 to 31/08 from Monday to Saturday except Bank Holidays.

Duration of journey Calvi Ponte-leccia 1h45 ; Calvi Bastia 2h15.

Bus route Ajaccio, Propriano, Porto - Vecchio :

Bus Eurocorse voyages tel : 0033 (0)4.95.21.06.30. Departures from 16/09 to 30/06 from Monday to Saturday except Sundays and Bank Holidays and from 1/07 to 15/09 every day.

Duration of journey Ajaccio Propriano 1h50 ; Ajaccio Porto - Vecchio 3h30.

Bus route Ajaccio, Vizzavona, Corté, Ponte-leccia, Bastia :

Bus Eurocorse Voyages tel : 0033 (0)4.95.21.06.30. Departures every day except Sundays and Bank Holidays.

Duration of journey Ajaccio Corté 1h45 ; Ajaccio Bastia 3 hours

Train companies in Corsica :

Direction Bastia, Ponte Leccia, Corté, Vizzavona, Ajaccio

Direction Bastia, Ponte Leccia, Ile Rousse, Calvi

Ajaccio train station : 0033 (0)495 23 11 03

Bastia train station : 0033 (0)4 95 32 80 61

Calvi train station : 0033 (0)4 95 65 00 61

Corte train station : 0033 (0)4 95 46 00 97

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What to bring and pack

You will need to bring your Mountain Bike (see 'Your Bike' section for further details) and both bike-specific and casual clothing that is suitable for a generally warm climate and includes a fleece top and a windproof biking top. You will also need to bring spares specific to your mountain bike and a Camelbak/hydration system. A biking helmet must be worn when riding.

Shorts and T shirts - Walking socks - Warm fleece - Swimming costume or trunks - Towel - Personal first aid kit with good blister protection - 2 Walking poles (optional)

- Water bottle (one litre minimum).

- For your picnics

Tupperware - A good cutting knife, fork, spoon, plastic cup and plate - Plastic bags.

- Sun and rain protection

Sunglasses - Sun cream - Hat - Wind and waterproof jacket (Gore-tex style)

- Relaxing time

Trainers or open sandals

Warm Fleece and casual wear

Tour Aventure Backup

The Tour Aventure team is present and always at hand to ensure the smooth running of your holiday. We are on the ground and ready to assist in any eventuality.

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