

The Tour of High-Corsica by road bike

In hotels, double bedroom
8 days 7 nights including 6 days of cycling

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



The Tour of High-Corsica by road bike: following a loop, starting and finishing at Bastia beach, you will cross the north 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 Corsica. You leave the Agriates Desert to take in the Calanques (coves) de Piana, then ride through the forests over the Col de Vergio, to return in style to Bastia.

8 unforgettable days of cycling a legendary loop

KEY POINTS :

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

PROGRAMME

Day 1 : Bastia

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

Day 2 : From Bastia to Saint Florent

85 km Alt + 1290m – 1287m

Set off on the adventure along the coast of Cap Corse, taking in the sea view. Then descend via winding roads which lead you in to the beautiful town of Saint Florent.

Night on a half-board basis in St Florent.

Day 3 : From Saint Florent to Calvi

105 km +1500m -1500m

Cross the famous Agriates Desert to reach the charming town of Ile Rousse, via the Col de Vezzu.

Then, cycling along the small roads of Balagne, you cross through typical mountain villages to reach Calvi, which awaits you with its famous citadel.

Night on a half-board basis in Calvi.

Day 4 : From Calvi to Porto

80 km +1140m -1090m

Ride along a superb coastal road, perfect for photo opportunities and a quick dip in the sea. Then, a climb up the Col de Palmarella from which you can take in a superb view over the Gulf of Girolata and the Scandola Natural Reserve.

Night on a half-board basis in Porto.

Day 5 : Loop around Porto

93 km +1900m -1900m

Set off to discover the fantastic Calanques (coves) de Piana (which are classed as a UNESCO World Heritage Site). Head on to the village of Cargèse, situated on the Punta di Cargèse and perched on the northern end of the Gulf of Sagone. Ride inland to tackle the Col de Sévi before reaching Porto, where you will stay in the same hotel as the night before.

Day 6 : From Porto to Corte

90 km +1900m -1600m

Explore the mountainous centre of Corsica, passing through the splendid Gorges de Spelunca, the Col de Vergio (1477m) and the Aitone Forest before reaching Corte.

Option to extend the stage to see the Gorges de la Restonia (30km there and back).

Night on a half-board basis in Corte, historic capital of the island.

Day 7 : From Corte to Bastia

115 km +2550m -2950m

Leave Corte and head in the direction of Castagniccia, a region famous for its chestnut groves. This stage, with its mountain setting, transports you to the north-east coast of Corsica.

Night in Bastia on a B&B basis (night and breakfast included).

Day 8 : Bastia

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 Bastia

- **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.

DIFFICULTY LEVEL:

Physical Difficulty Level : 3/3

You are in good physical condition and go cycling on roads, over long distances, at least once a week. Stages vary from 85 to 120km per day.

PERIOD :

From April to October.

DEPARTURE AND MEETING POINT: Depart from Bastia

How to get there :

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

By plane: Bastia Airport.

PLANE:

- You buy your own plane tickets from your preferred travel agency or on the internet, only once you have received written confirmation from us of the departure for your trip.
- We reserve your plane tickets for you.

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 Bastia on a B&B basis (night and breakfast included)
- Maps with the route marked.
- Electronic GPS tracks.
- Luggage transfer.
- 1 LaRébenne vehicle (6 or 9 places) with driver for the duration of the trip.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Dinners in Bastia
- 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

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 from 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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