

## 4 days biking: Gulf of St Florent & Cap Corse

4 days / 3 nights

During four days, this tour allows you to discover some of the most beautiful sites in Corsica. Hop on your bike and cycle around the wild and windswept Cap Corse, village to village, the enchanting town of Bastia and St Florent's glorious beaches.

[Prepare your trip](#)

### YOUR PROGRAM

#### Day 1 - Bastia

Your trip starts in your hotel in the afternoon. This will give you plenty of time to discover the capital of northern Corsica in the morning. The delightful old port, freely accessible citadel and old part of town offer spectacular panoramic views over the sea and the surrounding mountains. In the evening, we recommend that you walk around the old port to enjoy its lively atmosphere.

Night in a 3-star hotel in Bastia.



#### Day 2 - The Cape of Corsica

In the morning, you will start cycling northwards along a coastline road, with beautiful rugged landscapes of cliffs and jagged shores. You will then cross the island to reach the West Coast. As you descend the Cape, maquis-shrouded hills, dotted with crenelated old Genoese towers, will quickly unravel before your very eyes. The west side of the Cape also holds a magnificent cluster of tiny fishing ports, set against sublime turquoise waters.

Night in a 2-star hotel in Canari

Distance :

59 km (D+ : 1071m ; D- : 794m ; Min. : 1m ; Max. : 381m)

or 79 km (D+ : 1357m ; D- : 1081m ; Min. : 1m ; Max. : 358m)



### **Day 3 - From the Gulf of St Florent to Lucciana**

After leaving the Cape, you will head south in the direction of St Florent. Depending on which itinerary you choose, you will have the opportunity to ride through Patrimonio, the Corsican capital of wine-making, via the Col de Teghime or a superb little-known back road. Both roads offer stunning views over the Gulf. Once you have reached St Florent, you will be able to enjoy strolling down the port and the town's enchanting little streets. A visit of the citadel is also recommended.

Wine tasting classes in the cellars of Patrimonio can also be arranged.

Night in a 3-star hotel near Bastia airport.

Distance:

approximately 65km (D+ : 966m ; D- : 1257m ; Min. : 0m ; Max. : 552m)

or 67km (D+ : 1044m ; D- : 1316m ; Min. : 0m ; Max. : 434m)



### **Day 4 - Your trip ends here**

Your trip ends here after breakfast. Possible transfer to the port or airport of Bastia. Please contact us for more details.



## Additional information

### TARIFFS

Price from 520 euros per person.

### OPTIONS

Supplement for single bedroom : 200 euros per person.

Supplement for mid-season departure (June and september) : 25 euros per person.

Supplement for high season departure (July and August) : 55 euros per person.

Hybrid bike rental : 125 euros per person.

Electric bike rental : 140 euros per person.

Aluminium road bike rental : 160 euros per person.

Carbon road Bike rental : 180 euros per person.

### INCLUDED

Luggage transfers

3 nights in hotels, inns or B&Bs (double bedrooms)

3 breakfasts per person

Information package with gps maps and road-books on our app (a smartphone is required).

Local assistance

### NOT INCLUDED

Transport options to the meeting point and from the point of dispersal

Meals and beverages

Personal travel insurance

Bike rental

Everything not mentioned on the "included" part

**LEVEL OF DIFFICULTY**

You need to be in good health and have a good fitness level.

**CARRYING**

Luggage transfers by vehicle. You only need to take with you what you wish to have available during the ride (wallet, camera, picnic lunch, water etc.).

**ACCOMMODATION**

Nights in 2/3\* hotels, inns or comfortable B&Bs (double bedrooms).

**SIZE OF GROUP**

From two.

**DEPARTURES**

Every day from the beginning of April to the end of October.

**DEPARTURE**

In the afternoon, in your hotel in Bastia. Meet in Bastia on day 2 at 9.00am for the bike delivery. Contact us for assistance with your travel arrangements.

**DISPERSION**

Your hotel near Bastia airport after breakfast on day 4. Possible transfer to the port or airport of Bastia.

**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 companies : 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 checklist) :

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.