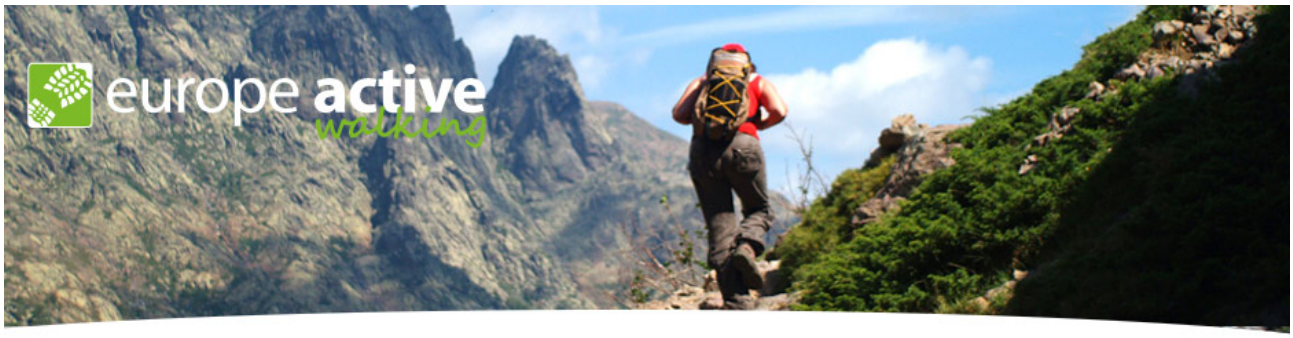


Mare a Mare South: Porto Vecchio - Propriano

6 days / 5 nights

The Mare a Mare South is one of the most famous hiking trails 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 and ample history. Discover the villages of the Alta Rocca, hidden amidst Corsica's fragrant maquis and woodland.

YOUR PROGRAMME

Day 1 - Porto Vecchio

Arrive into Porto Vecchio, a delightful and chic town perched above a beautiful Golf. Porto Vecchio is lively in summer and known for its beaches that are out of town but the old town is worth a wander and is great for a pre-trail night.

Night in a 3* hotel in Porto Vecchio on B&B basis.



Day 2 - Porto Vecchio to Cartalavonu

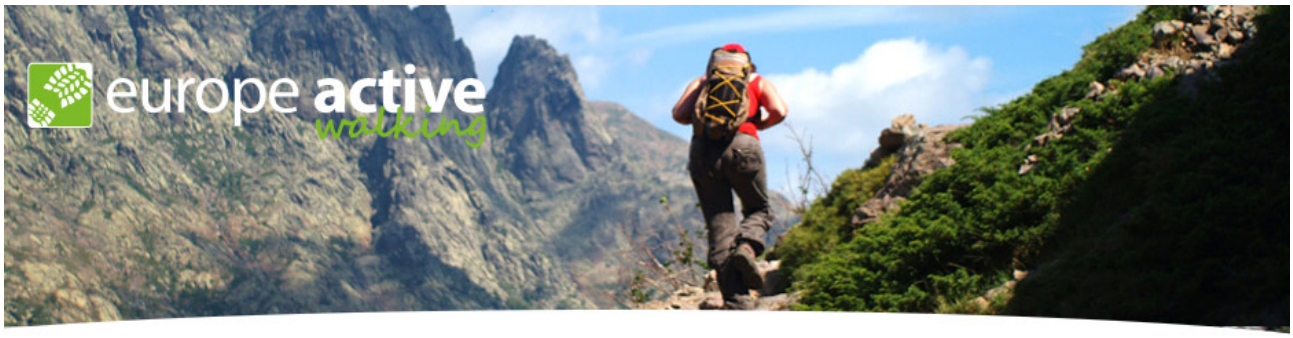
Your route starts in the countryside around Porto Vecchio after a short transfer to Alzu di Gallina, the beginning of the trail, avoiding lots of road walking around the town. Walking through the maquis, you then reach the pines of the Ospédale forest, climbing to the village of Ospedale, before finding the Cartalavonu plateau (1020 m).

Night in dorms on a half board basis at the Refuge de Cartalavonu.

About 10 km, 3h00, +1020 m, -25 m.

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Day 3 - Cartalavonu to Levie

The trail continues uphill passing a beautiful viewpoint, la Vacca Morta, over the Gulf of Porto-Vecchio and the Ospédale lake as well as the west coast, your final destination. After passing over the Col de Mela, you discover the charming little village of Carbini, with its famous San Giovanni Roman church. You then head onwards to the village of Levie in the heart of the Alta Rocca.

Night in small dorms for 4 in the Gite de Levie on Half Board basis.

About 14 km, 5h00, +585 m, -1000 m.



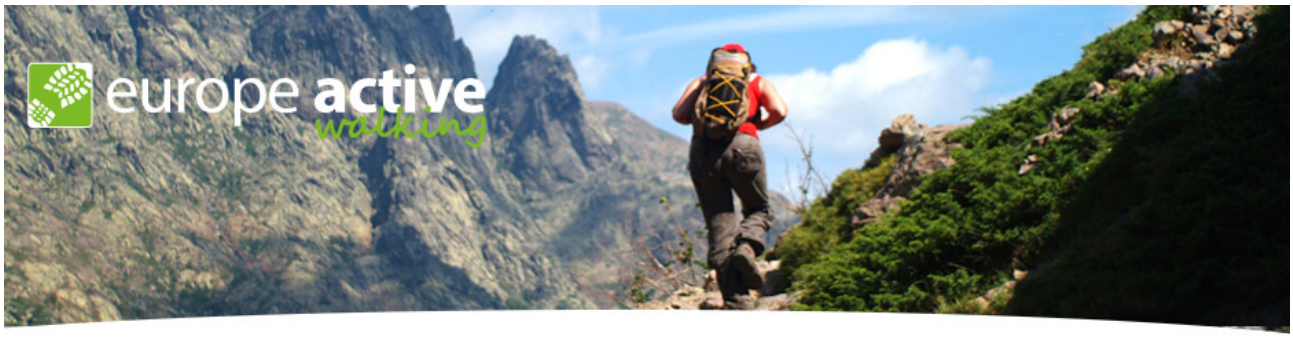
Day 4 - Levie to Serra di Scopamena

The path leaves Levie and takes you through the woods towards the magical archeological site of Cucuruzzu. Cucurruzzu is a landscape of mossy boulders and woodland that is a fortress dating from the Bronze age, it is well worth the detour (4€ per person to visit). After an easy walk to Quenza, you leave the village and hike onto the edge of the plateau of Cuscione The route soon opens out to a magnificent open trail all the way to Serra di Scopamene, the highest village in the Alta Rocca.

Night in a dorm of 6+ in a Gite at Serra di Scopamene on Half Board basis.

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About 18 km, 6h00, +900 m, -630 m.



Day 5 - Serra di Scopamena to Santa Lucia di Tallano

The trail leaves the Serra di Scopamene along a cobbled mule path passing the village's old chestnut mill and terraced fields - testimant to the agro-pastoral past. In the shade of oak trees and thick maquis, you can take a dip in the river while enjoying your surroundings. Your walk continues in this rolling landscape to the col de Tavara and the hamlet of Altagène, where you can enjoy the work of a local sculpteur. You drop down at the end of the day to the olive groves of Santa Lucia di Tallano .

Night in a dorm for 4 in Santa Lucia di Tallano on Half Board basis.

Walk: about 4h00. Distance: 10.5km
Altitude gain & loss: +400m, -775m.
About 11 km, 4h00, +440 m, -775 m.

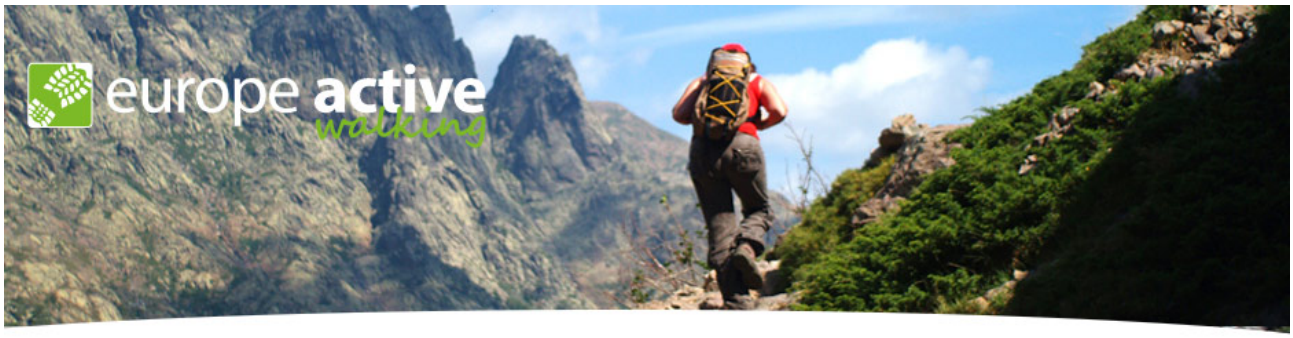


Day 6 - Santa Lucia di Tallano to Fozzano

After savouring the subtle charms of Santa Lucie and its famous olive oil, you now gently walk to the bridge over the

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Rizzanese River, and then uphill to the the Col d'Altanaria. The village of Fozzano comes into sight against the backdrop of the gulf of Valinco. In Fozzano, discover the village that was home to Colomba, celebrated in Mérimée's novel. Taxi at the end of the hike to Propriano or Porto Pollo. Your trip ends after the transfer in Propriano.

Extra nights available in Propriano or Porto Pollo.
About 12 km, 4h30, +575 m, -589 m.



Additional information

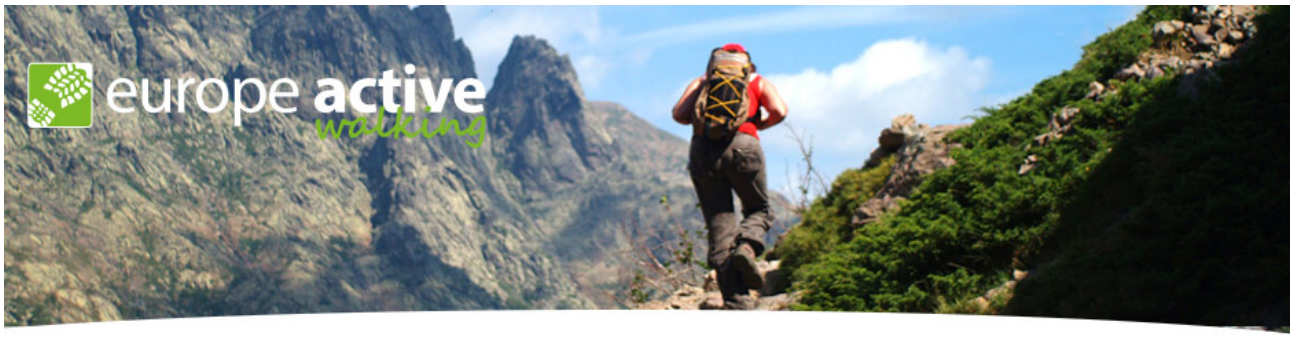
TARIFFS
Price from 790 euros per person.

OPTIONS
INCLUDED
Accommodation in dormitories of 4 to 8 persons.
5 breakfasts, 5 dinners
Maps and route notes on our app (a smartphone is required)
Luggage transfers
Transfer from Fozzano to Propriano

NOT INCLUDED
Transfer to Porto Vecchio or transfer from Propriano.
Travelling insurance.
Picnic lunches (easy to find en-route) and drinks during meals.

LEVEL OF DIFFICULTY
Terrain: very well-marked paths.
Walking: from 4 to 6 hours per day.

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LUGGAGE

Our team takes care of luggage transfers. You only need to carry your personal belongings and your picnic during the walk.

ACCOMMODATION

Gîtes d'étapes in Dorms. Please be aware that facilities including WCs will be on a shared basis. In Dorm accommodation do not forget your sleeping bag or liner. If you want a private room, this is available at a supplement.

SIZE OF GROUP

Minimum two.

DEPARTURES

Departure any day from the beginning of April to the end of October.

DEPARTURE

Porto-Vecchio.

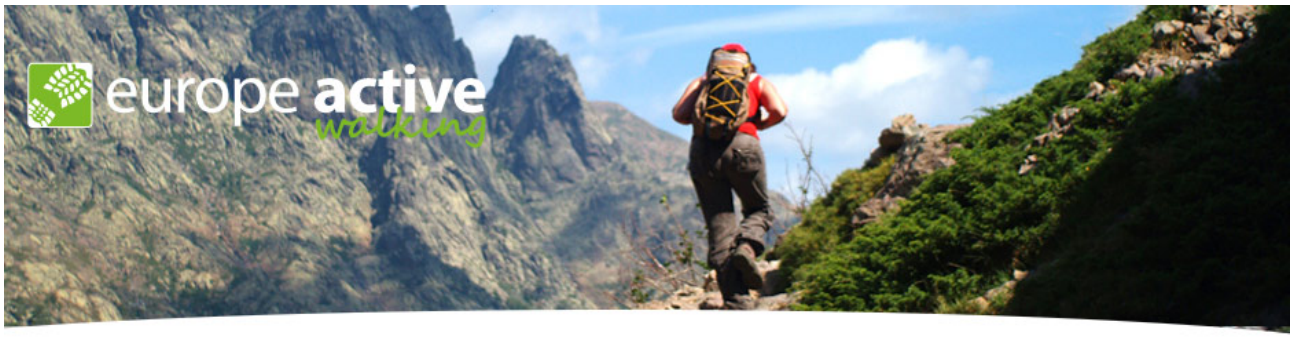
DISPERSION

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,

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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.
• 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 lucnhes: on the Mare a Mare South trail, you will be able to buy picnic lunches from gîtes (around 12€/lunch) or from grocery stores en-route. Always take your picnic lunch before starting the day's walk and have cash available for the duration of the trail.

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.

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