

## Cap Corse to the Castagniccia

8 days / 7 nights

On this cycle holiday you will discover the coast of Corsica as well as its interior. The kilometres follow one another but they are far from being the same; with different landscapes every day. You will meet proud island inhabitants who will want to share their enthusiasm with you for their local culture and gastronomy. This is a great trip that will leave you with fantastic memories of Corsica and will make you want to return for more!

You will be accommodated in carefully selected hotels, rooms in a guesthouse or inns according to the availability at the time of the reservation.

Trip available with our digital road-book.

[Find out about the digital road-book](#) [Prepare your trip](#)

### YOUR PROGRAM

#### Day 1 - Bastia

Your holiday starts in Bastia at your hotel in the afternoon. If you have time to discover the capital of "Haute Corse", it's worthwhile visiting the old port and the citadel. From the old city there are wonderful panoramic views over the sea and surroundings. For dinner, we advise you to go to the old port which has a very lively atmosphere in the summer.

Night in Bastia.



#### Day 2 - Cap Corse

This morning you'll pedal along the east side of the Cape of Corsica, only a stone's throw from the sea. You'll then cross the island to join the west coast of the Cape with its dramatic cliffs. The route is strewn with Genoese and Paoline towers as well as old convents and mills. The landscape, including the small fishing ports is splendid.

Riding distances:

59km (D+ : 1071m ; D- : 1794m ; Min. : 1m ; Max. : 381m)  
or 79km (D+ : 1357m ; D- : 1081m ; Min. : 1m ; Max. : 358m)  
Night stay in a charming village.



### **Day 3 - From the Cape to the Gulf of Saint-Florent.**

Today you'll leave the Cape to pedal southward towards Saint-Florent. According to your chosen route, you will be able to discover the village of Patrimonio, famous in the whole of Corsica for its vineyards. Tastings are possible in the cellars of the village. In Saint-Florent, do not fail to visit the citadel and to stroll around the port and its small commercial streets.

Riding Distances:

31km (D+ : 401m ; D- : 699m ; Min. : 2m ; Max. : 306m)  
or 48km (D+ : 911m ; D- : 1212m ; Min. : 5m ; Max. : 524m)  
Night in Saint-Florent.



### **Day 4 - The Desert des Agriates.**

Today you are in the heart of the Desert des Agriates. From hamlet to hamlet, you cross this superb 'desert' covered in the local maquis scrub (which has a fantastic smell and is amazing in the spring when the maquis is in blossom). Returning to the coast, you will soon arrive at your accommodation, not far from Ile Rousse.

Riding Distances:

48km (D+ : 843m ; D- : 642m ; Min. : 1m ; Max. : 363m)

69km (D+ : 1296m ; D- : 1098m ; Min. : 1m ; Max. : 458m)

or 80km (D+ : 1531m ; D- : 1330m ; Min. : 1m ; Max. : 683m)

Night in a village near to Ile Rousse.



### Day 5 - Villages of Balagne.

Today you'll get 2 options: resting and lazing around or exploring the pretty villages of the Balagne by bike. 2 loops for you today: a short one towards Codole lake or a longer one towards the bewitching stone villages perched in the middle of nowhere, with an astonishing beauty that hasn't changed with time.

Riding Distances:

approximately 30km (D+ : 489m ; D- : 492m ; Min. : 62m ; Max. : 374m)

or 76km (D+ : 1500m ; D- : 1500m ; Max. : 530m)

Night in the mountains, in a 3-star hotel



### Day 6 - The Corsica Inheritance.

You will continue through the villages of Balagne, discovering superb testimonies of the past through ancient churches and convents. You will follow the border of the Natural Park of Corsica to the Golo valley, your stopover for the night. This day will

be marked by the many animals you will meet in freedom: cows, pigs, goats...

Distance to cover :

51km (D+: 957m; D-: 1600m; Min: 129m; Max: 919m)  
or 63km (D+ : 1143m ; D- : 1807m ; Min. : 97m ; Max. : 922m)

Transfer from Ponte Leccia to your hotel in Lucciana (about 45min).  
Night in a 3\* hotel.



### **Day 7 - Loop in Castagniccia.**

This last day of cycling is not the least. It will take you to the villages of Castagniccia known for their chapels, the many natural springs and the ancestral culture of the chestnut. The Royal Milan, this impressive bird of prey, which is very common in the region, will certainly not fail to hover over your heads. You will cross many rivers and streams before coming into view of the coast.

Distance by bike :

Approximately 37 km (D+ 662m/D- 661m/Min. 13m/Max. altitude 629m)  
53 km (D+ 1198m/D- 1332m/Min. 13m/Max. altitude 745m)  
or 60 km (D+ 978m/D- 973m/Min. 13m/Max. altitude 732m)

Second night in your hotel in Lucciana.



### **Day 8 - End of stay.**

After your breakfast, a transfer can be organized towards the airport or the ferry port. End of holiday.

## Additional information

### **TARIFFS**

Price from 790 euros per person.

### **OPTIONS**

Single room : 350 euros per person.

June and September departures : 45 euros per person.

July and August departures : 130 euros per person.

Cost for luggage transfer (to be shared between the number of participants) : 940 euros per person.

Hybrid bike rental : 190 euros per person.

Electric bike rental : 250 euros per person.

Aluminium road bike rental : 275 euros per person.

Carbon road Bike rental : 345 euros per person.

### **INCLUDED**

Nights in hotels or guest houses, in double rooms

Breakfasts

Local telephone assistance

Your personalized application with details of each stage (a smartphone is required).

### **NOT INCLUDED**

Luggage transfer

Transfers not included in the programme

The insurance

Drinks, meals (except breakfasts)

Bike rental

#### **LEVEL OF DIFFICULTY**

This program offers you the choice of distance you wish to ride each day, however, please be aware that on all routes there are a lot of hills! You can adapt the stages to your ability. The distances vary from a minimum of 30km to a maximum of 80km. The longest minimum stage is 63km. The first stage is the longest, but also the easiest in terms of terrain.

#### **CARRYING**

Your luggage is carried by vehicle if you choose this option.

#### **ACCOMMODATION**

6 nights in 3\* hotels, 1 night in local inn.

#### **SIZE OF GROUP**

Minimum of 2 persons

#### **DEPARTURES**

From April to the end of October.

#### **DEPARTURE**

Your hotel in Bastia on the afternoon on day 1.

#### **DISPERSION**

After breakfast on day 8 - near Bastia airport.

#### **HOW TO GET THERE**

Bastia is reachable by plane from several European cities depending on the time of year with Air France, Air Corsica but also Easyjet, Volotea or Ryanair.

By sea, Bastia is reachable with the compagnies : Corsica Ferries, Corsica Linea or La Mériidionale.

Corsica ferries: [http://www.corsica-ferries.co.uk/?gclid=CLyF3O\\_TvroCFa-WtAodIScA5A](http://www.corsica-ferries.co.uk/?gclid=CLyF3O_TvroCFa-WtAodIScA5A)

Corsica Linea: <https://www.corsicalinea.com/>

La Mériidionale: <http://www.lameridionale.fr>

From this city all access is possible by bus and train.

#### **EQUIPMENT TO TAKE**

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive cheklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

#### **BIKES**

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition

- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

#### REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic

- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

#### PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

#### TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

#### FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

#### IMPORTANT INFORMATION

Please note that during the summer months, accommodation in the small villages is hard to find and may mean a small variation to the route. We try to keep any variation to a minimum.