



SANGUINARY BEAUTY

04. 95. 25. 91. 19

During this trip, you will discover the region of Ajaccio, well-known for the diversity of its fauna and flora. You will have the opportunity to practice many sports in breathtaking landscapes, on the sea and on the ground. You will sail a kayak and discover the seabed, hike and ride a bike in the hinterland.

Accommodation

Tents, bivouac and refuge

Food

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

-Meals prepared jointly for the lunch (picnic) and for the dinner (hot meals) when bivouacking.

Provided equipment

-Mountain bike
-sea kayak
-life jacket
-paddle
-waterproof bags
-tents
-camp stove
-collective pharmacy

ITINERARY

SUNDAY

Meeting and shuttle at Ajaccio airport at 1:30 pm. Transfer to the Cors'Aventure base, meet your guide and your group, get ready and transfer to *Golfe de Lava*. Introduction to sea kayak, dinner and bivouac on the beach, gazing at the stars.

MONDAY

Introduction to sea kayak; we will follow the cliffs, where you will observe gulls and cormorants, and then reach the beautiful beach where we will bivouac by starlight.

TUESDAY

On this day, we will be going to the *Sanguinaires* Islands, passing through coves and white-sand beaches, to discover the lighthouse and the ancient lazaretto and Genovese tower of Parata. Night at the Cors'Aventure base.

WEDNESDAY

We will walk outstanding paths where the Corsican chestnut groves, mountain and its pastures are blending to form amazing landscape. Departure from the village of Bastelica by an old irrigation canal to reach the Ortolla waterfall. Crossing by the collar and downing to the Verdanese sheepfold. Crossing of the plateau to the Porcelleli sheepfold. Down through the Gravona valley to reach Bocognano. Dinner and night in the private Cors'Aventure refuge.

Length of the hike: 7 hours.

Swimming

You must be able to swim 25 meters and to put your head under water.

Guide

State-certified kayak, hiking and mountain bike guides

Individual pharmacy

- your usual medicines
- vitamins
- pain killer (paracetamol)
- anti-mosquito products
- elastic bandage (Elastoplast)
- Band-Aid + disinfectant compress
- bandages against blister.

THURSDAY

We will do a short expedition on a broken ground, in the Richiusa Canyon, around its natural ponds. After a short swim in the crystalline waters, we will stay in our private refuge in Bocognano.

FRIDAY TO
SATURDAY

After kayak and hiking, we will take mountain bikes to discover the Gravona Valley, riding from a mountain village to another. Nights in a campsite.

SUNDAY

Return to Ajaccio in the morning, free morning.

- ➔ Depending on the weather, the order of the activities could be inverted.
- ➔ From 5 to 12 participants.



Equipment

➤ Luggage

You have to split your stuff into 2 bags: a backpack and a kit bag.

- **The Backpack** : (about 30 L): This bag will be used for the hikes and mountain bike. On the premises, the guide will tell you what to bring for each stage. For the kayak, your stuff will be put directly into the waterproof storage of the kayak in plastic bags that we will give you.
- **The kit bag** (0 to 80 l): This bag contains what you do not need during the day. Their weight should not be over 15kg. Thank you for respecting this limit.

Different ways to go to Corsica

By boat ➡

From Marseille :
maritima-ferries.eu

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

By plane ➡

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

➤ Individual stuff

To camp :

- ✓ sleeping bag
- ✓ camping mattress
- ✓ windcheater
- ✓ sweat
- ✓ sweat suit
- ✓ towel and toiletries
- ✓ swimsuit
- ✓ pocket torch
- ✓ pocket knife
- ✓ cutleries
- ✓ plastic bowl
- ✓ cup
- ✓ plastic bottle of flask

Kayak, Mountain bike and Hiking :

- ✓ synthetic fibre underwear
- ✓ water-resistant shoes (tennis, bootee, sneakers)
- ✓ hiking shoes
- ✓ windbreaker
- ✓ fleece jacket
- ✓ hat or cap
- ✓ solar cream
- ✓ sunglasses with a string

Dates of departure 2019	RATES
From Sunday 19 th of May to Sunday 26 th of May From Sunday 26 th of May to Sunday 2nd of June From Sunday 9 th of June to Sunday 16 th of June From Sunday 16 th of May to Sunday 23rd of June	610 €
From Sunday 23rd of June to Sunday 30th of June From Sunday 30th of June to Sunday 7 th of July From Sunday 7 th of July to Sunday 14 th of July	640 €
From Sunday 14 th of July to Sunday 21 st of July From Sunday 21st of July to Sunday 28 th of July From Sunday 28 th of July to Sunday 4 th of August	660 €
From Sunday 4 th of August to Sunday 11 th of August From Sunday 11 th of August to Sunday 18 th of August	690 €
From Sunday 18 th of August to Sunday 25 th of August From Sunday 25 th of August to Sunday 1st of Sept.	660 €
From Sunday 1 st of Sept to Sunday 7 th of Sept.	610 €



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