

About this trip

- Region: North of Corsica (Cap Corse and Balagne areas)
- 6 days / 6 nights => 4 charming accommodations (ecolodge or guest houses style depending on availability superior quality, comfortable and clean with space for daily yoga practice)
- Focus Biking (ebike option), small hikes & Yoga

#### **INCLUDED**

- Delicious meals (locally sourced & fresh products): pique nique style for lunch and seated dinners (2 meals excluded)
- Daily activities: biking (bike fit on the first day certified cycling guide (Margaux) - (from 25kms to 60kms)
- Visit small villages of Cap Corse and Balagne (free time to explore) - Cultural immersion
- Daily yoga practice with Ghaith (certified yoga teacher)
- A relax day with boat ride & beach time
- Car support for the riders and luggages transfers

### **DOES NOT INCLUDE**

- Transport from your place of residence to the first accommodation of this retreat
- Travel insurances, repatriation, cancellation in the event of illness...
- Please bring your own yoga mat & beach towel

PRICE: From 1750€ (private room with extra charge)



#### 2 Sept 3 Sept 1 Sept Welcome to Corsica North of the "Cap" Nonza & Patrimonio

Arrival from 4 p.m., evening yoga, welcome ceremony and dinner with Corsican flavor

Yoga, half day cycling (25km), coastal walk and dinner at the hotel

Yoga, cycling day (60 km) on the west picnic on the beach, side of Cap Corsica, picturesque landscapes

## 4 Sept Relax day

# 5 Sept Towards "Balagne"

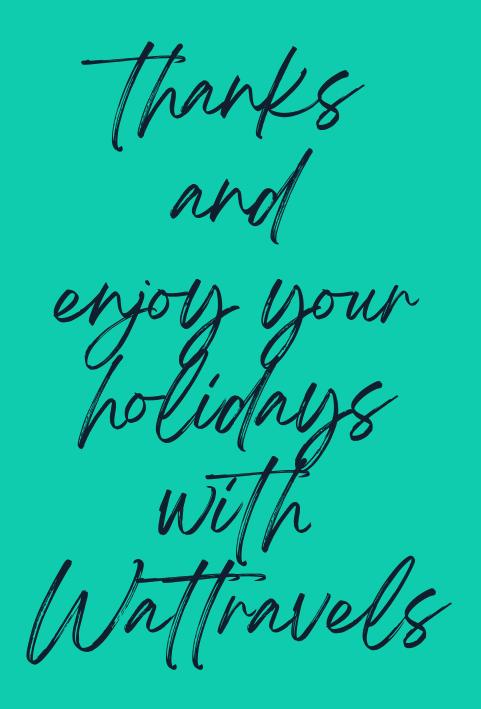
6 Sept **Typical villages** 

Yoga, breakfast, boat Early morning Yoga, ride and idyllic beaches, coastal walk, seaside lunch (not included), time off

breakfast, biking (43km), through the Agriates desert

Yoga, breakfast, bike (40km), discovery of traditional villages -Visit "Ile Rousse" village & dinner (not included)

Yoga, breakfast & checkout



# For further information & booking

Contact Margaux

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