



Organized e-bike ride: the Nebbiu heights

Half-day, morning or afternoon. App. 3h ride

This very pleasant ride in the hills takes place on quiet roads. The climbs that you will experience are largely facilitated by the use of our electric bikes. You'll have plenty of time to enjoy the Lancone gorge, the Murato chapel and even the panoramic view over the Gulf of Saint Florent. Once the last remote village is crossed, you will return to our office via a long and enjoyable descent on the main road.

[Prepare your trip](#)

YOUR PROGRAM

Day 1 - The Murato loop - 37 km

From our Corse Active office in Borgo, you will escape to the surrounding hills for a very pleasant cycle ride on seldom used roads. The climbs are made much easier by the use of our electric bikes. Take your time to enjoy the surrounding landscape of the Lancone gorge, the Murato chapel and even a panoramic view of the Gulf of Saint Florent. After crossing the last remote village on the itinerary, you will make your way back to the office via the main road. Take care on this long but fast descent!

Allow between 3 and 3.5 hours for the trip, including the time for the bike rental.

Distance : 37km (D+: 709m ; D-: 710m ; Min.: 3m ; Max.: 557m)





Additional information

TARIFFS

Price from 54 euros per person.

OPTIONS

Helmet : 5 euros per person.

INCLUDED

Half-day e-bike hire

Information package about the route

Support vehicle with driver

NOT INCLUDED

Beverages

Insurance

Visits of tourist sites

LEVEL OF DIFFICULTY

Easy ride for everyone thanks to the electric-powered bicycle!

Participants must be 5.1 ft or above because of the e-bikes size.

SIZE OF GROUP

From 4 people

DEPARTURES

From June to September.

Every Tuesday morning at 9:30am and every Thursday afternoon at 3pm, upon registration.

Day and time of your choice for any group consisting of minimum 4 people.

DEPARTURE



Corse Active office, Strada Vecchia, Borgo

DISPERSION

Corse Active office

HOW TO GET THERE

We are located at 7 Strada Vecchia in Borgo, Valrose ZI.

Take the T11 to the roundabout N ° 4 (Multari roundabout), at the junction of Borgo and Biguglia.

Then take the alley along the Avenue de Valrose.

Turn right at Corse Piscine.

You will find us at No. 7 and No. 10 (gray garages on the right).

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.

IMPORTANT INFORMATION

Participants must be 5.1 ft or above.

SAFETY INSTRUCTIONS

Helmet is compulsory up to 12 years-old.