

## The Tour of southern Corsica by road bike

**In hotels, double bedrooms**

**8 days - 7 nights including 6 days of cycling**

**Option : Self-guided cycling with assistance vehicle      Physical difficulty level : 3/3**



The Tour of southern Corsica by road bike: following a loop, starting and finishing at Ajaccio beach, you will cross the south of the 'Île de Beauté' by road bike. You will cycle along the most beautiful roads and over legendary mountain passes (Cols).

From the sea to the mountains, through an extraordinary variety of landscapes, each turn of the wheel invites you to discover a little more of southern Corsica. You leave the Port d'Ajaccio and head to Porto Vecchio. Having taken in the cliffs of Bonifacio, cross through the forests over the Col de Bavella before returning in style to Ajaccio.

### **8 unforgettable days of cycling a legendary loop**

#### **KEY POINTS :**

- Assistance vehicle for more comfort.
- Loop starting and finishing in Ajaccio.
- Circuit between the sea and mountains.

# PROGRAMME

## Day 1 : Ajaccio

Preparation of bikes and check in to your hotel in Ajaccio, on a B&B basis (night and breakfast included).

## Day 2 : From Ajaccio to Propriano

**83 km Alt.+ 930m or 118km + 1630m**

Set off on the adventure along the coast of the gulf of Ajaccio, taking in the sea view. Then descend via winding roads which lead you on to the beautiful beach of Propriano. For those wanting a little more, there is the option to climb the Col de Siu, before a descent down to the beach.

Night on a half-board basis in Propriano.

## Day 3 : From Propriano to Bonifacio

**68 km +920m or 114 + 1720 (with the Sartène loop)**

Numerous options to enhance the day: the Torra Campoloro + 26km there and back, the remarkable site of Tizzano : + 30km there and back, or a beautiful loop through mountain villages, starting in Sartène : + 46km +800m

Continue south, passing through the village of Sartène to reach the beautiful beaches at the south of the island. We then arrive in the town of Bonifacio, guardian of the cliffs and the strait of the same name. Take some time to enjoy the town, discover the old town centre facing Sardinia, which is visible and stands just 9km from the French coast.

Night on a half-board basis in Bonifacio.

## Day 4 : From Bonifacio to Porto-Vecchio

**60km +1100m or 90 km +1420m (with the Col de Bacinu)**

Riding along a straight road, you very quickly arrive in the mountains, in search of the Chapelle San Agostino and several small Corsican villages. Next, for the more athletic riders, it's a good climb up the Col de Bacinu (there and back). At the summit, you join the very beautiful coastal road, which winds around the Gulfs of Giulia and Porto-Vecchio. You then have the opportunity to enjoy some of the most beautiful beaches on Corsica, such as Santa Giulia and, of course, Palombaggio.

Night on a half-board basis in Porto-Vecchio.

## Day 5 : From Porto-Vecchio to Zonza

**58 km +1330 (with the Col de Bavella, there and back) or 90km +1620 (by Conca with the Col de Bavella)**

Set off to discover the mountains with an ascent of the Col de l'Ospedale and its dam.

You then arrive in the village of Zonza. Next, a climb up the magnificent Col de Bavella, a remarkable listed site. The other option is to take a small road along the length of the Gulf of Porto Vecchio. Then, it's another climb to the village of Conca to rejoin the coast. 10km further, and you leave the coastal road to make your mark on the Col de Bavella from the east coast in order to reach Zonza.

Night on a half-board basis in Zonza.

## Day 6 : The mountain loop

**67 km +1070m or 92 km + 1430m (with the Col de Vaccia, there and back)**

Today, you have a pretty loop to visit the mountainous centre of southern Corsica, passing through the small villages of Levie, Santa Lucie de Tallano and Aulène. You have the option to add the Col de la Vaccia to the menu.

Night on a half-board basis in Zonza, in the same hotel.

## Day 7 : From Zonza to Ajaccio

**105 km +1400 (option to reduce the stage)**

We start the morning with a climb up the Col de Saint Eustache, followed by a run along small roads and mountain villages, crossing through typical Corsican forests. From the Col de Saint Georges, you start your final approach towards the sea and Ajaccio. Passage via the Bocca d'Arghja di Bastianu and di Luminataia.

Night in Ajaccio in a B&B.

## Day 8 : Ajaccio

End of trip after breakfast.

## **DURING YOUR STAY**

### **KEY INFORMATION :**

#### **Self-guided cycling with assistance vehicle** (For organised groups of 8+ people):

The assistance vehicle with bike trailer or roof rack will meet you at several points throughout the day's stage, often at the top of the mountain passes (Cols) and will bring you your picnic, water, your extra clothes as well as a complete toolkit in case of any mechanical issues. As a result, you can fully enjoy your day with only a light bag or without needing to carry a bag at all. The driver will also give you advice for each stage, helping you to manage your ride and progress and will, most of the time, be able to answer any questions you may have about the local area.

**For more comfort, we only offer trips with an assistance vehicle for our cycling trips in Corsica.**

### **LUGGAGE :**

You only carry what is needed for the day and your picnic. Luggage will be transported by the assistance vehicle.

**1 bag/person and limited to 15kg/bag.**

### **ACCOMMODATION: 5 nights on a half-board basis, 2 nights on a B&B basis in Ajaccio.**

- **Double bedroom option :** You will sleep in a comfortable hotel, B&B or, sometimes, a 'gite', in a bedroom for 2 people. Sheets and towels are provided. A bathroom will be reserved for you. (Single room option available - see prices on our site).

### **FOOD:**

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

Picnics are not included in the price. Everyday, you have the opportunity to prepare a picnic. Either you buy your own food, the logistician (with the assistance vehicle option) will buy everything necessary at each stage, or you will order your picnic from your accommodation.

### **NUMBER OF PARTICIPANTS :**

From 8 people for the option with assistance vehicle. The departure is not fixed for organised groups of 8+ people.

## BEFORE YOUR DEPARTURE

### **PRICES:**

See the price table on our website <http://www.larebenne.com>

### **REGISTER:**

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

**To contact us and register it's easy! Call us or send us a quick email.**

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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### **Sales contract and deposit**

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

### **Payment of outstanding balance :**

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

### **Validation and confirmation :**

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

### **Formalities**

- A valid official ID.
- European Health Insurance Card in advised: this is a card which attests to your rights to health insurance (necessary treatment is covered), throughout Europe. The card is individual, with your name, and is valid for one year. You can obtain the card with a simple request to your Health Insurance Provider (by telephone or in person); you do not need to provide any documents. You should receive your card in under 15 days. If that is too long, you can obtain an attestation.
- We recommend travel insurance with repatriation included.
- 'Pass sanitaire'

### **DIFFICULTY LEVEL:**

#### **Physical Difficulty Level : 2**

Stages of 58 to 105km per day and from 920m to 1400m

#### **Physical Difficulty Level: 3**

Stages of 90 to 118km per day and from 1400m to 1720m

You are in good physical condition and go cycling on roads, over long distances, at least once a week.

**PERIOD :**

From April to October.

**DEPARTURE AND MEETING POINT:** Depart from Ajaccio

**How to get there :**

By boat (car) : From the ports of Marseille, Nice, Toulon or Gênes. With Corsica Lines or Corsica Ferries.

By plane: Ajaccio Airport.

**THE PRICE INCLUDES :**

- Accommodation and reservations
- 5 nights on a half-board basis, starting from dinner on Day 2 until breakfast on Day 7.
- 2 nights in Ajaccio on a B&B basis (night and breakfast included)
- Maps with the route marked.
- Electronic GPS tracks.
- Luggage transfer.
- 1 LaRébenne vehicle with driver for the duration of the trip.

**THE PRICE DOES NOT INCLUDE:**

- Drinks
- Dinner in Ajaccio
- Personal expenses
- Picnics
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport to the meeting point
- Insurance
- Storage and transport of bike cases and bags with rigid bases (option possible, contact us).

**OPTIONS :**

- +1 day or -1 day.
- Picnics
- Storage and transport of bike cases and bags with rigid bases (only if the assistance vehicle with driver option has been selected and subject to availability)
- Tailor-made programme of stages chosen by you, available for groups of 8+ people.
- Additional accommodation for the night before or after the trip.
- Single bedroom at an additional cost.
- Rental of a customised, high-end bike

**See prices on our website or contact us.**

**INSURANCE:**

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

**We offer 2 options - Multi-risk and Cancellation**

**Package no. 1 - Multi-risk:** full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by ASSUREVER.

**Package no. 2 - Cancellation:** guarantee only in the case of an impediment prior to departure. Coverage provided by ASSUREVER.

**Please refer to the price list on our website, practical information - insurance** (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

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RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –

N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

### **RECOMMENDED EQUIPMENT (non-exhaustive list):**

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible.

2 bags: 1 small saddle or handlebar bag, about 10L, containing what you need for half a day, your phone, camera, raincoat etc.

1 piece of luggage to be transported by the assistance vehicle.

### **BIKE**

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

>Carefully check that the chainrings and number of teeth are suitably adapted to both the route and you

>A well set-up bike computer

>The tyres are well inflated and in good condition

>The cables and chain are in good condition

>Transmission elements are clean and oiled

>The wheels are well attached

>The brakes are in a good state (concerning wear)

>The headset and steerer tube have been checked.

And remember, anomalies are easier to spot on a clean bike!

### **EQUIPMENT FOR REPAIRS:**

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

> 1 spare tyre and 1 inner tube

> A pump

> Tyre levers

> A multi-tool

> Small pliers

> A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

>Brake cables (front and back)

>Cable covers

>Spare spokes

>Derailleur cable

>Chain oil

>A rag

>A lock

### **EQUIPMENT**

>A bike helmet (obligatory!) + a hat and headband

>Bike gloves and warm gloves

>Sunglasses

>Shoes with clips

>Cycle shorts and leggings

>Breathable t-shirt (avoid cotton)

>A race jersey

### **DAILY BACKPACK**

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

> A CamelBak and/or a bike water bottle (3L/day/person minimum)

> 'Race food' (energy bars, dried fruit etc.)

> Basic equipment for repairs (see above)

> A windbreaker (waterproof)

> Suncream (and lip protection)

- > Toilet paper and a lighter
- > A first aid kit
- > Two new (or rechargeable) LR6 batteries for each day (for the GPS)
- > Your mobile phone

### **PICNIC**

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box, and a large elastic band.
- > Cutlery (fork, folding knife, spoon).

### **LUGGAGE**

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

### **PHARMACY**

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Personal medications
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

## **AFTER YOUR STAY**

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

### **CONTACT**

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