

Aqua Corsica in family

Corsica is a diversified paradise with a lot of contrasts: craggy coasts where you can find rugged shaped rocks and welcoming coves, crystalline rivers and tough mountains with a thousand scents: what could be a better way to discover sea kayaking, hiking and canyoning.

Accommodation

-2 nights of bivouac sleeping out in the open if the weather allows it, otherwise tents 3 seats.

-4 nights in a shelter

Supervision

A mountain guide for the hikes, a kayak and canyoning D.E..

ITINERARY

SUNDAY

Meeting at 9.30 a.m. at the Ajaccio train station and transfer to the base for a welcome reception, a briefing and a preparation of the trek. At the end of the morning, we will be heading to the lovely scenic harbour of Porto Pollo, situated on the north-west peak of the Valinco Gulf. Picnic on the beach in the shade of the tamarix. Introduction to sea kayaking. Then, we will head to the Cupabia beach. Swim and exploration of the seabed with snorkel, fins and diving mask. Dinner on the beach and bivouac for the night.

MONDAY

This morning, we will paddle toward the sandy beach of "cala d'Orzu" and its famous hut "Chez Francis". We will land and walk to discover the Capu di Muro Tower, with an amazing view of both Ajaccio and Valinco Gulfs. Bivouac for the night in the middle of the ex-votos of Capu di Muro, gate of the Ajaccio's Gulf.

TUESDAY

This will be the last day of kayak, sailing between rocks and little white-sand creeks. We will pass the Castagna peninsula and reach the Mare e Sole and Isolella beaches. We will take this occasion to explore the seabed one last time. Return to the base at the end of the afternoon and transfer to the Vizzanova pass, for a dinner and a night in a shelter.

Food

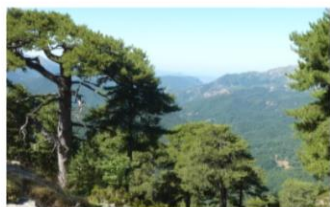
*-Continental breakfast
(tea, coffee, milk, butter,
jam...)*

*-Meals prepared jointly
for the lunch (picnic)
and for the bivouac.*

-4 dinners at the shelter.

Transport of luggage

*You will only have to
take the things you need
for the day, except the
first couple of days (your
things will be taken
within the kayaks).*



WEDNESDAY

Water activity in the Vecchio River and its sumptuous ponds. In a mountainous and diversified course, you will walk, jump, swim, slide... Various activities in a single day and a single place. Moreover, you will be able to enjoy the amazing view on the Monte d'Oro.

THURSDAY

Hiking in the High Gravona to discover various aspects of the Corsican Mountains and the amazing Vizzavona forest. We will do a loop, from the shelter, passing through the path of the lost woman and coming back by the English waterfall. Dinner and night in the shelter.

FRIDAY

We will spend the day in the famous canyon "La Richiusa", a natural jewel, fun and welcoming, which offers all the pleasures a canyon could. From Vizzavona, we will take a train to go to Bocognano, and after a short walk to the Busso hamlet, the instructor will fit you out with a harness, a neoprene suit and a helmet. A short hike of 45min in the Corsican scrubland will take you to the top of the gorges. In this canyon, you will enjoy a lot of obstacles, which makes this canyon really fun. Slides, jumps (they are not obligatory), dive and abseiling will await you to progress in the pure waters of the mountain. Return to Vizzavona passing through Trinichellu. Dinner and night in the shelter. Return to Ajaccio by train in the afternoon.

1. Depending on the circumstances (weather conditions, technical level of the participants, accommodations overloaded), the schedule can be changed by the staff in order to make the trip more enjoyable.

Clothing

1. Clothes

1. Polar fleece jacket
2. Tee-shirt (technical fibres)
3. Trekking trousers (no jeans or inelastic trousers)
4. Short
5. Long-sleeves shirts or polo shirt
6. Sweat suit for the night
7. Woollen socks
8. Underwear
9. Swimsuit
10. Rain cap (a windbreaker is not enough, it does not protect the bags)
11. Windbreaker

12. Shoes

13. Ankle hiking shoes (to maintain the ankle), and waterproof
14. Tennis or sandals for the evening
15. An old pair of tennis for the river excursion and sea kayak

To sleep

- sleeping bag
- camping mattress

Personal pharmacy

Our habitual medicine
against pain:

- paracetamol or
equivalent,
- anti-mosquito,
- elastic bandage
(Elastoplast),
- Band-Aid + disinfectant
compress,
- bandages against blister.

Provided equipment

- Necessary equipment to
practice sea kayak and
canyoning.
- Collective pharmacy:
First-aid kit, under the
responsibility of your
guide.

Small items

1. Hat or headscarf
2. Sunglasses category CE 3 or 4
3. Solar cream
4. Towel and toilet set
5. Bathroom tissue and tissues
6. Pocket torch or headlamp in case of early rising departure.
7. Hiking sticks (optional).
8. A big flask (1,5 l minimum) with a cup.
9. A pocket knife
10. A plastic and hermetic box of 0.8L to take your meals with you.
11. Bowl and cutlery.

1. Different ways to go to Corsica

1. By boat ➡

From Marseille : Maritima Ferries www.maritima-ferries.eu

From Toulon, Nice, Savone and Livourne: Corsica Ferries
www.corsicaferries.com

2. By plane ➡

Flights from the main cities of France (continent) to Ajaccio, Calvi and Figari. Information and booking: 3654 and www.airfrance.fr

| Schedule 2019 | Price per adult | Price per child (from 9 to 11) |
|---|--------------------|-----------------------------------|
| From Sun. June 30 to Friday July 5 | 705 € | 655 € |
| From Sun. July 7 to Friday July 12 | 745 € | 695 € |
| From Sun. July 14 to Friday July 19 | | |
| From Sun. July 21 to Friday July 26 | | |
| From Sun. July 28 to Friday August 2 | | |
| From Sun. August 4 to Friday August 9 | | |
| From Sun. August 11 to Friday August 16 | 705 € | 655 € |
| From Sun. August 18 to Friday August 23 | | |
| From Sun. August 25 to Friday August 30 | | |

