



HIKING & SINGING IN CORSICAN (8 days)

 Light backpack	POLYPHONIC SONGS  SPEAKING IMMERSION   MINI BUS TRANSFERS	 Charming hostel or guesthouse	 Easy or Mid-walks from +/- 150 to 800 m	 3 to 6 hours walking
Dates: from saturday to saturday , from the 14th to 21st of may, from the 13rd au 20th of august and the 12th to 18th of september				

Hiking and Corsican polyphony - Active Stays

Outstanding experience both for the beauty and diversity of coastal landscapes, villages and mountains and the quality of the singing teacher Letizia Giuntini: let yourself sing with your heart: polyphonic traditional "padiella", "Lamentu", etc ... work both harmony and voice. A rich encounter course, sharing and exchange at the programme

Day 1: Departure from Calvi -Punta della Revallata: Follow this path to the chapel of Our Lady of Grace and then switch on the wild side and east coast to the discovery of the coastal flora until you reach the sea, coming back on a coastal path to the foot of the Citadel. Loop 4h - +/- 300m - transfer to Calenzana later in the afternoon.

Day 2: transfer and hiking between the medieval villages of Balagne paths between crops and villages with vaulted fountain, church, chapels and convents, immersion in real Corsica, the one of the villages. +/- 500 to 800m -Loop 4 to 6 hours. Back to Calenzana for a first course of traditional polyphonic singing with Letizia (in the late afternoon or evening).

Day 3: up early for the active part of of the stay: short transfer to enter the sumptuous circus of Bonifatu, you will follow the stream Lomitu and cross several streams through the forest until reaching Gateway Spasimata, picnic and a visit to the keeper shelters of the GR 20 before coming back quietly through the forest of Bonifatu. +/- 850 m - 6 hours of walking. Back to Calenzana for a traditional polyphonic singing lessons with Letizia (in the late afternoon or evening).

Day 4: a beautiful musical hiking, and culinary heritage Lumio Calenzana: climb to the ruined village of Occi for an exceptional concert Letizia Giuntini in

the renovated chapel, crossing the plateau of the Notre Dame Stella, passage of the Col de Salvi and long descent through the Pagliaghju, the hermitage of San Rainieru visit the oil mill and cellar Lunghignanu Alzi Pratu +/- 600m - 6 hours of walking. Back to Calenzana for a traditional polyphonic singing lessons with Letizia (in the late afternoon or evening).

Day 5: Transfer to Battaghja amid the white oaks for a breathtaking view of the high peaks of the island of Corsica, the boundary between Balagne and Giunssani, ascent of Monte Tolu on a Course peak, a beautiful mountain stage: From 350 +/- 700m -Loop 4 to 6 hours. Back to Calenzana for a traditional polyphonic singing lessons with Letizia (in the late afternoon or evening).

Day 6: Transfer and loop above Mont'Estremu: beautiful views of the valley of the Fangu, picnic : + 400 m / - 400 m. 4 hours walk. Back to Calenzana for a traditional polyphonic singing lessons with Letizia (in the late afternoon or evening).

Day 7: Transfer to the desert of the Agriates for a nice loop in the Ostriconi between troglodyte shelter remains of cereal agriculture : + / 250 500m -Loop 4 to 6 hours. Concert by a local band.

Day 8: Lumio & Sant'Ambroggiu: last day and last step coastline towards the tip of Spanu for a day of relaxation between creeks: +/- 200m. 3 hours walk. Back to Calvi by the train tracks in the late afternoon. The end.

Price of the Stay for 7 days in cottages & charming inns: from 915/1195 euros

Includes half - boarding house (dormitory) or cottage, barn or bedroom (2-4 people) charming inn with typical meal family mountain food, picnics for lunch in nature, decorated with typical local products, coaching and organising the trip accompanied by a state certified professional, transfer listed vehicles running food (traditional cakes: canistrelli and dried fruits), 5-6 polyphonic singing lessons in mid-afternoon or evening with a professional singer, a concert on Friday night.

Not included: the journey Continent / Corsica and transportation to the meeting point and the finishing point, drinks and personal expenses, cancellation / repatriation insurance, your hiking equipment, concerts and other inputs events taking place in parallel with the stay.

Difficulty of stay: little difficult (2 *) and accessible practice of singing is highly recommended.

Portage backpack with business for the day and picnic lunch.

Transfers: mini bus and private car beyond 8 participants.

Group: 12 people



TREKORS- Monticello - 20122 QUENZA

Tél: 04 95 71 66 25- Contact : Julie Michel : 06 84 44 71 66

Site : www.trekors.com - Like our facebook page : **TREKORS Randonnées-** E-mail : montagnetrekors@gmail.com

N° SIRET: 510939937 00031 - N° DRJS: 02A08ED0077 - ETAPS: ED000000169309

RC Pro Opérateur de voyages : MMA IARD : 107482250

Garantie GROUPAMA ASSURANCE-CREDIT : 4000713764/85503 - Immatriculation Atout France:ROVS01505347