



Corse : Mare a Mare South

There are five classic walks in Corsica that snake around the foot of the massifs. Leading through forests and villages, they offer breath-taking views over the mountain tops and out to sea. As you discover stunning landscapes, you will walk through a series of villages that are a joy to discover.

The Mare a Mare South path is a distinct favourite, allowing you to enjoy all the contrasts and colours of the island. Starting from the gulf of Porto Vecchio on the East coast, the trail rises up through the mountains of the Alta Rocca before arriving in Propriano on the West coast.

This holiday would appeal to anyone that is used to walking regularly and is in good shape. With five days of easy to moderate walking, you will discover the extreme south and all its treasures.

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 : 1 Avenue François Laguerre - 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 - Start of holiday in Porto-Vecchio

Your holiday starts at your hotel in Porto Vecchio. Time to check into your hotel and explore the town.

D2 - Porto-Vecchio to Cartalavonu

Your first day's walk will lead you from sea level up into the mountains. You will pass through Alzu di Gallina and the Ospedale to the village of Cartalavonu situated at 1020m altitude. The Mediterranean vegetation is fragrant, a scrubby mix of heather bushes, strawberry trees and wild herbs. The views back across the gulf of Porto Vecchio are breathtaking. The walk takes you through traditional villages before arriving at the plateau of Ospedale. The last stretch of the trail leads through the forest and on to Cartalavonu.

Distance : 14km, duration : 7h00, altitude gain : +1000m.

D3 - Cartalavonu to Levie

The path leads swiftly up away from the hamlet of Cartalavonu to the high mountain pass of Foce Alta (1171m). From there you will catch magnificent views over the Lake of Ospedale. A multitude of sleepy perched villages of Alta Rocca and the famous pink granite pinnacles of Bavella are stretched out before you. The trail winds its way through a chestnut forest, the village of Carbini (famous for its 11th century church decorated with pisan art) and the Fiumicicoli river. Passing through olive groves and its old mill, you arrive at the outskirts of Levie.

Distance : 11km, duration : 5h00, altitude gain : +510m, descent : -920m.

D4 - Levie to Serra di Scopamena

The path heads up through an oak forest dotted with large blocks of granite to the St Laurent chapel. This area is well known for its archaeological sites, two of the most famous, Cucuruzzu and Capula, are nearby. You arrive at the Quenza deer enclosure and shortly afterwards, the village itself. Be sure to go and see the Pisan church that dates from the year 1000. You pass the hamlet of Ghjallicu an old chestnut mill and the shepherds cabins Lavu Donacu before arriving at the village of Serra di Scopamena.

Distance : 17km, duration : 5h30, altitude gain : +760m, descent : -520m.

D5 - Serra di Scopamena to Ste Lucie de Tallano

As the path snakes through a chestnuts forest, you will notice an old mill that has been restored by the Corsican Natural Park. You will pass the River Rizzanese, the Col de Tavara, the village of Altagène, then through the hamlet of Saint Andrea di Talla before arriving at today's destination: Santa Lucia de Tallano. This village is really inviting and full of interests. Such as a 15th century convent, tall granite houses, a restored olive mill and the possibility to purchase a wide variety of oils.

Distance : 10 km, duration : 5h00, altitude gain : +400m, descent : -800m.

D6 - Ste Lucie de Tallano to Propriano

Passing the 12th century Roman chapel St-Jean-Baptiste, the path crosses the River Rizzanese. The following stop on our itinerary is Loreto di Tallano. This village was the setting of a famous novel written by Prosper Mérimée: the legendary Colomba, based on a true vendetta story. Impatience will mount as you get closer to the beckoning

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Mediterranean sea. You make your way towards the thermal spa of Baracci; the benefits of its waters have been known since antiquity. A great spot to have a soak and relax. At the end of today's walk a short transfer is scheduled at 3 pm from Borgo to Propriano, a small coastal resort buzzing with atmosphere, street cafes and plenty of fish restaurants. Distance : 10km, duration : 5h00, altitude gain : +630m, descent : -750m.

D7 - End of holiday in Propriano

End of holiday in Propriano. To return to Ajaccio, consult us.

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.

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Details

Level of difficulty

The walks are on good footpaths and trails, the terrain is varied but often rocky. You need to be used to walking and take regular exercise to enjoy this holiday.

Price

- From 01/04/2010 to 30/06/2010 : Price per person in Double room 625 €
- From 01/07/2010 to 31/08/2010 : Price per person in Double room 640 €
- From 01/09/2010 to 31/10/2010 : Price per person in Double room 625 €

Price includes :

Half board accommodation (evening meals are not included on day 1 and 6), internal transfers, baggage transfers between hotels, the dossier containing your maps, route notes and all necessary details needed for your holiday.

Price does not include :

Unforeseen additional transfers, drinks, picnics, extra activities, holiday insurance, evening meals on the first and 6 and travel.

Encadrement

Self-guided walking.

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 walks.

Your main luggage - will be transported by vehicle between the different night stops. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the taxis. It is also important to consider that it may be necessary to carry your bags short distances around Ajaccio at the start or end of your holiday. (Consult with us for left luggage facilities)

Accommodation/food

Accommodation

- Option 1: Hotels - shower and toilets facilities outside the rooms - (except for day 1 and 6). Night 4 is in Aullène instead of Serra di Scopamena.
- Option 2: Gites - in dormitories, you need to bring a sleeping bag.

Food

- Continental breakfast (tea, coffee, milk, butter, jam)
- Evening meals in gites, often based on local specialities.
- Pic-nics not included.

Starting point/end

Starting point : At your first hotel in Porto Vecchio.

End : At your hotel in Propriano, after breakfast.

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Organisation

We propose a self guided, independent formula. You choose your departure date and we will take care of all the rest between the initial rendez-vous time through to the dispersion point. We transport your bags between the hotels, provide the maps and good walking route notes. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday.

Dates

Departures every day from the start of April until the end of October.

Number of participants

From 2 people

Access

Buses to/from Porto Vecchio and Propriano, consult us.

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

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For supplementary nights in Propriano

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

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 Airplane :

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 Eurocourse 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 Eurocourse 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 heures

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

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

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

What to bring and pack

WHAT TO BRING AND PACK

- Bags

A small day pack for your water bottle, camera, picnic and waterproof.

A bag, rucksack or suitcase for your main luggage 10kg maximum per person.

- For Walking

Good walking shoes or boots with a good grip sole

Walking socks.

Warm fleece

Shorts and T shirts.

Swimming costume or trunks

Towel

2 Walking poles (optional)

Water bottle (one litre minimum)

Personal first aid kit with good blister protection

- For your picnics

A good cutting knife, fork, spoon, plastic cup and plate

some plastic bags

- Sun and rain protection

Sunglasses and sun cream

Sun hat

Wind and waterproof jacket (Gore-tex stlye)

- 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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