



## Mare a Mare North: Corte - Piana

7 days / 6 nights

The Mare a Mare North, is one of our favourite walking trails in Corsica. Your holiday begins in Corte, at the very heart of the island and ends in the outstandingly beautiful Gulf of Porto. You will cross the region of Niolu with its pretty villages. En route there will be opportunities to bathe in the numerous crystal clear rock pools, as you make your way across mountain rivers. Your trek finishes in Piana, an area on the coast of exceptional beauty. The Calanque of Piana has been named a UNESCO world heritage site.

### YOUR PROGRAM

#### Day 1 - Corte

The point of departure for your trip is the mountain town of Corte, in the heart of Corsica. Take your time to discover the citadelle, perched high upon a rocky crag, a defiant spectacle of Corsican patriotism. Visit the Museu di a Corsica, which charts the fascinating and turbulent history of the island, as well as spend time wandering about the many shops, cafes and restaurants in the old town.

Night in a hotel in Corte.



#### Day 2 - From Corte to the Refuge de la Sega

Leaving the centre of Corte, head up into the Tavignano gorge on a path that offers fantastic views back down towards Corte. After crossing the Tavignano river, you will have your first opportunity to bathe in the waters. Continue up the gorge and into the pine forests towards the refuge, where you will find some more incredible pools for swimming, if you can brave the cool mountain waters!

Approximately 5 hours 30 minutes of walking. +980m, -484m



### **Day 3 - From Refuge de la Sega to Calacuccia**

Today, the trail leads to the town of Calacuccia, a village in the heart of the central region of Niolu.

This is a day for admiring the mountains and enjoying exceptional views. Calacuccia itself, is located high on a south facing slope at the head of the valley, with the Cinto Massif looming behind and the Calacuccia lake stretching out below.

Approximately 4 hours of walking.+ 518 m;-869 m.

### **Day 4 - From Calacuccia to the Col de Vergio**

From Calacuccia the trail climbs into the Golu valley and the Niolu forest of Larricio pines. After crossing the Niolu region you will reach the Col de Vergio, an old ski resort and a hive of activity in summer months as a stage on the GR20 trail. The surrounding forest and the panoramic views will help to make the ascent more agreeable!

Approximately 6 hours of walking.+ 900 m ; - 554 m.



### **Day 5 - From the Col de Verghio to Ota**





You climb to the highest road Col in Corsica with an imposing statue, after the Col, you will descend through pines and then the Aiton chestnut forest. This trek takes you through the mountain village of Evisa, the chestnut capital of Corsica. Corsica is famous for its chestnuts, which are used to make local foodstuffs including flour, cake and beer! From Evisa, it is a fantastic walk, descending down into the Spelunca gorge through dense forests of chestnut and holm oak, where you will walk on tracks and bridges constructed by the Genoese, before heading back up to Ota.

Approximately 6h20 mins.+600m; -1500m.



#### **Day 6 - From Ota to Piana**

Your trail climbs high above the Golfe de Porto, following an ancient mule track, this path leads you to the Calanches de Piana, classified as a UNESCO World Heritage Site. En route you will have several exceptional views of the Gulf of Porto.

Night in Piana

Approximately 5 hours of walking.+ 950m;- 800m.

#### **Day 7 - End of your holiday**

The trip ends after your breakfast in Piana. Please contact us for details for onward travel to Calvi, Ajaccio and Bastia.

### **Additional information**

#### **TARIFFS**

Price from 750 euros per person.

#### **OPTIONS**

##### **INCLUDED**

3 breakfasts, 2 dinners, 2 picnic lunches

4 nights in gîtes (dormitories and shared bathroom)

2 nights in hotel



Local assistance

Route notes and maps on our app (a smartphone is required)

Luggage transfers (except on day 2 - no road access)

### **NOT INCLUDED**

Transport to the departure point and after the end of the tour

Any transfers not mentioned in the programme

Insurance

Drinks and not included meals

Personal spending money

### **LEVEL OF DIFFICULTY**

This Classical Corsican trail uses very well marked paths. It is recommended that you are in good health for this trip. From 5 to 6 hours 30 mins walking per day.

### **CARRYING**

Your main bag will be transferred by vehicle every day, except for day 2, as the refuge cannot be reached by road. On this night you will not have access to your main bag and so on that day you should carry with you anything you may need. For the rest of the trek you just need to carry your personal belongings (camera, wallet etc) and your picnic for the day.

### **ACCOMMODATION**

4 nights in gîtes d'étape (dormitories), 2 nights in simple hotels.

### **SIZE OF GROUP**

Minimum two.

### **DEPARTURES**

You can choose your departure date, departures any day from the beginning of May through to the end of September.

### **DEPARTURE**

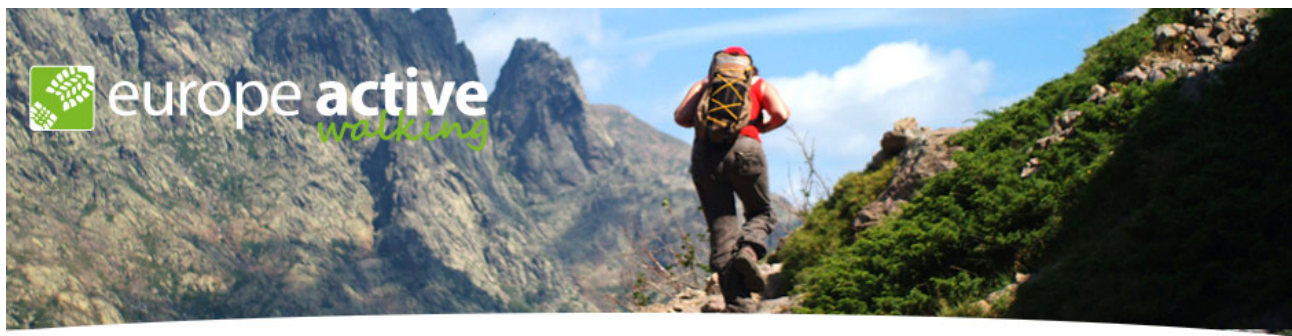
Corte.

### **DISPERSION**

Piana, after breakfast.

### **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.