



## Cycling and wellness week-end in Calvi

3 days / 2 nights

A weekend of relaxation and fitness in the Bay of Calvi with bike and massage activity.

This part of Corsica, Balagne, is very bright and full of charm. This tour allows you to break away from the routine and recharge your batteries for a weekend: physical activity, relaxation, tastings, beaches, traditions ... all ingredients are together for a beneficial getaway for the body and the mind.

[Prepare your trip](#)

### YOUR PROGRAM

#### **Day 1 - Loop 1: The Calvi's coast by bike - 60 km - D + 900 m (easy)**

From the beginning, the discovery of the rich plains of Figarella is sumptuous. Then switch to the coast with this beautiful road in balcony.

#### **Day 2 - Loop 2: Monte Cinto - 90 km - D + 610 m (medium)**

Monte Cinto is the highest peak of Corsica (2706 m). It will be your point of reference throughout this stage inland between Calvi and Belgodère. You can choose to go back and forth by the same road, with different views in one direction and the other, or choose a return by the sea through Ile Rousse. There's nothing for it but to dive and relax on your arrival in Calvi bay.

#### **Day 3 - Loop 3: In the heart of Balagne - 100 km - D + 1910 m (advanced)**

The Balagne area, located on the west side of Corsica, is a exceptionally beautiful. Many discoveries await you there. You will go to L'Île Rousse along the coast. A wine tasting at Clos Culombu in Lumio is a must (Monday to Saturday, 9 am to 7 pm and Sunday, 10 am to 1 pm and 3 pm to 7 pm). You will then go through the picturesque villages that make the charm of authentic Corsica.

### Additional information

#### **TARIFFS**

Price from 360 euros per person.

#### **OPTIONS**

Single supplement : 300 euros per person.

Middle season supplement (May, June and September) : 70 euros per person.

Single supplement middle season (May, June and September) : 230 euros per person.

High season supplement (July and August) : 165 euros per person.

Single supplement high season (July and August) : 310 euros per person.



Extra night B&B double : 72 euros per person.

Extra night B&B single : 118 euros per person.

Extra night B&B double middle season (May, June and September) : 92 euros per person.

Extra night B&B single middle season (May, June and September) : 170 euros per person.

Extra night B&B double high season (July and August) : 118 euros per person.

Extra night B&B single high season (July and August) : 222 euros per person.

Hybrid bike rental TREK FX2 (delivery and repatriation included) : 115 euros per person.

Ebike rental TREK UM3+ (delivery and repatriation included) : 150 euros per person.

Road bike rental aluminium TREK Domane AL3 (delivery and repatriation included) : 165 euros per person.

Road bike rental carbon TREK EMONDA SL6 (delivery and repatriation included) : 200 euros per person.

### **INCLUDED**

Nights in a double room in a 3-star hotel with swimming pool

The breakfasts

Transfers arrival and departure airport >< hotel

An IGN map "bike" 1: 100 000 with the route and topos for each stage

Telephone assistance during the tour

A 30 mn massage (we specify your preferred day for the organization and reservation)

### **NOT INCLUDED**

Meals (lunches and dinners)

Bicycle rental (optional)

Transfers not provided in the program

The insurance

Site visits

Optional activities on the program

Personal expenses

### **LEVEL OF DIFFICULTY**

All the loops are presented in a notebook with 3 proposals, from 60 to 100 km. The order in which you make the 3 loops is free. Less long loops are possible on request.

### **ACCOMMODATION**

Contemporary style 3-star hotel with free Wi-Fi, fitness room, outdoor pool, indoor lap lane, SPA, overlooking the Bay of Calvi.

### **SIZE OF GROUP**

From 2 persons.

### **DEPARTURES**

Possible every day, between April and October.

### **DEPARTURE**

Starting at your arrival at Calvi's airport and transfer to your hotel.

### **DISPERSION**



After your breakfast on the last day, transfer to Calvi's airport.

## HOW TO GET THERE

Calvi Sainte Catherine is one of the 4 international airports in Corsica.

Regular and direct flights from and to London (Stansted), Germany (Cologne), Austria (Salzburg and Vienna), Belgium (Brussels Zaventem et Charleroi), France (Lyon, Marseille, Nice, Paris Orly), Luxembourg and Swiss (Basel, Geneva).

Schedule:

<http://calvi.aeroport.fr/en/direct-flight-destinations/>

## 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.