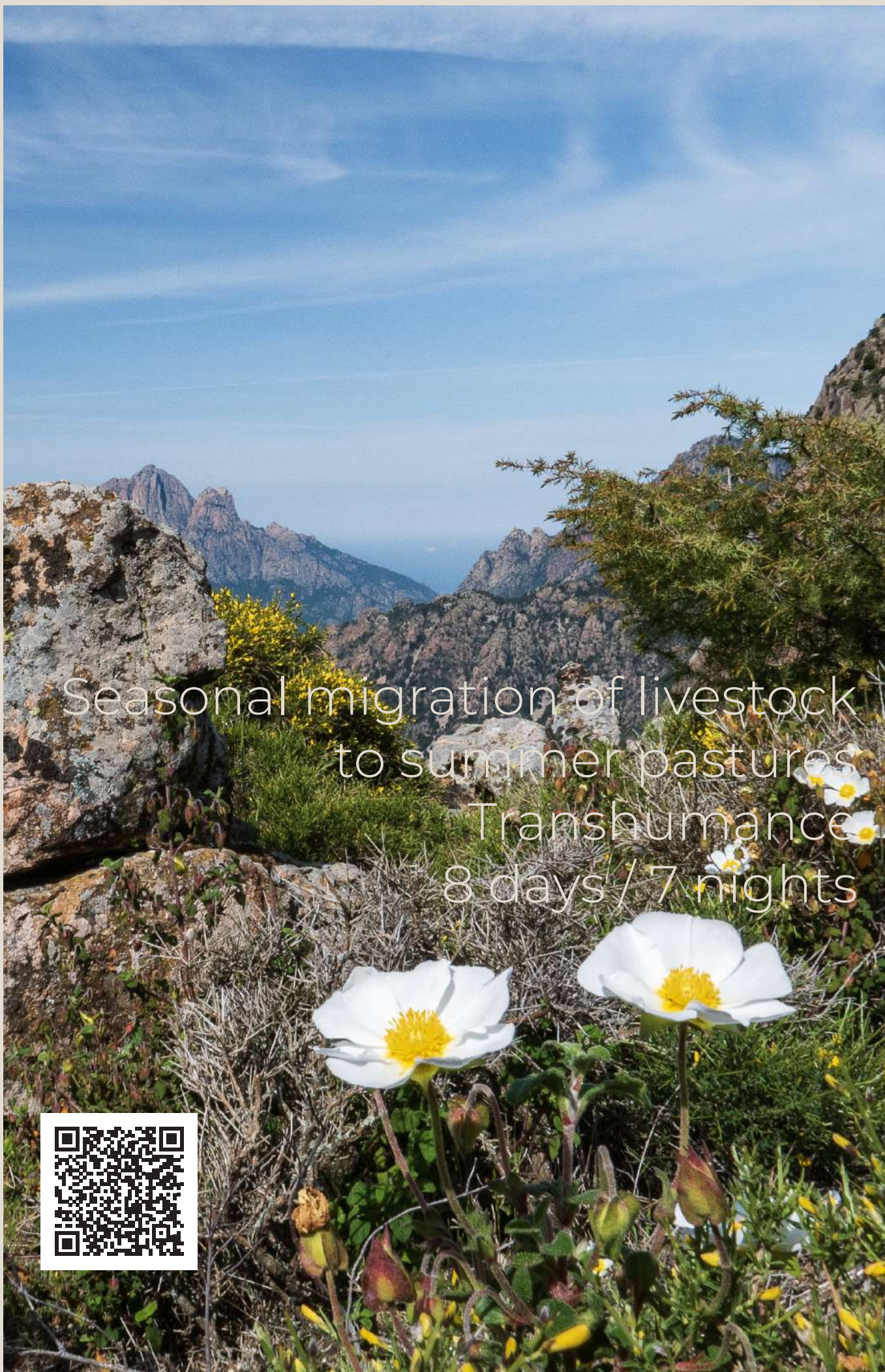
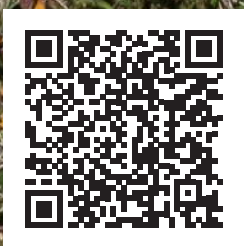


# antiochian-courses



Seasonal migration of livestock  
to summer pastures  
Transhumance  
8 days / 7 nights





# The Trip

This hike will allow you to discover a little-known aspect of the island: it will take you from the highest mountains in central Corsica to the chestnut capital, Evisa.

The trails you will follow are all ancient paths used since the 14th century for transhumance (seasonal migration of livestock to summer pastures) and trade between the mountains and the coast. Chestnuts, cheese, lemons and olives were transported by mule. Larch, used in construction and for ship masts, was also transported by cart.

On the «Sentiers de Transhumance» (Transhumance Trails), you will follow in the footsteps of the shepherds who moved their flocks between the highlands of central Corsica and the sea, following the rhythm of the seasons. The walk starts in Corte, the historic heart of Corsica, and continues to Evisa. On the way, you will pass through a variety of landscapes and exceptional natural sites: high altitude lakes overlooked by the highest peaks in Corsica. On the descent, the forest paths cross rivers and streams that hide numerous natural pools.

A natural environment where you can relax, bathe and dream.  
Quality accommodation where available.

## The best time

From 24 June to 25 August 2025: departure possible every day.

Other dates:

Departure possible every day

Except Sundays and 1 and 22 May

In April and May, we recommend our Western Coast and Southern Mare e Monti circuits, where the temperature is ideal.

# Itinerary

## Day 1 Visit to Corte

Welcome to Corte in the late afternoon.

We will greet you on arrival and take you to your guest room, a large and charming residence. It is a country inn at the entrance to Corte, ideal for visiting the citadel and the old town.

Dinner in a restaurant with a family atmosphere.

## Day 2: Restonica Valley & Alzu Plateau (1,650 m)

Start the day with an exceptional breakfast, carefully prepared by your hosts. Then a short 15 minute drive to the starting point of the hike in the Restonica Valley. You will follow an old path that climbs steadily and offers magnificent views of the famous Restonica Valley. Eventually you reach the ridge and discover the Alzu plateau. A summer pasture still used by shepherds who bring their sheep up here, the Alzu plateau is dotted with sheepfolds.

At the beginning of July you can even see how Brocciu cheese (a type of ricotta) is made!

As a bonus, there is a magnificent view of Corsica's two highest massifs, the Cintu and the Ritundu.

Dinner in a restaurant that combines traditional dishes with flavours from other parts of the world.

Height difference: +/- 660 m

Duration: 5.30 hours

## Day 3: Tavignano Valley

We follow the Tavignanu Valley along an old mule track. This path is now used by the Mare a Mare Nord.

In places it has preserved some beautiful cobbled sections. As you progress, the gorges narrow and the path crosses the torrent via the Russulinu suspension bridge. On the way back, it is possible to make a loop to follow the river and swim in the large pools of Tavignano.

Dinner at the agriturismo for a meal prepared with farm products.

Normal walk: Height difference: +/- 520 m

Duration: 3 hours 30 minutes

Longer walk: Height difference: +/- 610 m

Duration: 5.30 hours

## Day 4: La Scala di Santa Regina

Transfer to the micro-region of Niolu, which used to have the largest community of shepherds in Corsica. You will walk along an ancient path that still has some beautiful cobbled sections. You will cross the Scala di Santa Regina.

This path winds through the heart of a steep rocky massif. It passes a large waterfall and continues to a viewpoint. It then joins the Ruda river, which it crosses over an old Genoese bridge with beautiful pools for swimming. It then climbs to join the Niolu, where you will spend the evening in Calacuccia, the largest village in the area.

Height difference: +850 and -550m

Duration: 5.30 hours

# Itinerary

## Day 5: Lake Nino

The hike starts in the Valdu-Niellu forest. The path begins in a splendid Laricio pine forest and then becomes more mountainous.

The path becomes steeper when it reaches the Col de Stazzone. The view is magnificent: the Cinto massif on one side and Lake Nino on the other, with its green, flat meadows dotted with pools of water, known in Corsican as «pozzines».

After your picnic at Lake Nino, the walk continues along the famous GR20.

This ridge-top path offers magnificent views of the gulfs of Porto and Cargese. Following the GR20 you will reach the Vergio Pass.

Overnight on the Vergio Pass in a very GR20 atmosphere.

Height difference: + 880 m and - 630 m

Duration: 5-6 hours

## Day 6 Radule Waterfall and Ciotulu di I Mori Refuge

Circular walk around the shepherds' huts and the Radule waterfalls. On the way: shepherd's huts, forests and swimming in crystal clear mountain streams. The more challenging walk takes you to the Ciotulu di I Mori refuge, the highest refuge on the GR20. The ridge path offers wonderful views over the Gulf of Porto and the entire Niolo area.

Extra night in Vergio with the GR20 walkers.

Normal walk: +/- 250

Duration: 4 hours

Sporty route: Height difference: +/- 700 m

Duration: 6 hours

## Day 7: Mare e Monti - Chestnut walk

From Vergio to the village of Evisa (850m), following the Mare e Monti Nord trail, the path descends through the splendid Aitone forest.

A short detour leads to the Saltu Pass.

The path crosses the Aitone river on a long footbridge, where there is a series of beautiful natural pools with waterfalls. The walk continues along a signposted path, an educational trail about chestnut groves and the chestnut tree, the breadfruit of Corsica.

Overnight in a hotel in the small typical Corsican village of Evisa.

This is an opportunity to take home some Corsican products such as honey, candied chestnuts, charcuterie and Corsican cheeses.

Normal walk: Height difference: + 220m and - 800m

Duration: 4.30 hours

Longer walk: Height difference: + 350m and - 930m

Duration: 6 hours

## Day 8: Ajaccio end of tour

Bus transfer to Ajaccio (arrival at 10.15am).

You can visit Ajaccio by following a route through the pedestrian streets, the religious buildings and the citadel, which will allow you to

# Prices & Information

Dates	Prices*	From 4
From 15 May to 14 July 2025	1 090€	1 040€
From 15 July to 15 September 2025	1 240€	1 190 €

\*Price per person based on 2 people

Single room supplement from €290-€350 depending on the period

## The price includes

### Accommodation :

3 nights in a bed and breakfast in Corte, in a magnificent residence

1 night in a \*\*\* hotel in an old building, completely renovated in pure Art Deco style.

2 nights in a mountain hotel with a GR20 atmosphere

1 night in a \*\* family hotel

### Meals :

Half board, breakfast and dinner in restaurant, table d'hôte or hotel (except picnic, light refreshments)

In Corte, dinner at a restaurant or farmhouse inn

In Vergio and Evisa, dinner at a hotel

All breakfasts on site, in a hotel or bed and breakfast

5 picnics (from day 2 to day 7 (except day 5, easy supplies)

### Transport :

Transport on days 4 and 5 Luggage

### Luggage transfers:

Luggage transfer between each accommodation.

### The travel diary:

Issued once you have paid for your stay, it includes a day-by-day description of the itinerary, the route marked on a 25,000° map and practical information.

## The price does not include

Picnic on day 5 (grocery shop at the foot of the hotel)

Dinner on day 4 in Calacuccia (choice of restaurants)

Bus transfer from Evisa to Ajaccio on day 8 (allow €12/person)

Wine with meals, drinks and other personal expenses.

Cancellation and repatriation insurance, if you have not taken this option.

Any changes to the programme are at your own expense.