

GR20 Corsica - The Complete Route

Trip Code: COR

Version: COR Corsica -The Complete GR20



WALK & TREK



GUIDED GROUP



TOUGH



HIGHLIGHTS

- Trek the whole of the GR20, north to south, from Calenzana to Conca
- Enjoy varied terrain from forested slopes to airy ridges and rocky outcrops
- Expertly guided hiking with an experienced and qualified tour leader
- Vehicle support with access to bags where possible so you can walk in greater comfort
- Enjoy restful nights, with 6 night's camping to avoid the busy refuge dormitories

- 20th July 2024 - Available for private group bookings

AT A GLANCE

ACCOMMODATIONS & MEALS

- All meals included
- 4 nights Hotel
- 6 nights Camping
- 4 nights Gite / Hostel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

On this absolutely classic walking holiday you can challenge yourself to walk the complete GR20 Haute Route, on the beautiful Mediterranean Island of Corsica, one of the finest and hardest mountain walking routes in the whole of Europe; what a superb adventure! Rising abruptly from the Mediterranean Sea, with granite peaks soaring to over 2500m, Corsica is known as 'the Scented Isle'.

Famous for its dramatic coastline and pretty, perched mountain villages, the island reveals its most spectacular scenery only to those who are prepared to explore it on foot. Over the course of a truly spectacular 2 weeks we will cover a total of 180km of mountainous terrain, with approx 12,000m altitude ascent and descent, as we trek the entire GR20 route, from the pretty village of Calenzana near the northern coast, all the way down to Conca, in the south east.

As we follow Corsica's granite backbone down through the heart of the island, we will encounter a variety of terrain, which means that everyday is a different challenge; whether it be hiking forested slopes, high pasture and alpine valleys or scrambling airy ridges and rocky outcrops. This unique European trekking holiday offers the perfect combination of Mediterranean sunshine, inspiring scenery and a challenging walking adventure; you'll be returning home with a real sense of achievement.

If you're up for the challenge of completing one of Europe's toughest walking routes, but need to know exactly what's involved? Then read our candid guide to find out if the GR20 is for you: [GR20 - Is It For You](#)

Is this holiday for you?

Completing Corsica's GR20 should be an achievable challenge for experienced mountain walkers. There are some consistently long days, with scrambling sections and high ridge walks; which will require you to be in very good shape, with good hill walking stamina and the ability to move confidently over rocky mountain terrain. On average we will be covering 10 - 15km per day (the longest day being 25km), with 800 -1000m ascent/descent. This equates to around 7 - 8hrs of walking each day, with a few days of around 9hrs (this is not including stops). We can look forward to some full and satisfying hill days, where we will begin at first light and arrive at our nightspot in the early evening.

As the route cannot be fully vehicle-supported, you will be required to carry your sleeping bags, rain

gear, the day's food and additional snacks for the group, along with essential overnight items on 8 of the 13 walking days, though we will make sure to get your main baggage to you wherever possible (6 nights).

If you want to know more about walking Corisca's GR20, including some suggestions of good UK based training walks, then read our candid guide: [GR20 - Is It For You?](#)

Itinerary

Version: COR Corsica -The Complete GR20

DAY 1

Meet at the hotel in Calvi. A single timed transfer from Bastia Airport is provided.

A single timed transfer is provided from Bastia Airport to the group hotel in Calvi where your holiday starts.

Meals: **D**



Accommodation
Hotel

DAY 2

Transfer to Calenzana, the start of the GR20. Trek to Ortu di u Piobbio refuge.

We make a very early start today with a transfer to the village of Calenzana, heading out as soon as there is enough light. Due to the remote nature of our overnight stops, there will be several nights during the holiday where we will not have access to our kitbags. Tonight will be one of those nights and so we will be required to carry our minimum overnight gear, including our sleeping bag, during today's walk. From the signpost that marks the start of the trail we take a sandy path that heads up hill passing through chestnut trees up into the Mediterranean maquis shrublands. The trail loops up to a high airy col, from where the views of the coastline and Calvi are stunning. There is a lot of ascent today. We continue through the pine woods to our first refuge, Ortu di u Pobbio. Tonight we will stay in the refuge, or camp outside. No access to main baggage.

Meals: **B L D**



Accommodation
Camping



Ascent
1500M



Descent
230M



Time
6 - 7 hours walking



Distance
12KM




DAY 3

Trek into the Cirque de Bonifatu and on to the Refuge de Carrozu.

We will cover some really interesting and challenging terrain today as we make the rocky ascent into the cirque of Bonifatu. On reaching the top of the cirque, we stay high and contour around to the other side, enjoying spectacular views as we go. When we finish the traverse, we can enjoy a good downhill section

to the national park refuge of Carrozzu. Surrounding the refuge are high pinnacles of granite forming tall spires. One of them is home to a rare family of Lammergeyer vultures. From the terrace of Carrozzu we can enjoy watching the sun setting into the sea at the end of the day. Overnight Carrozzu Refuge or camping. No access to main baggage.

Meals: **B L D**






	Accommodation Camping		Ascent 795M		Descent 1070M		Time 8 - 9 hours walking		Distance 10KM
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DAY 4

Ascend to the ridge above Lac de Muvrell and down to Haut Asco.

We begin today by crossing the river on an exciting suspension bridge and then ascend the gorge on a rocky path, there are fixed chains to help at times, to the Lac de Muvrella and then we continue up to the ridge above. From here, we have views of the western coastline, as well as the peaks that mark the entrance to the Cirque de Solitude. We enjoy this high traverse to a second col where the rocky descent starts to Haut Asco. We stay at the Hotel Le Chalet in this old ski station, which has been wonderfully refurbished. The hot showers and comfortable beds are well appreciated after the previous 2 nights in refuges! There is a bar and restaurant at the hotel. Tonight we have access to our main baggage.

Meals: **B L D**

	Accommodation Hotel		Ascent 690M		Descent 850M		Time 7 - 8 hours walking		Distance 8KM
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DAY 5

Haut Asco to Bergerie De Vallone.

From Haute Asco we take the marked trail that heads towards Corsica's highest peak, Monte Cinto (2706m) and we cross a ridge at around 2600m to descend to Lac du Cinto. This lies in a beautiful remote valley surrounded by rugged high peaks. From Lac du Cinto we ascend westwards to another high pass, the Bocca Crucetta 2450m, and from here descend to the Refuge Tighiettu and on to our overnight stop at the Bergerie de Vallone. We set up our camp nearby and dine in the cabin restaurant. There are some beautiful natural swimming pools near to the campsite. No access to main baggage.

Meals: **B L D**






	Accommodation Camping		Ascent 1600M		Descent 1600M		Time 10 hours walking		Distance 13KM
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DAY 6

Trek via Ciottolu di Mori (2000m) to Castel di Vergio.

From Vallone we have a leisurely start to the day as the path contours round through the pine woods. The gradient soon changes as the path pulls steeply up to the col above. It will take us around two hours of steady ascent to get to the refuge, Ciottolu di Mori. Situated at 2000m this is the highest refuge on the trek. After a break to fill up with water and enjoy views from the terrace, we continue along a fantastic ridge that heads south before dropping into the Golu valley. We carry on down the valley all the way to our stop for the night at Castel di Vergio, one of the island's small ski stations. Castel di Vergio hotel has been refurbished in the last few years and is very comfortable, with a little shop that stocks a multitude of useful items and food snacks! Access to main baggage.

Meals: **B L D**






	Accommodation Hotel		Ascent 910M		Descent 950M		Time 7 - 8 hours walking		Distance 15KM
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DAY 7

Trek through beech woods and grassy meadows via Lac de Nino to Manganu.

We start the day with easy walking on a horseshoe-shaped trail. After a level start the path climbs uphill through the woods to the Col St Pierre (1452m) where there is a small statue. We walk through beech woods then enjoy an airy ridge walk to the famous pozzine (grassy meadows) area that surround the Lac de Nino where we can enjoy the lush green turf of the lakeshore. At 1743m, this glacial lake is in a lovely, sheltered location, surrounded by a spongy peat, making it an ideal summer grazing ground for horses and cattle. From the lake, the path heads to the shepherd's cabin of Vaccaja (1621m), a fantastic spot, which is a working goat farm, producing some of Corsica's famous goat's cheese. The GR20 continues on for another 20mins across a spongy plateau called the Camputile to arrive at Manganu refuge where we will stay the night in the refuge, or camping nearby. No access to main luggage.

Meals: **B L D**

	Accommodation Camping		Ascent 750M		Descent 565M		Time 7 - 8 hours walking		Distance 17KM
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DAY 8

Ascend to the Breche de Capitellu (2225m) and cross the Col de la Haute Route.

We set off for another magnificent mountain day. A rocky ascent leads from the refuge up to the high breche of Capitellu (2225m). We have splendid views from here of the lakes below and the imposing summits surrounding us. The glacial lake of Capitellu (1930m) is the deepest on the island (40m) with sheer sheets of granite plunging into its depths. Further below is the large apple shaped lake of Melo

surrounded by spongy grass. We make a rocky traverse around and above the lakes and continue on to the Col de la Haute Route passing above yet another lake, the Rinoso. Reaching Petra Piana (1840), a small refuge that nestles on the lower flanks of the Monte Renoso, we can stop off for a break and re-fill water bottles before continuing down the Manganello valley passing by some magnificent rock pools on the way to Tolla bridge (942m). We cross the river and walk the last couple of kilometres up through the forest to L'Onda shepherd's cabin (1385m), where we will set up camp for the night. L'Onda is a privately owned working goat and sheep farm, with a small shop. Hot showers are usually available for an additional charge. No access to main baggage.

Meals: **B L D**






	Accommodation Camping		Ascent 1400M		Descent 1600M		Time 10 hours walking		Distance 20KM
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DAY 9

Trek to the Muratello Pass and descend into the l'Agnone Valley.

Today will be a welcome shorter day, allowing us some valuable rest time in the afternoon. From the L'Onda bergerie, we pull up onto the ridge, where there are some truly fantastic panoramic views, we follow the ridge to the Muratello pass where we cross over and access the neighboring valley. The Monte d'Oro massif dominates, as we make our way down its flanks into the l'Agnone glacier valley below. We continue on to Vizzavona, where there is a vast forest and small railway station that marks the midway point of the GR20. Small dormitory rooms tonight with a cosy dining room in the Monte d'Oro Gite. Access to main baggage.

Meals: **B L D**





	Accommodation Gite / Hostel		Ascent 670M		Descent 1180M		Time 6 - 7 hours walking		Distance 11KM
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DAY 10

Over the pass Bocca Palmente to Col de Verde (1640m).

An early start this morning as we begin our big day of 28km of beautiful trails! Today's walk is long, but the route is relatively straightforward. We walk up to the Bocca Palmente, a pass which offers great views on a clear day to the flat coastal plains and sea lagoons. We drop down the other side and start a long easy section past shepherd's cabins and on to pass near to Capanelle (1640m), which is a small ski station in winter. We are essentially traversing the flanks of the dominating mountain massif, Monte Renoso. We traverse open slopes with wonderful views, cross numerous chutes and runnels of water before our last approach in and out of the forest, to our overnight stop at the Col de Verde (1289m). Col de Verde is a private gite and restaurant in a forest setting. We overnight in either the gite dormitory or in one of the smaller cabins. Access to main baggage.

Meals: **B L D**






	Accommodation Gite / Hostel		Ascent 1090M		Descent 970M		Time 9 - 10 hours walking		Distance 28KM
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DAY 11

Trek across the Col de Rapari and the Col de Laparo (1538m) to the Usciolu refuge (1750m).

From Col de Verde a forest trail ascends up through the woods and onto the high ridge above. We continue along the ridge in a southerly direction to reach the Refuge de Prati. We skirt around the Punta Del la Cappella and two further summits along the ridge before crossing the Col de Rapari. At the second col, Bocca di Laparo (1538m) there is a welcome drinking water spring nearby. The GR20 continues following a ridge passing close to the summit of Monte Formicula to reach the Refuge d'Usciolu (1750m), which we will camp beside. No access to main baggage.

Meals: **B L D**

	Accommodation Camping		Ascent 1290M		Descent 830M		Time 9 - 10 hours walking		Distance 16KM
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DAY 12

Follow a spectacular ridge to the Bocca de l'Agnone, and across the Manganu plateau.

From the Usciolu refuge we follow a superb rocky ridge known as the Arete a Monda which involves some sections of straightforward scrambling. After the rocky ridge the trail goes down through dwarf beech tree woods to a flat picnic area and spring stop. Once at the Bocca de l'Agnone (1570m), there are several trails that lead to the different accommodations dotted around this unique plateau area. It is the highest and biggest plateau on the island, the vegetation and lovely clear waters make it a haven of wild beauty. We have selected a friendly private gite for our overnight stop, at Crocce. We either stay in the gite or camp. Access to main baggage.

Meals: **B L D**

	Accommodation Gite / Hostel		Ascent 450M		Descent 650M		Time 7 hours walking		Distance 15KM
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DAY 13**Trek over the col Bocca di Chiralba (1743m) and the pinnacles of Bavella.**

From our gite, we head in a south easterly direction to the col Bocca di Chiralba (1743m). We then ascend to the ridge above to meet it at 2029m. Here we are in the shadows of the Monte Incudine summit. We follow the trail downhill via the refuge of Asinau to the river in the base of the valley. An easy section through the woods brings us to the alpine path that leads up and over the famous granite pinnacles of Bavella. The most exciting and challenging sections of today's route are towards the end of the day, as we scramble up some rocky slabs; there will be fixed chains there to assist us on the trickiest sections. Overnight gite at Col de Bavella. Access to main baggage.


Meals: **B L D**

	Accommodation Gite / Hostel		Ascent 1000M		Descent 1325M		Time 9 hours walking		Distance 16KM
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DAY 14**Trek to Conca, the end of the GR20. Transfer to hotel.**

The granite spires and pine tree forests make for a memorable last days walk. By mid morning we will arrive at the last of the refuges, Paliri. As we come down out of the mountains there is a real sense of achievement. On arriving in the village of Conca we have a well-earned drink before transferring to our hotel near Bastia airport (approx 3hrs). We are able to relax at this wonderful hotel before having a celebratory final meal in the restaurant here.

Meals: **B L D**

	Accommodation Hotel		Ascent 690M		Descent 1680M		Time 8 hours walking		Distance 20KM
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DAY 15**Departure day.**

The holiday ends after breakfast. Airport transfers are not included.

Meals: **B**

Holiday Information

What's Included

- The group will be led by an experienced and qualified tour leader
- A single timed group transfer from Bastia Airport to Calvi on Day 1
- All road transfers detailed in the itinerary
- All meals
- All accommodation as described
- During the trek a full service - including food and all camping equipment (excluding personal equipment)
- A closed cell foam camping mat
- Vehicle support and baggage transfer

What's not Included

- Travel insurance
- Airport transfers (other than the single group transfer to Calvi on Day 1)
- Miscellaneous expenses - drinks etc
- Any costs incurred should you depart the trip early

Joining Arrangements & Transfers

Day 1

There will be a single group transfer from the airport in Bastia to the group's accommodation in Calvi. This transfer is in the early evening. All clients arriving into Bastia airport earlier than the group transfer on Day 1 can wait at the airport and join this transfer (a local guide or a representative of our local agent will assist).

Day 15

You will need to make your own travel arrangements from the group hotel to the airport in time for your flight; the easiest way to do this is by taxi.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from dinner on day 1 to breakfast on day 15.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Breakfasts will be continental style and usually consist of a hot drink and bread and jam. If you are used to a large breakfast, it may be a good idea to bring some supplements such as cereal bars. Dinner will be a simple meal of home cooked food. At most of the places we stay this will consist of a starter of soup or cold meats followed by a wholesome and carbohydrate-rich main course such as pasta. Cheese and bread is also a large portion of the diet here. In most cases this is a set meal though it is normally possible to ask the hut guardian for more. Lunch is usually a pre cooked pasta/rice/lentil salad, with extra bread, cheese, meat and fruit. For this you will need a plastic Tupperware box (about 0.6 litre), and a fork or spoon. A penknife is a very useful piece of kit for lunches as well. In some places your lunch box will be filled for you overnight and in others you will be given a sandwich type lunch. A trail snack is also provided each day and you can purchase these at some of the huts and gites, but you may wish to supplement this with additional snacks brought from home.

Please note that it can be difficult (but not impossible) to cater for vegetarians on the GR20. The refuges are isolated and depend upon local produce so if you are a vegetarian you should be prepared for a more restricted choice and a repetitive menu. Your lunch choices will be limited and often only omelettes or basic pasta dishes will be available in the evening. We recommend that you bring your own supply of protein (eg nuts and seeds) to ensure you can keep up your energy levels, as this may not be provided in the quantities you require otherwise. It may also be able to purchase nuts etc... en route at some of the accommodations.

Unfortunately it will not be possible to cater for any other dietary requirements.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will have 4 hotel nights. The other nights during the trek we make use of park refuges, or small privately owned gites, either staying in the non-segregated (mixed female/male) dormitory-style sleeping arrangements or camping outside. Camping is often a better option to staying in the busy dormitories. On camping days group members will put up their own tents, which are held in storage at each of the gites/refuges. Whilst camping outside the refuges, we will still have use of the toilet and washing facilities. Please note that washing facilities at some of the refuges are simple and the water can be cold. Our evening meals will be also provided by the refuges and these will be taken in the basic dining area provided.

It is possible to provide Single rooms (however these are very limited), but not single tents on this holiday. In the hotels the rooming is either on a twin, triple or quad sharing basis. If you are travelling by yourself you will be paired with other travellers of the same sex. Additional hotels nights in Bastia are available, please contact the KE office for prices.

Please note: it is not possible to bring your own tent o this holiday.

Group Leader & Support Staff

The group will be led by an experienced and qualified tour leader,

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

Spending Money

Approximately €300 should be sufficient to cover your personal expenses including snacks, drinks, some tips and the final airport transfer. Bottled water, soft drinks, beer and wine are available at many of the refuges on the route, but can sometimes be expensive. If you are intending to buy expensive souvenirs, you should budget accordingly. You should bring this money with you in cash Euros as there will be no opportunity to change money once the trek starts.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. It is important to remember that tipping is voluntary and should be dependent on good service. How much to tip your guide and local staff is entirely up to you, but we do recommend that you give any tips together as a group.

Additional Information

Costs for early departure

This is a very challenging trek, which is reflected in the grading. In Corsica we work with qualified IML mountain guides who work to strict safety standards and you should note that if they feel that your physical condition or performance is detrimental to the safety, welfare and wellbeing of the group as a whole, or if they feel that your general wellbeing is put at risk by continuing, you will be asked to leave the tour. You will only be asked to leave at points where there is close road access to return to Calvi or Bastia and you will be reunited with your baggage at the earliest opportunity. From the point of your evacuation you will be expected to cover all of your expenses, although our local agent will offer assistance with making alternative travel and accommodation arrangements either to remain in Corsica or travel home early. You may be able to claim for any additional expenses incurred due to your evacuation through your travel insurance.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft bag such as a KE kit bag, and one 45 litre rucksack. For international flights please check your baggage allowance with your airline. During the trek your main baggage will remain in the support vehicle and you will have access to this on a total of 8 nights. There will be 6 nights where you do not have access to your main baggage. Effectively, this means that on 10 days you will be carrying your sleeping bag and any overnight essentials.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It is essential that you spend time getting relevant exercise. The fitter you are, after all, the more enjoyable you will find the experience. You should be getting out and doing a challenging cardiovascular fitness regime leading right up to your trip. You need to develop considerable stamina and endurance. You should be used to your hiking gear, which means that you are comfortable with your rucksack and used to carrying a certain weight. You need to have walking shoes/boots with excellent grip soles that you are used to, two poles that you know how to walk with and a camel bag (both of which we strongly recommend).

Climate

The temperatures that we can expect to encounter can be far ranging anything from freezing to 30°C. The micro climates in Corsica make the weather very unpredictable and fast changing. Be ready for hot sunshine, storms, harsh wind, rain, hail and snow cannot be ruled out in the summer months either. You can experience a whole range of conditions in the same day from minus temperatures through to severe heat and sun. For departures earlier in the year there is a stronger possibility of snow on some of the higher passes, on rare occasions with higher than normal levels of snow this can mean we need to transfer round this section - this transfer would be included in the trip cost and is not an extra charge as mentioned in the 'Additional Information' section.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- GR 20 Corsica. Paddy Dillon (Cicerone Press).
- Corsica Walking Guide. Bergverlag Rother GMBH.
- Corsica. Insight Guide.

Maps

GR20 2 map set 1:60,000 Libris

2 large scale maps showing the entire GR20, a useful guide Derived from IGNs with contour interval of 50m. and relief shading and spot heights. GR and other trails are shown. Though not at the detailed scale of the IGN, these are probably the better option for following the route without having to bring lots of maps.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following check list should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers

- Waterproof overtrousers
- Shorts
- Underwear
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Windproof/waterproof jacket
- 2 trekking poles – highly recommended
- Sunhat
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Sleeping bag (comfort rating 0°C)
- Daypack c. 45 litres
- Headtorch and spare batteries
- Sun protection (including for lips)

Water bottles x 2 (1 Litre) or 2 litre Camelbak/Platypus style drinking system. We highly recommend camelback/platypus system for this trek. (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets

- Washbag and toiletries
- Small towel
- Toilet paper
- Antibacterial handwash
- Tupperware lunch box (0.6 litre)
- Fork & spoon
- Penknife
- Small padlock (to lock trek bag)
- Insect repellent

Basic first aid kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium)

- painkillers, plasters and blister treatment, antihistamine cream/tablets (in case you get bitten!) and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.

The following items are optional:

- Sleeping bag liner
- Thermarest (note that closed cell foam mats are provided)
- Waterproof daypack cover - recommended
- Gaiters
- Trainers or sandals
- Spare laces
- Earplugs (particularly if you are not the one snoring!)

- Swimwear
- Travel clothes
- Repair kit – (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

You will not have access to your main trek bags on 6 nights. Effectively, this means that on 8 days you will be carrying your sleeping bag and any overnight essentials.

In recent years some of the national park refuges have suffered from outbreaks of bed bugs. We minimise this risk by only staying at national park refuges on 6 nights of the trip and using tents if possible when staying at the refuges. However to be extra safe we would recommend taking a bed bug proof under sheet and spraying your sleeping bag and liner with an insect repellent such as Lifesystems EX4 spray. (be careful using DEET based insect repellents as they can melt plastics)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Bastia. For clients making their own flight arrangements, Bastia Airport is the most convenient for transfers to the group hotel.

Why Choose KE

Why KE

If you want to walk the WHOLE GR20 then this is the itinerary for you. This is the real route and the whole trail from Calenzana in the north, all the way to Conca in the south-east. We avoid the busy refuge dormitories with 6 nights camping and the itinerary is also designed to allow you access to your main baggage on many nights, so you can carry less and enjoy more! With everything except your travel insurance, airport transfers and miscellaneous expenses included, you have little to worry about except enjoying the journey.

Please Note This document was downloaded on 13/05/2024 and the trip is subject to change